

E hlabolotswe e
bile e tsamaelana
le CAPS

Sehlopha sa



Bokgoni ho tsa Bophelo ka SESOTHO

Buka ya 2
kotara ya 3 & 4



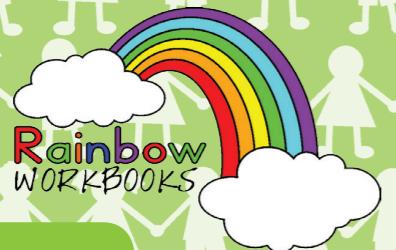
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LIFE SKILLS IN SESOTHO
GRADE 1 – BOOK 2
TERMS 3 & 4
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8th Edition

Dibukatshebetso tse teng mosebetsing ona
ke tse latelang:

- Puo ya Pele ya Tlatsetso Sehlopha sa 1–3
(Ka dipuo tsohle tsa semmuso)
- Puo ya Pele ya Tlatsetso Sehlopha sa 4–6
(Ka Senyesemane)
- Ho bala le ho ngola Sehlopha sa 1–6
(Ka dipuo tsohle tsa semmuso)
- Mmetse Sehlopha sa 1–3
(Ka dipuo tsohle tsa semmuso)
- Mmetse Sehlopha sa 4–9
(Ka Senyesemane le seAfrikaan)
- Thuto ya tsa bophelo Sehlopha sa 1–3
(Ka dipuo tsohle tsa semmuso)



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lenaneo

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Mofumahadi Angie Motsekga, 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 Motsekga, 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. Jwaleka e nngwe ya dintlha tsa bohlokwa tsa Moralo wa Tshebetso ya Mmuso, projeke ena e etsahetse ka tshehetso 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 kenyelletsa motshwao a bontshang hore na seo barutwana ba tshwanelang ho se etsa ke sefe.

Re a kgolwa hore bona 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.



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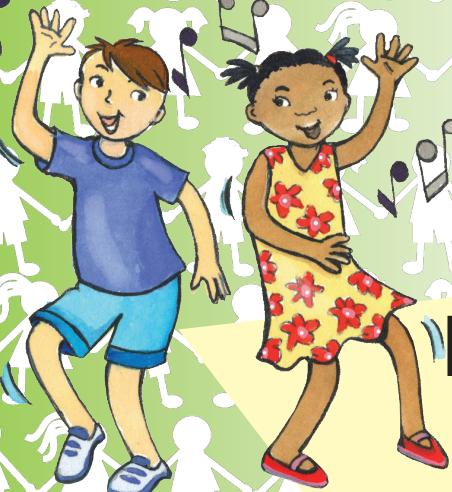
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Sehlopha sa

1

Bokgoni ho tsa Bophelo
ka SESOTHO
Buka ya 2

Buka ena ke ya:



33

Beker ya I

Kotara ya



Dibaka motseng wa heso

Ha re baleng

Nahana ka batho bohle
bao o ba boneng le
ho ba buisa kamehla-
batho bana ke
setjhhabana sa heno.

E ka ba batho ba
seterateng sa heno
kapa ba dulang pela
heno. E ka ba batho ba
kerekeng le sekolong,
mapolesa tikolohong
ya heno, dingaka le ba
bang ba bangata

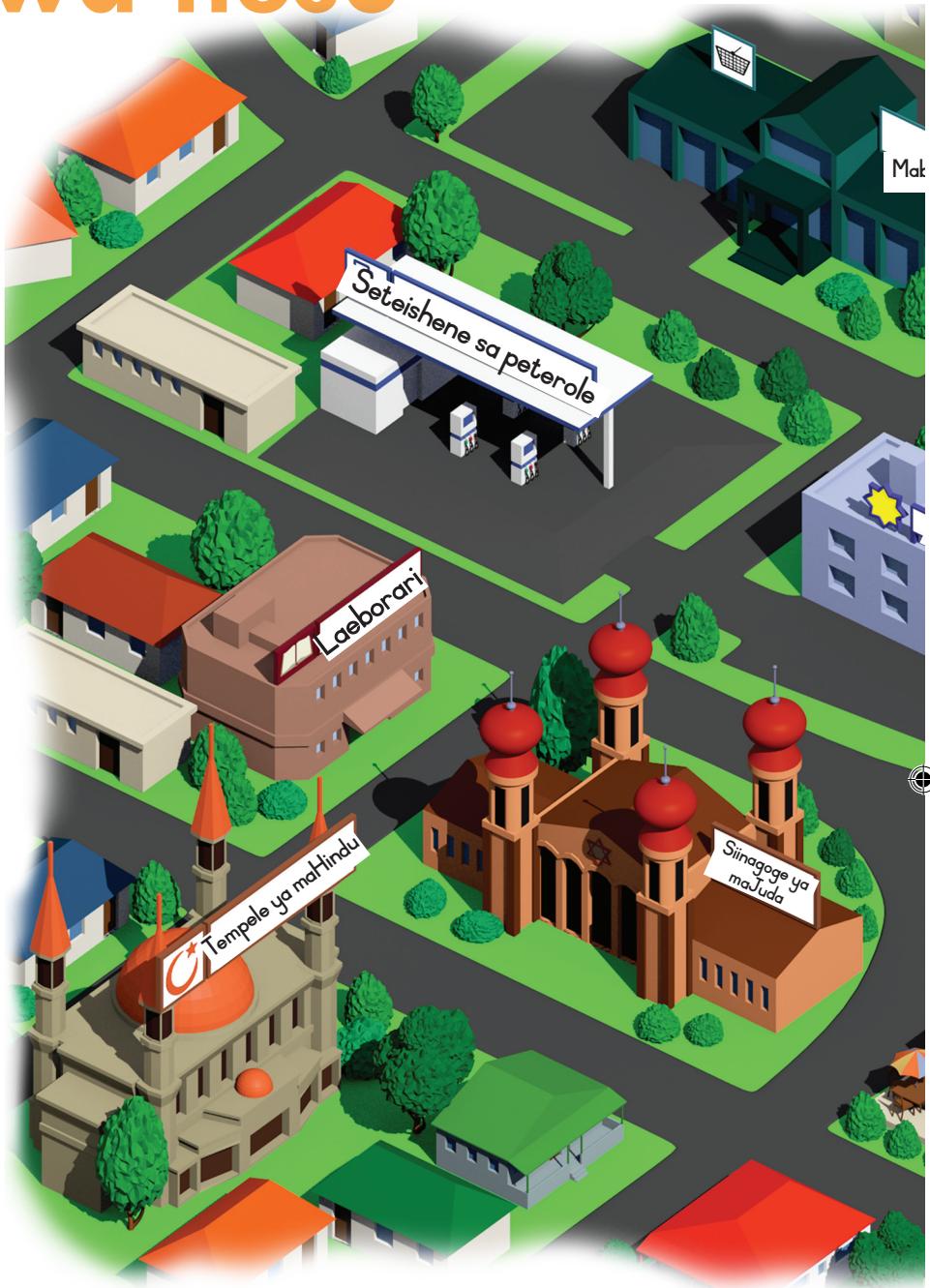


Ha re bueng

Bua le motswalle wa hao ka setshwantsho se maqepheng ana.

Ke dibaka di fe setshwantshong tseo o di elellwang?

Ke dibaka, moo batho ba kopanang kapa ba bokanang teng?





Ha re etseng

Letsatsi:

Ke dibaka dife setshwantshong se ka tlase tseo o kileng
wa di tjhakela? Latela mohlala wa setshwantsho ka
dikerayone



Ha re bueng

Borella motswalle wa hao hore o etetse dibaka tsena le motho e mong
kapa o le mong. Hobaneng o di etetse?

Na o hopola hore dibaka tseo o di etetseng di ka finyellwa habonolo ke
batho ba sa itekanelang?

Teacher:
Sign:
Date:

Ho hlokomela dintho setjhabeng sa rona

Bekē ya!

Kotara ya

Dibaka metseng ya rona
di na le mefuta e mengata
ya disebediswa tse ka
sebediswang ke bohle.
Dittleliniki, dikolo, mabala a
dipapadi le dipetlele ke di
tshebeletso tsa setjhaba
tseo re di sebedisang
kaofela.

Re lokela ho hlokomela
ditshebeletso tsa setjhaba
tsohle tsa motse wa rona.

Re tshwanela ho
hlompha dintho tsohle
setjhabeng sa rona.

Hape re tshwanela ho
boloka tikoloho ya rona e
hlwekile, hore bohle re e
rate.

