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Dibukatiro tse di kwaletswe barutwana ba Aforikaborwa ka fa tlase ga boeteledipele jwa ga Tonakgolo ya Lefapha la Thutotheo. Mme Angie Motshekga le Motlatsatonakgolo ya Lefapha la Thutotheo. Rre Enver Surty.

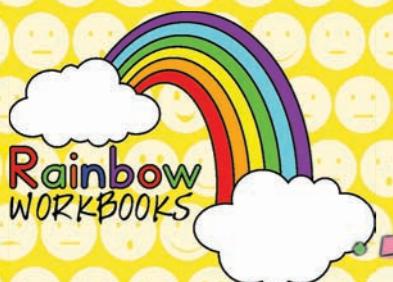
Dibukatiro tsa Rainbow ke karolo ya maiteko a mangwe a Lefapha la Thutotheo a a ikaletsweng go tokafatsa bokgoni jwa barutwana kgotsa baithuti ba Aforikaborwa mo mephatong e merataro ya ntlha. Jaaka e le sengwe sa dilo tse di kwa godimo mo Lenaneotirong la Mmuso, porojeke e e etleediwa ke Letlotlo la Semmuso. Se se kgontshitse Lefapha go kwala dibukatiro tse ka dipuo tsotlhe tsa semmuso. mme ga di duelewé.

Re solo fela gore dibukatiro tse di tlaa tswela barutabana mosola mo go ruteng ga bona ga letsatsi le letsatsi, le mo go netefatseng gore barutwana ba digela kharikhulamo ya bona. Re netefaditse gore re kaela morutabana sentle mo tirong nngwe le nngwe ka go tsenyeletsa mesupatsela go bontsha gore ke eng se morutwana a tshwanetseng go se dira.

Re solo fela gore bana ba tlaa itumelela go dira mo bukeng e fa ba ntse ba gola e bile ba ithuta, le gore wena jaaka morutabana, o tlaa abelana le bona boitumelo jwa bona.

Re go eleletsa katlego e kgolo mo tirisong ya dibukatiro tse, wena le barutwana ba gago.

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LIFE SKILLS IN SETSWANA

GRADE 3 – BOOK 1

TERMS 1 & 2

ISBN 978-1-4315-0281-3

**THIS BOOK MAY  
NOT BE SOLD.**

E thabolotswe e  
bile e tsamaelana  
le KPKT

Mophato

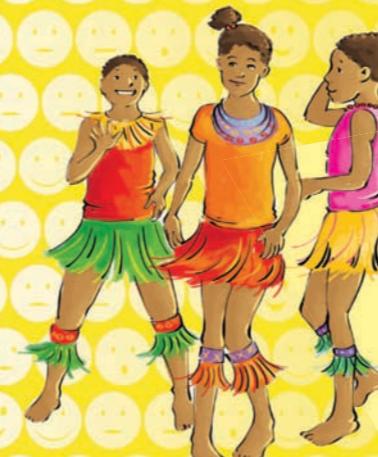
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# Bokgoni jwa Botshelo ka SETSWANA

## Buka I

## Kgweditharo I&2



Dibukatiro tse di fithelwang mo metseletseng e. ke:

- Puogae ya Setswana Mephato 1–6  
(Ka dipuo tsotlhe tsa semmuso)
- Matesisi (Mmetshe) Mephato 1–3  
(Ka dipuo tsotlhe tsa semmuso)
- Matesisi (Mmetshe) Mephato 4–9  
(Ka Seesimane le Seaforikanse)
- Bokgoni jwa Botshelo Mephato 1–3  
(Ka dipuo tsotlhe tsa semmuso)

Leina:

Tlelase:



**basic education**

Department:  
Basic Education  
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16 Sedimonthole Letsatsi la poelano   
25 Sedimonthole Keresemose   
26 Sedimonthole Letsatsi la ga Tinkane

**Illustrations:** A boy running with a backpack, two hearts, Easter eggs, a group of people, flowers, a butterfly, a girl with a net, a Christmas tree, and a beach scene.

# Mophato

3



Bokgoni jwa Botshelo  
ka **Setswana**  
Buka I



Buka e, ke ya ga:



# Ka ga me



A re kwaleng

Mongwe le mongwe wa rona o a farologana e bile rotlhe re kgethegile.  
Tlatsa lokwaloitshupo lo ka ga gago. Tlhama setempe.  
Fa o sena go dira jalo, bontsha tsala ya gago karata ya gago.

Wena le tsala ya gago le tshwana le go  
farologana ka eng?



## Lokwaloitshupo

Leina:

Dingwaga:

Letlhha la Botsalo:

ngwaga

kgwedi

letsatsi

Letsatsi la botsalo:

Mosetsana kgotsa mosimane:

Puogae:

Mmala wa moriri:

Bogodimo: \_\_\_\_\_ cm

Mmala wa matlho:

Tshaeno



Thala setshwantsho sa gago.



A re bueng

Jaanong akanya ka ga  
botshelo jwa gago go  
fitlha fa.

O kgora go gakologelwa bokgakaleng jo  
bokae kwa morago?

A o kgora go gakologelwa letsatsi la  
bobedi la botsalo?

A o kgora go gakologelwa gore o  
simolotse sekolo leng?



A re kwaleng

Tlatso molanako o ka ga  
botshelo jwa gago.



Ke tsetswe ka

Ke simolotse go  
buu ka

Ke simolotse  
sekolo ka

Ke dirile Mophato  
wa 3 ka

kgwedi

ngwaga

20 \_\_\_\_\_

20 \_\_\_\_\_

20 \_\_\_\_\_

20 \_\_\_\_\_



# Sekolo sa me



A re direng

Morutabana wa gago o tlaa go thusa go thalela sekolo sa gago molanako. Re go simololetse ona. Morutabana wa gago o tlaa go bolelela ditiragalo tse dingwe tsa botlhokwa tse o ka tlatsang ka tsona.

Sekolo sa gago se butswe ka ngwaga ofe?	Mogokgo wa gago o tlile mo sekolong ka ngwaga ofe?		



A re kwaleng

Hisetori ya sekolo sa gago ke eng? Bona dikarabo mme o di kwale mo diphatlheng tsa kholomo ya ntlha. Morago o rale ditshwantsho go bontsha hisetori.

Sekolo se butswe ka ngwaga mang?	Thala setshwantsho sa sekolo sa gago.
Mogokgo wa ntlha e ne e le mang?	

Seikao sa sekolo ke eng? A se  
santse se tshwana le gompieno?

Thala betšhe ya sekolo.

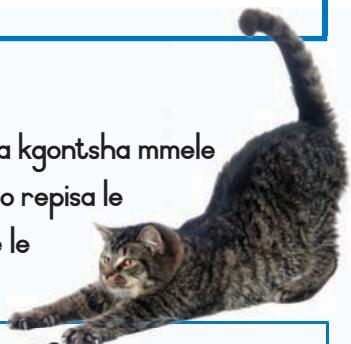
Kaela ka ga sengwe se se botlhokwa  
ka ga sekolo. (Gongwe go ne go na  
le morutwana kgotsa boiphitlhelelo  
bongwe bo jo kgethegileng.)

Thala setshwantsho go bontsha  
sengwe se se kgethegileng ka ga  
sekolo.



### A re tsamayeng

Pele o ka dira tirwana kwantle, ikotlolole jaaka katse. Seno se tlaa kgontsha mmele  
wa gago go tshikhinyega. Gape, o ikotlolole morago ga tirwana go repisa le  
go ikhutsisa mmele wa gago. Seno se tlaa go thusa gore o se nne le  
mesifa e e botlhoko. Jaanong dira se bana bano ba se dirang.



Morutabana wa gago o tlaa bitsa leina la  
gago mme a go latlhelele kgwele. O kape  
kgwele pele e ka wela fa fatshe.



Jaanong leka go kapa kgwele ka kgetsana  
fa tsala ya gago e e go latlhelela.



Latlhelela tsala ya gago kgwele mme o  
bone gore a o tlaa kgona go e tshwara  
ka kgetsana.

Phutholola mmele wa gago jaaka  
katse e itshidila.



# Gotlhe ka ga me

A re bueng

Akanya ka ga sengwe se se itumedisang se se go diragaletseng mo bogologolong mme o tlotlele tsala ya gago gore a tle a go tlhaloganye botoka.

Fa ke ne ke le  
dingwaga di le 5 ke ne  
ka ya kwa lewatleng.

Fa ke ne ke le dingwaga  
di le 4 ke ne ka wa go  
tswa mo leboteng.



A re bueng

Bolelela tsala ya gago ka moo motho yo a fetogileng go tswa mo go nneng lesea go ya kwa go nneng mosadimogolo.

		
lesea	lesea le le gagabang	ngwana wa sekolo

		
mošwa	mogolo	motsofe



A re bueng

Dirang ka setlhophha. Itlhameleeng pina le tanse.

Mo setlhopheng sa gago, kwalang mafoko a pina mo phatlheng e e fa tlase. Morago le bontsheng phaposi ya lona gore le opela pina jang le ntse le tansa.

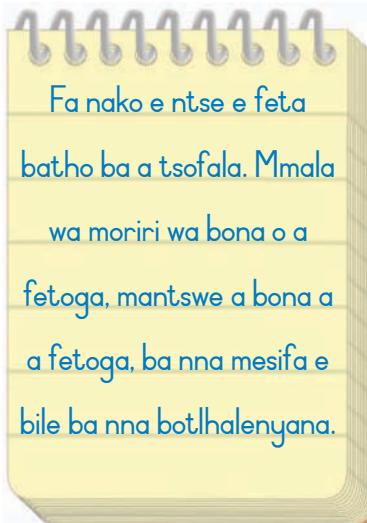


# Kgolwane le bogolwane



A re bueng

Bua gore bana ba bagolwane le batsadi ba  
bagolwane ba farologana le wena jang.



Batho ba fetoga jang fa ba tsofala?



A re kwaleng

Ke dife tsa dilo tse, tse o di dirang go farologana  
le ka moo batsadi ba gago ba di dirang ka teng?  
Tshwaya (✓) sefatlhego se se nepagetseng.

	Nna	Batsadi ba me	
Taboga ntle le go lapa.			
Tlola kgati.			
Buisa lokwalodikgang.			
Kgweetsa koloi.			
Tshameka mo setlhareng.			



A re opeleng

A re ipaakanyetseng go opela.

Dirang medumo e.



Modumo o o bonako jaaka saerini ya emelense.

Modumo o o bonya jaaka pina e e robatsang lesea.

