

Lenaane la go ruta la ngwaga la 2021 – Kgweditharo 4: SETSWANA PUO TLALELELTSO YA NTLHA: Mophato 3

Kgwedi tharo 4 47 malatsi	Beke 1	Beke 2	Beke 3	Beke 4	Beke 5	Beke 6	Beke 7	Beke 8	Beke 9	Beke 10
Thitokgang e tshitshintswe ng	Mosola wa thuto	Mosola wa thuto	Go ikutlwa o sosologile	Go ikutlwa o sosologile	Kutlobotlhoko	Kutlobotlhoko	Ditiragalo	Ditiragalo	TSHOSOBANYO LE POELETSO	TSHOSOBANYO LE POELETSO
Karolo ya Pegelo ya Pholisi ya Kharikhulamo le Tlhatlhobo Setlhogo sa Pegelo ya Pholisi ya kharikhulamo le tlhatlhobo	GO REETSA LE GO BUA E dirwe ka Mosupologo, Laboraro le Labotlhano									
	<ul style="list-style-type: none"> • Simolola ka ditumediso • Pina/Raeme • Dipotso tse di bulegileng (Dipotso tse di se nang karabo e e fosagetseng). • Tlotlofoko ya letsatsi le mafoko a go leba le go buisa. 									
Diteng Dikgopolo Bokgoni Boleng	Ditumediso	Ditumediso	Ditumediso	Ditumediso	Ditumediso	Ditumediso	Ditumediso	Ditumediso	Ditumediso	Ditumediso

Kgwedi tharo 4 47 malatsi	Beke 1		Beke 2		Beke 3		Beke 4		Beke 5		Beke 6		Beke 7		Beke 8		Beke 9	Beke 10
	Mafoko a pina	Tiragats o	Mafoko a pina	Tiragats o	Mafoko a pina	Tiragats o	Mafoko a pina	Tiragats o	Mafoko a pina	Tiragats o	Mafoko a pina	Tiragats o	Mafoko a pina	Tiragats o	Mafoko a pina	Tiragats o		
Pina/ Raeme	Opela pina kgotsa raeme nngwe le nngwe e e tsamisana ng le thitokgang	<i>Diragats a pina kgotsa raeme e o e tlhophileng</i>	Opela pina kgotsa raeme nngwe e e tsamisana ng le thitokgang	<i>Diragats a pina kgotsa raeme e o e tlhophileng</i>	Opela pina kgotsa raeme nngwe e e tsamisana ng le thitokgang	<i>Diragats a pina kgotsa raeme e o e tlhophileng</i>	Opela pina kgotsa raeme nngwe le nngwe e e tsamisana ng le thitokgang	<i>Diragats a pina kgotsa raeme e o e tlhophileng</i>	Opela pina kgotsa raeme nngwe le nngwe e e tsamisana ng le thitokgang	<i>Diragats a pina kgotsa raeme e o e tlhophileng</i>	Opela pina kgotsa raeme nngwe le nngwe e e tsamisana ng le thitokgang	<i>Diragats a pina kgotsa raeme e o e tlhophileng</i>	Opela pina kgotsa raeme nngwe le nngwe e e tsamisana ng le thitokgang	<i>Diragats a pina kgotsa raeme e o e tlhophileng</i>	Opela pina kgotsa raeme nngwe le nngwe e e tsamisana ng le thitokgang	<i>Diragats a pina kgotsa raeme e o e tlhophileng</i>	Boeletsa dipina tsotlhe le diraeme tseo di rutilweng mo kgweditharong e.	
	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.	Kwala potso e e maleba le thitokgang mo letlapakwalelong mme setlhopha sengwe se arabe.		