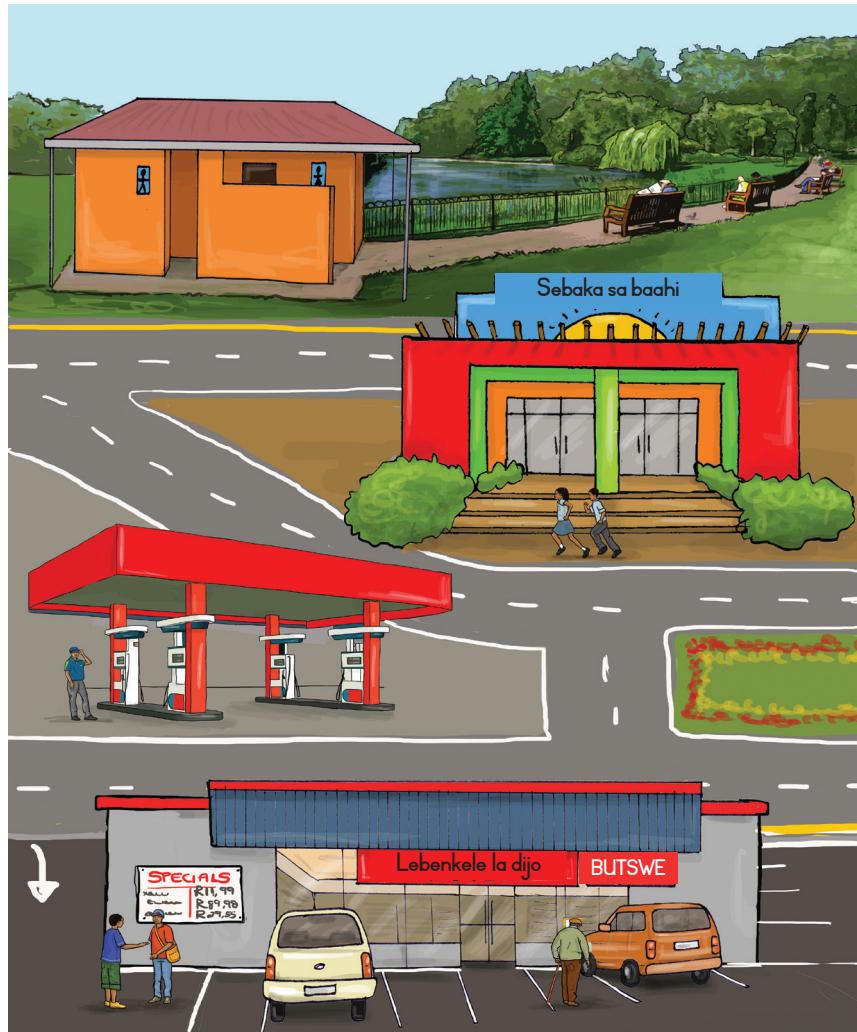
Ha re bueng

Bua le motswalle wa hao ka setshwantsho sena.

- Na o nahana batho ba rata ho dula mona?
- Hobaneng o nahana jwalo?
- Setjhaba sa heno le tikoloho e leng ho sona o ka di ntlafatsa jwang?



Ha re bueng



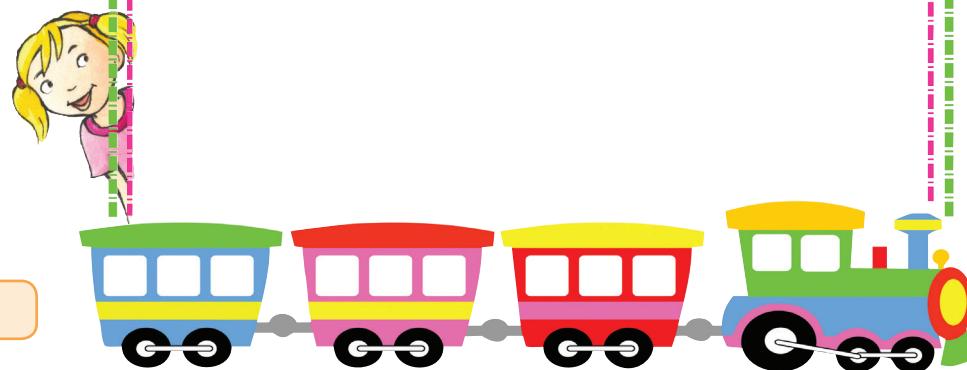


Ha re etseng

Etsa setshwantsho sa hao se
mebara o sebedisa sepalangwang
se itseng sa setjhaba, jwaloka
terene, bese, kapa tekesi.

Bontsha batho ba fapaneng
ka boholo le wena- ba bang
ba dule ba otlolohile, ba bang
ba kobehetse pele kapa ba
sekametse morao, ba bang ba
baholo ha ba bang ba le
banyane.

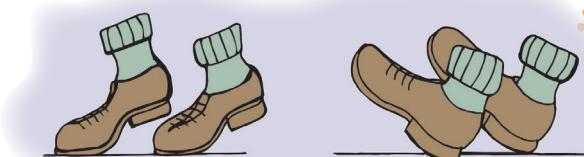
Letsatsi:



Ha re ithapolleng

Iphuthumatseng

- Iphuthumatseng ka ho tsamaya ka ditsetsekwane.
- Jwale tsamaelang morao ka direthe tsa lona.
- Tsamaelang pele ka direthe tsa lona.
- Tsamaelang morao ka ditsetsekwane.



Etsang ditlhaku

Etsang dihlopha tse pedi. Sebedisa mmele ya
lona ho ngola leboteng.

Sheba hore na wena le motswalle wa hao
le ka qapa tlhaku eo ho seng mang ya ka e
etsang.



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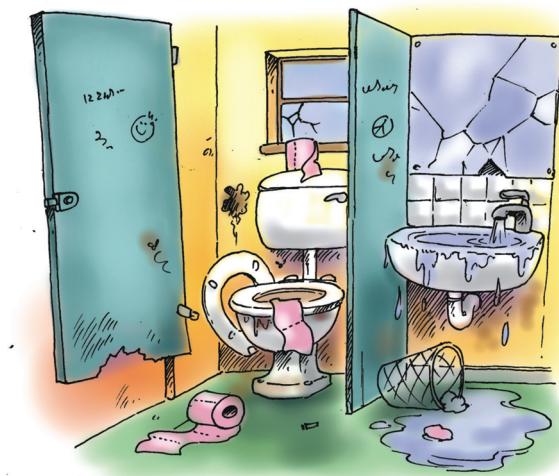
Bekē ya 2

Kotara ya 3 -

E fosahetse kapa e nepahetse?

Ha re bueng

Sheba ditshwantsho tsena.





Ha re etseng

Aha mohlala wa moaho ka tse ntjhafaditsweng. O ka nna wa aha kliniki, laeborari kapa moaho o mong le o mong setjhabeng sa heno. Le ka nna la sebetsa hape ka dihlopha. Kgabisang moaho wa lona hantle, le bontsha hantle moaho oo le o hahileng.

Letsatsi:



Ha re ithapolleng

- Hlophisa mataere ka lethathamo le tsepameng.
- Kgasa o pholletse mataere.
- Beha mataere fatshe.
- Ema ka maoto a mabedi taereng.
- Jwale tsepama ka leoto le le leng hodima letaere.
- Sebedisa letaere ho tsamaisa dipapadi tse ding le tse ding.

Hlokomela o se ke wa intsha kotsi.



Teacher:
Sign:
Date:

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Batho ba setjhaba sa heso

Beké ya 2



Ha re ngoleng

Kotara ya 3 –



Morekisi wa peterole



Ralebenkele la dipalesa



Mooki

Mokganni wa tekesi

Molaola sephethephethhe

Ngaka

Morekisi wa ditholwana

Motimamollo

Lepolesa

Ha re bueng

Sheba ditshwantsho tseo o di nehileng mabitso o bue
le motswalle wa hao ka tsona.

Na o bona batho ba setjhabeng sa heno?

Ke mang e mong eo o mmonang setjhabeng sa heno?

Na batho ba motse wa heno ba a thusana? Ba thusana jwang?



Ha re ngoleng

Etsa mola ho tloha moo polelo e qalang ka letsohong le letshehadi o o bapise le mantswe a ka letsohong le letona.

Letsatsi:



Motimamollo

Leloko la Sepolesa sa Afrika Borwa
(Lepolesa)

Ngaka

Morekisi wa ditholwana

morekisi wa peterole

o tshwara dinokwane.

o rekisa ditholwana.

o tshela peterole dikoloing.

o tima mollo.

o a re fodisa.



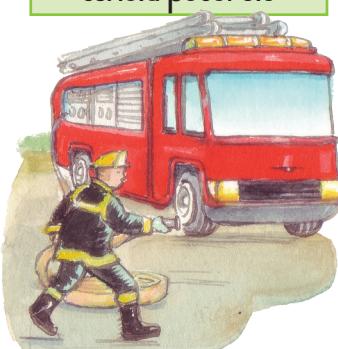
Ha re ngoleng

Sheba ditshwantsho tsena. Mantswe a ka tlase, kgetha lebitso le nepahetseng la setshwantsho se seng le se seng. Ngola ka tlasa setshwantsho se seng le se seng. Bapisa dikarabo tsa hao le tsa motswalle wa hao.

