



Mofumahadi Angie Motshekga, letona la Lafapha la Thuto ya Motheo



Mong. Enver Surty, Motlatsi wa Letona la Thuto ya Motheo

Dibuka tsena tsa tshebetso di etseditswe bana ba Afrika Borwa tlasa boetapele ba Letona la Thuto ya Motheo, Mof. Angie Motshekga, mmoho le Motlatsa Letona la Thuto ya Motheo, Mong. Enver Surty.

Dibuka tsa tshebetso tsa Rainbow di bopa karolo ya Lefapha la Thuto ya Motheo, ya thuso e reretsweng ho netefatsa tshebetso ya baithuti ba Afrika borwa dikereiting tse qalang tse tsheletseng. Jwale ka enngwe ya dintlha tsa bohlokwa tsa Moralo wa Tshebetso ya Mmuso, projeke ena e etsahetse ka tshebetso ya letlole la Polokelo la Setjhaba. Sena se entse hore Lefapha le etse dibuka tsena tsa tshebetso ka dipuo tsohle tsa semmuso, ntle le tefello ya letho.

Re tshepa hore, matitjhere a tla fumana dibuka tsa tshebetso di le bohlokwa mosebetsing wa bona wa letsatsi le letsatsi, le ho etsa bonnete ba hore baithuti ba bona ba etsa kharikhulamo yohle. Re nkile boikarabelo ba ho tataisa titjhere mosebetsing ka enngwe le enngwe ya mesebetsi, ka ho kenyetsetsa motshwao a bontshang hore na seo barutwana ba tshwanelang ho se etsa ke sefe.

Re a kgolwa hore bana ba tla natefelwa ke ho sebetsa ka buka ena ha ba ntse ba hola le ho ithuta, le hore wena titjhere, o tla natefelwa mmoho le bana.

Re le lakalletsa katleho ho sebediseng dibuka tsena tsa tshebetso.

E tlhabolotswe e bile e tsamaelana le CAPS

Kereiti ya

3



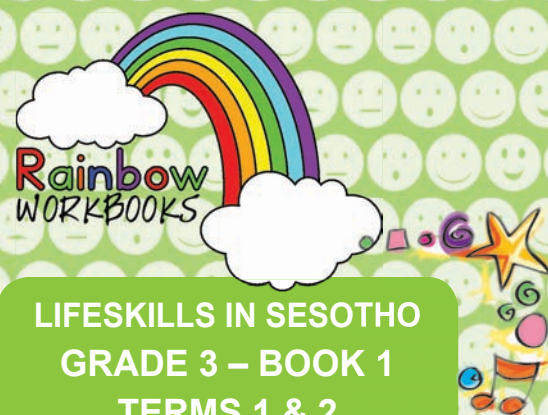
Bokgoni ho tsa Bophelo
ka SESOTHO
Buka ya I
Kotara ya I&2

ISBN 978-1-4315-0280-6



Dibukatshebetso tse teng moebetsing ona ke tse latelang:

- Puo ya lapeng/Ho bala le ho ngola kereiti 1 – 6 (Ka dipuo tsohle tsa semmuso)
- Mmetse Kereiti 1 – 3 (Ka dipuo tsohle tsa semmuso)
- Mmetse Kereiti 4 – 9 (Ka Senyesemane le seAfrikaan)
- Thuto ya tsa bophelo Kereiti 1 – 3 (Ka dipuo tsohle tsa semmuso)



LIFESKILLS IN SESOTHO
GRADE 3 – BOOK 1
TERMS 1 & 2
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Kereiti ya

3

Bokgoni ho tsa Bophelo
ka SESOTHO
Buka ya I



Buka ena ke ya:

Ditaba ka nna



Ha re ngoleng

E mong le e mong wa rona o fapane, mme re kgethehile kaofela.
Tlatsa buka ya boitsebiso ka ditaba tsa hao. Rla setempe sa ID.
Ha o qetile ho etsa sena bontsha motswalle wa hao karete ena.

Ke eng se tshwanang le se sa tshwaneng pakeng
tsa hao le motswalle wa hao?



Bukana ya boitsebiso

Lebitso: _____

Dilemo: _____

Letsatsi la tswalo: _____

selemo

kgwedi

letsatsi

Sebaka sa tswalo: _____

Moshemane kapa ngwanana: _____

Puo ya lapeng: _____

Mmala wa moriri: _____

Bolelele: _____ cm

Mmala wa mahlo: _____

Mosaeno

Etsa setshwantsho sa hao.



Kotara ya I – Beke ya I – Leqephe la mosebetsi



Ha re bueng

Jwale nahana ka tsa
bophelo ba hao ho fihlela
ha jwale.

Na o ka kgona ho hopola ho fihlela
kae? Na o ka hopola letsatsi la hao la
tswalo ya selemo sa bobedi?

Na o ka hopola ha o qala sekolo?

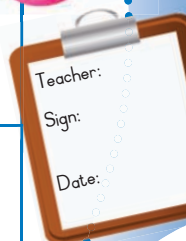


Ha re ngoleng

Tlatsa molanako ka tsa
bophelo ba hao.



Ke hlahile ka	Ke qadile ho	Ke qadile sekolo	Ke tlile ho kereiti
	bua ka	ka	ya 3 ka
kgwedi			
selemo			
20 _____	20 _____	20 _____	20 _____



Teacher:

Sign:

Date:

Sekolo sa heso

Kotara ya I – Beke ya I – Leqephe la mosebetsi



Ha re etseng

Titjhare ya hao e tla o thusa ho bontsha tsa bophelo ba hao moleng o bontshang nako. Re se re o qalletse yona. Titjhare ya hao e tla o bontsha diketsahalo tse ding tsa bohlokwa.

Sekolo sa hao se butswe ka selemo se fe?	Mosuwelohloho wa hao o tlile sekolong ka selemo se fe?		



Ha re ngoleng

Histori ya sekolo sa heno ke efe? Fumana dikarabo dipotsong tsena mme o di ngole dibakeng tse siilweng kholomong ya pele. Jwale taka ditshwantsho ho bontsha histori eo.

Sekolo sa heno se butswe neng?	Taka setshwantsho sa sekolo sa heno.
Mosuwelohloho wa pele e ne e le mang?	

Letsatsi:

Lepetjo la sekolo e ne e le lefe?
Na e ntse e le lona le kajeno?

Taka betjhe ya sekolo.

Bolela ho hong ho kgethehileng
ka sekolo. (Mohlomong ho ne ho
na le morutwana ya kgethehileng,
kapa phihlello e ikgethileng.)

Taka sesthwantsho ho bontsha ntho ya
bohlokwa ka sekolo.



Tswelang kantle

Pele o etsa eng kapa eng kantle , ikotlolle jwalo ka katse. Sena
se tla etsa ho be bonolo hore mmele wa hao o tsitsinyeha. Ikotlolle
hape ha o se o qetile ho kokobetsa mmele le ho o phodisa. Sena se
tla thusa mesifa ya hao hore e se be bohloko.
Jwale etsa se etswang ke bana bana.



Titjhere ya hao e tla bitsa lebitso la hao
e nto akgela bolo. Kapa bolo pele e wela
fatshe.

Jwale leka ho kapa bolo ka mokotleng ha
motswalle wa hao a e lahlela.

Lahlela bolo motswalleng wa hao, o
bone hore a ka kgona ho e tshwara ka
mokotlaneng.

Ikotlolle jwalo ka katse hore o thapolohe.



Teacher: _____
Sign: _____
Date: _____

Tsohle ka nna

Ha re bueng

Nahana ka se seng se kgahlisang se ileng sa o etsahalla nakong e fetileng, o bolelle motswalle wa hao ka sona hore a o tsebe ka botlalo.

Ha ke ne ke le dilemo di hlano ke ile ka ya lewatleng.

Ha ke ne ke le dilemo tse 4 ke ile ka wa leboteng



Ha re bueng

Bolella motswalle wa hao ka moo motho enwa a fetohileng ho tloha boseeng ho fihlela a eba mosadi.



lesea



ngwana



ngwana sekolo



morwetsana/mohlankana



motswadi



motho ya tsofetseng



Ha re bueng



Sebetsang dihlopheng tsa lona. Qapang pina mme le tantshe.
Sehlopheng sa hao, ngola mantswe a pina dibakeng tse siilweng ka
tlaase. Jwale bontsha tlelase hore o bina jwang ha o ntse o tantsha.



Large empty rectangular box for writing or drawing.



Teacher: _____
Sign: _____
Date: _____

Boholo le botsofadi

Ha re bueng

Bua ka hore bana ba baholo le batho ba baholo
ba fapane jwang le wena.

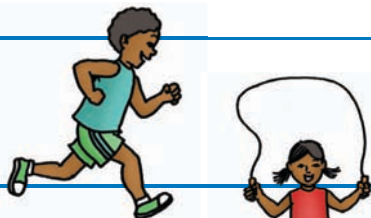
Ha nako e ntse e tsamaya
batho ba a tsofala. Mmala
wa moriri o a fetoha,
mantswe a bona a fetoha,
dinama tsa bona di a
eketseha mme ba hlalefa
le ho feta.

Batho ba fetoha jwang ha ba hola?

Ha re ngoleng

Ke dintho di fe tse latelang tseo o di etsang ho
fapana le ka moo batswadi ba hao ba di etsang.

Ho matha o
sa kgathale.



Ho tlola.

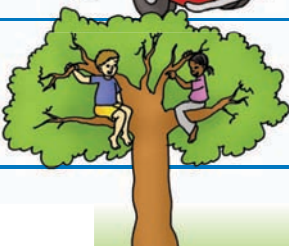


Ho bala koranta.

Ho kganna koloi.



Ho bapala sefateng.



Nna

Batswadi ba ka



Letsatsi:



Ha re bineng

A re itokisetseng ho bina.
Etsang modumo ena.