Kgweedi tharo 4 47 malatsi	Beke 1	Beke 2	Beke 3	Beke 4	Beke 5	Beke 6	Beke 7	Beke 8	Beke 9	Beke 10
<p>Tlotlofoko e e tshitshintsweng</p> <p>Tlotlofoko e e rutilweng e tla ikaega mo thitokgang e e rutilweng. (Ruta mafoko a 4 ka letsatsi)</p>	<p>thuto, sekolo se se potlana, sekolo se se golwane, unibesithi, ithuta, serutwa, falola, go sa falole, aloga, tlogela sekolo, tshono, nyalwa</p>	<p>mmueledi, molao, moathodi, kgotlatshekelo, moithuti ka nna, modirimmogo, monna, mosadi, mmapa, naga</p>	<p>iketlo, dula, hema, boteng, ka mo gare, kwa ntle, mangwele, moagisani, legora, monagano</p>	<p>Ikatisa, taboga, haeka, kगतello ya maikutlo, bukatsatsi, tlhago, go tlabisa ditlhong, semelo</p> <p>Bontsha le go bolelela: tiragatso ya molomo e e khutshwane</p>	<p>Leso, phela, phitlho, go lofa, malea, motlae, kutlobotlhoko, go utlwa botlhoko</p> <p>Bontsha le go bolelela: tiragatso ya molomo e e khutshwane</p>	<p>gakolola, kutlobotlhoko, boitumelo, fola, gakologelwa, kgopolo</p>	<p>badimo, bogologolo, botho, musiamo, ditiragalo, denya, tekete, mokaedi wa leeto, aga,</p> <p>Tlhatlhobo e e tlhomameng.</p> <p>Bontsha le go bolelela: tiragatso ya molomo e e khutshwane</p>	<p>dingwaga di le 100, Egepetwa, phiramiti, China, dibaga, epa, lefatshe, ka fat lase ga</p>	<p>Poeletso le tlhatlhobo</p> <p>Tlhaloso ya molomo</p> <p>Laela baithuti go tlhalosetsa ditsala/ barutwana ba bangwe ka ditshwantsho. Tsala kgotsa barutwana ba bangwe ba tlhalose /ba nyalanye tlhaloso le setshwantsho.</p>	
<p>Mafoko a go bua le go leba</p>	<p>nnye, botshelo, kwa ntle ga, itse</p> <p>Ruta mafoko a go bua le go leba o dirisa ditsekedimisi</p> <p>Barutwana ba kopolole mafoko a go leba le go bua mo dibukeng tsa bona tsa dithanodi.</p> <p>Barutwana ba katise puiso ya mafoko a go bua le go leba kwa gae</p>	<p>ema, bontle, mosola, nnye</p>	<p>kwa ntle, lefatshe, modumo, dira</p>	<p>batsadi, jang? iketla, leka</p>	<p>leka, botoka, gongwe, nyeba</p>	<p>bua, sengwe le sengwe, reetsa</p>	<p>leta, balelapa, kgolo, kaela</p>	<p>buile, bontle, motlotlo, badimo, emeletse</p>	<p>Poeletso</p>	
<p>Ditselana tsa go konosetsa kharikhulamo</p>	<ul style="list-style-type: none"> • O tswelala go tlhabolola tlotlofoko ya molomo (go reetsa le go bua) a dirisa dithitikgang/ ditlhogo.) • O latela le go naya ditaelo. • O tlhaloganya le go tsibogela dipotso tse di bonolo. • O kopa g tlhalosediswa. • O tsibogela le go dira dikopo. • O tsaya karolo mo motlotlong o mokhutshwnae ka ga setlhogo se se tlwaelegileng. • Supa sengwe ka go dirisa tlhaloso e ee e bonolo ya molomo. • O bua ka didiriswa mo setshwantshong go tsibigela ditaelo tsa morutabana. • O reetsa tatelano ya ditiragalo e e bonolo. • O tlhaloganya le go dirisa dipopego tsa puo mo setlhogong. 									

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Letlha la konosetso	<ul style="list-style-type: none"> O itse ka tlhogo le go diragatsa maboko, diraeme tsa tiragatso le dipina O tshameka motshameko wa puo. O simolola go tlhaloganya le go kgona go dirisa dipopego tsa puo mo setlhogong: pakajaanong le pakafetileng, maemedi, letlhalosi la tshwantshanyo. 									

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Karolo ya Pegelo ya Pholisi ya Kharikhulamo le Tlhatlhobo	PUISO – PUISOKAELO KA DITLHOPHA LE PUIISO KA NOSI Mosupulogo, Labobedi, Laboraro, Labone, Labotlhano									
Diteng Dikgopolo Dikgono Boleng	<p>Dirisa beke 1 go batlisisa fa baithuti ba santse ba le mo setlhopheng se se siameng sa go buisa.</p> <p>Bitetsa baithuti kwa go wena bongwe ka bongwe go lemoga fa ba itse setlhopha sa bona sa puiso.</p> <p>Setlhopha 1: Moithuti yo ga a kgone go buisa mafoko kgotsa o kgona fela go buisa a le mmalwanyana fela. Moithuti o lebege a sa kgone go lemoga kamano ya medumopuo.</p> <p>Setlhopha 2: Moithuti yo o itse go buisa fela mafoko a a tlwaelegileng a le mmalwanyana fela. O lebege a sa kgone go lemoga kamano ya medumopuo. Moithuti yo o tlhoka thuso e e tseneletseng go buisa mafoko a aiseng bone</p> <p>Setlhopha 3: Moithuti yo o itse mangwe a mafoko a a tlwaelegileng. Moithuti yo o tlhoka thuso ya go ipuisetsa mafoko a mantshwa a a iseng a bone.</p> <p>Setlhopha 4: Moithuti yo o itse mafoko a a tlwaelegileng a le mantsi e bile o kgona go ipuisetsa a mangwe a mantsi.</p> <p>Setlhopha 5: Moithuti yo o itse mafoko a mantsi a a tlwaelegileng. Moithuti yo o kgona go ipuisetsa mafoko a iseng a tsamae a a bone.</p> <p>Moithuti yo o buisa ka thelelo le go itlhalosa sentle.</p> <p>Beke 2-10:</p> <ul style="list-style-type: none"> Reetsa setlhopha se le sengwe ka letsatsi fa barutwana botkhe mo phaposing ba dira ditirwana tse dingwe, sekao: matlhare a tiro kgotsa tiro mo bukeng ya tiro ya DBE Tlhopha setlhangwa se se maleba le setlhopha. Simolola ka go boeletsa mafoko a go leba le go bua a beke. Laela barutwana bongwe ka bongwe go go buisetsa. 									