Setimamollo



seteishene sa ho
tshela peterole



Sepetlele



Sepoleseng



Ha re ithapolleng

Opa matsoho ha o
utlwa morethetho.

Mamela ka hloko ha morethetho o fetoha.

- Etsa sena ka mefuta e fapaneng ya mekgwa ya mmino, ho tloha ho mmino wa tlelasike ho ya ho mmino wa pop.
- Opa matsoho ka potlako kapa butle ho boloka morethetho.

Ntlha ya titjhere
Mamela mmino oo titjhere ya hao e o
bapalang kapa morethetho oo titjhere
ya hao e o bapalang ka moropa
kapa ka diletswa tse ding.



Diphooftolo tseo re di ruwang ebile re di rata

Kotara ya 3 - Beke ya 3



Ha re baleng

Bongata ba rona re na le diphooftolo tseo e leng dithatohatsi (tsa setswalle). O a e hlokomela ebile e dula haufi le wena - mohlomong ka tlung e le nngwe le wena kapa ka ntwaneng ya tsona/yonakajareteng.



Ha re bueng

Sheba setshwantsho. Bua le motswalle wa hao ka setshwantsho. Etsetsa diphooftolo tseo o di ratang sedikadikwe ka kerayone. O ka bala diphooftolo tse kae? Bolella titjhere ya hao.



- O na le thatohatsi? Ha o na le yona, bolella motswalle wa hao ka yona.
- Ha o se na yona, bolella motswalle wa hao hore o ka rata ho fumana efe kapa hobaneng o sa e batle.



Ha re ngoleng

Kaofela ha lona ngolang lenane la mefuta yohle ya diphooftolo e fapaneng eo le sa e boneng setshwantshong. Ngololla seo titjhere a se ngotseng letlapeng.



Ha re etseng

Etsa setshwantsho sa
ya hao – o ka nna wa
nahana thatohatsi eo o
ka ratang ho ba le yona.



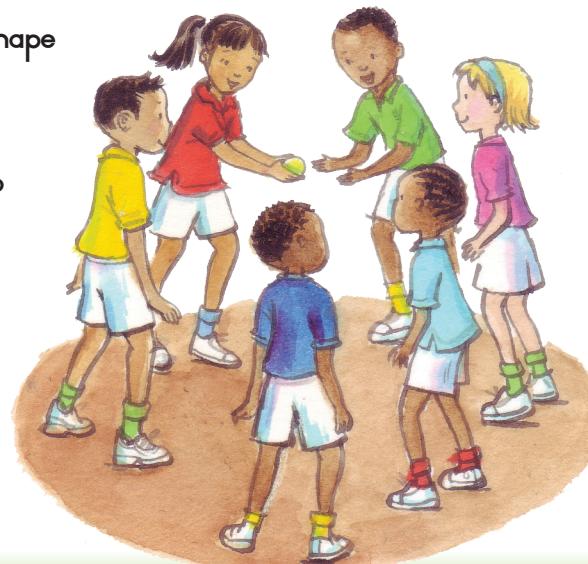
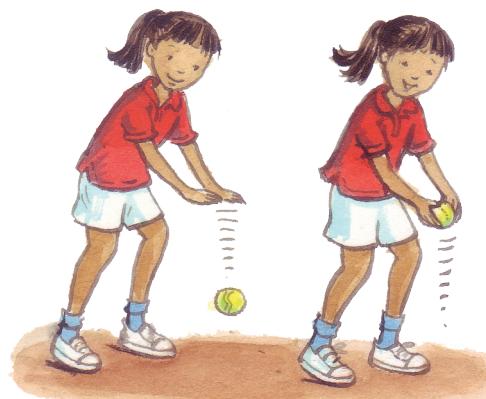
Ha re ithapolleng

Ithapolle ka ho akgela le ho tshwara bolo.

- Ka matsoho a mabedi akgela bolo ya tenese hodimo moyeng. E tshwara ka matsoho a mabedi.
- Jwale akgela bolo ka letsoho le le leng o boele o e kape ka letsoho leo.
- Jwale akgela bolo ya tenesi hodimo moyeng ka letsoho le le leng la hao mme o e kape hape ka letsoho leo.
- O tlola - tlodisa bolo ya tenese fatshe ka matsoho a mabedi e be o e kapa hape ka matsoho a mabedi.
- E tlola - tlodise hape ka letsoho le le leng o boele o e kape hape ka letsoho lona leo.
- E tlola - tlodise ka letsoho le leng o boele o e kape hape ka lona letsoho leo.
- Emang le entse sedikadikwe e be o betsetsa bolo ho motho ya pela hao o sebedisa matsoho a mabedi.
- Betsetsa bolo ho motho ya pela hao o sebedisa letsoho le le leng.
- Sebedisa letsoho la hao le leng o betsetse bolo ho motho ya pela hao ka lehlakoreng le leng.

O ne o tseba hore?

Hangata dintja kaofela di rata ho bapala ka bolo.
Empa o tshwanetse o phakise hobane dintja di rata ho tshwara bolo di balehe ka yona.



Teacher:
Sign:
Date:

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Ka moo o ka hlokomelang dithatohatsi ka teng

Bekē ya 3 - Kotara ya 3



Ha re bueng

Ho bohlokwa ho hlokomela dithatohatsi.

Bua le motswalle wa hao ka thatohatsi eo o e hlokang. Nahana o le thatohatsi eo motswalle wa hao a e entseng setshwantsho sa yona leqepheng la II. Nahana ka seo o ka se hlokang. O ka nahana ka dintho tse kang dijo le moo o ka robalang teng. Jwale bolella motswalle wa hao. Bua hape ka seo a ka se etsang ha o ka kula.



Ha re ngoleng

Kenya letshwao (✓) haufi le ntlha e nngwe le enngwe ya ditlhoko tsa thatohatsi.

Dijo

Metsi

Borosolo ya meno

Tulo e futhumetseng e ommeng
ya ho robala

Ha o kula

Phomolo



Ha re etseng

Etsa setshwantsho sa tshireletso le dijo tseo diphoofolo tsena di di hlokang.
Jwale ngola lebitso leo re le nehang bana ba tsona.

Phoofolo	Dijo	Lebitso la e monyenyanne



Ha re etseng

Letsatsi:

Bala polelo e nngwe le e nngwe mme o nahane hore o ka ikutlwa jwang,
o ka reng hape o ka etsang.

- O thola thatohatsi e ntjha.
- Katse ya hao e nyametse.
- Ntja ya hao e jele sebapadiswa sa hao seo se ratang haholo.
- Motswalle wa hao o qala ntja.
- O bona ntja e kwaletswe ka koloing e notletsweng.



Ha re ithapolleng

Mamela morethetho oo titjhere ya hao e a bapalang. Iketsise eka o phoofolo e tsamaiswang ke morethetho wa mmino.



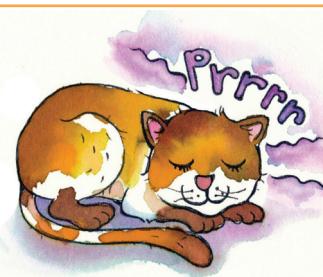
Ha mmino o le fatshe, fofa jwalo ka serurubele



Ha mmino o sa potlaka, tsamaya jwalo ka kgudu



Ha re bueng



Mmutlanyana le tweba.
Meno a mmutlanyana ha a
emise ho hola.

Selemo se le seng sa motho se
lekana le dilemo tse 7 tsa ntja.
Ha ntja e le dilemo tse 3, e
lekana le motho ya dilemo di 21.

Ha katse e thabile, e a hona.



Boikgathollo

"Katse le Tweba". Titjhere ya hao o tla re ke mang katse le
hore ke mang tweba. Fapantshang maemo ka mora nako.

Teacher:
Sign:
Date:

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Mekgwa le boikarabelo

Kotara ya 3 – Beke ya 4



Ha re baleng



Mantswe ana a bontsha hlompho. Mekgwa ya rona le tsela eo re tshwarang batho ka yona. Mekgwa ya rona e bontsha hore re hlompha batho hakaakang.

Re rata ho bua le motho ya hlomphang. E bile ho monate ho ba le motswalle ya nang le mekgwa e metle.

Re na le boikarabelo ba ho tshwara batho ba bang hantle. Ke ka hoo e mong le e mong wa rona a tshwanetseng ho ba le mekgwa e metle.