Modumo o potlakileng jwalo ka modumo wa ambolense.

Modumo o bonolo, jwale ka pina e binelwang ngwana hore a robale.

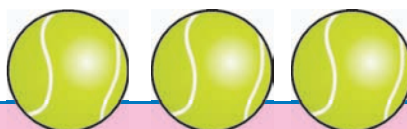
Modumo o tshwanang le wa dinonyana ha di bina.

Modumo o motenya jwalo ka tau ha e puruma.

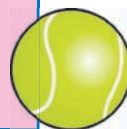


Tswelang kantle

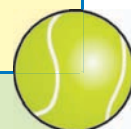
Na o ka kapa bolo?



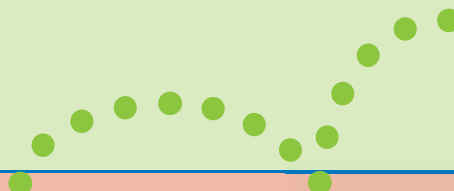
Akgela bolo ya tenese moeng, mme o e kape ka matsoho a mabedi.



E lahlele hodimo o nto opa diatla pele o e kapa.

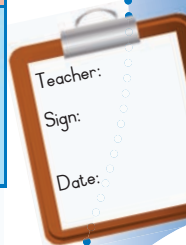


Bapadisa bolo ya tenese fatshe.



Jwale etsa bête o sebedisa pampiri e metahantsweng kapa sekoto sa patsi. E sebedise ho otlala bolo fatshe hore e qhome.

Jwale ikotlolle jwale ka katse.



Teacher:

Sign:

Date:

Maikutlo

Sheba ditshwantsho tse latelang, bolela hore bana bana ba ikutlwa jwang. Na o kile wa ikutlwa ka mokgwa ona? Tlatsa ka moo ngwana ka mong a ikutlwang ka teng. Sebedisa mantswe a na ho o thusa.

hlomoha

thabile

swabile

tshoha

motlotlo

halefile















Tswelang kantle

Bapala papadi ya thenese ya ba banyenya o kwetlisa ho otlela pele le morao.



Letsatsi:



Ha re bueng

Ke eng se o thabisang?

Ke eng se o etsang hore o hlomohe?

Ke eng se o tshosang?



Ha re ngoleng

Ke eng se etsang hore o halefe?



Ngola hara bukatsatsi ka letsatsi leo o ikutlwieng o thabile haholo. Hlalosa se etsahetseng ho wena.

Bukatsatsi e ratehang

Ngola hara bukatsatsi ka letsatsi leo o ikutlwieng o hlone. Bolela ho etsahetseng hore o hlone jwalo.

Bukatsatsi e ratehang

Teacher: _____
Sign: _____
Date: _____

Ntho tseo ke di ratang

Ha re ngoleng

Bolella sehlopha sa hao hore o rata ho etsa eng(dinitho) haholo . Jwale ngola mabitso a dintho tsena dibakeng tse siilweng mmapeng wa mohopolo.

Blank space for writing (pink background).



Blank space for writing (yellow background).



**DINTHO
TSEO KE
RATANG
HO DI
ETSA**



Blank space for writing (purple background).

Blank space for writing (light green background).



Blank space for writing (light blue background).

Blank space for writing (blue background).



Ha re etseng ditshwantsho

Jwale sebedisa mmapa wa mohopolo ho ngola serapa ka seo o natefelwang ke ho se etsa le hore hobaneng se o natefela.

Se natefelang haholo



Ha re etseng

Sebedisa hlama ya ho bapala ho etsa sefahleho se thabileng le se hlonameng.



Ha re bueng

Botsa metswalle e 5 hore ke eng seo ba ratang ho se etsa. Khalara boloko e 1 nako le nako ha ba rata se itseng.



5					
4					
3					
2					
1					
	Ho bina	Ho bala	Ho penta	Dipapadi	Mmetse

Ke ntho efe e ratwang haholo?

Teacher:

Sign:

Date:

Maikutlo

Ha re bueng

Shebang ditshwantsho tsena le bue ka hore le ka thusa bana bana ho etsa dintho tse nepahetseng jwang. Taka karabo tse nepahetseng.

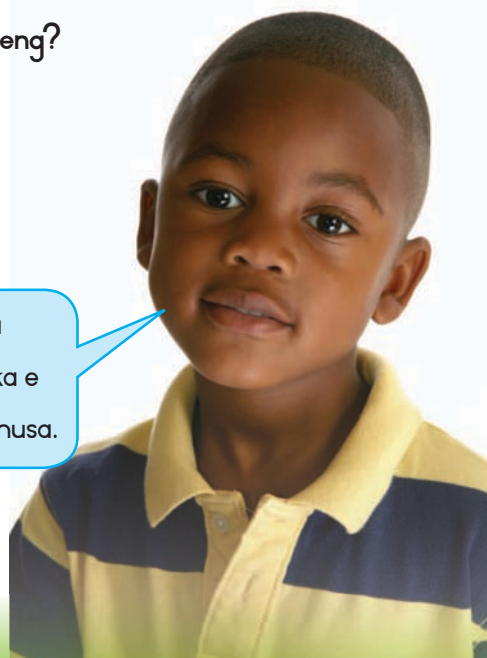
	Na ha o kgone ho lebella moo o yang!	
	Ntshwarele! e re ke o thuse ho phahamisa dintho tsena!	
	Jo! ke ena bolo ya hao.	
	Jo! tsamaya o ilo bapala sebakeng se seng!	
	Ke ya ka, o ka se e fumane.	
	Tlo, ha re arolelane tjhokolete.	

Ha re ngoleng

Metswalle e nepahetseng e etsa eng?

Ha ke etsa ntho e fosahetseng ke kopa tshwarelo.

Ha ke bona metswalle ya ka e sokola ke a ba thusa.



Letsatsi:

Ngola dintho tse ding tse 4 tseo metswalle e lokileng e di etsang.





Ha re bueng

Sheba ditshwantsho tsena. Bua ka hore o bona eng setshwantshong se seng le se seng. Kgetha setshwantsho se le seng o etse tshwantshiso ka sona.



Jwale ngola tshwantshiso ka setshwantsho seo o se kgethileng. Tlatsa mabitso a baphetwa kholomong ya pele.



Tswelang kantle

Leka ho etsa dintho tsena tse latelang.

- Matha ho potoloha lebala. Ha titjhare ya hao a re "tjhentjha" o tshwanela ho matha o potapote, o nke tsela e fapaneng.
- Jwale qhomisa bolo o tsamaye o ye pele ka nako e le nngwe.



Ha re ngoleng



Ha re etseng

This image shows a single sheet of white paper with ten horizontal blue lines, resembling notebook paper. The lines are evenly spaced and extend across most of the width of the page. There is no handwriting or other markings on the paper.

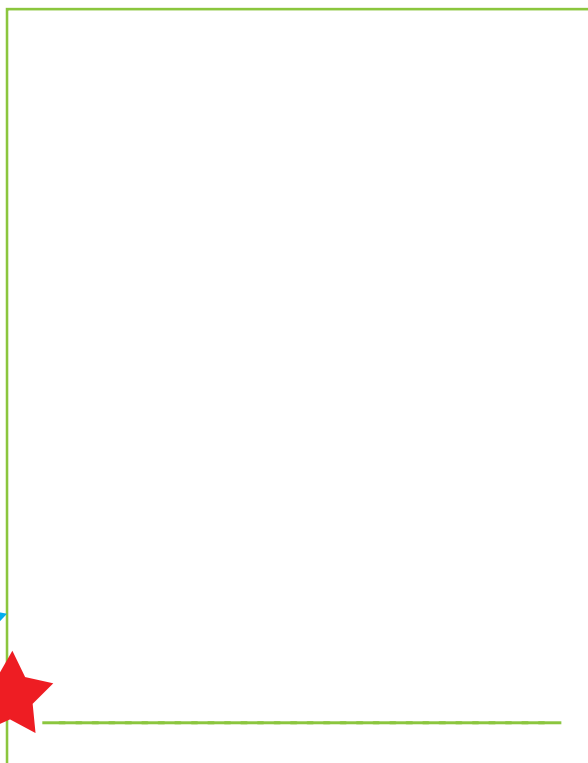


Ha re ngoleng

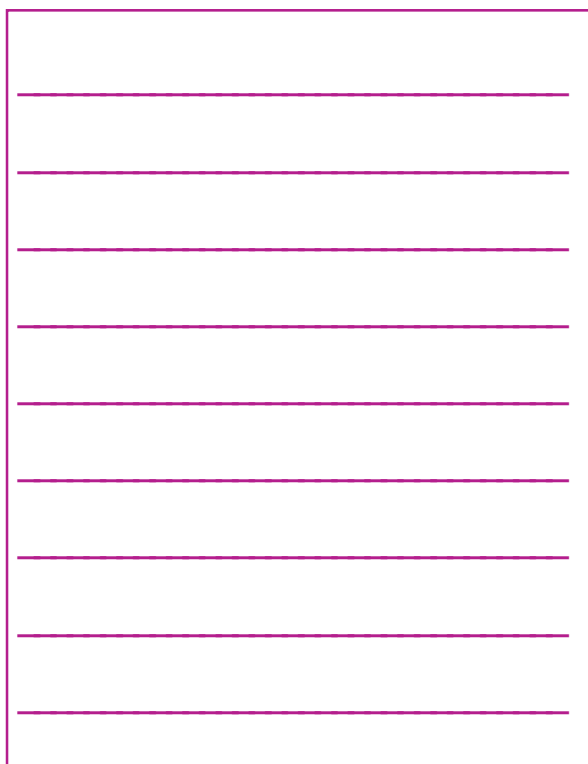
Etsa setshwantsho sa motswalle wa hao, kapa titjhere ya hao e kgethehileng. Ngola lebitso la hae.