<p>Ditselana tsa go konosetsa kharikhulamo</p> <p>Letlha la konosetso</p>	<ul style="list-style-type: none"> Buisetsa kwa godimo go tswa mo bukeng ya morutwana ka nosi mo setlhopheng sa Puisokaelo le morutabana. Se se kaya gore sethlopha sotlhe se buisa kang e e tshwanang kgotsa setlhangwa se se nang le bonnete/boammaruri le morutabana. Tiriso ya ditogamaano tsa puiso tse o di ithutileng mo Puong ya Gae go dira tthaloganyo le go itekola fa o buisa (medumopuo, methala ya tiriso, tshekatsheko ya popego, mafoko a a bonwang) Buisa ka thelelo e e oketsegileng le go ithalosa sentle. Supa go tthaloganya matshwao a puiso fa ba buisetsa kwa godimo. Tswelela go aga tlotlofoko e e bonwang go tswa mo puisong, e ka nna Puisokaelo, Puisokopanelo le Puiso ka nosi. 									
<p>Setlhogo sa pegelo ya pholisi le tthatlhobo</p>	<p>PUISO - PUISOKOPANELO Labobedi and Labone</p>									
<p>Diteng Dikgopolo Dikgono Boleng</p>	<p>Labobedi: Puiso ya pele (Go bonela kwa pele)</p> <p>Labone: Puiso ya ntlha (tshobokanyo)</p>	<p>Labobedi: Puiso ya bobedi (Tshobokanyo)</p> <p>Labone: Morago ga puiso (Go taka setshwantsho)</p>	<p>Labobedi: Puiso ya pele (Go bonela kwa pele)</p> <p>Labone: Puiso ya ntlha (Go fopholetsa)</p>	<p>Labobedi: Puiso ya bobedi (Go fopholetsa).</p> <p>Labone: Morago ga puiso (tatelano ya ditiragalo/ tshobokanyo)</p>	<p>Labobedi: Puiso ya pele (Go bonela kwa pele)</p> <p>Labone: Puiso ya ntlha (Go fopholetsa)</p>	<p>Labobedi: Puiso ya bobedi (Go fopholetsa)</p> <p>Labone: Morago ga puiso (kwalo ya tekatlhaloganyo)</p>	<p>Labobedi: Puiso ya pele (Go bonela kwa pele)</p> <p>Labone: Puiso ya ntlha (go ikagela setshwantsho mo tthaloganyong)</p>	<p>Labobedi – Puiso ya bobedi (go ikagela setshwantsho mo tthaloganyong)</p> <p>Labone- Morago ga puiso (Tshobokanyo)</p>	<p>Labobedi: Pele ga puiso</p> <p>Labone: Puiso ya ntlha</p>	<p>Labobedi: Puiso ya bobedi</p> <p>Labone: Morago ga puiso</p>
<p>Ditselana tsa go konosetsa kharikhulamo</p> <p>Letlha la konosetso</p>	<ul style="list-style-type: none"> Reetsa dikgang tse dikhutshwane, tatelano ya ditiragalo kgotsa ditlhangwa tse di nang le bonnete/boammaruri tse di tlotliwang kgotsa buisitsweng go tswa mo Bukakgolong kgotsa phousetetara e e nang le ditshwantsho tsa go itumedisa. Araba dipotso tsa tekatlhaloganyo. Ponelopele ya se se tla diragalng mo kang kgotsa tatelano ya ditiragalo. Reetsa setlhangwa se se kwadilweng mmogo le morutabana, a dirisa setlhogo go bonelapele. Tlhagisa maikutlo ka ga kang. O boeletsa kangkhutswe. Ka thuso ya morutabana, o neela tshobokanyo e e bonolo ya setlhangwa sa nnete/boammaruri. 									
<p>Kgweditharo 4 Malatsi a le 47</p>	Beke 1	Beke 2	Beke 3	Beke 4	Beke 5	Beke 6	Beke 7	Beke 8	Beke 9	Beke 10
<p>Karolo ya Pegelo ya Pholisi ya Kharikhulamo le Tthatlhobo</p>	<p>MEDUMOPUO Mosupologo, Laboraro, labotlhano</p>									