Letsatsi:



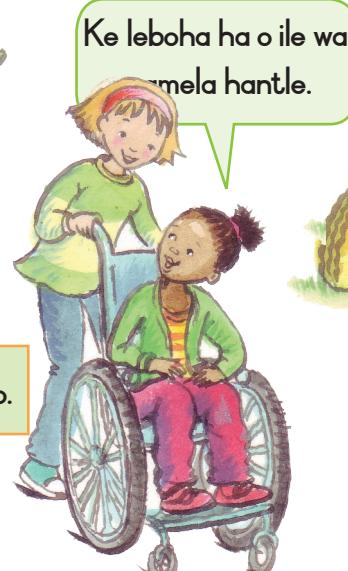
Ha re bueng

Tadima ditshwantsho. Hape bala mantswe a mabokoseng. Bua le motswalle wa hao ka ditshwantsho. Bua ka mekgwa e metle kapa e mebe eo bana ba e bontshang

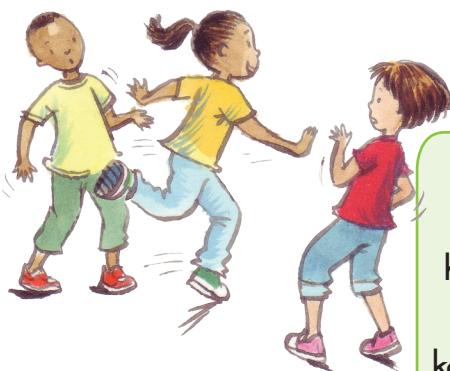


Arolela ba bang.

Na o lebetse
disamentjhisi tsa hao?
Nka se le seng sa ka.



Ke leboha ha o ile wa
mamela hantle.



Tshwarelo, Mme,
Ke ne ke batla
ho sheba pitsa ya
palesa ya hao ya
kgale yaba e ya wa,
jwale e thubehile!



Dumela, Maisy, ke fumane
mokotlana wa hao o
lahletswe kantle. Ke a
kgolwa ha ho ya nkileng
dikerayone tsa hao.

Mamela batho ba
bang.



Hlompha dintho tsa batho ba bang.

Teacher:
Sign:
Date:

Mekgwa le boikarabelo

Kotara ya 3 – Beke ya 4



Ha re ngoleng

Tadima ditshwantsho tsena mme o bale dipolelo tse mabokoseng. Etsa mola ho boikarabelo bo tsamaelanang le setshwantsho se seng le se seng.



Ke thusa hore ntlo ya heso e dule e hlwekile.



Ke motswalle ya lokileng ya thusang batho ba bang.



Ke bontsha ba lelapa la ka hore ke a ba rata.

Ke bapala hantle ka dibapadiswa tsa motswalle wa ka.

Ke a itlhokomela hape ke hlokomela dintho tsa ka.

Ke thusa ntate wa ka ho teka tafole.



Ha re bapaleng

Etsa tshwantshiso ka mekgwa le boikarabelo moo o:

- dumedisang batho bao o ba tsebang le bao o sa ba tsebeng
- kapa emela karolo ya hao
- kapa mamela motho e mong ka kelo hloko
- kapa arolelana le motho e mong
- kapa o etse setswalle le e mong
- kapa o tshephahale ka ho hong
- kapa o bontshe hlompho ho e mong
- bontsha hlompho ho ba bang.

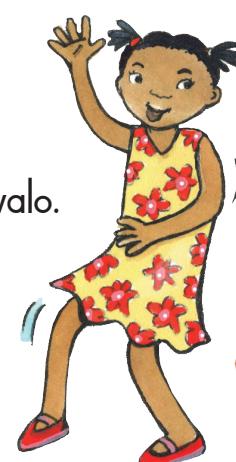
Ha re etseng

Etsa setshwantsho sa
hao o thabela batho
ba bang:



Ha re ithapolleng

Mamela ha titjhere ya hao e re o qhome ,o mathe kapa o kgase.
O tla lets a phala pele ho taelo e nngwe le e nngwe e ntjha.
Tsamaya kapele kapa butle ha titjhere ya hao a o laela ho etsa jwalo.



Ha re bapaleng

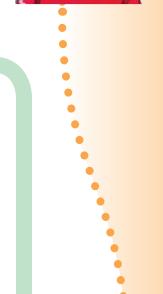
Bapala sekotjhe sa ho tlolatlola ka leoto la hao le sa
sebetseng hantle. Ke mekgwa efe e lokileng ha o bapala papadi ena?

Letsatsi:



Ka dihlopha, etsang tshwantshiso ya
mekgwa e lokileng le boikarabelo ka tsena:

- lelapa la hao
- mosebetsi wa hao wa sekolo
- mesebetsi ya hao ya hae
- dijo tseo o di fumanang ka mehla
- diaparo tseo o di aparang
- dibapadiswa tsa hao
- metswalle ya hao



Hobaneng re hloka dimela

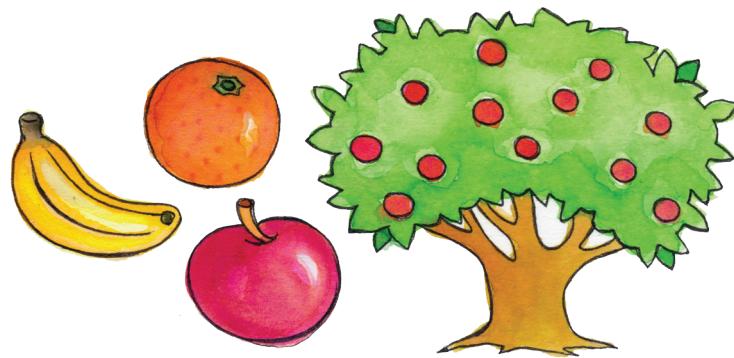
Kotara ya 3 – Beke ya 5



Sheba hohle. Ke dintho dife tseo o di bonang tse hlahang dimeleng? Bua le motswalle wa hao ho bona hore bobedi ba lona le ka nahana kang. Bolella titjhere ya hao ka dimela tseo le di nahangan bobedi ba lona.



Dimela tse ding di re fa
lero le dijo.



Dimela tse ding le difate
di re fa moriti.



Dimela tse ding le difate di re
fa diphoofolo tshireletso.



Dimela tse ding di re fa dipalesa
ho kgabisa malapeng a rona.

Letsatsi:



Re hlwekisa jwang mabaleng a
rona a dipapadi.



Re sebedisa kgareng
ho roka diaparo.



Re sebedisa jwang ho etsa
diroto le marulelo.



Re sebedisa dimela le difate
ho etsa thepa tsa ntlo.



Wena le motswalle wa hao, kgethang ditsela tse tharo
tsa bohlokwa tseo le ka sebedisang dimela ka tsona.

Na re ka etsa hore dimela di shwe ha re di sebedisa
haholo.

Buang ka dipotso tsena le le sehlopha sohle.



Dimela di shebahala jwang

Kotara ya 3 – Beke ya 5



Ha re ngoleng

Dimela di etswa ka dikarolo tse ngata. Sebedisa mantswe a ka lebokoseng ho tshwaya dikaro tsa dimela tsena. Bapisa mantswe a hao le a motswalle wa hao.

metso

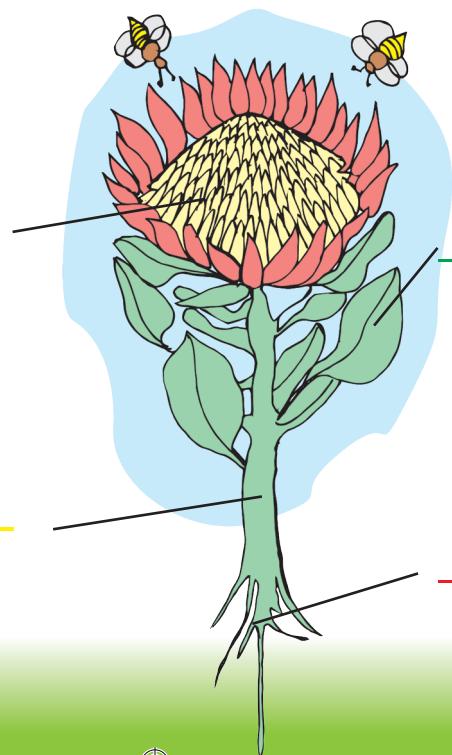
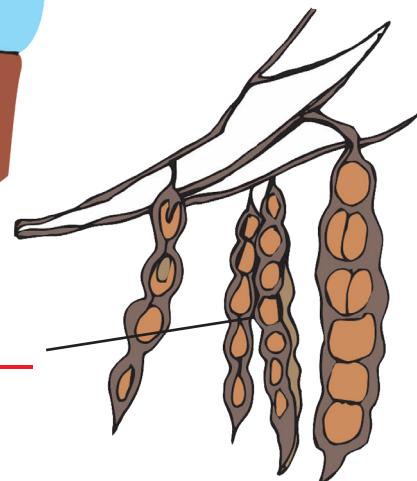
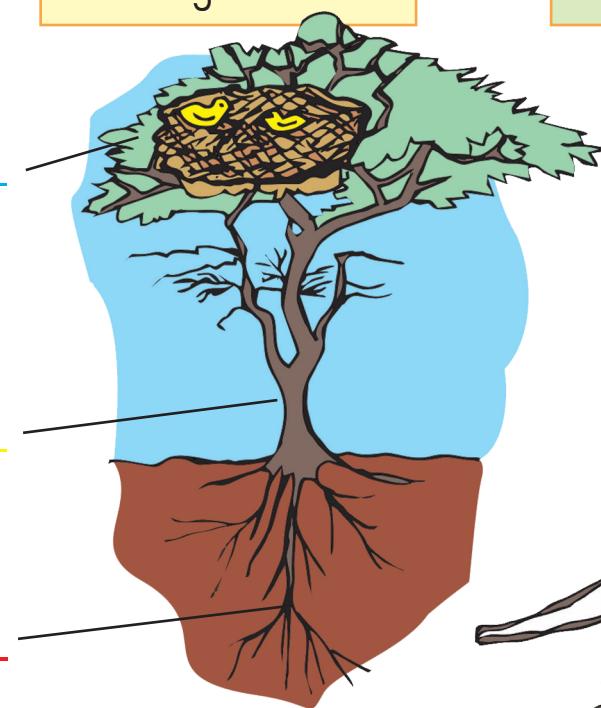
kutu

lehlaku

palesa

Pitsana ya dithootse

kutu





Ha re ithapolleng

- Boraserapa ba tshwanelo ho emisa kapa ho tshwara dikokonyana.
- Fapanyetsanang dibaka ka mora metsotso e mmedi.
- Phetang hona ka nako e ngata.