★ Batho ba kgethehileng bophelong ba ka


Jwale ngola tlhaloso ya batho bana le hore hobaneng ba kgethehile tjena.


Teacher: _____
Sign: _____
Date: _____

Tsa bophelo bo bottle le thuso ya pele



Ha re bueng

Bua ka se etsahalang setshwantshong sena.

Na o kile wa tswa mokola?

O lokela ho etsa eng ha o tswa mokola?



Na o tseba moo lebokose la sekolo la Thuso ya Pele le leng? Bolela hokae. Le

Seo o tlamehang ho se etsa ha o tswa mokola

1 Dula fatshe o dullele pele, hlooho ya hao e shebe fatshe.

2 Tshwara nko ya hao e kwetswe metsotso e mmedi, mme o heme ka molomo.

3 Beha ho hong ho batang kamora molala wa hao jwaloka thaole e mongobo kapa maqhwa a phuthetsweng ka thaole.

4 Se mine ha mokola o fela.

5 Ha madi a sa emise kamora metsotso e 15, bona ngaka kapa mooki.



Phutholoha.

Hangata ha se lebaka la ho tshoha.
Hopola ho se ame madi a motho e mong.

Tlhokomelo ya maqeba



A re baleng

Ha re kgone ho bona dikokwanahloko, empa di hohle. Ha re itshehile, re tshwanetse ho boloka leqeba le hlwekile hore le se kenwe ke dikokwanahloko.



Ha re bueng

Hlalosetsa metswalle ya hao hore leqeba le hlwekiswa jwang.

Tsela ya ho thibela madi legebeng

O se ke wa tshwara madi a motho e mong.

Ha o thusa motho e mong rwala ditlelafo tsa matsoho, kamehla.

Emise ho tswa ha madi ka ho phahamisa letsoho hore le be ka hodima pelo.

Leka ho thibela madi ka ho hatella leqeba ka lesela le hlwekileng.

Ha leqeba le tebile mme le ntse le tswa madi, bona ngaka kapa e ya tleliniking.

Fumana nomoro ya tshohanyetso eo o ka e letsetsang. Mohala: _____



Teacher: _____
Sign: _____
Date: _____



Ho tjha

Ha o tshwara ntho e tjhesang o tla tjha.

O lokela ho etsa eng ha motho e mong a tjhele?



A re baleng

1

Tsokotsa leqeba la mollo tlasa metsi a batang metsotso e ka bang 10. Sena se thusa ho phodisa letlalo.

2

Haeba diaparo di itshwareletse mmeleng, o se ke wa di hloobola.

3

Tlohela leqeba la mollo le bulehile mme o bone hore le se be lebe ho feta.

4

Haeba moo o tjheleng ho tebile kapa ho le boholo bo fetang bokahare ba letsoho la hao bona ngaka hang hang.

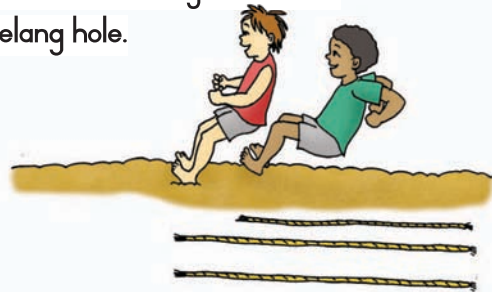


Tswelang kantle

Qhomela hole.

Nka dithupa tse tharo kapa dikoto tse tharo tsa mohala.

Kamora ho qhoma pakeng tsa tsona, di arohanye haholo ho bona hore ke mang ya ka qhomelang hole.



Tshwaya hore o ka tlola sebaka se sekae.

Sheba hore motswalle wa hao a ka tlola ho feta wena.



Tswelang kantle

Etsa kiribae.

Fanang sebaka le motswalle wa hao le be dikiribae.



Jwale nehanang monyetla ho sotha ropo hore metswalle ya hao e tlole.



Ho etsahalang ditshwantshong tsena?
Batho ba ka tjha jwang?

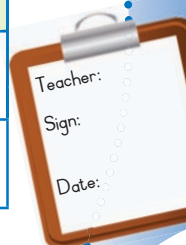


Ngola melao ya bohlokwa ya ho hopolwa ha o hloka ho thusa ka:

Ho tswa mokola

Maqeba

Ho tjha



Polokeho ya mmele

Ha re bueng

Re lokela ho hlokomela mmele ya rona.

Maikutlo a rona a dumela ha re rata se seng,
mme re lakatsa hore se ka tswela pele.

Maikutlo a rona ha a dumele ha ho na le se sa
re kgotsofatseng, mme re batla hore re emise.

Ha re ngoleng

Tshwaya no ✓ ha setshwantsho se bontsha ketso e
bolokehileng, mme ✗ haeba ketso eo e sa bolokeha.
Jwale ngola polelo tlasa setshwantsho ka seng ho bolela
hore hobaneng o nopola hore ho bolokehile kapa tjhe.



Mme o a o rata.

Tlo le nna ka koloing.
Ke tla o neha dipompong.

Ha ke o tsebe.
Tsamaya!



Kotara ya I - Beke ya 6 - Leqephe la mosebetsi

Ha ke o rate.



Jwale o shebahala
o le motle.



Ho hana

Ha ho bobebe ho hana, empa o tlamehile ho hana ha ho na le se sa o tshwarang hantle.

Ha motho e mong a sa o tshwara hantle, bua ka sena ho motswadi eo o mo tshepang.



Ha re ngoleng

Kgetha batho ba 3 bao o kaba tshepang ebe o bolela hore hobaneng o ba tshepa.



Ngola hore o ka tlaleha ketsahalo e mpe e etsahetseng ho wena jwang ho motho eo o mo tshepang.

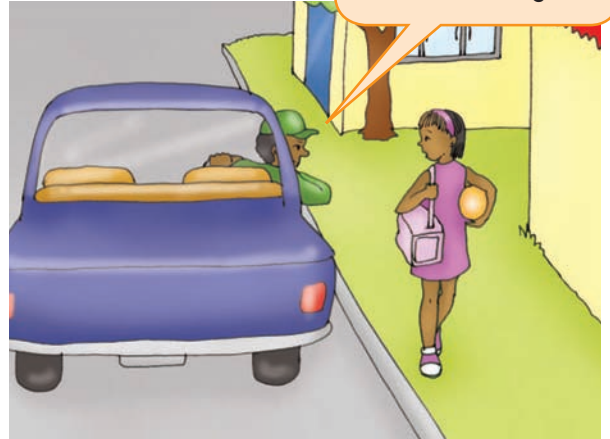
Teacher: _____
Sign: _____
Date: _____

Ho itlhokomela

Ha re bueng

Sheba ditshwantsho tsena ka hloko. Bona hore o ka bolela pale. Qetela pudulwana ya ho qetela.

Tloho, ke tla o isa lebenkeleng.



Ho
etsahetseng?



Ha re bueng

Buisana kamoo ngwanana a ikutlwileng kateng, seo a se entseng le seo wena o ka beng o se entse maemong a jwalo.

Letsatsi:



Ha re ngoleng

Ngola melawana e mehlano ya poloheho.
Qala molao o mong le o mong ka:

Bana ha ba a tlameha ho...



Ha re etseng

Etsa lesira ho bontsha maikutlo.

Nka qeto ya hore o rata hore sekasefahleho sa hao
se bontshe eng.

Etsa setshwantsho pampiring.

E sehe.

Seha mahlo.

Kgabisa ka pampiri ya mmala.



Tswelang kantle

Itokisetse ho matha lebelo.

Ema boemong bo nepahetseng ba ho qala lebelo.

Mamela titjhere ya hao e re:

Ka mangwele fatshe, loka, matha!

Jwale etsa tsela e sitisang.



Ho tshwara mmele wa ka o bolokehile

Ha re bueng

Re na le boikarabelo ba ho boloka mmele ya rona e phetse hantle.
Bana bana ba etsang se nepahetseng mmeleng ya bona?



Ke dintho dife tse sa lokang tseo batho ba di etsang?

Na o a tseba hore ho tsuba ha ho a loka mmeleng ya rona?

Na o a tseba hore motho ha a tsuba pela hao ha ho a loka mmeleng wa hao?

Ho tsuba ho senya mmele ya rona jwang?



Ha re ngoleng

Taka polelo e nngwe le e nngwe ka letshwao la nnete le mafosisa ho bontsha hore ntho ke **nnete** kapa **mafosisa**.

	Kwae e na le tatso e monate.
	Ha ke dula pela motho ya tsubang sena se ka silafatsa mmele wa ka.
	Ho tsuba ho ka etsa meno a hao a be masehla.
	Ho tsuba ho baka mafu a lehano.
	O ka tshwarwa ke sefuba se sebe ka lebaka la ho tsuba.
	Ho tsuba ho ka baka kankere.



Melao ya bophelo bo botle



Ke tshwanetse ho hlatswa meno kamora ho ja
le pele ke ilo robala. Ke tlamehile ho kama moriri
pele ke ya sekolong. Ke tshwanetse ho hlatswa
meno kamora ho ja le pele ke ilo robala. Ke tshwanetse ho
boloka manala a makgutshwane mme a hlwekileng.
Ke tlamehile ho hlatswa matsoho kamora hore ke kgutle
ntlwaneng. Ke tshwanetse ho hlatswa matsoho a ka ha ke
hlaha ntlwaneng le pele ke tshwara dijo.



Tlotlontswe

Ba lokela ho apara eng hore ba dule ba bolokelehile? Nyalanya
ditshwantsho ka ho taka mola ho tloha ditshwantshong tse moleng o
hodimo ho leba ditshwantshong tse nepahetseng moleng o ka tlaase.



Tlotlontswe



Eba mafolofolo ka ho bapala papadi ya
kerikete y aba nyenyane.