<p>Diteng Dikgopolo Dikgono Boleng</p>	<p>ditumammogo tse pedi tsa modumo o o pataganeng: tl</p> <p><i>tlala, tlosa, tliisa, tlogela, tlotla, tlotsa,</i></p> <p>Mosupologo Itsise modumo le mafoko.</p> <p>Laboraro Bopa le go kgaoganya</p> <p>Labotlhano Barutwana ba kwale mafoko mo dibukeng tsa bona fa ba fetsa go a kgaoganya.</p>	<p>ditumammog tse pedi tsa modumo o o pataganeng: ts</p> <p><i>tsaya, tsoma, tsotsi, tsamaya, tsoga</i></p> <p>Mosupologo Itsise modumo le mafoko.</p> <p>Laboraro Bopa le go kgaoganya</p> <p>Labotlhano Barutwana ba kwale mafoko mo dibukeng tsa bona fa ba fetsa go a kgaoganya.</p>	<p>ditumammogo tse pedi tsa modumo o o pataganeng: th</p> <p><i>thaba, tharo, thatharo, thobane, thoro,</i></p> <p>Mosupologo Itsise modumo le mafoko.</p> <p>Laboraro Bopa le go kgaoganya</p> <p>Labotlhano Barutwana ba kwale mafoko mo dibukeng tsa bona fa ba fetsa go a kgaoganya.</p>	<p>tlh-</p> <p><i>tthaloganyo, tlhakanya, tthalosa, tthatlhatlhaganya, tlhakatlhakano, tlhamalala, tthaola</i></p> <p>Mosupologo Itsise modumo le mafoko.</p> <p>Laboraro Bopa le go kgaoganya</p> <p>Labotlhano Barutwana ba kwale mafoko mo dibukeng tsa bona fa ba fetsa go a kgaoganya.</p>	<p>tsh-</p> <p><i>tshameka, tshasa, tshola, tshoga, tshupa, tshimega, tshimologo</i></p> <p>Mosupologo Itsise modumo le mafoko.</p> <p>Laboraro Bopa le go kgaoganya</p> <p>Labotlhano Barutwana ba kwale mafoko mo dibukeng tsa bona fa ba fetsa go a kgaoganya.</p>	<p>kgw- <i>kgwatha, kgwagetsa, kgwesa,</i></p> <p>Mosupologo Itsise modumo le mafoko.</p> <p>Laboraro Bopa le go kgaoganya</p> <p>Labotlhano Barutwana ba kwale mafoko mo dibukeng tsa bona fa ba fetsa go a kgaoganya.</p>	<p>Poeletso Tlhatlhobo e e tlhomameng.</p>	<p>Poeletso Mosupologo Itsise modumo le mafoko.</p> <p>Laboraro Bopa le go kgaoganya</p> <p>Labotlhano Barutwana ba kwale mafoko mo dibukeng tsa bona fa ba fetsa go a kgaoganya.</p>	<p>Poeletso <i>Mogatlana – ana, sekao kalana, ntlwana,</i></p>	<p>Poeletso</p>
<p>Ditselana tsa go konosetsa kharikhulamo</p>	<ul style="list-style-type: none"> • Lemoga bonnye ditumammogo tse dingwe tse di pataganeng. • Lemoga modumo wa ntlha (o o simololang) le noko ya bofelo (e e raemang) mo dipateroneng tse di marara. • Lemoga mafoko a lesika le le marara thata. • Lemoga le go dirisa megatlana mo mafokong(sk -ela, -ega,-isa, -lolola) • Aga le go dumisa mafoko a a rutilweng. 									
<p>Letlha la konosetso</p>										