Ha re bapaleng

Bapalang bolekemaipatile.

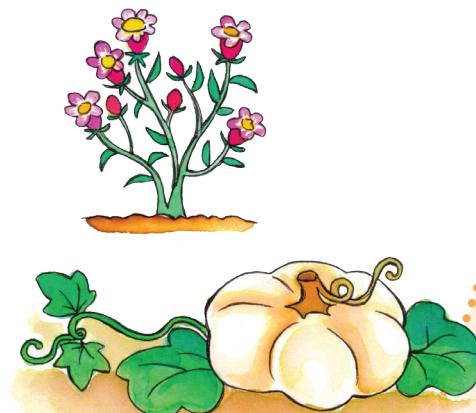
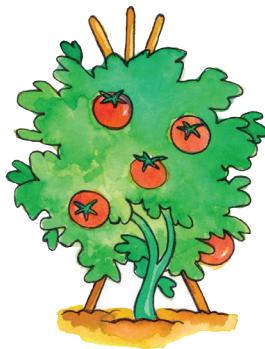


Dikokonyana di ipata ka tlasa kapa ka mora makgapetla a dimela mme bajadi ba tshwanelo ho di fumana pele di ja dimela.



Ha re bueng

Mefuta e fapaneng ya dimela e shebahala e fapane haholo. Empa di a tshwana ka tsela tse ding tse ngata. Sheba ditshwantsho tsena. Buisana le motswalle wa hao ka dimela. Ke difeng tse tshwanang hape ke difeng tse sa tshwaneng?



Ha re etseng

Etsa kapa taka kokonyana
kapa sebopuwa se batlang ho
ja dimela tsa hao tsa dinawa.
Ha ho hlokehe hore e be
kokonyana ya nnete. Sebedisa
monahano wa hao. Etsa kapa
o pente ka mela e thata e
bonahalang le seboleho.



Teacher:
Sign:
Date:

Peo le moo e hlahang

Bekē ya b

Kotara ya



Ha re baleng

Dimela tse ding di na le peo e ipatileng ka hara dipalesa kapa ka hara tholwana. Re ka jala peo ena hape hore e hlahise dimela tse ntjha.

Peo e nngwe e tloha ho dimela ho qala dimela tse ntjha. Peo e nngwe e hasahana ke moyā kapa batho, dikokonyana le diphofolo tse ding.

Dipeo tse ding di jewa ke dinonyana ebe dikarolo tse thata di sala ka ho wa. Peo e hasana ka tsela ena ka ho wela nqe nngwe mme e qale ho hola moo.



Ha re bueng

Peo e tsamaiswa jwang ditshwantshong tsee? Peo le peo e tlameha ho bajwang hore e tsamaiswe jwalo? Bua le motswalle ka sena.



Ha o batla ho jala dimela tsa
hao ka peo, o ka sebedisa peo e
hlahang tshimong ya hao. Kapa
o reke peo lebenkeleng.





Ha re bueng

Ithute thothokiso le morethetho wa yona.

Bophelo ka mora semela

Letsatsi:

Ena ke peo e ntjha e nnyane
A re e jaleng kapele fatshe!
e hola e ba kutu le palesa
Ka monko o monate hohle.

Dinotshi tse ngata di bobola ka
hara dipalesa

E se kgale palesa e ntle e a shwa,



Ha re ithapolleng

Ha ho na le sefate se teng,
sheba ka moo re ka se
sebedisetsang ho bapala. Swinka
thapong e tlamellelsweng ka
thata. Etsa pele ka matsoho a
mabedi, ebe o sebedisa letsoho
le letona ka mora moo ka le
letshehadi.



Ntlha ya titjhere
Sebedisa thapo, lesela
le lelente.



Bontsha thabo ya hao ka sena

Tshwara lesela la mebala kapa lelente le lelelele seatleng sa
hao se sebetsang. Suthisa letsoho la hao, etsa dipaterone
tse fapaneng moyeng kapa fatshe ka lesela kapa lelente.
Pele sebedisa letsoho la hao ebe o sebedisa le lente. O ka nna
wa etsa hona o latela mmino.

Teacher:
Sign:
Date:

Ke dimela dife tse hlokang ho hola?

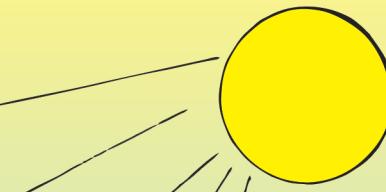
Kotara ya 3 – Beker ya b

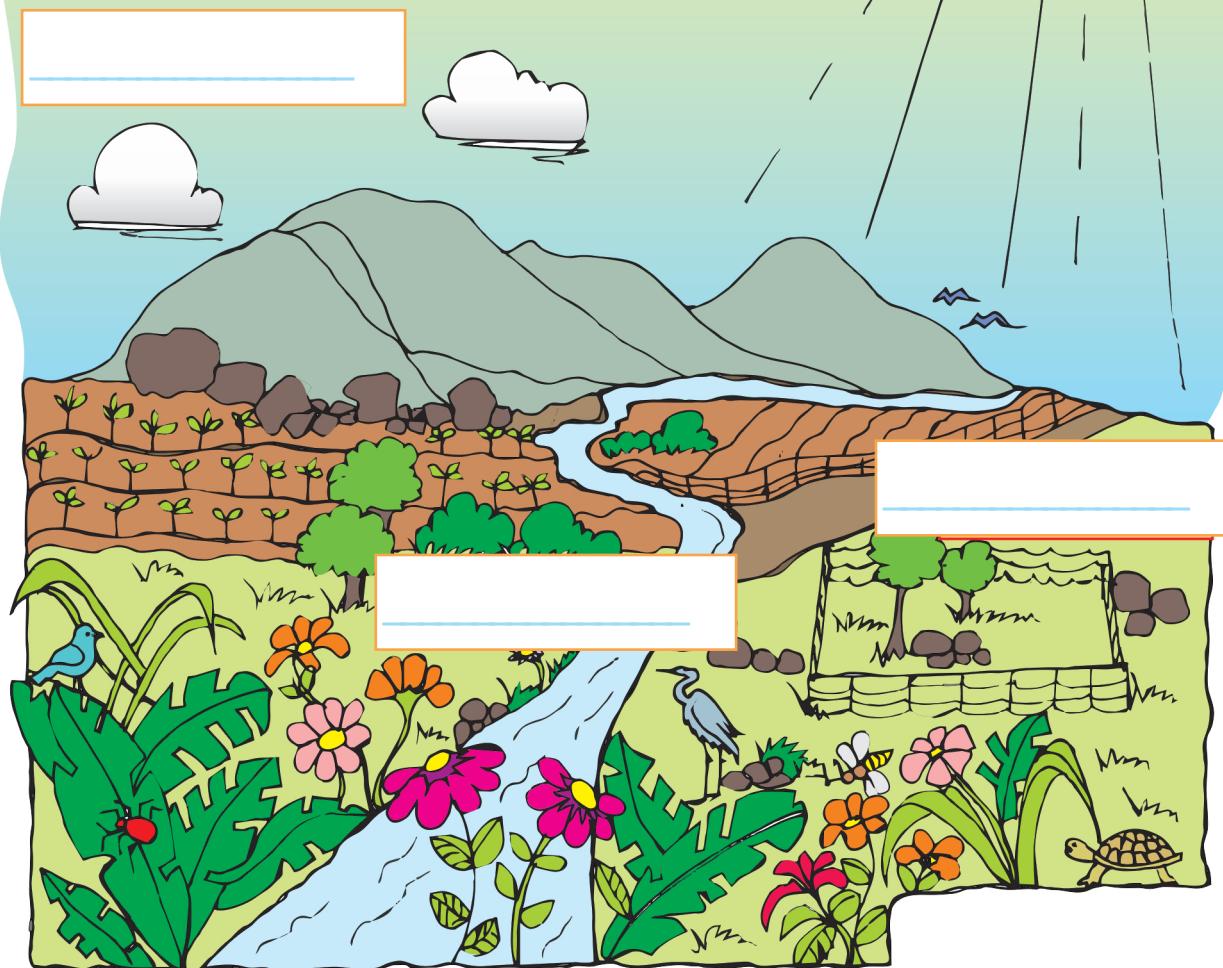


Ha re bueng

Sheba setshwantsho sena. Na ntho tsohle tse ho sona di a phela?