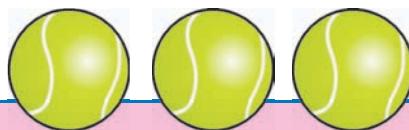
Modumo o o kwa godimo jaaka wa dinonyane di  
opela.

Modumo o o kwa tlase jaaka wa tau e rora.



A re ikatiseng

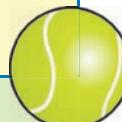
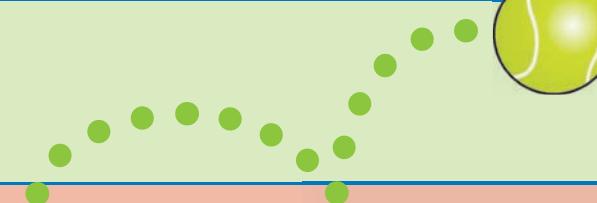
A o kgora go kapa kgwele?



Latlhela bolo ya thenese mo moweng mme o e tshware ka  
matsogo a mabedi.

E latlhela kwa godimo mme morago o ope diatla tsa gago pele o tshwara  
kgwele.

Tampisa bolo ya thenese  
fa fatshe.



Jaanong dira bête o dirisa pampiri e e menilweng kgotsa setokwana sa  
legong. E dirise go tampisa bolo fa fatshe.

Jaanong phutholola mmele wa gago  
jaaka katse.



# Maikutlo



A re bueng

Lebelela ditshwantsho tse mme o bue ka moo bana ba ba ikutlwang ka teng.  
A o setse o kile wa ikutlwajaana? Tlatsa gore ngwana mongwe le mongwe o  
ikutlwajang. Dirisa mafoko a go go thusa.

lela

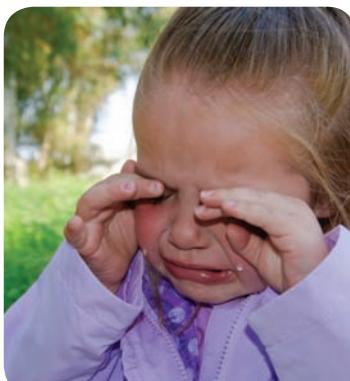
itumetse

ikwatlhaya

tshogile

motlotlo

tenegile



A re tsamayeng

Tshameka motshameko wa tenese o  
ikatisetsa dithago tsa kwa pele le kwa  
morago.





A re bueng

Ke eng se se go itumedisang?

Ke eng se se dirang gore o tlhonye?

Ke eng se se go tshosang?



A re kwaleng

Ke eng se se go tenang?



Kwala mo bukanatsatsing ka ga letsatsi leo o neng o itumetse. Tlhalosa gore o ne wa diragalelwaa ke eng.

*Bukanatsatsi yo o rategang*

Kwala mo bukanatsatsing ka ga letsatsi leo o neng o hutsafetse. Bua gore go diragetseng se se go hutsafaditseng.

*Bukanatsatsi yo o rategang*

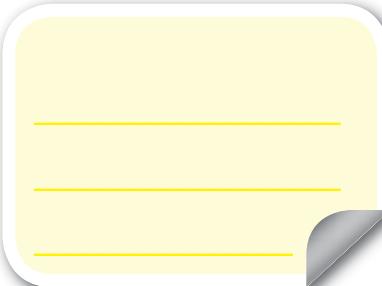
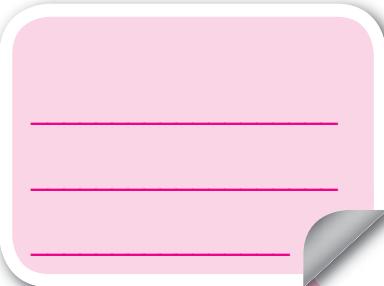


# Dilo tse ke di ratang

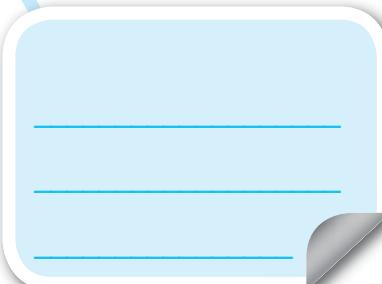
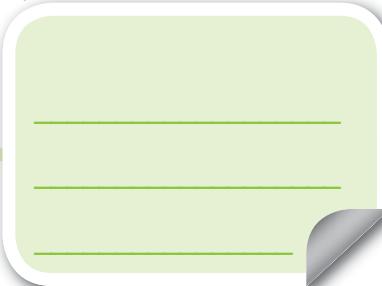
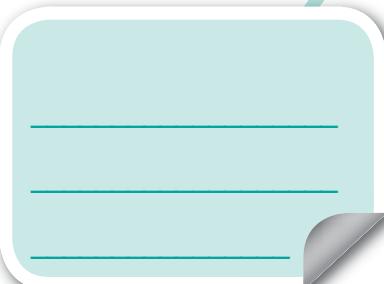
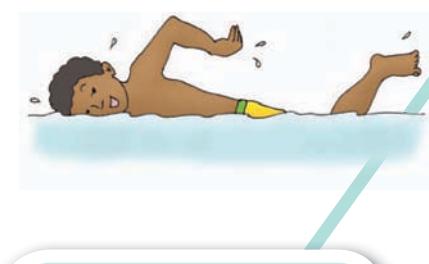


A re kwaleng

Bolela setlhophha sa gago gore ke ditirwana dife tse o ratang go di dira segolo. Morago o kwale maina a ditirwana tseo mo diphatlhaneng tse di mo mmepekakangweng.



**SE KE  
ITUMELE-  
LANG GO  
SE DIRA**





A re thaleng

Jaanong dirisa mmepekakangwa wa gago go kwala temana ka ga se o itumelelang go se dira le gore goreng o itumelela ditirwana tseno.

## Se ke se itumelelang go feta



A re direng

Dirisa mmopanyana wa gago  
o o tshamekisang go bopa  
sefatlhego se se itumetseng le se  
se tlhontseng.



A re bueng

Botsa ditsala di le 5 gore di rata go dira eng. Khalara boloko e  
le I nako nngwe le nngwe fa ba rata tirwana.



5					
4					
3					
2					
1					
	Go opela	Go buisa	Go penta	Motshameko	Dipalo

Ke tirwana efe e e rategang?



# Maikutlo



A re bueng

Lebelela sengwe le sengwe sa ditshwantsho tse mme o bue ka moo o ka thusang bana ba go dira selo se se siameng. Tshwaya karabo e e nepagetseng.

	<p>A ga o kgone go lebelela kwa o yang teng!</p> <p>Ooo, intshwarele! E re ke go thuse go sela dilo tse!</p>	
	<p>Uuu! Kgwele ya gago ke e.</p> <p>Uuu! Tsamaya o ye go tshameka felo gongwe!</p>	
	<p>Ke ya me mme o ka se ka wa bona sepe.</p> <p>Tlaya, a re kgaogane ditshokolete.</p>	



A re kwaleng

Ditsala tse di siameng di dira eng?



Fa ke dirile sengwe  
se se sa siamang, ke  
ikopa maitshwarelo.

Fa ke bona tsala  
ya me e sokola,  
ke a e thusa.



Letlha: .....

Kwala dilo tse 4 gape tse ditsala tse di siameng di di dirang.

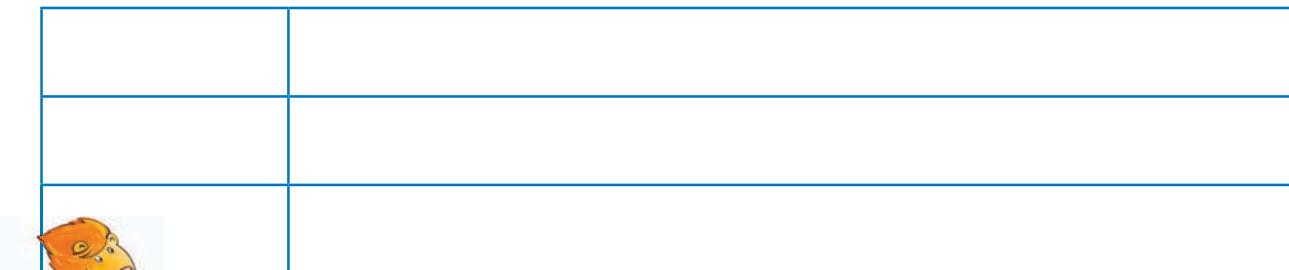


### A re bueng

Lebelela ditshwantsho tse. Bua gore o bona eng mo go sengwe le sengwe. Morago tsaya setshwantsho se le sengwe mme le diragatse motshameko ka ga sona. Nayang kgang ya lona bokhutlo.



Jaanong kwala tiragatso ka ga setshwantsho se o se tlhophileng. Tlatsa maina a badiragatsi mo kholomong ya ntsha.



### A re ikatiseng

Leka go dira dilo tse.

- Taboga go dikologa lepatlelo. Fa morutabana wa gago a re, "fetola" o tshwanetse go retologa mme o tabogele kwa gongwe.
- Jaanong tampisa kgwele mme o tsamaele kwa pele ka nako e le nngwe.