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Karolo ya Pegelo ya Pholisi ya Kharikhulam o le Tlhatlhobo	KWALO Labobedi le Labone																									
Diteng Dikgopolo Dikgono Boleng	<p>Ipaakanyo le sethangwa sa ntlha</p> <p>Labobedi Kwalokopanelo le morutabana. Kwalela tsala lekwalo o mmolelele ka mosola wa thuto.</p> <p>Labone: Go tlaleletsa temana ka dipolelo. Tlhalosa polelo e e khutlisang - e e sobokanyang maikutlo ka ga go ithuta sengwe se se ntshwa.</p>	<p>Labobedi: Go tlotlha diphoso Barutwana ba buisetsa balekane dikwalo tsa bone. Ba thusane go batla le go baakanya diphoso tsa bone. Buisa lenaane la tekolo o netefatse fa dilwana tsotlhe tse di mo go lone di tladitswe.</p> <table border="1" data-bbox="623 1186 831 1732"> <tr> <td>Ke dirisitse ditlhaka tse kgolo</td> <td></td> </tr> <tr> <td>Ke dirisitse matshwao a puiso (. ?)</td> <td></td> </tr> <tr> <td>Ke buiseditse dipolelo tsa me kwa godimo.</td> <td></td> </tr> <tr> <td>Ke tlotse mopeleto wa me (Ke sekeleditse mafoko a ke tlhokang thuso mo go ona.)</td> <td></td> </tr> </table> <p>Labone Barutwana ba kwale lekwalo mo dibukeng tsa bona tsa kwalo.</p>	Ke dirisitse ditlhaka tse kgolo		Ke dirisitse matshwao a puiso (. ?)		Ke buiseditse dipolelo tsa me kwa godimo.		Ke tlotse mopeleto wa me (Ke sekeleditse mafoko a ke tlhokang thuso mo go ona.)		<p>Ipaakanyo le sethangwa sa ntlha Labobedi Kwalokopanelo: Kwala temana ka sengwe se se ntshwa se o batlang go se ithuta.</p> <p>Labone Go tlaleletsa temana ka dipolelo. Tlhalosa polelo e e khutlisang - e e sobokanyang maikutlo ka ga go ithuta sengwe se se ntshwa.</p>	<p>Labobedi: Go tlotlha diphoso Barutwana ba buisetsa balekane dikwalo tsa bone. Ba thusane go batla le go baakanya diphoso tsa bone. Buisa lenaane la tekolo o netefatse fa dilwana tsotlhe tse di mo go lone di tladitswe.</p> <table border="1" data-bbox="1101 1150 1308 1675"> <tr> <td>Ke dirisitse ditlhaka tse kgolo (!?)</td> <td></td> </tr> <tr> <td>Ke dirisitse matshwao a puiso</td> <td></td> </tr> <tr> <td>buiseditse dipolelo tsa me kwa godimo.</td> <td></td> </tr> <tr> <td>) Ke tlotse mopeleto wa me (Ke sekeleditse mafoko a ke tlhokang thuso mo go ona.)</td> <td></td> </tr> </table> <p>Labone: Go phasalatsa le go abelana Barutwana ba kwala ditemana le go di buisetsa balekane ba bone.</p>	Ke dirisitse ditlhaka tse kgolo (!?)		Ke dirisitse matshwao a puiso		buiseditse dipolelo tsa me kwa godimo.) Ke tlotse mopeleto wa me (Ke sekeleditse mafoko a ke tlhokang thuso mo go ona.)		<p>Ipaakanyo le sethangwa sa ntlha Labobedi Kwala temana ka nako ya fa o ne o utlwile botlhoko. Baritwana ba kwala sethogo sa polelo morago ba oketse ka dipolelo tse di e tshegetsang.</p> <p>Labone: Barutwana ba tlaleletsa ka polelo e e khutlisang.</p>	<p>Labobedi: Go tlotlha diphoso Kwala temana ka nako ya fa o ne o utlwile botlhoko fela mongwe a go dira gore o ikutlwe o le botoka. Ditrisa lenaane la tekolo.</p> <p>Labone: Phasalatsa le go abelana Tlhatlhobo e e tlhomameng Kwalo</p>	<p>Labobedi: Kwala lenaane leo le nang le ditlhogo tse di itumedisang ka ntlha tseo di ithutilweng ka ga ditiragalo</p> <p>Labone: Kwalo: Feleletsa kerafo mo dibukeng tsa kwalo.</p>	<p>Labobedi: Tlhotlha diphoso</p> <p>Labone: Go phasalatsa le go abelana</p> <p>Kwalo: Feleletsa kerafo mo bukeng ya tiro ya DBE</p>	<p>Labobedi: Kwalokopanelo: Re ya go dira eng mo malatsing a boikhutso?</p> <p>Labone: Kopolola/Kwala bonnye dipolelo di le 3 mo dibukeng tsa kwalo.</p>	<p>Poeletso</p>
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) Ke tlotse mopeleto wa me (Ke sekeleditse mafoko a ke tlhokang thuso mo go ona.)																										