Bua le motswalle wa hao ka sona:
 Ke dife dintho tse phelang tseo o ka di bonang?
 Ke dintho dife tseo e leng dimela?
 Na dimela di a hola?
 Na dijalo le tsona di a ja? Ha ho le jwalo, di ja eng?
 Na dijalo di a nwa? Ha ho le jwalo di nwa eng?





Ha re ngoleng

Jwale ngola lentswe le leng le leng setshwantshong se ka hodimo o bontsha hore ke dimela dife tse tshwanelang ho hola.

Letsatsi

metsi

dijo tsa mmele

moya



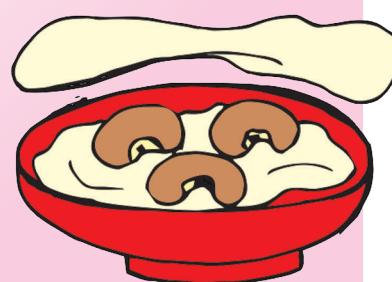
Ha re etseng

Ho bonolo ho jala semela sa hao.
O ilo jala dinawa.

Latela mehato ena:

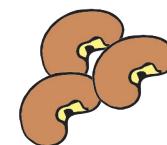
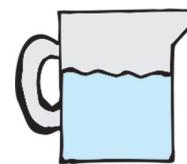
Mohato 1:

Kwahela dinawa tse 3
mahareng a tshwele tse 2.
Di behe pirinking e lehala
kapa sekotlolo.



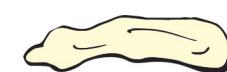
Letsatsi:

O tla hloka:



metsi

dinawa



sekotlolo

boya ba tshwele

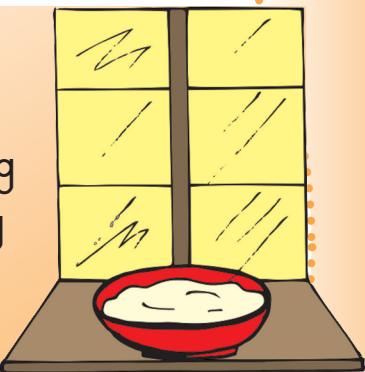
Mohato 2:

Tshela metsi
hodima boyo
mme o etse
bonnete ba hore
e metsi hohle.



Mohato 3:

Beha pirinki kapa
sekotlolo fensetereng
bankeng kapa tulong
e nang le kganya ya
letsatsi e lekaneng.



Mohato 4:

Ka mora matsatsi
a mmalwa, sheba
ka moo semela sa
hao se holang. Se
nosetse hang ka
beke.

Letsatsi 1



Letsatsi 2



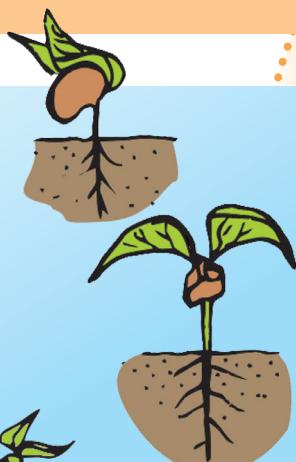
Letsatsi 3



Letsatsi 4

Mohato 5:

Hang ha semela
sa hao se na le
metso, o ka se jala
mobung o bonolo.



Mohato 6:

Nosetsa semela sa hao ka mehla.
Kamora beke tse mmalwa, o tla
be o kga dinawa tsa hao.



45

Dijo tseo re di jang

Beke ya 7

Kotara ya 3 -

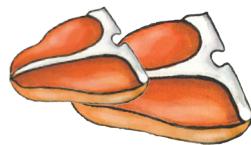
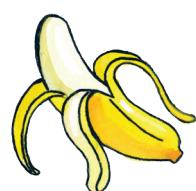
Ha re baleng

Dijo tse matlafatsang di etsa hore re tsamaye jwaleka peterole e etsa hore koloi e tsamaye. Re hloka dijo tse matlafatsang hore re etse seo re tshwanelang ho se etsa le hore re phele hantle. Dijo tsa bohlokwa di re neha matla le ho re thusa hore re hole.



Ha re ngoleng

Sheba ditshwantsho tsena. Ngola lebitso la sejo se seng le se seng ka tlasa setshwantsho.



Ha re ngoleng

Ke dijo dife tseo o ratang ho di ja? Ke dijo di feng tseo o sa di rateng hohang? Di ngole ka tlasa sehloho se nepahetseng. Kgetha ditshwantshong tse ka hodimo.

Dijo tseo ke di ratang

Dijo tseo ke sa di rateng

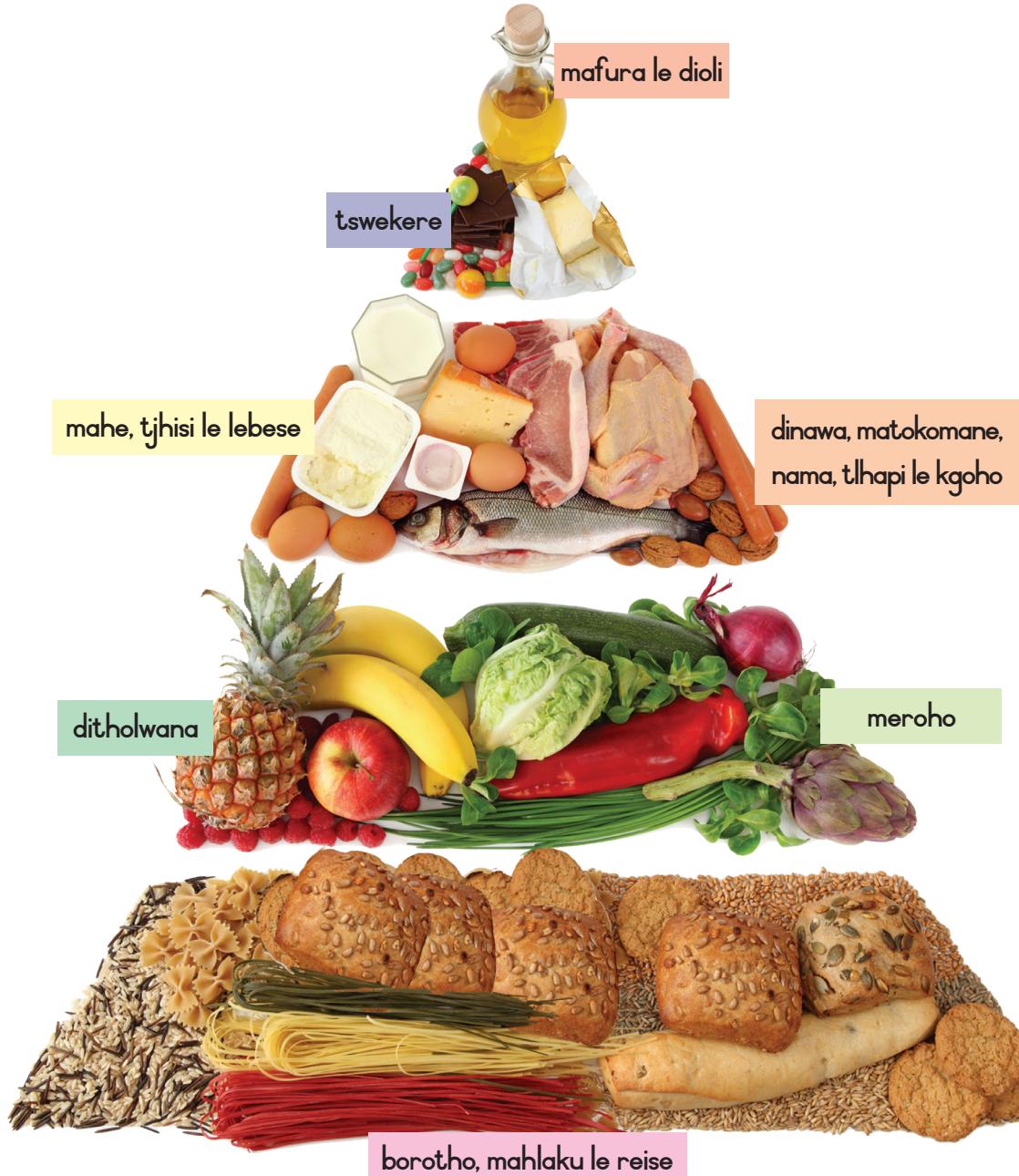
Letsatsi:



Ha re baleng

Re ka arola dijo dihlopha tse 7.