# Go tlhola fela

I - Papet|anatiro

Kgweditharo I - D V



## A re kwaleng

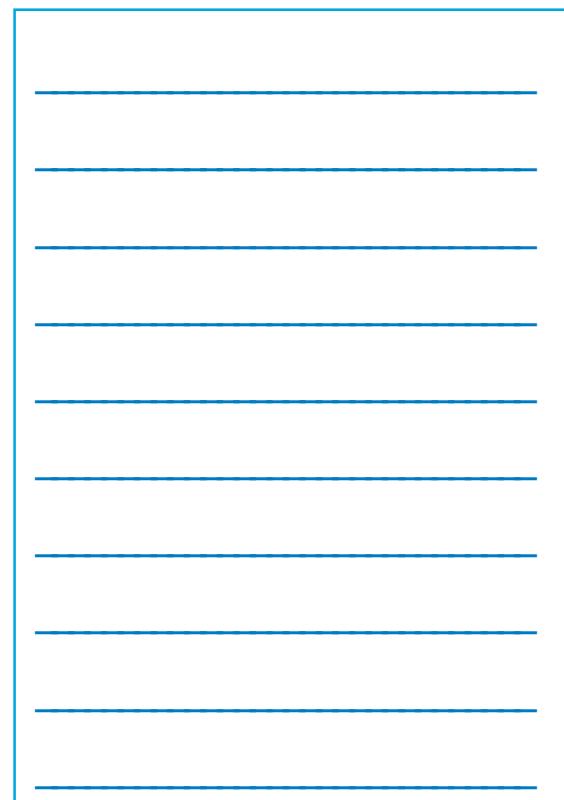
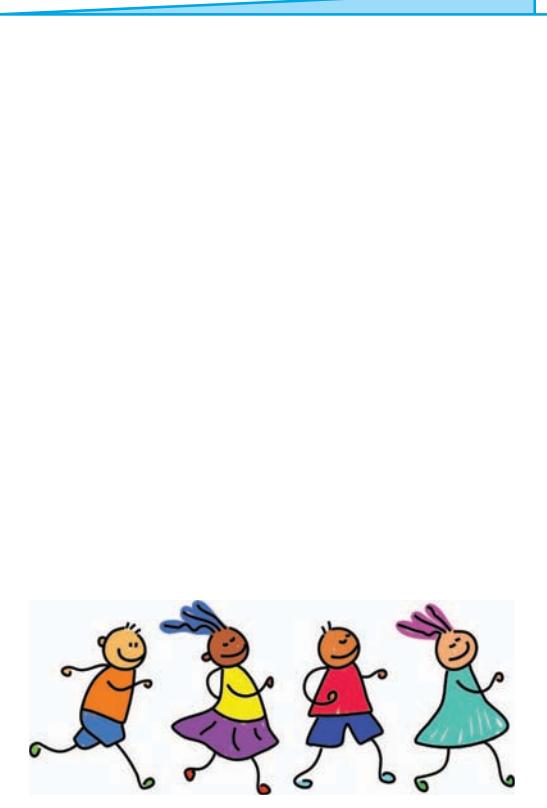
Itlhole

Item	Definition	Example	Notes
Itlhole	Water hole	Ke tsala e e siameng.	
		Ke kgathalela ditsala tsa me.	
		Ke botsalano mo baneng ba tlelase ya me.	
		Bana ba bantsi ba a nthata.	
		Ke aga ke le bonolo mo bathong.	



## Are direnq

Direla mongwe yo o mo ratang karata. Thala setshwantsho ka fa pele mme morago o kwale molaetsa o o kgethegileng ka mo gare.





A re kwaleng

Thala setshwantsho sa ditsala, kgotsa morutabana wa gago,  
kgotsa ditokololo tsa lelapa la gaeno ba ba kgethegileng mo go  
wena. Kwala maina a bona.



## ★ Batho ba ba kgethegileng mo botshelong jwa me

(Handwriting practice area)



(Handwriting practice area)



Jaanong kwala ditthaloso ka ga batho bano le gore goreng ba kgethegile jaana.

(Handwriting practice area)

(Handwriting practice area)



# Thutaboitekanelo

Papetlanatiro  
5 – Beko 5



A re bueng

Bua gore go diragala eng  
mo setshwantshong se.



A o setse o kile wa tswa mokola?

O tshwanetse go dira eng fa o tswa mokola?

## O tshwanetse go dira eng fa o tswa mokola

**1** Dulela kwa pele ka tlhogo ya gago.

Tswala nko ya gago ka menwana  
sebaka sa metsotso e le 2 mme o  
heme ka molomo.



**2** Baya sengwe se se tsididi ka fa morago  
ga molala wag ago se tshwana le  
toulo kgotsa letlapana la serame le le  
phuthetsweng ka toulo.



**3** O se ka wa ethimola morago ga gore  
mokola o emise.



**4** Fa go tswa ga madi go sa emise morago  
ga metsotso e le 15, bona ngaka kgotsa  
mooki.

A o itse gore lebokoso la sekolo  
sa lona la Thusopotlako le fa  
kae? Bua gore le fa kae. Le mo

Ritibala maikutlo.  
Gatsi ga go na lebaka la go tshoga.  
Gakologelwa gore o se ka wa  
tshwara madi a motho yo mongwe.

# Go alafa go kgoboga kana go segega



A re buiseng

Ga re kgone go bona megare mme e gotlhe. Fa re itshega re tshwanetse go tshola ntho e le phepa gore re se ka ra tshelwa ke megare.



A re bueng

Tlhalosetsa ditsala tsa gago gore mosego o phefafadiwa jang. Bontsha gore o tshwanetse go dira eng.

## Ka moo o ka emisang go dutla ga madi go tswa mo mosegong

O se ka wa ama madi a motho yo mongwe.

Fa o thusa motho o rwala ditlelafo kana diatlana ka dinako tsotlhe.

Emisa go tswa ga madi ka go tsholeletsa ntho kwa godimo ga pelo.

Leka go emisa go tswa ga madi ka go gatelela bandeitšhe e e phepa mo nthong.

Fa ntho e le boteng mme e tswelela go tswa madi, bona ngaka kgotsa o ye kwa tleliniking.

Batlisia gore ke mogala ofe wa tshoganyetso o o ka o leletsang. Mogala:



# Go ſwa



Fa o tshwara selo se se mogote, o ya go iphis.  
O tshwanetse go dira eng fa mongwe a ſwele?



1 Tsokotsa ntho ya molelo ka metsi a a tsididi sebaka sa metsotso e le IO. Se se thusa go tsidifatsa letlalo.



2 Tlosa lesela mo karolong e e ſweleng. Fa seapano se kgomanetse mo letlalong, o se ka wa se tlosa.



3 Tlogela ntho ya molelo e bulegile mme o lebelele gore e se ka ya etegela.



4 Fa karolo e e ſweleng e le boteng kgotsa e le kgolwane go na le bogare jwa seatla sa gago, bona ngaka ka bonako.



Dira tlolotele.

Tsaya dithobane di le tharo kgotsa ditokana di le tharo tsa mogala. Morago ga go tloga fa gare ga tsona, di katolose go feta mme o bone yo o tlaa tlolelang kgakajana go feta.



Tshwaya gore o ka tlola jang.

Bona gore a tsala ya gago e ka tlolela kgakala go go gaisa.



Dira keriibaa.

Refosana le tsala ya gago go nna keriibaa.



Morago le refosaneleng go dikolosa kgati gore tsala ya lona e kgone go tlola.



A re bueng

Go diragala eng mo ditshwantshong tse?  
Batho ba ka šwa jang gape?



Kwala melao e e botlhokwa go gopolwa fa o tlhoka go thusa ka:

Mokola


Mesego


Dintho tsa go ša




# Go tshola mmele wa me o babalesegile

A re bueng



Re tshwanetse go tlhokomela mebele ya rona.

Re nna le maikutlo a "ee" fa re rata sengwe  
mme re rata gore se tswelele pele.

Re nna le maikutlo a "nnyaya" fa selo se sa re  
kgotsofatse mme re batla gore se se ka sa  
tswelela pele.



A re kwaleng

Tshwaya ✓ fa setshwantso se bontsha tirwana e e bolokegileng kgotsa  
ka ✗ fa se bontsha tirwana e e sa bolokegang. Morago o kwale polelo fa  
tlase ga setshwantsho sengwe le sengwe go bua gore goreng o nagana  
gore se bolokegile kgotsa ga se a bolokega.



Mme o a  
go rata.

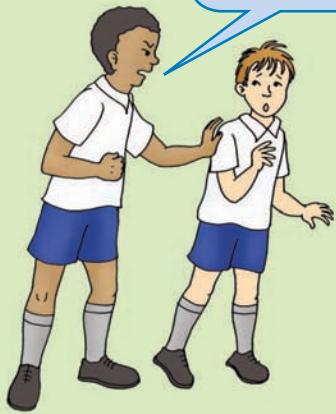


Tlaya o palame le nna mo  
koloing ya me. Ke tlaa go  
naya dimonamone.

Ga ke go itse.  
Tsamaya!



Ga ke go rate.



Jaanong o montle.



## Go bua, nnyaya

Ga go bonolo go aga o re nnyaya, mme gona o tshwanetse go re nnyaya fa mongwe a dira gore o se ka wa ikutlwa sentle.

Fa mongwe a go fa maikutlo a "nnaya" mme a dira gore o se ka wa nna monate, bua ka ga seo le motsadi yo o mo tshepang.



A re kwaleng

Tlhophapha batho ba le 3 ba o ba tshepang mme o tlhalose gore goreng o ba tshepa.



Kwala gore o ka begajang maitemogelo a a maswe go mongwe yo o mo tshepang.



# Go itlhokomela

Kgweditharo I – Beké b – Papetlanatiro



A re bueng

Lebelela ditshwantsho tse ka kelotlhoko. Bona gore a o ka se ka wa tlotla kgang ka ga tsona. Tlatsa pudula ya bofelo.

Tlaya, ke tlaa go isa kwa marekelong.



Go diragets  
eng?



A re bueng

Tlotla ka moo mosetsana a ikutlwileng ka teng, seo a se dirileng le seo o ka se dirang mo maemong a a tshwanang le a.

Letlha: .....



A re kwaleng

Kwala melawana e le metlhano ya pabalesego.

Simolola mongwe le mongwe ka:

Bana ga ba a tshwanela go ...



A re direng

Dira mmaseke go bontsha maikutlo.

Swetsa gore ke maikutlo afe a o batlang gore mmaseke  
wa gago o a bontshe.

E thale mo pampiring e e magwata.

E sege.

Sega matlho.

E kgabise ka pampiri ya mebala.



A re ikatiseng

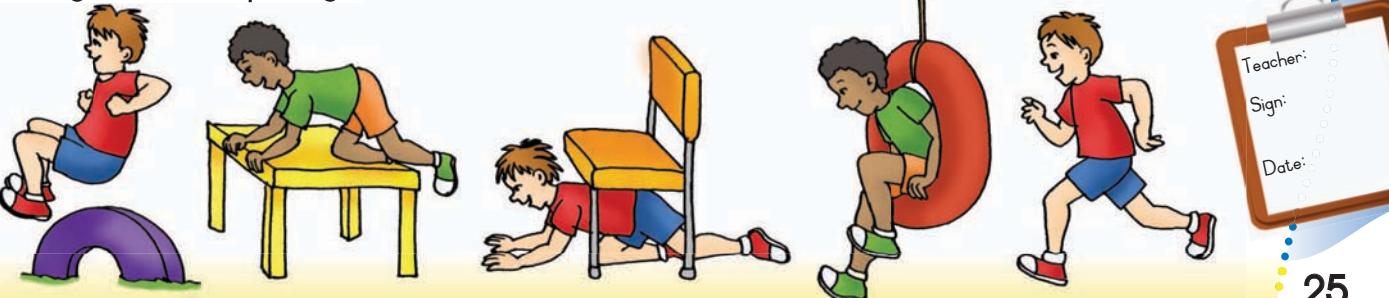
Ipaakanyetse go taboga.