Ditselana tsa go konosetsa kharikhulamo	Dikgono tsa kwalo:						Mopeleto:			
	<ul style="list-style-type: none"> O dirisa bokgoni jwa bgo kwala jo bo rutilweng mo Puong ya Gae. Kwala manaane a a golang ka marara ka dithogo. Kwala temana ya dipolelo di le 6 – 8 ka setlhogo se se tlwaelegileng. O rulaganya tshedimose tso mo tshateng, lenaaneng kgotsa kerafo. O kwala tatelano ya ditiragalo ya maitemogelo a gagwe. Mmogo le morutabana, o kwala kgang e e bonolo a bo a kwalolola. (Kwalo kopanelo) O dirisa dikgato tsa go kwala (go kwala dithangwa tsa ntlha, go kwala, tlhotlha diphosa le go phasalatsa)) O dirisa matshwao a puiso matshwao a puiso a a rutilweng mo Puong ya Gae (khutlo, phegelwana, letshwao la potso, letshwao la kgakgamalo. 						<ul style="list-style-type: none"> O peleta mafoko a a tlwaelegileng ka nepagalo le go leka go peleta a a sa tlwaelegang a dirisa kitso ya medumopuo. Aga sefala sa mafoko le thanodi e e leng a gagwe. Dirisa dithanodi tsa bana (temenngwe le tempedi) fa go tlhokega. 			
Letlha la konosetso										
Kgweditharo 4 Malatsi 47	Beke 1	Beke 2	Beke 3	Beke 4	Beke 5	Beke 6	Beke 7	Beke 8	Beke 9	Beke 10
Karolo ya Pegelo ya Pholisi ya Kharikhulam o le Tlhatlhobo	TIRISO YA PUO LABOTLHANO									
Diteng Dikgopolo Dikgono Boleng	Ikatisa go baya dipolelo tse di bonolo ka pakatlang. Boeletsa tiriso ya matshwao a puiso: ditlhakakgolo le dikhutlo	Marui: ya me, tsa gago	Matlhalosi a papiso: kgolo –kgolwane Mosola – mosola thata	Ikatisa go baya dipolelo tse di bonolo ka pakatlang. Boeletsa tiriso ya matshwao a puiso: tlhakakgolo le khutlo	Metshameko ya puo: Maemedi	Mainatota: nna, ene, rona Tlhatlhobo e e tlhomameng	Metshameko ya puo:	Poeletso ya dipopego tsotlhe tsa puo tseo di rutilweng.		
Ditselana tsa go konosetsa kharikhulamo	Tiriso ya puo:									
Letlha la konosetso	<ul style="list-style-type: none"> O tirisa pakafetileng ka tlhomamo e e golang. O tlhaloganya le go dirisa pakatlang. O tlhaloganya le go dirisa letlhalosi la papiso. O boeletsa nngwe ya thutapuo e e sa tlhomamang e e dirilweng mo Mephatong R – 2. 									
Ditirwana tsa tlaletso	Buka 2 ya tiro ya DBE, tsebe 34, 35 (Mafoko a ttiro), 35 A re kwaleng) Taka o be o tshwantshe mosola wa thuto.	Buka 2 ya tiro ya DBE, tsebe 36, 37, 38, 39, 40.	Buka 2 ya tiro ya DBE 41, 42, 43. Taka o be o kwale ka sengwe se se go ritibatsang maikutlo.	Buka 2 ya tiro ya DBE, tsebe 45, 46, 47 Taka o be o kwale ka sengwe se se kileng sa go utlwa bothoko.	Buka 2 ya tiro ya DBE, tsebe, 50, 51 – 53. Taka setshwantsho sa gago. Kwala dipolelo go	Buka 2 ya tiro ya DBE, tsebe 54, 55, 56 – 57, 58. Feleletsa dikarata tsa medumopuo/ tekathaloganyo/k walo.	Buka 2 ya tiro ya DBE 64, 65 Kwala kgang ka nkoko wa gago fa a ne a le monnye.	Buka 2 ya tiro ya DBE, tsebe 69, 70, 71, 72, 73, 75	Feleletsa ditirwana mo bukeng ya tiro ya DBE Feleletsa dikarata tsa medumopuo/ tekathaloganyo/kw alo.	Feleletsa ditirwana mo bukeng ya tiro ya DBE Feleletsa dikarata tsa medumopuo/ tekathaloganyo/k walo.

					tihalosa ka moo a ikutlwang.					
Kitso ya pele e e tlhokagalang.	Kitso ya tiro e e dirilweng mo Mophatong 2. Kitso ya thitokgang e ka thusa thata. Botsa dipptso go lemoga kitso ya pele ya dikgweditharo tse di fetileng.									
Didiriswa tse di ka dirisiwang go thusa go ruta ntle le buka ya morutabana	Dibukakgolo Ditsekedimisi Ditshwantsho Diphousetara Dibuka tsa go buisa Ditirwana tseo barutwana ba ka di dirisang fa setlhopha sengwe se dira ka nako ya Puisokaelo ka ditlhopha. Diaparo tsa maiterelo									
Tlhatlhobo e e sa tlhomamang	<ul style="list-style-type: none"> • Ditirwana tse di tshwanetswe go elwatlhoko le go tlhatlhojwa ka nako ya ditirwana tsa letsatsi le letsatsi fo go rutiwa dipuo. • Maikaelelo ga se gore kgono nngwe le nngwe e nne tirwana ya tlhatlhobo fela barutwana ba tshwanetse go newa ditshono go tlhagisa dikgono tse ka molomo le ka tiragatso.. • Seno se tshwanetswe go dirwa mo go sa tlhomamang le ka mokgwa wa tsewedi. 									
TLHATLHOBO YA KWA SEKOLONG (Tlhatlhobo e e tlhomameng)	<ul style="list-style-type: none"> • Rubiriki, lenaane la tekolo le ditirwana tsa kwalo di ka dirisiwa. • Tlhatlhobo e ka diragala fela fa diteng di rutilwe e bile baithuti ba neilwe nako e el ekaneng ya go ikatisa. 									