Titjhere ya hao e tla bapala mmimo o itseng. E mamele mme hamorao
o otle monwana wa hao ho latela morethetho desekeng ya hao.





Ditokelo le boikarabelo

Kotara ya 1 – Beke ya 8 – Leqephe la mosebetsi



A re baleng

Ka nako tse ding bana ba tlameha ho thusa ba habo bona ka mosebetsi.
 Empa bana ha ba tlameha ho sebetsa ka thata jwale ka batho ba baholo.
 Bana ba tlamehile hore ba be le nako ya ho bapala le ho ya sekolong.



Sheba ditshwantsho tsena. Etsa letshwao mosebetsing e loketseng bana? Tadima ditshwantsho tsena. Tshwaya mosebetsi e loketseng bana. Jwale ngola polelo tlasa setshwantsho ka seng ho bolela hore hobaneng o hopola hore o loketse kapa ha o a lokela bana.

 Anna o rekisa ditholwana letsatsi lohle, mme o sitwa ho ya sekolong.	 Ka mora nako ya sekolo Lisa o nosetsa serapa sa meroho.



Peter o jara ditene hobane o
sebeletsa seahi.



Jabu le Bongi ba thusa
ho hlatswa.



Ha re bueng

O etsa mosebetsi o feng hae? O etsa mosebetsi o feng
sekolong ho thusa titjhere wa hao?



Tswelang kantle

Etsisa ho etsa mesebetsi e itseng e fapaneng.
Sehlopha sa hao se nohe hore ke mesebetsi efe
eo o e etsang.



Tlama maoto ebe le a matha.



Jwale kwetlisa ho raha
bolo ya maoto mme o
bone hore o ka e rahela
bohole bo bokae.



15 Ditokelo le boikarabelo

Ha re bueng

Bolella motswalle wa hao hore bana
bana ba roba melao e feng.

Sekolo se seng le se seng
se na le melao e thusang
tsamaiso ya sekolo hantle.

Tlase e nngwe le e
nngwe e na le melao eo re
tlamehang ho e latela.



Letsatsi:



Ha re ngoleng

Ngola melao e mene ya sehlopha ya hao.

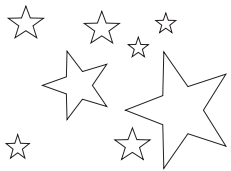


A large blank area with horizontal lines for drawing or writing, resembling a spiral-bound notebook.

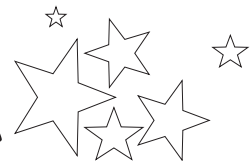


Ha re bueng

Bala ditokelo le maikarabelo ana, mme o bue le motswalle wa hao hore e nngwe le e nngwe e bolela eng.



BOIKARABELO BA BATJHA BA AFIKA BORWA



Tekatekano Tshwara motho e mong ka ho lekana le ka tshwanelo. O se ke wa kgetholla.	Seriti sa Botho Hlompha motho e mong le e mong. Eba le mohau mme o hlokomela ba bang.	Bophelo Bophelo bohle bo bohlokwa. Hlompha bophelo bohle.	Lelapa Hlopha le ho hlokomela batswadi ba hao. Eba mohau le ho tshepahala ho ba lelapa la hao.
Thuto Kena sekolo, ithute le ho sebetsa ka thata. Hlompha melao ya sekolo.	Mosebetsi Thusa ba lelapa la hao ka mosebetsi wa lapeng. Bana ha ba a tshwanela ho hatellwa ho batla mosebetsi.	Tokoloho le tshireletseho O se ke wa utlwiswa ba bang bohloko, o se iketse mmampodi kapa wa dumella ba bang ho etsa jwalo. Rarolla dikgohlano ka mkgwa wa kgotso.	Thepa Hlokomela thepa ya ba bang. O se ke wa senya le ho utswa thepa ya ba bang.
Bodumedì, Tumelo le Maikutlo Hlompha ditumelo le maikutlo a ba bang.	Thepa Hlokomela lefatše. O se ke wa senya metsi le motlakase. Hlokomela diphoofole le dimela tsa naha. Boloka lelapa le tikoloho di hlwekile di bolokehile.	Boahi Eba moahi wa Afrika Borwa ya tshepahalang ya lokileng. Ikamahanye le melao, mme o netefatse hore le ba bang ba etsa jwalo.	Bolokolohi ba ho hlahisa maikutlo O se ke wa tsamaisa leshano le lehloyo. Hlokomela hore ba bang ha ba rwakuwe kapa ho utlwiswa bohloko.

Teacher: _____
 Sign: _____
 Date: _____



Matsatsi a bodumedi le matsatsi a mang a kgethehileng



Ha re bueng

Kgetha e nngwe ya ditumelo tsena. Fuputsa haholwana ka yona. Lokisetša tlelase ya hao pehelo. Leka ho tla le dibuka kapa ditshwantsho ho bontsha sena.



boHindu



boIslam



boJuda



boKeresete

Re tshwanela ho hlompsha batho ba ditumelo kaofela.

Bodumedi ba hao ke bofe? _____

Bodumedi ba motswalle wa hao wa hloho ya kgomo ke bofe? _____

Re a hlahloba



Ha re ngoleng

Tlatsa karete ka wena.

Lebitso la ka _____

Sefane sa ka ke _____

Letsatsi la ka la tswalo ke _____

Kereiti ya ka ke _____

Sekolo sa ka ke _____

Nomoro ya ka ya mohala ke _____

Aterese ya ka ke _____

Nomoro ya tshohanyetso ke _____

Papadi ya ka eo ke e ratang ke _____

Mmala oo ke o ratang haholo ke _____

Motswalle wa ka wa hloho ya kgomo ke _____

Ke eng se nthabisang _____

Ke eng se ntlhomolang _____

Ke eng se nkgalefisang _____

Seo ke se tsebang haholo _____

Kotara ya I – Beke ya 8 – Leqephe la mosebetsi

Teacher:

Sign:

Date:

17 Mekgwa e metle ya ho ja

Ha re bueng

Sheba dihlotshwana tsa dijo mme o bue le motswalle wa hao ka tsona: Ke dijo difeng sehlopheng se seng le se seng?
Hobaneng sehlopha se seng le se seng sa dijo se re loketse?

Diporoteine

Diporotine di haha disele tse ntjha hore mmele ya rona e hole.



Divitamine

Divitamine le diminerale di thusa mmele ya rona ho lwantsha tshwaetsano le ho dula re phetse hantle.

Tswelang kantle



Kopa titjhere ya hao ho o bontsha ho bapala "founu e robhileng".
Hamorao kwetlisa ho akgela bolo.

Dikhabohaetereite

Dijo tsena di re etsa hore re be mafolofolo.



Deiri

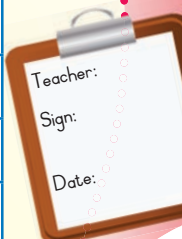
Dijo tsa lebese di matlafatsa masapo a rona, haholo ha re sa le batjha mme masapo a rona a sa hola.



Ha re ngoleng

Etsa lenane la dijo tseo o di jeleng maobane. Kholomong ya ho qetela, bolela hore dijo tseo ke diporothini, dikhabohaedereiti, tholwana kapa moroho.

Dijo tseo ke di jeleng maobane	Mofuta wa sejo



Mekgwa ya rona ya ho ja



Ha re bueng

Botsa metswalle ya hao e mene ka seo ba ratang ho se ja.
Sheba dijo tse fapaneng mme o take (✓) ha o rata dijo, le (✗) ha o sa rate dijo.

Tlatsa mabitso a ditho tsa sehlotshwana sa metswalle ya hao.



Ha re ngoleng

Sheba tafole eo o e tlatsitseng mme o arabe dipotso tsena.

Ke dijo di feng tseo metswalle ya hao e sa di ratesiseng?

O nahana hore metswalle ya hao e na le mekgwa e metle ya ho ja?

Hobaneng o nahana jwalo?



Tlotlontswa

Kopa titjhare ya hao ho o bontsha ho bapala founu e robehileng.



Letsatsi:



Ha re ngoleng

Ngola lenane la dijo tse nepahetseng tseo re lokelang ho di ja ka mehla.





Ha re ngoleng

Ngola resipe ya sejo seo o se ratang haholo.

Re tshwanetse ho qoba eng?

Letswai le lengata hoba le tla re neha phallo e phahameng ya madi ha re se re hodile.

Tswekere e ngata hoaba e tla re neha lefu la tswekere ha re se re hodile.

Tswekere e ngata ebile e a nontsha.

Dinomaphodi, dikuku le ditjhipisi tse ngata.



Resipe ya _____

Ke hloka disebediswa dife?

--

--

Ke tshwanetse ho latela mokgwa o fe?

--

--

--

Teacher:

Sign:

Date:

19 Mekgwa e metle ya ho ja

Ha re ngoleng

Thabo le Nomsa ba tseleng ya ho ya khefing ya Sunshine. Ba lokela ho reka dijo tseo ba tla di pheha mantsiboya. Ba thuse ho etsa menyu wa dijo tseo.



Tswelang kantle

Nehanang monyetla ho sotha ropo hore motswalle wa hao a tlole.



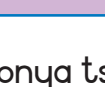
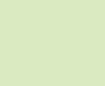
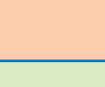
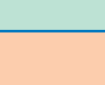
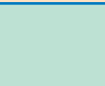
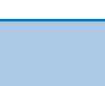


Ha re ngoleng

Ngola dintho tseo ba lokelang ho di reka, bontsha le theko ya tsona lenaneng la ntho tseo ba tlo di reka. Thabo le Nomsa ba lefile bokae ha ba reka dijo?

Lenane la ntho tse rekwang

Theko



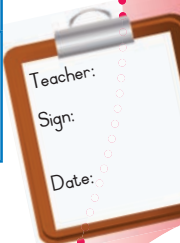
Ha re ngoleng

Tsela tsa hao tsa ho ja di nepahetse? Kgabisa ka sefahleho se bonyang ho bontsha mekgwa o nepahetseng wa ho ja.