Ema ka maemo a a nepagetseng a go simolola.

Reetsa morutabana wa gago a re:

"Tlhomang ka menwana! Ipaakanyeng! Ragogang!"

Morago lo dire leparego.



# 13 Go tshola mmele wa me o babalesegile

Kgweditlharo I – Beko 7 – Papetlanatiro



Rotlhe re na le maikarabelo a go tshola mebele ya rona e itekanetse.  
Ke eng se bana ba ba se dirang se se siametseng mebele ya bona?



## Ke dilo dingwe dife tse di sa itekanelang tse batho ba di dirang?

A o ntse o itse gore go tsuba kana go goga ga go a siamela mebele ya rona?

A o ntse o itse gore ga go a siama gore motho a tsube gaufi le wena?

Go tsuba go senya mebele ya rona jang?



A re kwaleng

Tshwaya (✓) tlhagiso nngwe le nngwe kgotsa thala sekere (✗) go supa gore a ke **nnete** kgotsa **ga se nnete**.

	Disakarete di latswega monate.
	Go dula gaufi le motho yo o gogang go ka gobatsa mmele wa me.
	Go tsuba go kgonia go dira meno serolwana.
	Go tsuba go baka malwetse a molomo.
	O kgonia go gotlhola botlhoko ka ntlha ya go tsuba.
	Go tsuba go baka kankere.



# Melawana ya boitekanelo

Ke tshwanetse go gotlha meno a me morago ga go ja le pele ke ya go robala. Ke tshwanetse go kama moriri wa me pele ke ya kwa sekolong. Ke tshwanetse go phimola dinala tsa me morago ga go tshamekela mo motlhabeng. Ke tshwaetse go tshola dinala tsa me di le dikhutshwane e bile di le phepa. Ke tshwanetse go tlhapa diatla tsa me morago ga go ya kwa ntlwanaboithusetso.

Ke tshwanetse go tlhapa diatla tsa me fa ke tswa kwa ntlwanaboithusetsong le pele kea ma dijo.



Boithabiso

Ba tshwanetse go apara eng go nna ba babalesegile? Golaganya ditshwantsho ka go thala mola go tloga mo ditshwantshong tse di ka fa molemeng go ya kwa ditshwantshong tse di ka fa mojeng.



Boithabiso



Nna matlhagatlhaga mme o tshameke motshameko wa kherikete.



Morutabana wa gago o tlala tshameka mminonyana. O reetse mme morago ga moo o tshameke moribo wa mmino o ka menwana ya gago mo desekeng yagago.



# Ditshwanelo le maikarabelo



A re buiseng

Nako nngwe ban aba tshwanetse go thusa malapa a bona ka ditiro.

Mme bana ga ba a tshwanelo go bereka bokete jaaka bagolo.

Bana ba tshwanetse go nna le nako ya go tshameka le ya go ya kwa sekolong.



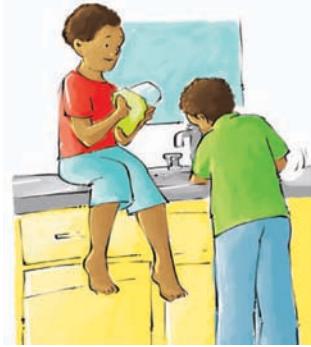
Lebelela ditshwantsho tse. Tshwaya (✓) mebereko e e tshwanetseng bana.






Anna o rekisa merogo letsatsi lotlhhe mme ka jalo ga a kgone go ya kwa sekolong.

Lisa o nosetsa tshingwana ya merogo fa sekolo se dule.



Peter o rwala ditena gonne o  
berekelo moagi.

Jabu le Bongi ba thusa ka  
go tlhatswa.



A re bueng

Ke ditiro dife tse o di dirang kwa gae?

Ke ditiro dife tse o di dirang kwa sekolong go thusa  
morutabana wa gago?



A re ikatiseng

Itire yo o dirang ditiro tse di farologaneng.  
Setlhophha sa gago se tshwanetse go fopholets  
gore o dira ditiro di feng.



Bofang  
maoto a lona  
mme morago  
le taboge.



Ikatise go raga kgwele  
ya dinao. Bona gore  
o ka ragela kgwele  
kwa bokgakaleng jo bo  
kanakang.



# Ditshwanelo le maikarabelo



A re bueng

Bolelela tsala ya gago gore bana ba  
ba roba melawana efe.



Sekolo sengwe le sengwe se  
na le melawana gore sekolo se  
kgone go tsamaisiwa sentle.  
Tlalase kgotsa phaposibutelo  
nngwe le nngwe le yona e na le  
melawana e re tshwanetseng  
go e sala morago.



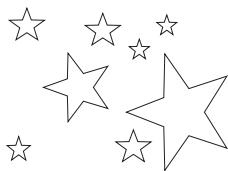
A re kwaleng

Kwalela tlelase ya gago  
melawana e le 4.

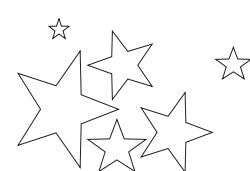


A re bueng

Buisa ditshwanelo tse le maikarabelo a mme o bue le tsala  
ya gago gore nngwe le nngwe e kaya eng.



## MAIKARABELO A BAŞWA BA AFORIKABORWA



Tekatekano	Seriti sa botho	Botshelo	Lelapa
<p>Tshwara motho mongwe le mongwe sentle le ka go lekakana. O se ka wa kgetholola.</p> 	<p>Tlotla mongwe le mongwe. Nna bonolo le pelonomi.</p> 	<p>Botshelo jotlhe bo bothokwa. Tlotla botshelo bongwe le bongwe.</p> 	<p>Tlotla batsadi ba gago. Nna bonolo le boikanyego mo lelapeng la gago.</p> 
Thuto	Mmereko	Kgololosego le pabalesego	Dithoto
<p>Tsena sekolo, o ithute mme bereke ka natla. Obamela melao ya sekolo.</p> 	<p>Thusa lelapa la gago ka mmereko kwa gaeno. Bana ba se ka ba patelediwa go batla mmereko.</p> 	<p>O se ka wa gobatsa, wa dipisa kgotsa wa tshosetsa ba bangwe, gape o se ka wa letla ba bangwe go dira jalo. Rarabolola tlhokakutlwisano ka mokgwa wa kagiso.</p> 	<p>Tlotla dithoto tsa batho ba bangwe. O se ka wa senya dithoto e bile o se ka wa utswa.</p> 
Bodumedi. Tumelo le Dikakanyo	Tshireletsego	Boagi	Kgololosego ya puo
<p>Tlotla ditumelo le dikakanyo tsa batho ba bangwe.</p> 	<p>Tlhokomela lefatshe. O se ka wa senya metsi le motlakase. Tlhokomela diphologolo le dijwalo. Tshola legae le tikologo ya gago di le phepa e bile di babalesegile.</p> 	<p>Nna Moafrikaborwa yo o siameng e bile a le boikanyego. Obamela melao, mme o netefatse gore batho ba bangwe ba dira jalo le bona.</p> 	<p>O se ka wa gasagasa maaka le letlhoo. Netefatse gore batho ba bangwe ga ba rogakiwe e bile ga ba utlwisiwe bothoko.</p> 





# 16a Malatsi a sedumedi le a a kgethegileng

Tlhophha nngwe ya ditumelo tseno. Batlisisa go le gontsi ka ga tsona. Baakanya pontsho mo phaposing. Leka go tla ka dibuka kgotsa ditshwantsho go tlhalosa pontsho ya gago.)



Sehindu



Seiselamo



Sejuta



Sekeresete

Re tshwanetse go tlota batho ba ditumelo tsotlhe.

Tumelo ya gago ke efe?

Tumelo ya tsala ya gago ya bothhokwa ke efe?

Letlha: .....

# Go tlhola fela



A re kwaleng

Tlatsa karata e ka ga gago.



Leina la me \_\_\_\_\_

Sefane sa me \_\_\_\_\_

Letsatsi la me la botsalo \_\_\_\_\_

Mophato wa me \_\_\_\_\_

Sekolo sa me \_\_\_\_\_

Nomore ya me ya mogala \_\_\_\_\_

Aterese ya me \_\_\_\_\_

Nomore ya tshoganyetso \_\_\_\_\_

Motshameko wa me o ke o ratang \_\_\_\_\_

Mmala wa me o ke o ratang \_\_\_\_\_

Tsala ya me ya botlhokwa \_\_\_\_\_

Ke eng se se intumedisang \_\_\_\_\_

Ke eng se se dirang gore ke nne ke tlhontse \_\_\_\_\_

Ke eng se se ntenang \_\_\_\_\_

Se ke se kgonang \_\_\_\_\_

Kgweditharo 1 – Beke 8 – Papet/anatiro

Teacher: \_\_\_\_\_  
Sign: \_\_\_\_\_  
Date: \_\_\_\_\_

# Mekgwa e e itekanetseng ya go ja



A re bueng

Lebelela setlhophpha sengwe le sengwe sa dijo mme o bue le tsala ya gago ka ga: Ke dijo dife tse di mo setlhophpheng sengwe le sengwe? Ke goreng setlhophpha sengwe le sengwe se re siametse?

## Diporoteine

Diporoteine di aga disele tse dišwa gore mebele ya rona e gole.



## Divithamini

Divithamini le diminerale di thusa mebele ya rona go lwantsha malwetse le go nna e itekanetse.



A re ikatiseng

Kopa morutabana wa gago gore a go bontshe ka moo o ka tshamekang "founu e robegile" ka teng. Morago ga moo ikatise go latlhela kgwele.

# Dikhabohaetereiti

Dijo tse di re naya maatla.



A re kwaleng

Dira lenaane la dijo tse o di jeleng maabane. Mo kholomong ya bofelo, bua gore a dijo ke poroteine, khabohaetereite, maungo kgotsa merogo.

## Dikungo tsa mašwi-mašwi

Dijo tsa mašwi di tiisa marapo a rona, bogolosegolo fa re sa ntse re le bašwa mme marapo a sa ntse a gola.

Dijo tse ke di jeleng maabane

Mofuta wa dijo




# Mekgwa ya rona ya go ja



A re bueng

Botsa ditsala di le nne gore ba ja eng. Lebelela dijo tse di farologaneng mme o tshwaye (✓) fa o rata dijo tseo, o bo o thale sekere (✗) fa o sa rate dijo tseo.

Tlatsa maina a ditsala tsa gago.




A re kwaleng

Lebelela theibole e o e tladitseng mme morago o arabe dipotso tse.