LENANEO LA TLHATLHOBO

PUO TLALELETSO YA NTLHA: Mophato 3: Kgweditharo 4

Karolo	Bokgoni jo bo tshwanetsweng go tlhatlhabiwa	Mokgwa wa tlhatlhubo	Sediriswa sa tlhatlhubo	Maduo	Letlha la go konoseta	Letlha le tlhatlhubo e feditsweng ka lona
Go reetsa le go bua	<ul style="list-style-type: none"> Tiragatso ya molomo: Motlotlo o mokhutshwane ka setshwantsho/ Phousetara ya thitokgang e ka nna bonnye jwa dipolelo di le 4 – 5. 	Go elatlhoko le molomo	Rubiriki	5	Beke 5 & 6	
<p><u>Dintlha go morutabana</u> Ditirwana tse tsa go reetsa le go bua di tlaa elwathoko le go tlhatlhabiwa ka nako ya dithuto tsa ditirwana tsa molomo. Maikaelelo ga se gore bokgoni bongwe le bongwe e nne tirwana ya tlhatlhubo, mme fela o tshwanetse go netefatsa gore barutwana ba neetswe ditshono go tlhagisa bokgoni jo jwa molomo le ka tiragatso letsatsi le letsatsi. Kwa bokhutlong jwa beke 7, morutwana mongwe le mongwe a bo a tlhatlhabilwe mo bokgoning jwa gagwe jwa go tlhagisa motlotlo o mokhutshwane ka setshwantsho /phousetara e e tlwaelegileng, ji. Mo go SAMS o tshwanetse go nna le leduo le le 1 la Go reetsa le go bua.</p>						
Medumopuo: Kwalo	<p>Maemo a mafoko le polelo</p> <ul style="list-style-type: none"> Lemoga ditumammogo tse pedi tse di pataganeng, tl, th, ts Lemoga megatlana 	Go elatlhoko le kwalo	Buka ya go kwalela le matlhare a	10	Beke 8	
<p><u>Ditaelo go morutabana</u> Tirwana ya medumopuo ga e a tshwanela go feta metsotso e le 15 e bile e dirwe ka dithlopha tse dinnye gore ditirwana di kgonwe go rutiwa le barutwana botlhe ka tshwanelo. Mo bekeng 8 medumopuo ya kwalo e tshwanetswe go tlhatlhabiwa ka mokgwa wa kwalo go dirisiwa matlhare a tiro a a tla akaretsang ditirwana tsa tekatlhaloganyo mmogo le bokgoni jwa tiriso ya puo. Mo go SAMS o tshwanetse go nna le leduo le lengwe (kwalo ya medumopuo)</p>						
Puiso: Molomo	<p>Nako ya puisokopanelo (Bukakgolo, Thitokgang, buka ya puiso)</p> <p>Mafoko a go leba le go bua. Tlhatlhubaba morutwana mongwe le mongwe ka nosi ka mafoko a le 70 - 80</p>	Go elatlhoko le molomo	Rubiriki	5	Beke 6 & 7	
Kwalo ya puiso ya teka tlhaloganyo	<ul style="list-style-type: none"> Tlhopha temana ya puiso ya mafoko a le 80 to 100 (Buka ya triro ya DBE/ buka ya puiso) Mofuta wa di potso Dipotso tsa go tlhopa dikarabo tse di nepagetseng le go tlatsa ka mafoko a tlogetsweng Kgang ya tatelano ya di tiragalo le dipotso tsa go gakologelwa tse dittswalegileng. 	Kwalo	Letlhare la tiro/ buka ya go kwalela	10	Beke 8	
<p><u>Ditaelo go morutabana</u> Tlhatlhuba morutwana mongwe le mongwe ka bonnye mafoko a le 70 – 80 mo bekeng ya 6 – 7 ka nako ya puiso kaelo ka dithlopha. Lenaane la tekolo le tshwanetswe go dirisiwa go rekota mme go neela maduo go dirwe go ya ka rubiriki ya ditirwana tsa puiso ya molomo. Ka beke ya 8 dira tirwana ya tekatlhaloganyo ya kwalo le phaposi yotlhe metsotso e le 15 – 20. Temana e buisetswe baithuti botlhe mo phaposing mme ditirwana tsa tekatlhaloganyo di rutiwe ka fa go tshwanetseng. Tlhatlhuba kwalo ya medumopuo, tekatlhaloganyo e bokgoni jwa tiriso ya puo ka mokgwa wa kwalo o dirisa letlhare la go kwala. Mo go SAMS o nne le, maduo a Puiso (puisio ya molomo le kwalo ya tekatlhaloganyo.)</p>						
Kwalo:	<ul style="list-style-type: none"> Kwala bonnye dipolelo di le 4 – 6 ka setlhogo se se tlwaelegileng a dirisa ditlhakakgolo le dikhutlo. 	Kwalo	Rubiriki	5	Beke 7	
Tiriso ya puo	<ul style="list-style-type: none"> Matshwao a puiso(ditlhakakgolo le dikhutlo), dipaka, bontsi, maina 		Letlhare la tiro/buka ya go kwalela	5	Beke 8	

<u>Ditaelo go morutabana</u>	
Mo bekeng ya 8 bokgoni jwa tiriso ya puo bo thathobiwe ka mokgwa wa kwalo o dirisa letlhare la tiro le le tla akaretsang kwalo ya medumopuo mmogo le ditirwana tsa tekatlhaloganyo. Mo go SAMS o tla rekota fela maduo a le a kwalo. (bokgoni jwa tiriso ya puo le kwalo)	
PALOGOTLHE YA MADUO	40
Maduo a tla rekotiwa mo go SAMS. Maduo a tla fetolelwa go peresente go tlhagisa maemo 1 – 7 mo karateng ya pegelo	