Mekgwa ya ka ya ho ja

	Ee	Tjhe
Ke ja ka pela Tv ka mehla		
Ke rata ditholwana le meroho		
Ke rata dijo tse mafura jwalo ka ditjhipise		
Ha ke rate metsi, ke rata dinomaphodi		
Ha ke je meroho		
Ke hlafuna dijo tsa ka hantle		
Ke ja dijo tsa hoseng pele ke ya sekolong		

Bala hore o kgabisitse difahleho tse bontshang ho bonya tse kae. _____



Ho ja hantle

Ha re etseng

Etsa kapa o kgorametse ditshwantsho tsa dijo ho bontsha dijo tsa phepo e ntle.



A re baleng

Melao ya ho ja hantle

Hlatswa matsoho pele o tshwara dijo.

Se siye dijo di sa kwahelwa.

Se je dijo tsa kgale kapa tse bodileng.

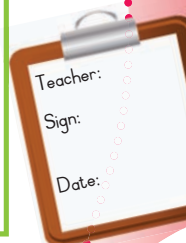
Sebedisa mahlaku a meroho ho etsa
moitedi tshimong.

Lema meroho ya hao.



Ha re etseng

Etsa setshwantsho ho bontsha e meng ya melao ena.



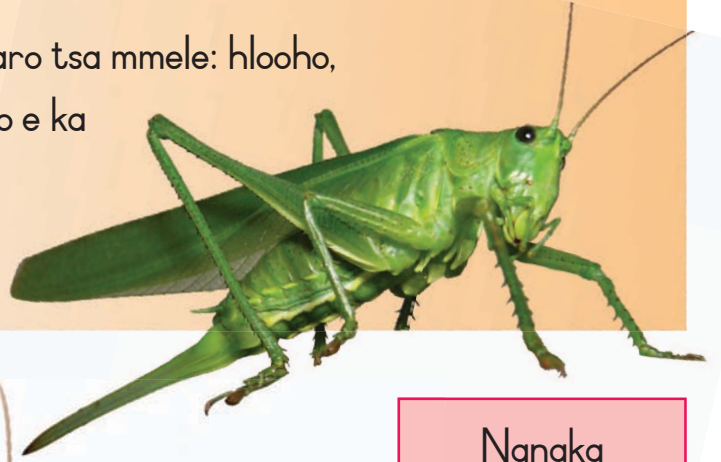
Dikokonyana



Ha re bueng

Bua ka karolo tsa mmele tse fapaneng tsa dikokonyana.

Dikokonyana di na le karolo tse tharo tsa mmele: hlooho, karolo e ka hodimo ya mmele, karolo e ka tlase ya mmele. Di na le maoto a tsheletseng le dinakana tse pedi.



Nanaka



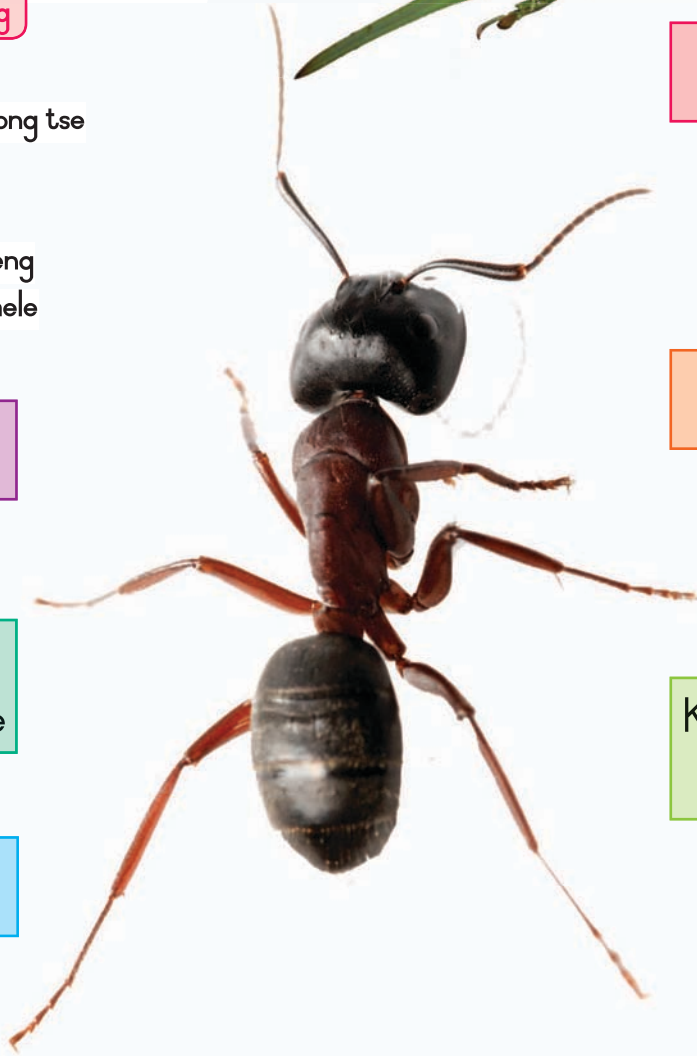
Ha re etseng

Fana ka mabitsa karolong tse fapaneng tsa mmele. Etsa mola o tlohang lebitsong le nepahetseng ho ya ho karolo ya mmele e nepahetseng.

Hlooho

Karolo e ka
hodimo ya mmele

Leoto



Leihlo

Karolo e ka tlase
ya mmele



Tswelang kantle

Boba jwaloka notshi, fofa jwaloka serurubele mme o tlole jwaloka tsie. Jwale o loketse papadi ya bolo!



Ha re ngoleng

Etsa mola ho bapisa lebitso le kokonyana e nepahetseng.
Bolela hore ke dikokonyana dife tse kotsi le tse molemo
ho rona.



Notshi



Monwang



Tsintsi

Kokonyana

Tsie



Serurubele

Maleshwane



Mmoto



Ha re ngoleng

Jwale tlatsa dikgeo ka mantswe.

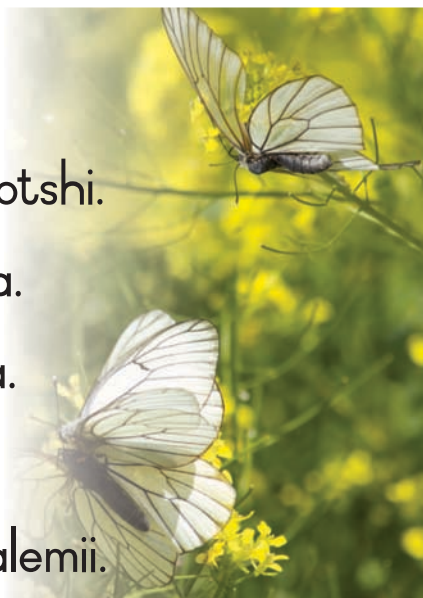
etsa mahe a dinotshi.

nontsha dipalesa.

hasanya malaria.

hasanya mafu.

di ja dijalo tsa balemii.



Teacher:

Sign:

Date:

Tse ding ka ha dikokonyana



Ha re bueng

Sheba ditshwantsho tse latelang o bolelle motswalle wa hao hore hobaneng dinotshi di le molemo ho rona.



Dinotshi di hasanya monontsha. Sena se bohlokwa hore dijalo di hole.



Dinotshi di etsa mahe a dinotshi/mamepe.



Ha re ngoleng

Ngola lebitso la kokonyana e nngwe le e nngwe sebakeng se latelang.



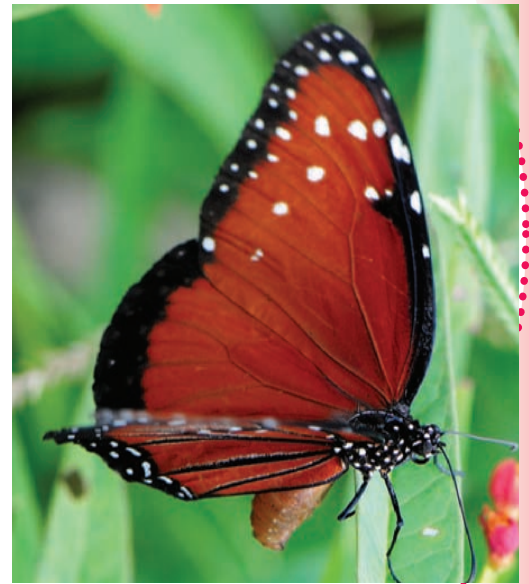
_____ se
nyanya lero dipaleseng.

_____ e na le
maoto a matla a morao hore e qhome.

Letsatsi:



_____ di sebedisa
dinakana tsa tsona ho buisana le tse ding.



_____ hasanya monontsha ho tloha
sejalong se seng ho ya ho se seng.



_____ di hasanya kokwana hloko.



Ha re etseng

Etsa kokonyana e tsamaye.

- Seha kokonyana leqepheng le ka morao ho buka.
- Di fanyehe hengareng ya jase.