Ke dijo dife tse ditsala tsa gago di sa di rateng thata?

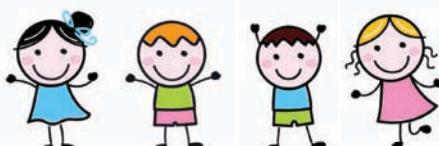
A o akanya gore ditsala tsa gago ba na le mekgwa e e itekanetseng ya go ja?

Ke eng o akanya jalo?



Boithabiso

Kopa morutabana wa gago gore a go bontshe ka moo o ka tshamekang founu e robegile ka teng.





A re kwaleng

Dira lenaneo la mefuta ya dijo tse re  
tshwanetseng go di ja letsatsi lengwe le  
lengwe.



A re kwaleng

Kwala risepe ya dijo tse o di ratang.

Re tshwanetse go fokotsa eng?

Letswai le lentsi gonke le ka re  
bakela kgatelelo e e kwa godimo  
ya madi fa re gola.

Sukiri e ntsi gonke e kgona go  
re bakela bolwetse jwa sukiri fa  
re gola.

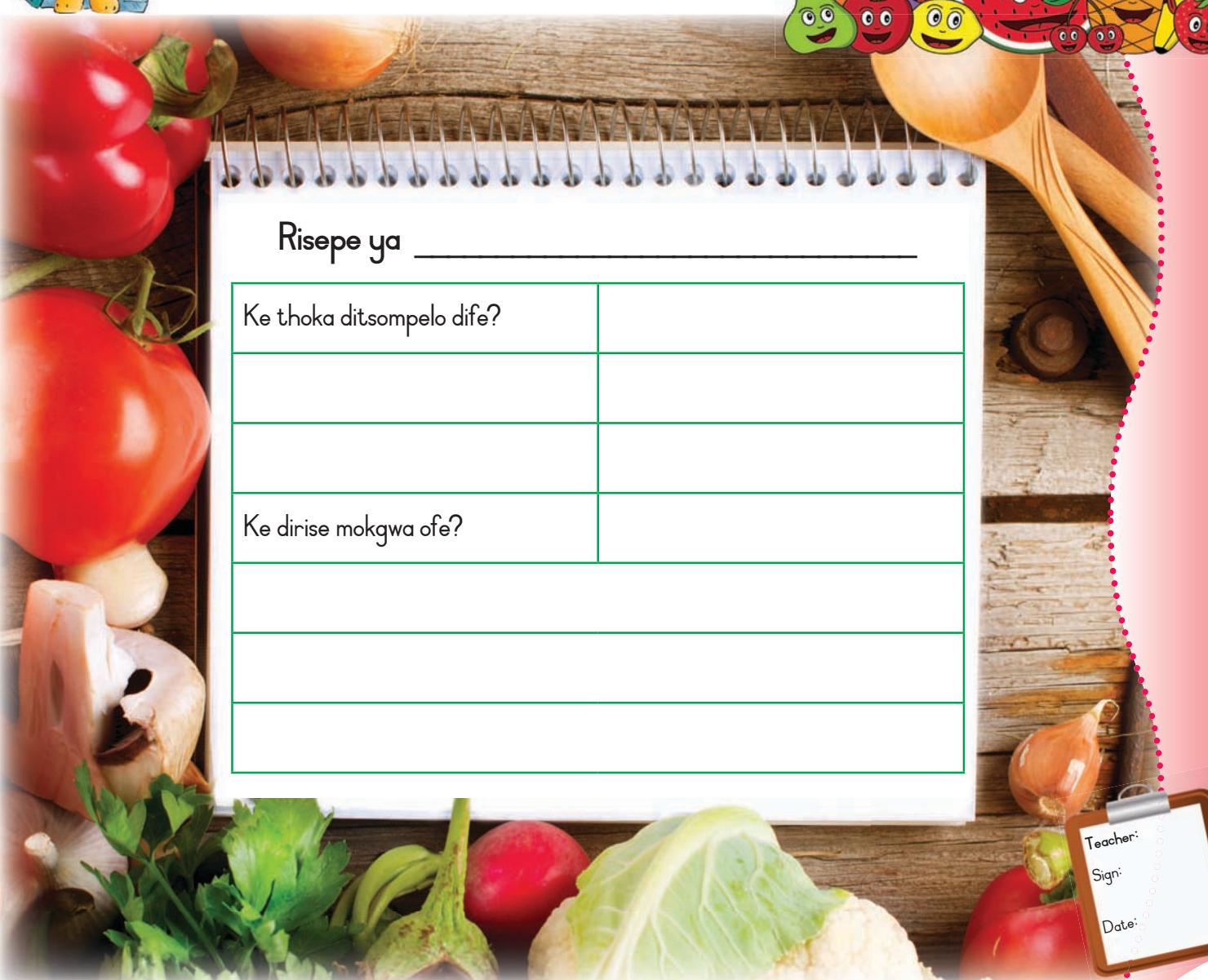
Sukiri e ntsi gape e baka  
koketsego ya bokete jwa mmele.  
dintsididi tse dintsi, dikuku le  
ditshipisi.



Risepe ya \_\_\_\_\_

Ke thoka ditsompelo dife?	
Ke dirise mokgwa ofe?	

Teacher:  
Sign:  
Date:





# Mekgwa e e itekanetseng ya go ja

A re kwaleng

Thabo le Nomsa ba mo tseleng ya go ya kwa Khefing ya Sunshine. Ba batla go reka dijo dingwe go di apeela dilalelo. Ba thuse go dira lenaneonjo la dijo tse di siameng.



A re ikatiseng

Refosanelang go dikolosa kgati gore tsala ya lona e kgone go tlola.





A re kwaleng

Kwala dijo tse ba tshwanetseng go di reka le ditlhotalhwa tsa tsona mo lenaneothekong le le fa tlase. Thabo le Nomsa ba dueletse dijo tse ba di rekileng bokae?

## LENANEOTHEKO

## TLHOTLHWA



A re kwaleng

Mekgwa ya gago ya go ja e itekanetse go le kanakang? Khalara sefatlhego se se tshegang tebang le mokgwa o o itekanetseng.

### Mekgwa ya me ya go ja

	Ee	Nnyaya
Go le gantsi ke ja ke bogetse TV.		
Ke rata maungo le merogo.		
Ke rata dijo tse di mafura di tshwana le ditshipisi.		
Ga ke rate metsi, ke rata dinotsididi.		
Ga ke je merogo.		
Ke tshotlha dijo tsa me sentle.		
Ke ja sefitlholo sa me pele ke ya kwa sekolong.		

Bala gore o khalarile difatlhego tse di tshegang di le kae.





20

Kgweditharo 2 – Bekke 2 – Papet|anatiro

# Go ja sentle

A re direng

Thala kgotsa o kgomaretse ditshwantsho tsa dijо go  
bontsha dijо tse di itekanetseng.



A re buiseng

## Melawana ya go ja sentle

Tlhapa diatla tsa gago ka dinako tsotlhe  
pele o tshwara dijo.

O se ka wa tlogela dijo di sa khurumelwa.

O se ka wa ja dijo tse di bodileng kgotsa tsa  
bogologolo.

Dirisa matlapa a merogo go direla  
tshingwana motshotelo.

Ijwalele merogo.



A re direng

Thala setshwantsho go bontsha mongwe wa melawana e.



# Ditshenekegi



A re bueng

Bua ka ga dikarolo tse di farologaneng tsa mmele wa tshenekegi.

Ditshenekegi di na le dikarolo di le tharo tsa mmele:  
tlhogo, mmele o o kwa godimo le mmele o o kwa tlase.

Gape di na le maoto a marataro le  
dinakana tse pedi.



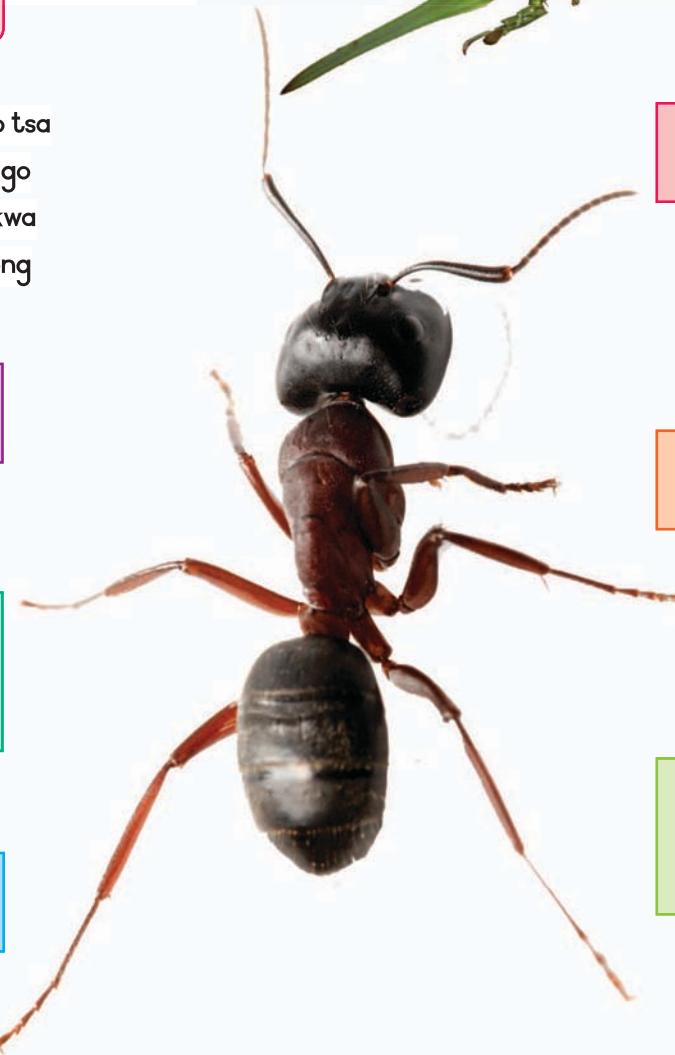
A re direng

Tsenya maina a dikarolo tsa  
tshenekegi. Thala mola go  
tswa mo leineng go ya kwa  
karolong e e nepagetseng  
ya tshenekegi.

Tlhogo



Lenakana



Leitlho

Mmele o o kwa  
godimo

Leoto

Mmele o o kwa  
tlase



A re ikatiseng

Bobora jaaka notshe, fofa jaaka serurbele mme morago o tlote jaaka tsie.  
Jaanong o paakanyeditse motshameko wa kgwele ya dinaol!