O tshwanelo ho ja dijo tse ka tlase ka mehla. O ka nna wa ja dijo tse ka hodimo empa e seng ka mehla.



Ha re bueng Buisanang jwaleka tlelase.

Hobaneng ho le bohlokwa ho ja hannyane dijo tse hlahang hodimo setshwantshong, empa haholo ho hlaha tlaase?

Teacher: _____
Sign: _____
Date: _____

Moo dijo tse fapaneng di hlahang

Kotara ya 3 – Beke ya 7



Ha re baleng

Dijo tse ngata di hla ha mapolasing. Dijo tsa motheo di hla ha mapolasing, ebe di sebediswa ho etsa dijo tse ding tse ngata.



Borotho le lesheleshele di hla ha korong.



Re fumana mahe le nama kgohong.



Re fumana lebese le nama ho tswa dikgomong.

Re etsa yokate le kase ho tswa lebeseng.



Ditholwana di mela difateng le dimeleng.



Re sebedisa poone ho etsa phoofo.

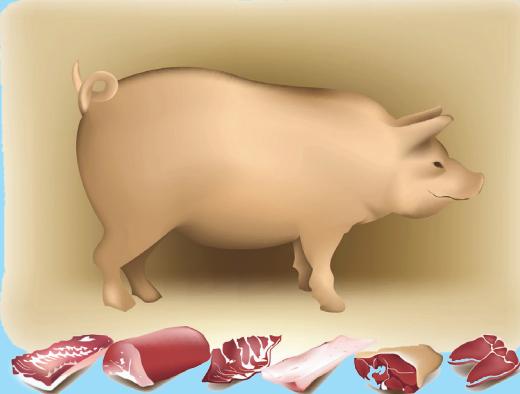
Letsatsi:



Manepe a tswa dinotshing.



Tswekere e tswa lehlakeng
la tswekere.



Nama ya kolobe le beikhone
di tswa dikolobeng.

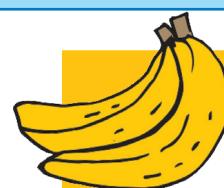


Re ka jala dimela tshimong ya rona.



Bina pina ena le
titjhore ya hao.

Ha re etseng



Diapole, dikwaba, dipanana

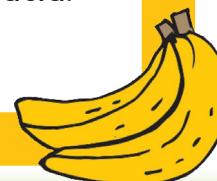
Dinawa le dierekisi le ditapole

Di hodisa mmele ya rona e be matla.

Di etsa hore ke shahle ke sebetse

Ke ja dijo tse matlafatsang feela!

Di mpoloka ke shahlile ke le matla.



Dijo tse bolokehileng le tse sa bolokehang

Bekē ya 8



Ha re baleng

Kotara ya 3 -

"Dijo tseo re di ratang ha di a re lokela ka mehla.
Ebile ha ngata ha re rate dijo tse re loketseng.
Empa ntho e lokileng haholo ha o e etsa o sa
kgaotse e qetella e sa loka.

Ha o ja ntho ho fetisa tekanyo ha ho a lokela
bophelo.

Eja feela ho fihlela o kgora. O se ke wa ja feela
hobane o rata ho ja".



Ha re etseng

Seha ditshwantsho tsa dijo tse bolokehileng le tse sa bolokehang
dimakesening o di kgomaretse makotikoting a nepahetseng. Haeba ha o
fumane ditshwantsho, di etse.



Dijo tse bolokehileng



Dijo tse sa bolokehang

Letsatsi:



Ha re ngoleng

Sebedisa seo o ithutileng ka dijo ho ngola menu ya hao.

Dijo tsa hoseng

Tinare

Dijo tsa mantsiboya

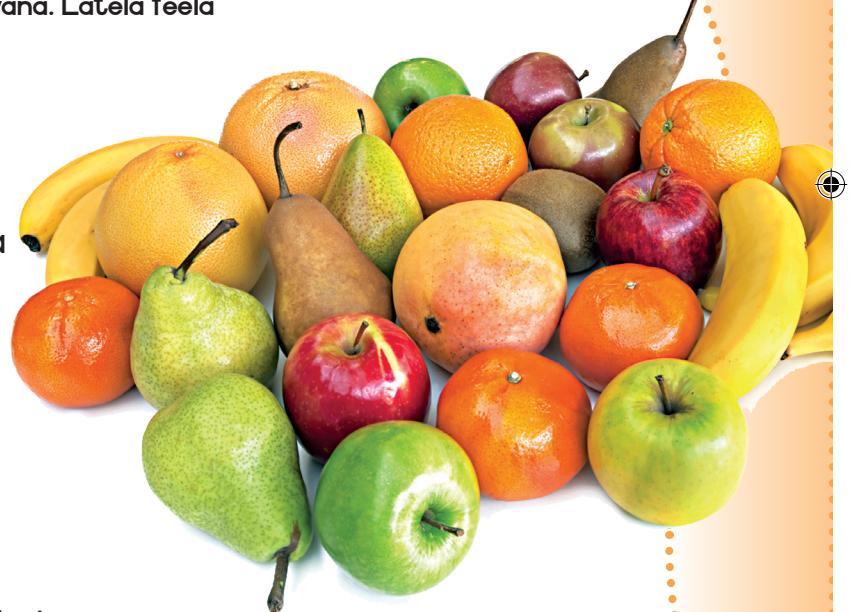


Ha re etseng

Re ilo etsa salate ya ditholwana. Latela feela
ditaelo tse ka tlase.

O tla hloka:

- Mefuta e fapanenag ya ditholwana
- Lero la tholwana
- lebejanapo!
- Sekotlolo se seholo



Latela mehato ena:



- Hlatswa tholwana.
- Ebola matlalo ha ho hlokeha (jwaleka lamunu).
- Di sehe dikotwana tse nyenyane
(Kopa motho e moholo ho o thusa)
- Kopanya ditholwana ka sekotlolong.
- Thabela ho e ja e le jwalo kapa le lebejanapo!



Ho boloka dijo

Kotara ya 3 - Beke ya 9

Ha re baleng

Sheba setshwantsho sena.



Ha re baleng

O elellwang ka matsatsi?

Na ho a lokela hore re je dijo tsena?

O nahana ho etsahetse eng ho dijo tsena?

Dijo tse ntjha ha di dule di le foreshe nako e telele. Ditholwana tse ding le meroho di qala ho senyeha le ho bola. Nama, tlhapi, le dijo tse entsweg ka lebese di a senyeha.

Ka baka leo ha re di je nako e telele.

Re ka etsa eng hore re boloke dijo di le foreshe nako e telele?

Tulo e bolokehileng ya ho beha dijo ke sehatsetsi. Empa dijo tse ding di a senyeha ha di hatseditswe kapa di le ka hara sehatsetsi nako e telele.

Ho na le ditsela tse ding tsa ho boloka dijo di le foreshe.





Ha re bueng

Sheba ditshwantsho tsena.
 Bua le motswalle wa hao ka tsona. Ke mefuta e feng e fapaneng eo re ka bolokang dijo ka yona?
 Na o ka nahana ka tsela tse ding tseo re ka bolokang dijo ka tsona hore di se senyeho?
 Bua le motswalle wa hao ka sena. Bolella sehlopha ka mehlala.



Letsatsi:



Ha re ngoleng

Tadima ditshwantsho tse ka tlaase mme o bale mantswe a mabokoseng. Jwale ngola le leng la mantswe ana tlasa setshwantsho ka seng se dumellanang le lentswe.

Hatseditswe

Tse bontshang botjha

Ka makotikoting

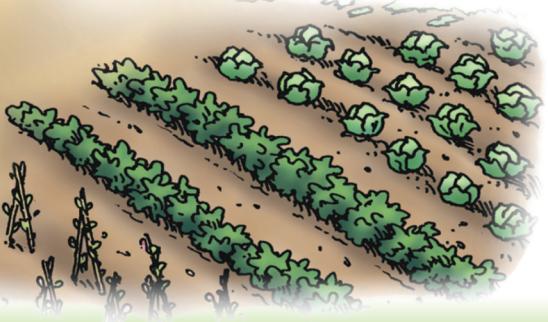
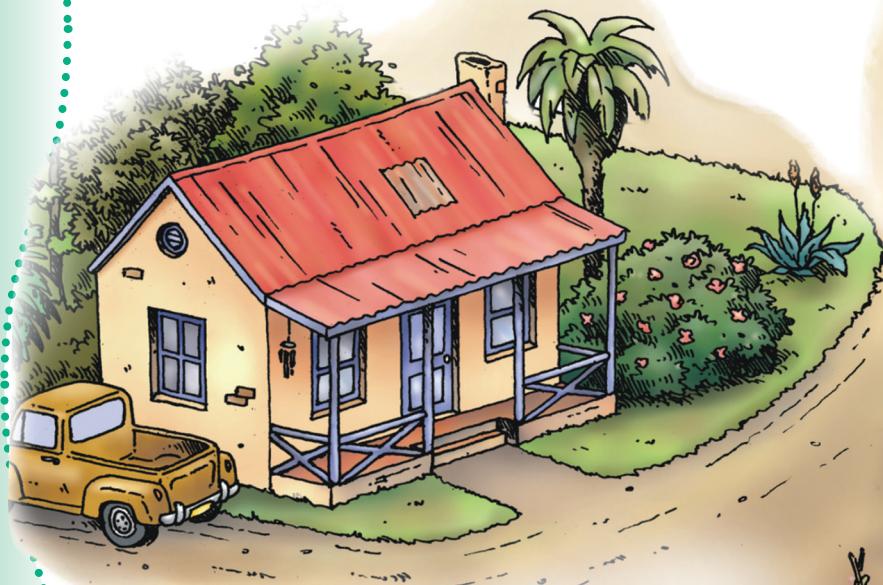
Omisitswe