PUO TLALELETSO YA NTLHA MOPHATO 3: KGWEDITHARO 4 maduo o dirisa rubiriki

	Go reetsa le go bua	Medumopuo Kwalo	Puiso		Kwalo	Tiriso ya puo	Ditshwaelo
	Tiragatso ya molomo: Motlotlo o mokhutshwane ka setshwantsho/ Phousetara ya thitokgang e ka nna bonnye jwa dipolelo di le 4 - 5.		Molomo	Kwalo			
Letlha		Lemoga ditumammog tse pedi tse pataganeng, ti, ts, th R Lemoga megatana	Mafoko a go leba le go bua. Tlhatlhobaba morutwana mongwe le mongwe ka nosi ka mafoko a le 70 - 80	Tekathaoganyo ya kwalo. Dipotso tsa go thopha dikarabo tse di nepagetseng,, tiatsa ka mafoko a a tletsweng, Kgang ya tatlano ya di tiragalo le dipotso tsa go gakologelwa di tswalegileng	Kwalo bonnye dipolelo di le 4 - 6 ka sethogo se se tiwalegileng a dirisa diithakagolo le dikhutlo.	Matshwao a puiso, (dithakagolo le dikhutlo stops) Dipaka, bontsi le maina.	
Maduo	5	10	5	10	5	5	
Maina a barutwana							
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							



MEFUTA YA DIRUBIRIKI

DIRUBIRIKI TSE DI LATELANG KE DIKAI FELA....MORUTABANA O LETLELETSWE G O KA DIRISA TSA GAGWE

MOPHATO 3: RUBIRIKI: Kgweditharo 4					
GO REETSA LE GO BUA					
Tirwana	1	2	3	4	5
Tiragatso ya molomo: Motlotlo o mokhutshwane ka setshwantsho/ Phousetara ya thitokgang e ka nna bonnye jwa dipolelo di le 4 – 5.	Ka thuso le ikatiso morutwana o kgona go neelana ka didiriswa tse 2 – 3 mo sethswatshong/phousetata	Morutwana o kgona bua ka setshwantsho kgotsa phousetara e e ipaakanyeditsweng e e tlwaelegileng / /Phousetara ya thitokgang e e tlhalosang dintlha di le 3 ka dipolelo tse di sa felelang	Morutwana o kgona go bua ka setshwantsho/phousetara e e tlwaelegileng/ Phousetara ya thitokgang e e tlhalosang dintlha di le 3 ka dipolelo tse di feletseng.	Morutwana o kgona go bua sentle ka setshwantsho/phousetara e e tlwaelegileng/ Phousetara ya thitokgang e e tlhalosang dintlha di le 4 ka dipolelo tse di feletseng.	Morutwana o kgona go bua sentle ka setshwantsho/phousetara e e tlwaelegileng/ Phousetara ya thitokgang e e tlhalosang dintlha di le 5 le go feta ka dipolelo tse di feletseng.
PUISO					
Tirwana	1	2	3	4	5
Temogo ya mafoko: mafoko a go leba le go bua: 70 - 80	Morutwana o kgona go buia mafoko a go leba le go buisa a a tlwaelegileng a le 20 – 25 le morutabana.	Morutwana o kgona go buia mafoko a go leba le go buisa a a tlwaelegileng a le 50 – 59 ka nepagalo.	Morutwana o kgona go buia mafoko a go leba le go buisa a a tlwaelegileng a le 60 – 69 ka nepagalo.	Morutwana o kgona go buia mafoko a go leba le go buisa a a tlwaelegileng a le 70 – 79 ka go itshepa le ka nepagalo.	Morutwana o kgona go buia mafoko a go leba le go buisa a a tlwaelegileng a le 80 ka go itshepa le ka nepagalo.
KWALO					
Tirwana	1	2	3	4	5
Kwala bonnye dipolelo di le 4 – 6 ka setlhogo se se tlwaelegileng a dirisa ditlhakagolo le dikhutlo.	Morutwana o kgona go kopolola mafoko a a tlhalelang a le 1- 2 ka thuso ya morutabana	Morutwana o kgona go kwala polelo e le 1 ka setlhogo se se tlwaelegileng a dirisa foreimi.	Morutwana o kgona go kwala dipolelo di le 2 – 3 ka setlhogo se se tlwaelegileng a dirisa ditlhakagolo le dikhutlo ka nepagalo.	Morutwana o kgona go kwala dipolelo tse di maleba di le 5 ka setlhogo se se tlwaelegileng a dirisa mopeleto le matshwao a puiso.	Morutwana o kgona go kwala dipolelo tse di maleba di fetang 5 ka setlhogo se se tlwaelegileng a dirisa mopeleto le matshwao a puiso.