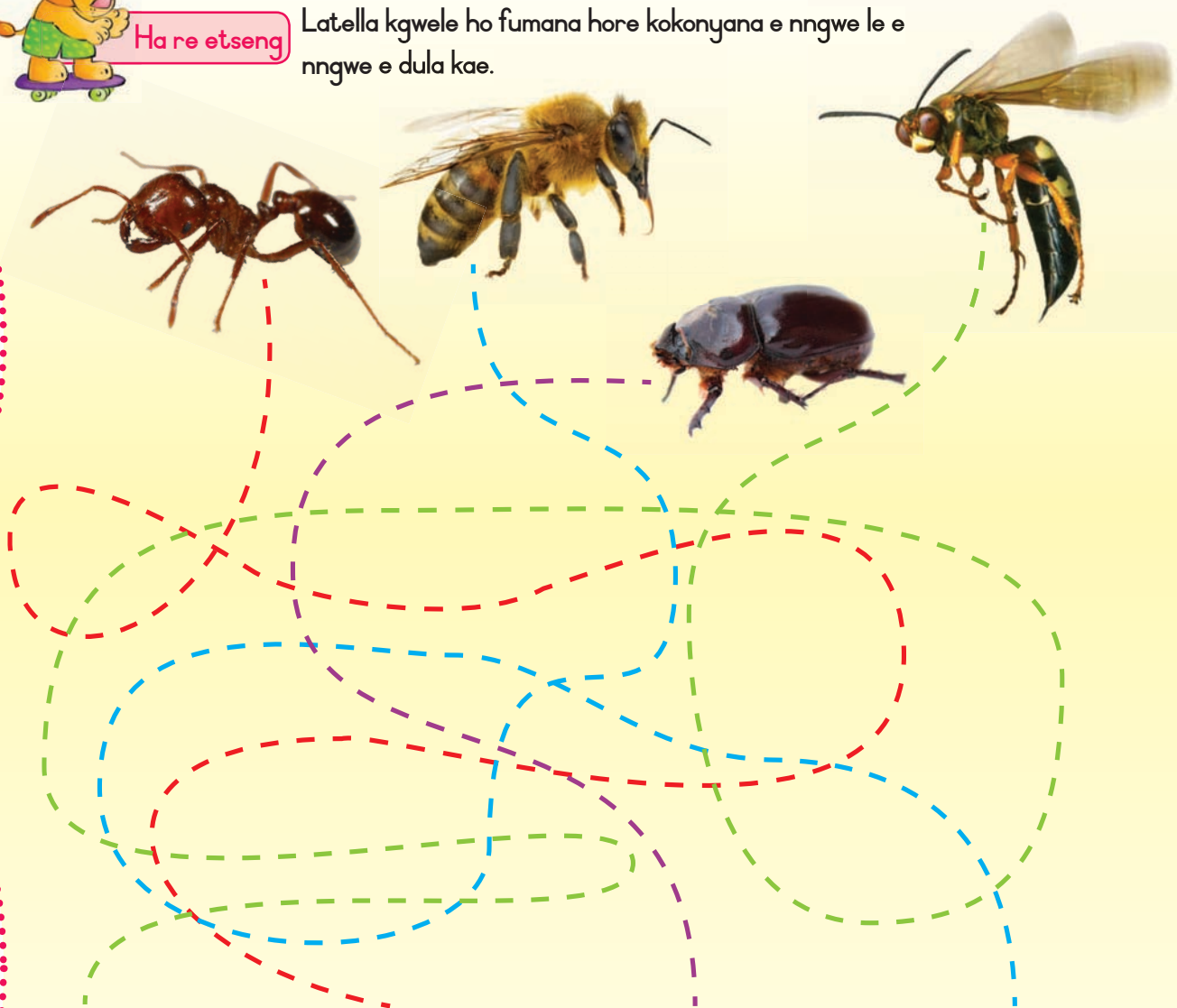


Mahae a dikokonyana



Ha re etseng

Latella kgwele ho fumana hore kokonyana e nngwe le e nngwe e dula kae.





Ha re etseng

Tsamaya ho pota lebala la sekolo o leke ho bona dikokonyana tse fapaneng tseo o ka di fumanang.



Ha re ngoleng

O bone dikokonyana di feng ka ntle? Kgetha e le nngwe o ngole lebitso la yona mona.



Kokonyana ena e ja mofuta o feng wa dijo?



Kokonyana ya hao e tsamaya butle kapa kapele?

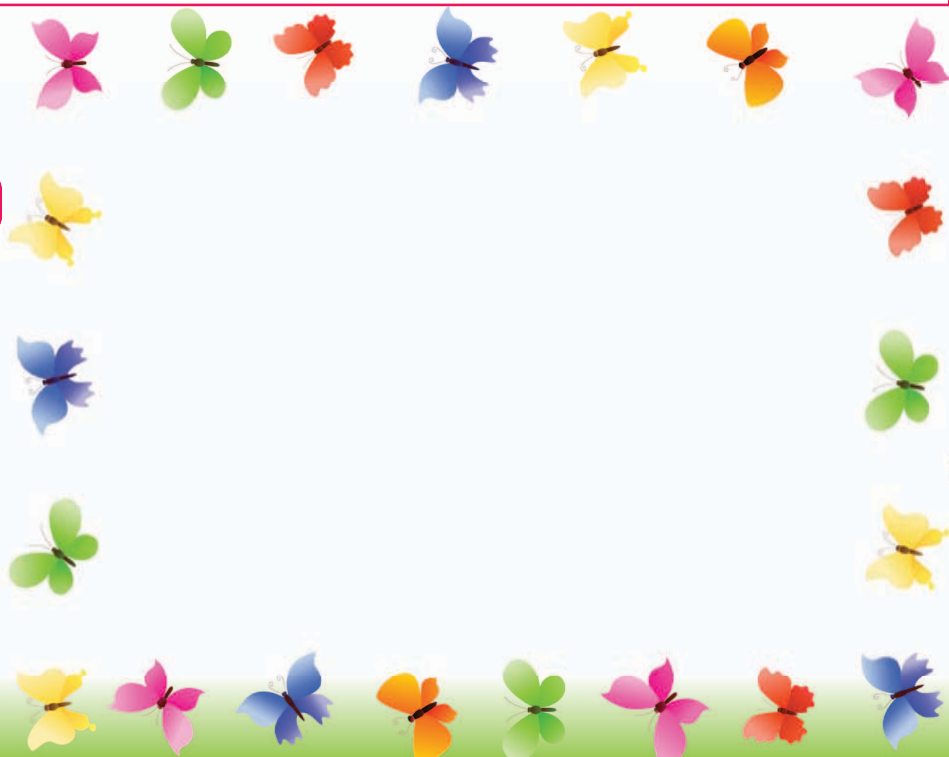
Kokonyana ya hao e molemo? Hobaneng o re jwalo?

Kokonyana ya hao e kotsi jwang? O ka etsa eng ha e o lomme?



Tlotlontswe

Jwale rala le ho taka kokonyana ya hao mme o e nehe lebitso.





24 Bontsha bokgoni ba hao



Ha re etseng

Etsa serurubele sa hao

O tla hloka: Pampiri ya A4
Kerayone ya mafura
Sekere
Sekgomaretsi
Peipi ya ho hlwekisa
Rolo ya pampiri ya
ntlwaneng e se nang pampiri



Etsa setshwantsho sa serurubele, o bontshe mmele wa sona o mosesane, o molelele. Le mapheo a mabedi. Kgabisa mapheo a serurubele sa hao ka paterone tsa mmala e fapaneng. Etsa hore mapheo ka bobedi a tshwane. Seha serurubele. Kgorametsa mmele wa serurubele rolong ya pampiri ya ntlwana. Etsa dinakana o sebedisa sehlwekisi se mennweng habedi. E kgorametse hlohong ya serurubele.





Tswelang kantle

Leka dipapadi tsena.



Seteishene 1:

Baseketebolo: Otlanya bolo fatshe o matha matswedintsweke.



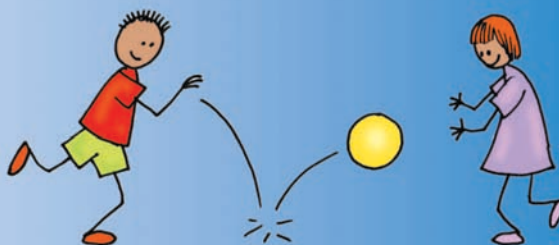
Seteishene 2:

Hoki: Sebedisa molamu wa hoki ho tsamaisa bolo ho e isa dipalong.



Seteishene 3:

Netebolo: Lahlela bolo o lahlelle motswalle wa hao o ntse o matha.



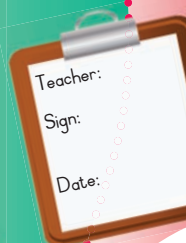
Seteishene 4:

Rakebi: Matha ka bolo o e fetise.



Seteishene 5:

Bolo ya maoto: Rahela bolo dipalong.



Masakana a bophelo

Lesakana la bophelo le bontsha mehato e fapaneng ya tswelopele. Mehato e latela tsela e itseng. Sheba bophelo ba senqanqane le serurubele mme o bue ka mehato e fapaneng ya bophelo.

Lesakana la bophelo ba senqanqane



Ha re bueng

Sheba setshwantsho o bontshe hore senqanqane se fetoha eng nakong ya sona ya bophelo.

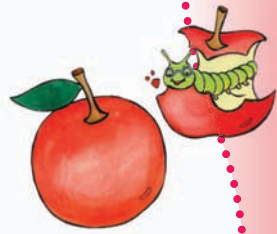
- 1 Dinqanqane tse pedi di a kopana hore di nontshe mahe.
- 2 Senqanqane se setshehadi se behela mahe.
- 3 Mokudubete o monyenyanane o nang le matshwafohlapi a ka ntle le mohatla wa lephewana la hlapi.
- 4 Mokudubete o hola maoto.
- 5 Mohatlana o a nyamela.
- 6 Senqanqane se seholo se seng se na le matshwafo le ho lahla matshwafohlapi a ka ntle.

Letsatsi:



Ha re etseng

Jwale tadima ho potoloha ha bophelo ba serurubele.
Tlatsa se etsahalang sebopelong se seng le se seng sekeleng ya
bophelo. Re o thusitse ka maemo a mabedi.



Lesakana le bontshang bophelo ba serurubele



2

1



1

Serurubele se alama mahe.