A re kwaleng

Thala mola go golaganya leina lengwe le lengwe le tshenekegi e e nepagetseng. Bua gore ke ditshenekegi dife tse di kotsi le gore ke dife tse di thusang.



Notshe



Monang



Ntsi



Tshoswane



Tsie



Serurubele



Podilekgwana



Mmoto



A re kwaleng

Jaanong tlatsa mafoko a a tlogetsweng.

e dira tswina.

se tulafatsa mabolomo.

o phatlalatsa malaria.

e phatlalatsa malwetse.

e ja dijwalo tsa borapolasa.





# Go gongwe ka ga ditshenekegi

Kgwedit haro 2 - Beke 3 - Papetlanatiro



A re bueng

Lebelela ditshwantsho tse mme o bolelele tsala ya gago gore ke eng dinotshe di le mosola mo go rona.



Dinotshe di phatlalatsa modula. Se se botlhokwa gore maungo a tlhoge.



Dinotshe di ntsha tswina.



A re kwaleng

Kwala maina a tshenekegi nngwe le nngwe e e mo phatlheng e e filweng.



e tsuntsunyetsa  
matute go tswa mo mabolomong.



e na le maoto a  
kwa morago a a maatla go tlola.



dirisa manakana

a tsona go buisana.



se phatlalatsa modula go  
tswa mo sejwalong go ya go se  
sengwe.

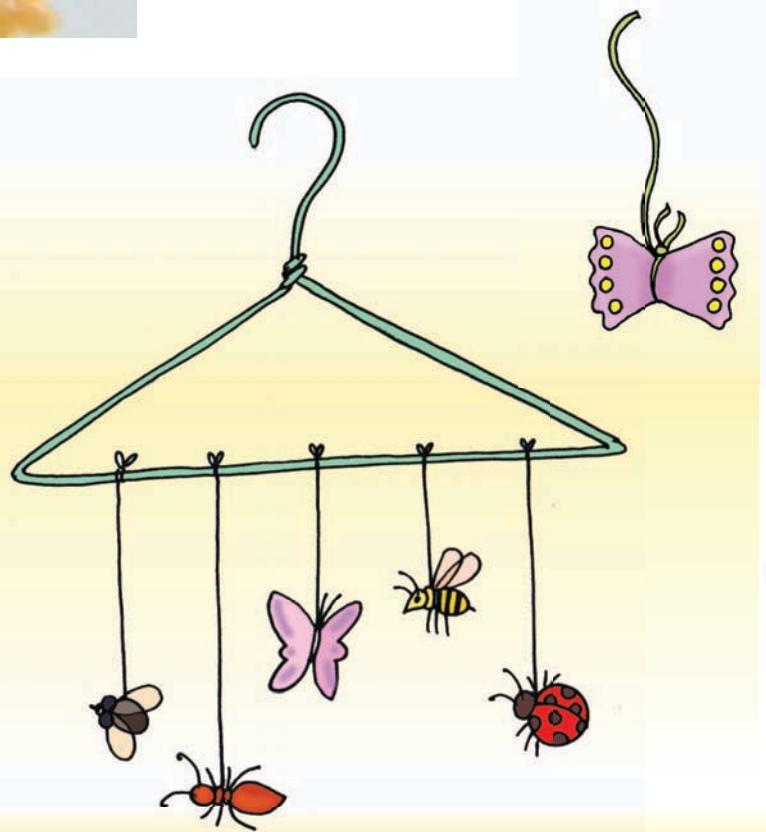
e phatlalatsa megare.



A re direng

Dira gore tshenekegi e tsamaye.

- Seg a ditshenekegi go tswa mo tsebeng ya tse di segilweng kwa morago ga buka.
- Di kgwagetse mo hangareng ya dibaki.



# 23 Magae a ditshenekegi

Kgweditharo 2 - Beke 4 - Papetlanatiro



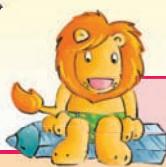
A re direng

Sala mogala morago go bona gore tshenekegi nngwe le  
nngwe e nna kwa kae.





A re direng



A re kwaleng

Tsamaya mo mapatlelong a sekolo gore o tle o bone  
gore o ka bona mefuta e mekae ya ditshenekegi.



O bone ditshenekegi dife kwa ntle? Tlhophha e le nngwe mme o kwale  
leina la yona fa.

A tshenekegi ya gago e tsamaya ka bonya kgotsa ka bonako?

A tshenekegi ya gago e mosola? Ke eng o rialo?

Tshenekegi ya gago e kotsi ka mokgwa ofe? o ka dira eng fa e go gobatsa?



Boithabiso



Jaanong tlhama  
o bo o thala  
tshenekegi ya  
gago mme o e  
neye leina.





# Bontsha boitlhamedi jwa gago

## Itirele serurubele



A re direng

O tlaa tlhoka: Pampiri ya A4

Dikheraeyone tsa mafura

Sekere

Tleluu

Sephepafatsi sa  
diphaephé

Rolo e e fedileng ya  
ntlwana boithusetso



Thala serurubele, mme o bontshe mmele wa yona o moleele,  
o mosesane le diphuka tse pedi. Kgabisa diphuka tsa  
serurubele sa gago ka diphethene tsa mebala e e  
farologaneng. Netefatsa gore diphuka  
tsoopedi di a tshwana. Seg a serurubele,  
o se ntshe. Kgomaretse mmele wa  
serurubele mo rolong ya  
ntlwana boithusetso. Jaanong dira  
diutlwí ka go dirisa sephepatsi  
sa diphaephé se mennwe  
gabedi. Se kgomaretse  
mo tlhogong ya  
serurubele.





A re tsamayeng

Leka go tshameka metshameko e.

### Setešene 1:

**Baseketebolo:** Tampisa bolo o ntse o taboga ka mokgwa wa manyokenyoke.



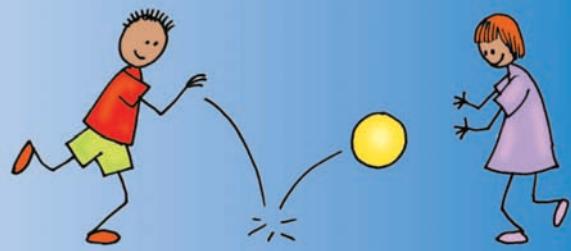
### Setešene 2:

**Hoki:** Dirisa thobane ya hoki go tsamaisetsa bolo kwa dinong.



### Setešene 3:

**Bolotloa:** Tampisetsa bolo kwa tsaleng ya gago o ntse o taboga.



### Setešene 4:

**Rakebi:** Taboga ka bolo mme o e fetise (phase).



### Setešene 5:

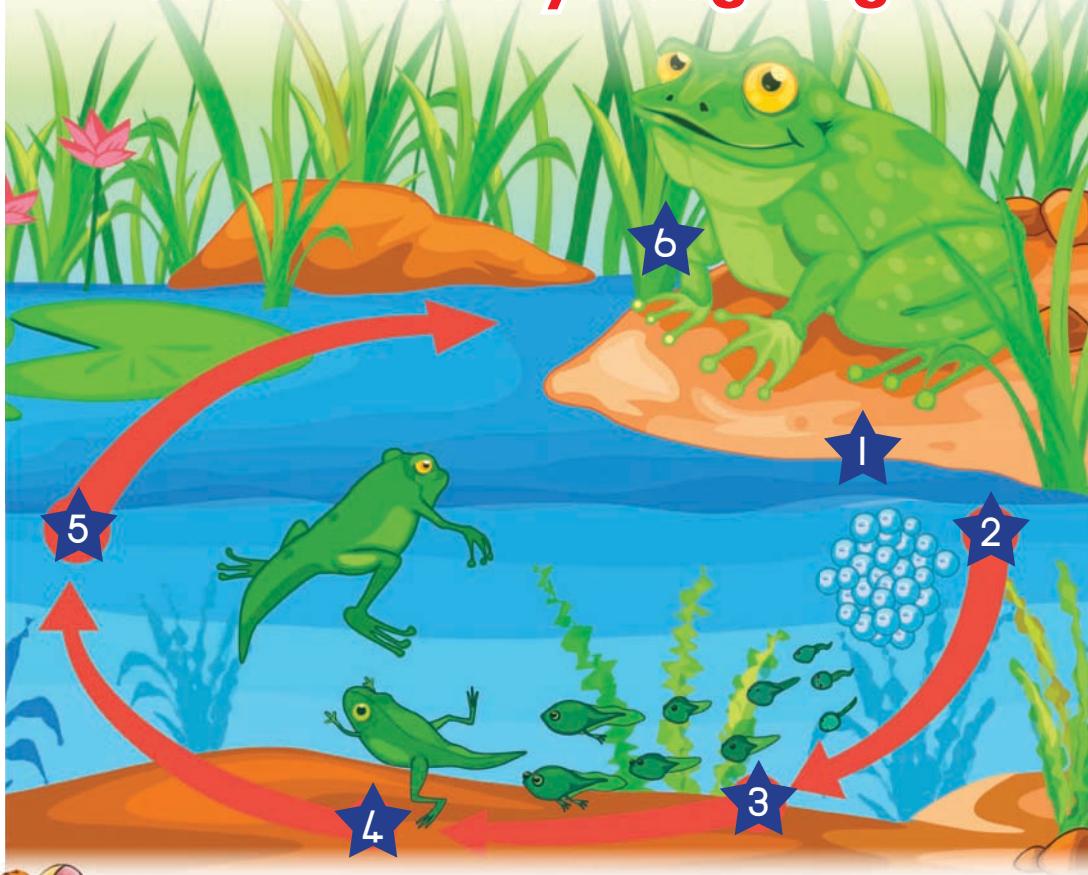
**Kgwele ya dinao:** Tsamaisetsa bolo kwa dinong.



# Tshekotshelo

Tshekotshelo e bontsha dikgato tse di farologaneng tsa kgolo. Dikgato di sala tatelano e e rileng. Lebelela tshekotshelo ya segwagwa le serurubele mme le bue ka dikgato tse di farologaneng.

## Tshekotshelo ya segwagwa



A re bueng

Lebelela ditshwantsho mme o bolelele tsala ya gago ka moo segwagwa se fetogang ka teng mo tshekotshelong ya sona.

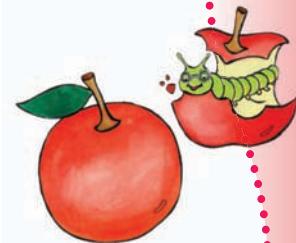
- 1** Digwagwa tse pedi di a palamana gore di nontshe mae.
- 2** Segwagwa sa mosadi se beela mae.
- 3** Koduntwane e nnye ka dikgwafo tsa kwa ntle le mogatla wa lefafa.
- 4** Koduntwane e tlhoga maoto.
- 5** Mogatla o tlaa nyelela.
- 6** Segwagwa se segolo se se nang le makgwafo e bile se latlhegetswe ke dikgwafo.