2

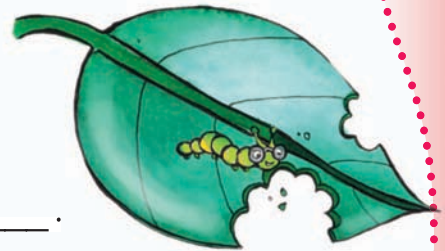
3

4

5

Popane e fetoha seboko.

6



3



5



6



Teacher:

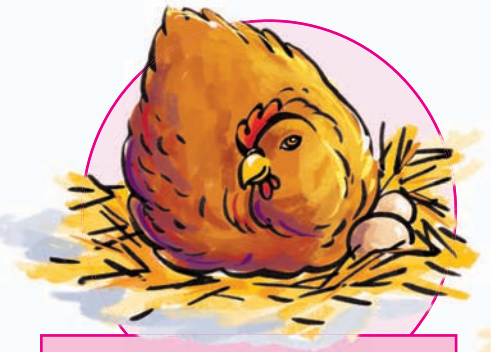
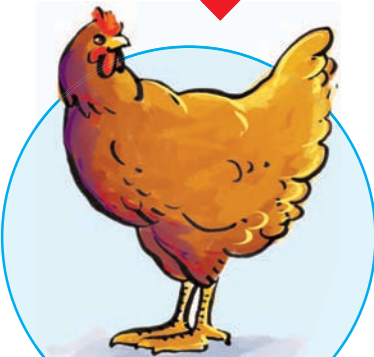
Sign:

Date:

Ha re bueng

Sheba ditshwantsho o bue le motswalle wa hao ka bophelo ba kgoho.
Jwale ngola se etsahalang boemong bo bong le bo bong.

Bophelo ba kgoho



Kotara ya 2 – Beke ya 5 – Leqephe la mosebetsi



Ha re etseng

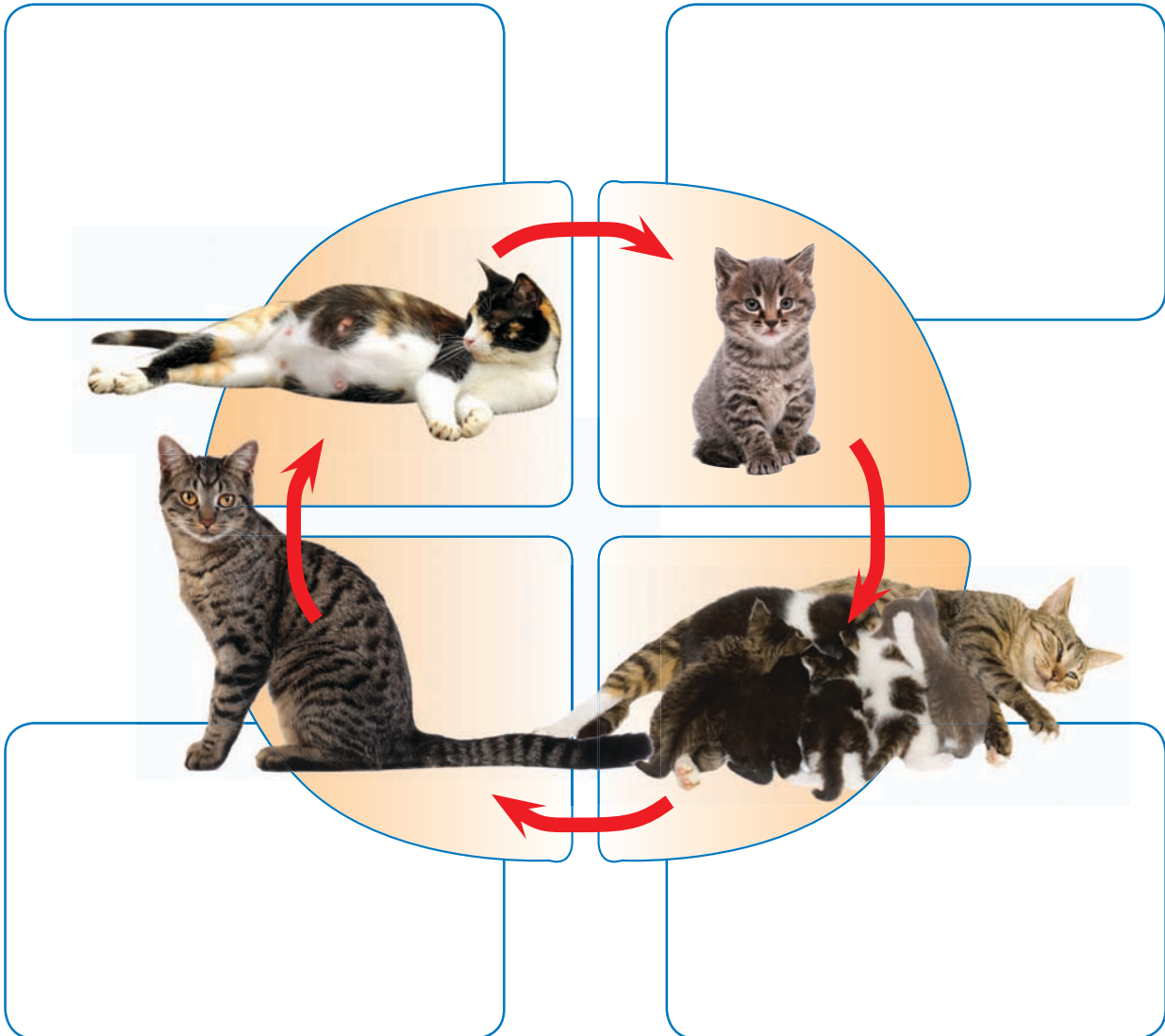
Jwale etsa lesakana la hao la bophelo.

Fana ka mabitso setshwantshong se seng le se seng lebiding la pale ho bontsha lesakana la bophelo ba katse. Sebedisa dihlooho tse latelang ho o thusa.

Nomora mehato 1-4 o di sebedise lebiding la pale.

	Katse e nyenyane e a hlaha.		Katse e kgolo.
	Katse ya mme e emere dikgwedi tse 9.		Katse ya mme e nyantsha madinyane a yona.

Lesakana la bophelo ba katse





Phoofolo ya ka ya setswalle

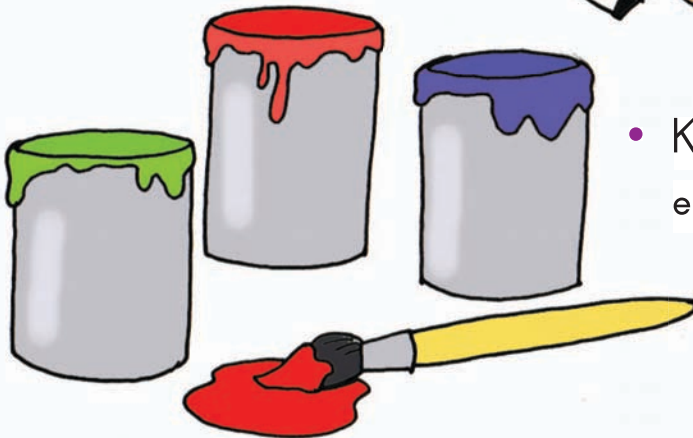
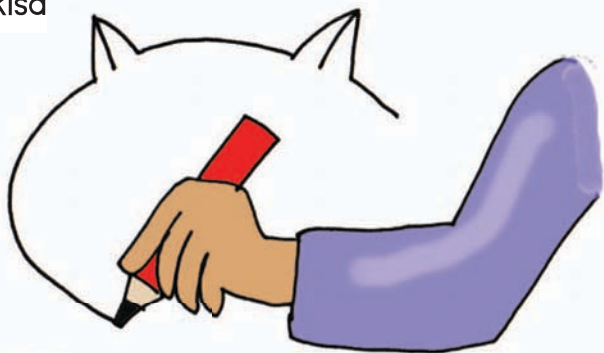


Ha re etseng

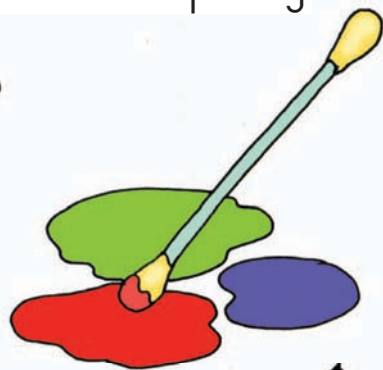
Etsa mmaseke wa phoofolo ya setswalle.

O tla hloka: Pampiri ya A-4
Pensele
Pente ya phofo le metsi
Dithupa tsa ho hlwekisa ditsebe

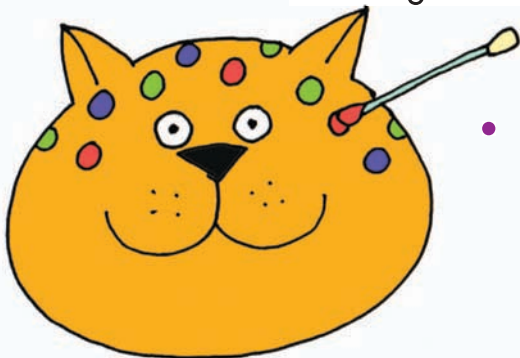
- Etsa setshwantsho sa sefahleho sa katse pampiring.



- Kopanya dipente ho etsa mmala e meraro e fapaneng.



- Sebedisa thutswana ya ditsebe mmaleng o mong le o mong.



- Etsa matheba a mmala e fapaneng ho kgabisa.





Ha re bueng

Bolella motswalle wa hao ka phoofolo ya hao
ya setswalle kapa ya mang feela.
Bolela hore o lokela ho e hlokomela jwang.



Ha re etseng

Etsa ditshwantsho tsa ntho tse nne tseo o tlamehang
ho di etsetsa thatohatsi ya hao ya katse. Jwale ngola
se hohelang ka tlasa setshwantsho se seng le se seng.

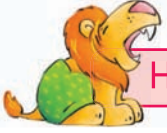


Teacher:

Sign:

Date:

Tlhokomelo ya tikoloho ya rona



Ha re bueng

Sheba diphousetara tse latelang o buwe le motswalle wa hao hore di o bolella eng.



Sheba letshwao la ho ntjhafatsa dintho.
O kile wa bona letshwao le tjena hokae?

Re ntjhafatseng hape hle!



Tswelang kantle

Na o ka etsa tantshe o sebedisa dihupu le malente?





A re baleng

Re ka boloka tikoloho e hlwekile jwang?

Re lokela ho hopola **FS** le **N**.

Fokotsa: Re lokela ho fokotsa ho lahla dintho hohle.

Sebedisa hape: Re lokela ho sebedisa dintho tse ding hape pele re ka di lahla.

Ntjhafatsa: Re lokela ho fumana mkgwa wa ho sebedisa pampiri,
dibotlolo le makotikoti.

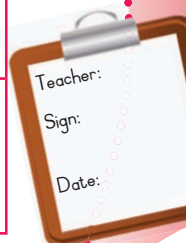


Ha re ngoleng

Tafoleng e latelang ngola mabitso
a ntho tseo o ka di ntjhafatsang
"recycle". Re se re o qalletse lenaneo.



Ntjhafatsa kgalase	Ntjhafatsa polasitiki	Ntjhafatsa pampiri	Etsa moitedi
Botlolo tsa kgale	Mekotlana ya polasitike	Dikoranta	Mahlaku a meroho

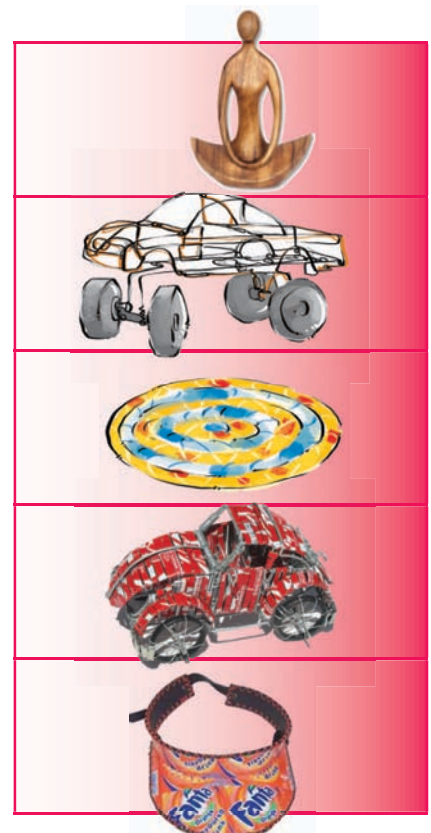




Ha re ngoleng

Ntjhafatsa

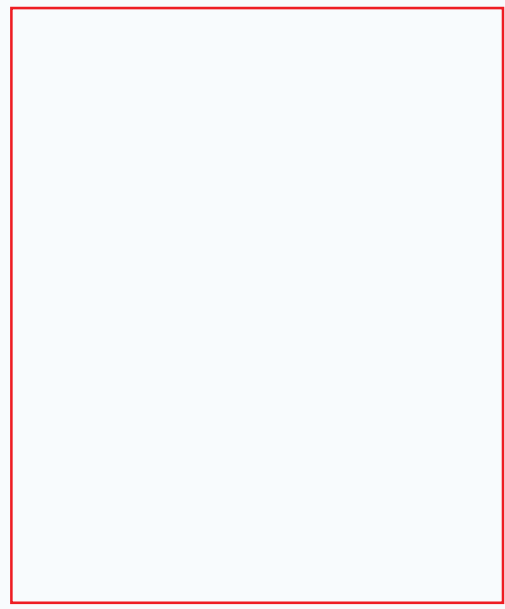
Etsa mola o tlohang dinthong tse ka letsohong le letshehadi ho isa nthong tse ka letsohong le letona. Bontsha hore di ka sebediswa jwang ho etsa dintho tsa bohlokwa.



Jwale etsa mme o ngole mabitso a seo o ka se etsang o sebedisa dintho tse ntjhafaditsweng.

Lebitso la ntho
E entswe ka

Taka setshwantsho se kgethiehleng sa ntho.





Ha re ngoleng

Nahana ka dintho tse ka etsang moitedi o motle. Ngola lentswe le leng le leng ka tlase kholomong e nepahetseng ho qetella tafole. O ka nahana ka tse ding tsa ntho tsa hao, di arohanye ho latela kholomo tse nepahetseng.

mekotlana ya polasitike

dihaba tsa meroho

manala

makotikoti a Senomaphodi

dikgaketlana tsa mahe

Dintho tse sa boleng

Dintho tse bolang



Ha re etseng

Etsa phousetara e bontshang thibelo ya ho lahla dintho fatshe.

Etsa setshwantsho o ngole molaetsa.

Teacher: _____
Sign: _____
Date: _____



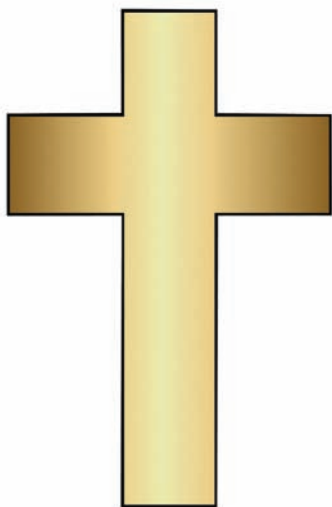
30 Matsatsi a bodumedi le a mang a kgethehileng

Kotara ya 2 – Beke ya 7 – Leqephe la mosebetsi



Ha re bueng

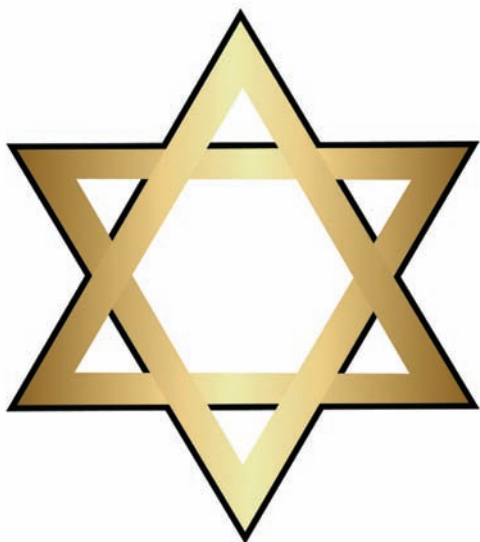
Bua le motswalle wa hao ka ditumelo tse fapaneng tse sebedisang matshwao ana. Bontsha hore ke lefeng leo e leng la tumelo ya hao. Ha o sa bone letshwao, le etsetse motswalle wa hao.



Sefapano ke letshwao le bontshang bokresete.



Kgwedi e tolokileng le naledi di etsa letshwao la Islam.



Letshwao la ma Juda ke naledi ya David. Morena David e ne e le morena wa Maiseraele.



Letshwao la ma Hindu ke letshwao la OM. Le ngotswe ka puo ya kgale ya Sanskrit e leng puo ya India.

Dibaka tse fapaneng tsa thapelo



Ha re etseng

Etsa mola o bapisa tumelo e nngwe le e nngwe le sebaka sa thapelo. Ngola lebitso la moaho ka tlasa setshwantsho.

tempele

synagogue

mosque

kereke

Tumelo

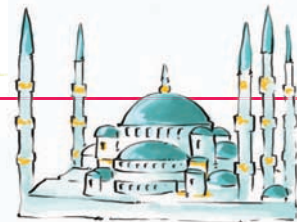
Islam

Hinduism

Bokeresete

Judaism

Sebaka sa thapelo



Ha re etseng

Botsa metswalle e mene hore tumelo ya bona e emelwa ke letshwao lefe. E ngole pela mabitso a bona.

Lebitso la motswalle

Letshwao

Teacher:
Sign:
Date:

Kotara ya 2 – Beke ya 8 – Leqephe la mosebetsi



LENGOLO LA BOPAKI

la ho geta kereiti ya 3

Bokgoni ho tsa Bophelo buka 1

e abetswe

Tlatsa lebitso la hao

Letsatsi _____

Titjhere _____

Bukantswe ya ka

A
a

Handwriting practice lines for uppercase A and lowercase a.

G
g

Handwriting practice lines for uppercase G and lowercase g.

B
b

Handwriting practice lines for uppercase B and lowercase b.

H
h

Handwriting practice lines for uppercase H and lowercase h.

C
c

Handwriting practice lines for uppercase C and lowercase c.

I
i

Handwriting practice lines for uppercase I and lowercase i.

D
d

Handwriting practice lines for uppercase D and lowercase d.

J
j

Handwriting practice lines for uppercase J and lowercase j.

E
e

Handwriting practice lines for uppercase E and lowercase e.

K
k

Handwriting practice lines for uppercase K and lowercase k.

F
f

Handwriting practice lines for uppercase F and lowercase f.

L
l

Handwriting practice lines for uppercase L and lowercase l.

Bukantswe ya ka

M
m

Handwriting practice lines for the letter M.

S
s

Handwriting practice lines for the letter S.

N
n

Handwriting practice lines for the letter N.

T
t

Handwriting practice lines for the letter T.

O
o

Handwriting practice lines for the letter O.

U
u

Handwriting practice lines for the letter U.

P
p

Handwriting practice lines for the letter P.

V
v

Handwriting practice lines for the letter V.

Q
q

Handwriting practice lines for the letter Q.

W
w

Handwriting practice lines for the letter W.

R
r

Handwriting practice lines for the letter R.

X-Z
x-z

Handwriting practice lines for the letters X, Y, and Z.