A re direng

Jaanong lebelela tshekatshele ya serurubele.

Tlatsa se se diragalang mo popegong nngwe le nngwe ya tshekatshele. Re go thusitse ka dikgato di le pedi.



## Tshekotshelo ya serurubele



b

1

2

3

4

5

Serurubele se beela mae.

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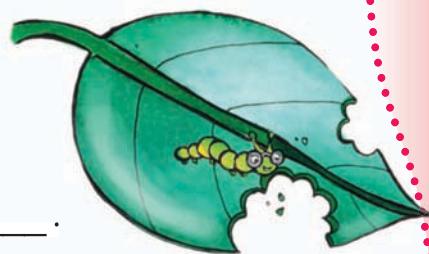
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2

3



6



5



# Tshekotshelo

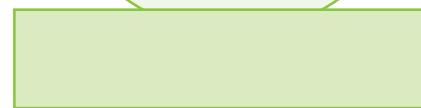
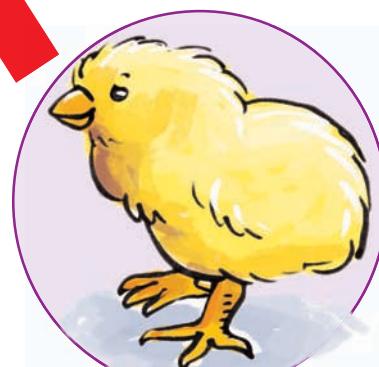
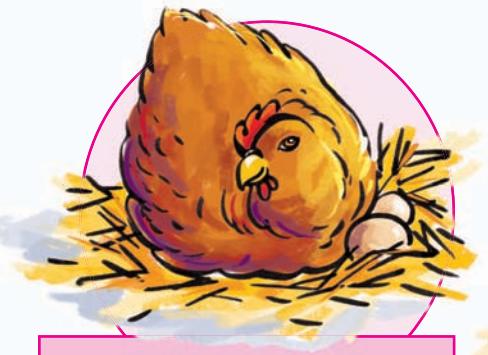
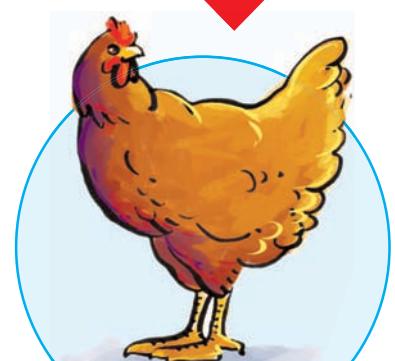
Kgweditsharo 2 - Beke 5 - Papetlanatiro



A re bueng

Lebelela ditshwantsho mme o bue le tsala ya gago ka ga  
tshekotshelo ya kgogo. Morago kwala se se diragalang mo kgatong  
nngwe le nngwe.

## Tshekotshelo ya kgogo





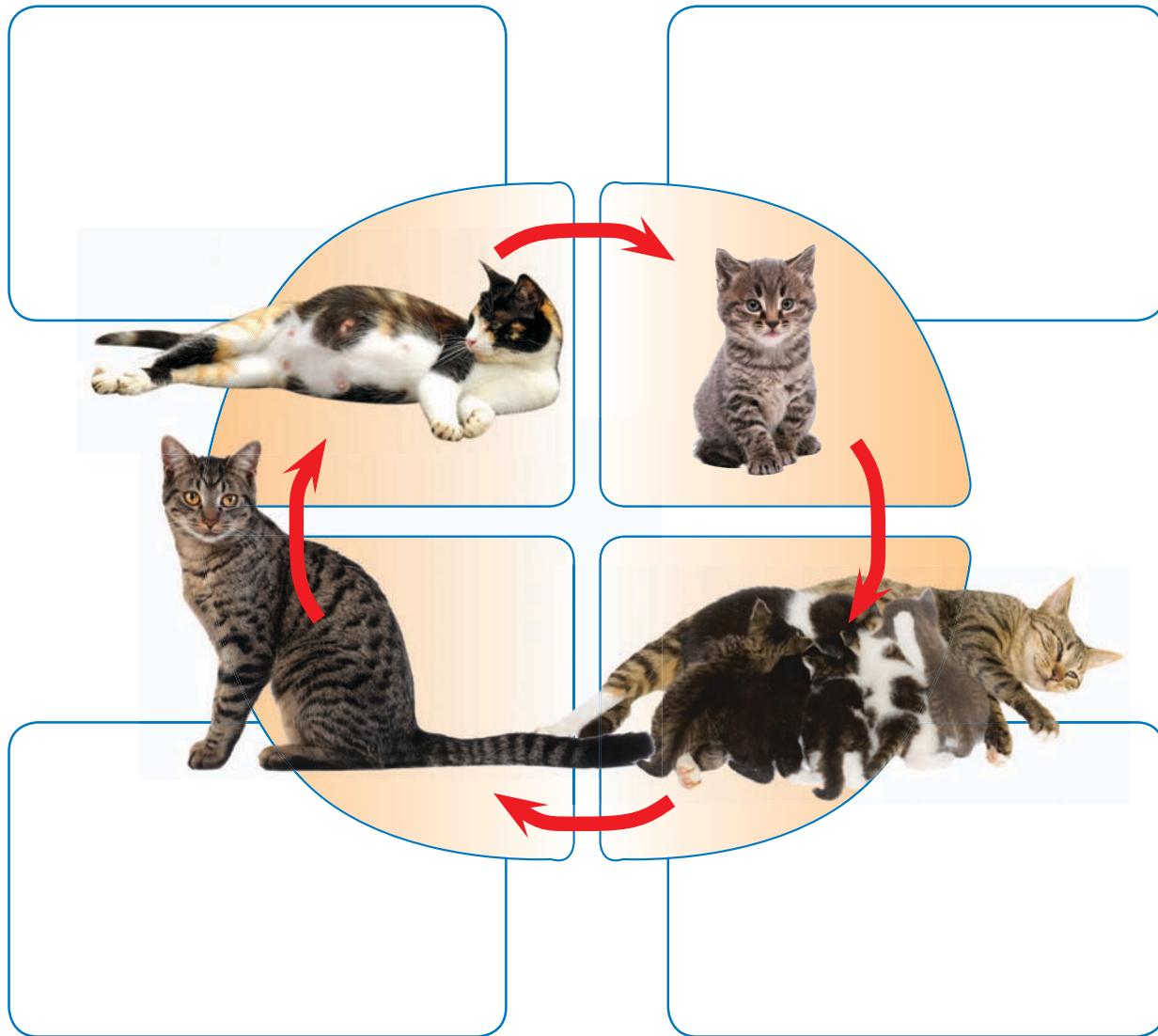
A re direng

Jaanong itlhamele tshekotshelo ya gago. Naya maina mo go sengwe le sengwe sa ditshwantsho tse di mo leotwaneng la kgang go bontsha tshekotshelo ya katse. Dirisa ditlhogo tse di fa tlase go go thusa.

Nomora dikgato I–4 mme o di dirise mo leotwaneng la kgang ya gago.

	Katsana e tsetswe.		Katse e e godileng.
	Mmaagwe katse o imile dibeke di le 9.		Mmaagwe katse o anyisa dikatsana tsa gagwe.

## Tshekotshelo ya katse





# Seratwa sa me



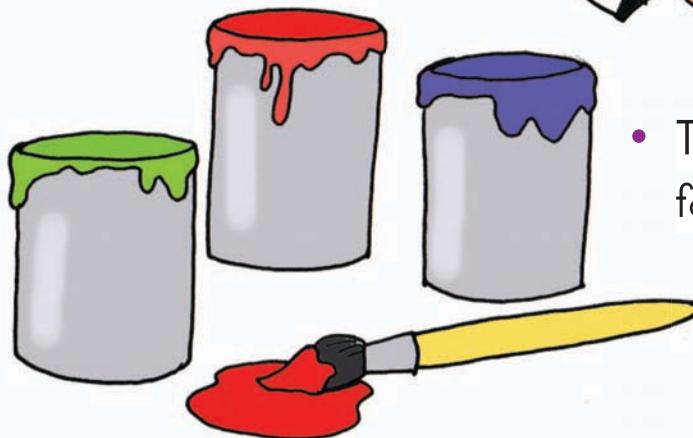
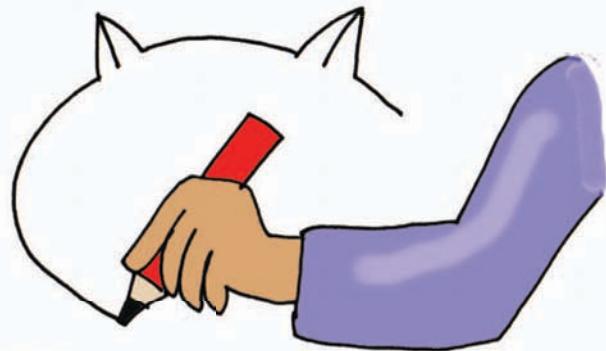
A re direng

Dira mmaseke wa seratwa.

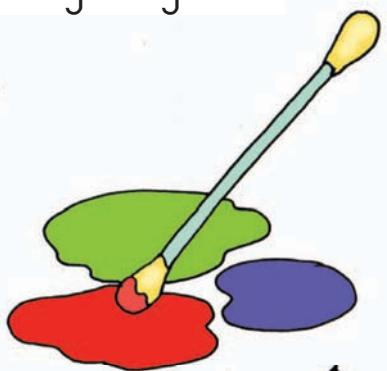
O tlaa tlhoka: pampiri ya A4  
 Phensele  
 Pente ya lerole le metsi  
 Matseta a ditsebe



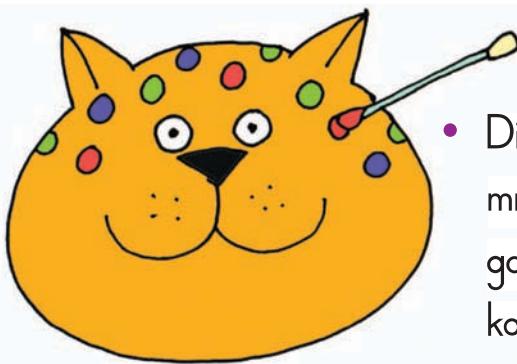
- Thalela bokwantle jwa sefatlhego sa katse mo pampiring.



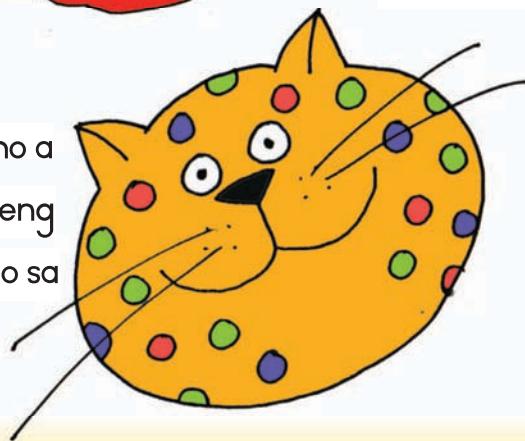
- Tswaka pente go dira mebala e e farologaneng e le 3.



- Dirisa letseta la ditsebe mo mmaleng mongwe le mongwe.



- Dira maronthorontho a mmala a a farologaneng go kgabisa sefatlhego sa katse.





A re bueng

Bolelela tsala ya gago ka ga seotlwana sa gago  
kgotsa seotlwana sa mongwe yo o mo itseng  
Bua ka moo o ratang go e tlhokomela ka teng.



A re direng

Thala dilo di le 4 tse o tshwanetseng go di dira  
go tlhokomela seotlwana sa gago. Morago o kwale  
setlhogo ka fa tlase ga sethalo sengwe le sengwe.



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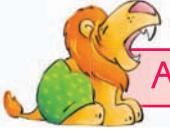
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# Go tlhokomela tikologo ya rona



A re bueng

Lebelela diphousetara tse mme o bue le  
tsala ya gago ka ga gore di re bolelala eng.



Lebelela seano sa tirisosešwa.

O bone seano se se tshwanang le se kwa kae?

## Re diriseng sešwa tsweetstwee!



A re ikatiseng

A o kgna go dira mmino o dirisa  
dihupu le diribone?





A re buiseng

Re ka thusa jang go tshola tikologo e le phēpa?



Re tshwanetse go gakologelwa ditlhaka **FDD**:



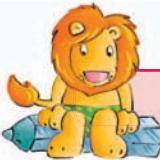
**Fokotsa:** re tshwanetse go fokotsa go qasaqasa matlakala.

**Dirisa gantsinyana:** re tshwanetse go dirisa dilo tse dintsi gantsinyana

pele re ka di latlha.

**Dirisa sešwa:** re tshwanetse go batla mekgwa ya go dirisa pampiri,

mabotlolo le dithini sešwa.



A re kwaleng

Kwala maina a dilwana tse di ka dirisiwang  
sešwa mo theiboleng e e fa tlase.

Re go simololetse lenaneo lengwe le lengwe.



Dirisa galase sešwa	Dirisa polasetiki sešwa	Dirisa pampiri sešwa	Dira kompose
Mabotlolo a bogologolo	Dikgetsana tsa polasetiki	Makwalodikgang	Matlapi a merogo

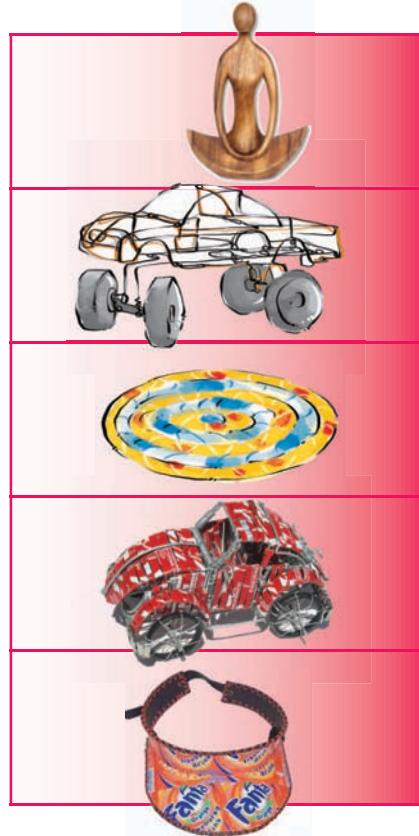




A re kwaleng

# Tirisosešwa

Thala mola go tswa mo selwaneng sengwe le sengwe se se ka fa molemeng go ya kwa selwaneng se se ka fa mojeng go bontsha gore di ka dirisiwa sentle jang.



Jaanong bopa le go dira lenaneo la sengwe se o ka se dirang o dirisa dilo tse di dirisiwanggape.

Leina la selo

Se dirilwe go tswa mo

Thala setshwantsho sa sengwe sa gago.



A re kwaleng

Akanya ka ga dilo tse di ka dirang motshotelo o montle. Kwala lengwe le lengwe la mafoko a a fa tlase mo kholomong e e nepagetseng go feleletsa theibole. O ka nna wa akanya ka ga dilwana dingwe tsa gago mme o di rulaganye go ya ka dikholomo tse di nepagetseng.

dikgetsana tsa polasetiki

matlapi a merogo

dinala

dithini tsa dinotsididi

dikgapetla tsa mae

Dilo tse di ka se boleng

Dilo tse di ka bolang



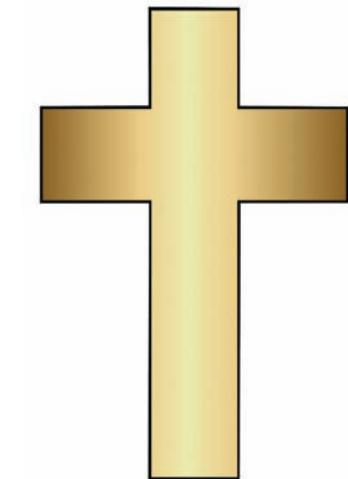
A re direng

Dira phousetara  
ya go thibela go  
gasagasa matlakala.  
Thala setshwantsho  
mme o kwale  
molaetsa.

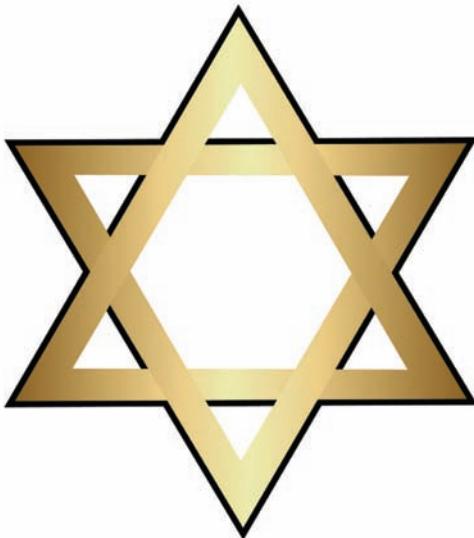




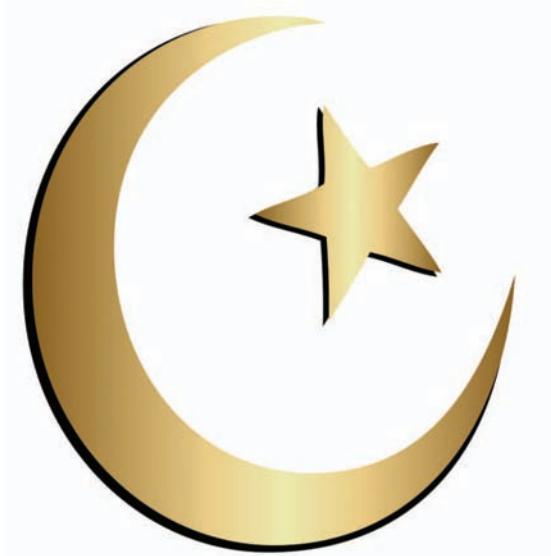
A re bueng



Sefapaano ke simbolo ya Sekeresete.



Simbolo ya Sejuta ke Naledi ya ga Tafite. Kgosi Tafite e ne e le kgori ya Baiseraele.



Ngwedi o o lengete le naledi di bopa simbolo ya Iselamo.



Simbolo ya Sehindu e kwadilwe ka puo ya Sesane ya Intia.

# Mafelo a a farologaneng a kobamelo



31



A re direng

Thala mola go golaganya tumelo nngwe le nngwe le lefelo la yona la kobamelo. Kwala leina la kago ka fa tlase ga setshwantsho sengwe le sengwe.

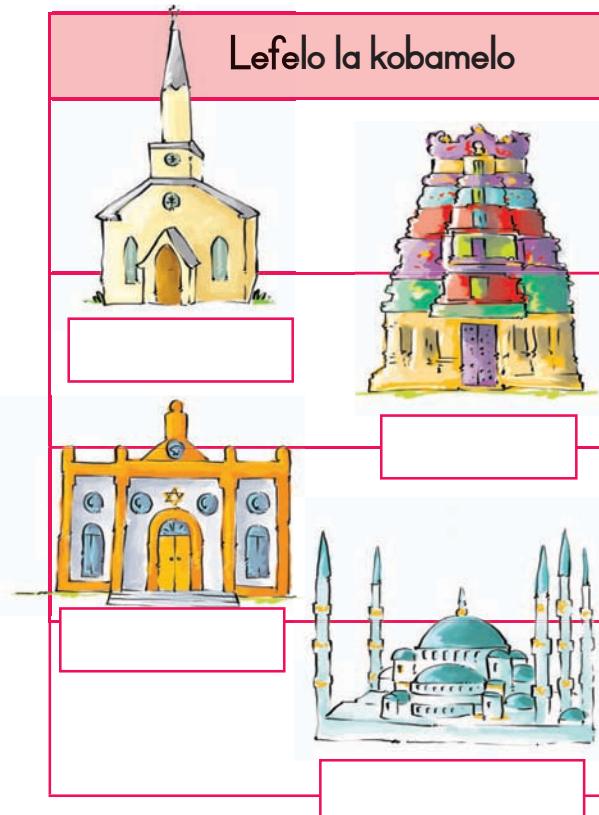
tempel

senagoge

mmoseke

kereke

Bodumedi
I selamo
Sehindu
Bokeresete
Sejuta



A re direng

Botsa ditsala di le 4 gore ke simbolo efe e e bontshang bodumedi jwa bona.

Leina la tsala	Disimbolo tsa bona





# SETIFIKEITI

Sa go digela Mophato 3

Bokgoni jwa Botshelo

se neelwa

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Tlatsa leina la gago

Lethha \_\_\_\_\_

Morutabana \_\_\_\_\_

# Thanodi ya me

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# Thanodi ya me

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