Mefuta ya matlo (1)

Bekē ya |

Kotara ya |



Hare bueng

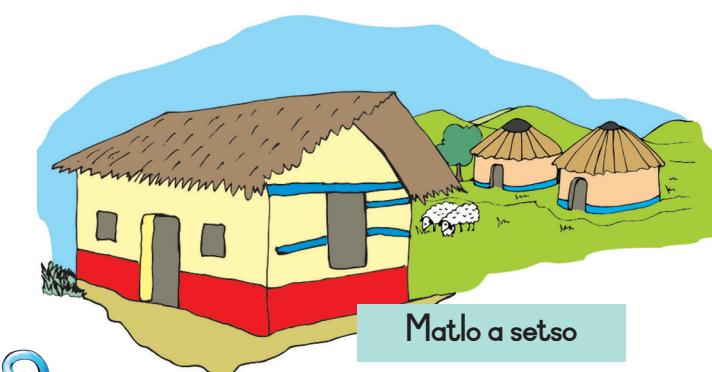
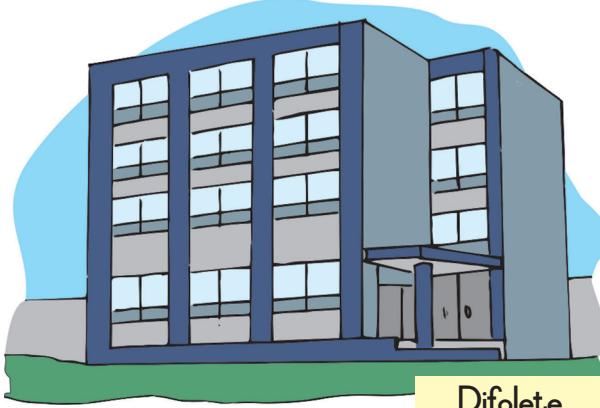
Ntlo ya hao ke tulo eo o
dulang ho yona.

Batho ba Afrika Borwa ba
dula matlong a mangata
a fapaneng. O tla fumana
ntlo ka nngwe ya tsena
hokae?

Letsatsi:



Sheba ditshwantsho tse ka tlase. Bua le motswalle wa hao ka dintho tse tshwanang matlong ana kaofela. Jwale bua ka dintho tse sa tshwaneng. Ke eng e ngata: ho tshwana le ho se tshwane?



Sebetsang ka dihlopha. Fumanang lebokose la dieta, kapa mofuta o mong wa lebokose. Le pente hore le shebahale jwalo ka lehae.

Bopa letsopa (kapa hlama ya ho bapala) ho etsa setshwantsho sa hao kapa ntho e nngwe feela e ka ntle ho ntlo.

Teacher:
Sign:
Date:

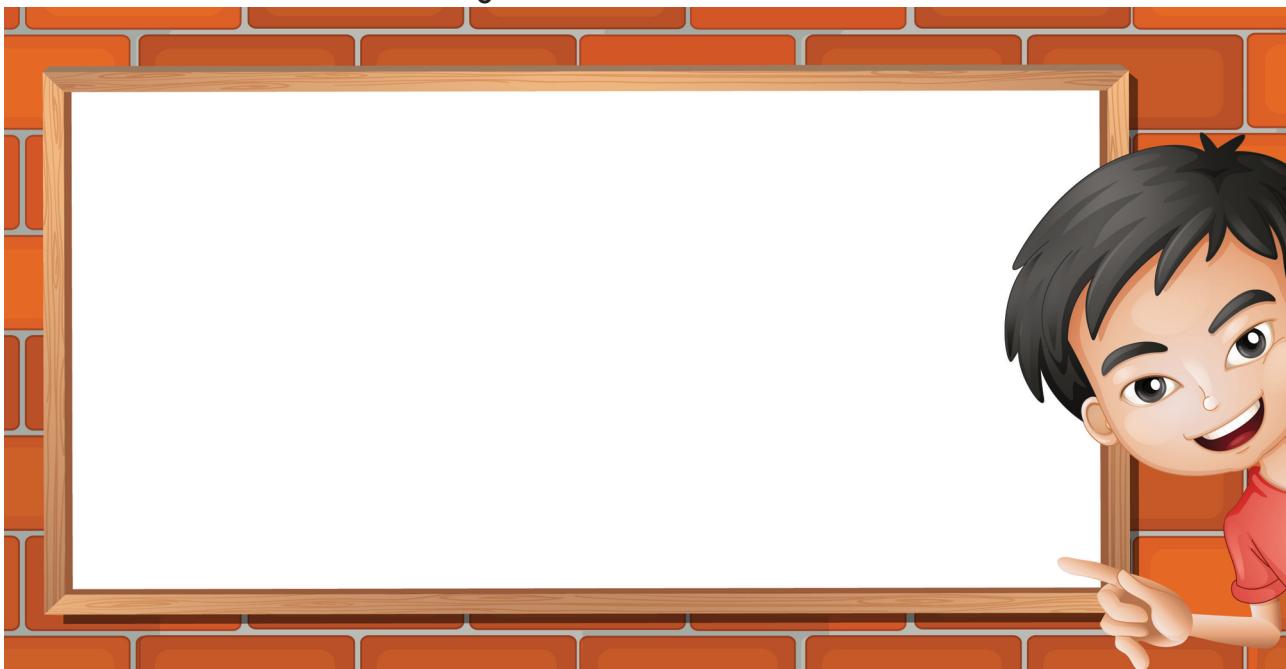
50

Mefuta ya matlo (2)

Nahana ka matlo a fapaneng ao o a boneng moo o dulang kapa tulong tseo o di tjhaketseng. Etsa ditshwantsho tsa matlo a mabedi a fapaneng ao o a boneng.

Beké ya |
Kotara ya | - L -

Ha re etseng



Ha re bueng

Ntlha ya titjhere
Titjhere ya hao e tla mamela
mehopolo ya hao.



Ka hara ntlo e ntle, e thata ha re fumane serame kapa
motjheso o mongata.

Buisana le motswalle wa hao ka hore batho ba itshireletsa
jwang ha ba dula ka hara matlo.



Ha re ithapolleng

Etsa jwalo ka bana ba
ditshwantshong.

- Ikotolle ho ya hodimo haholo ka moo o ka kgonang kateng ho penta marulelo a ntlo ya hao.
- Kgumama fatshe ho jala dijalo tshingwaneng ya hao.
- Otlolla diphaka tsa hao ka bobatsi ho bula difesetere tsa ntlo ya hao. Jwale kwala difesetere kaofela.
- Inama ho hlaola lehola.
- Fielo fatshe ka lefielo le letelele.
- Hlatswa difesetere ka lesela.

Letsatsi:



Ntlha ya titjhere

Mamela morethetho o bapalwang ke titjhere ka moropa. tsamaya le morethetho. Ha titjhere a fetola ho otla moropa, fetota motsamao wa merethetho. Mamela hantle!



Teacher:
Sign:
Date:



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Ka matlo a fapaneng a entsweng ka eng

L - Beke ya 2
Kotara ya 4



Re sebedisa disebediswa tse ngata tse fapaneng ho
aha matlo. Sheba ditshwantsho tse ka tlase.



ditenā



dithaele



masenke a popotlehileng



samente



mahlaka



kgalase



dipalo



patsi



majwe



seile



polasetiki



seretse



tshepe



matlalo



lehlabathe



Bua le motswalle wa hao ka disebediswa tse fapaneng.

Ke di feng tse hlahang feketering?

Tse ding di hlaha kae? Bolella sehlopha ka matlo ao o a
bonang ha o tla sekolong hore a entswe kang.

Ntlha ya titjhere
Titjhere ya hao e ka etsa
lenane botong.





Ha re etseng

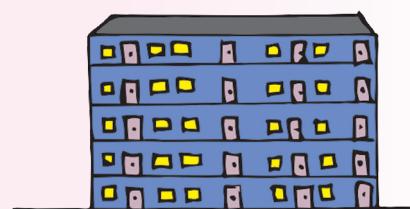
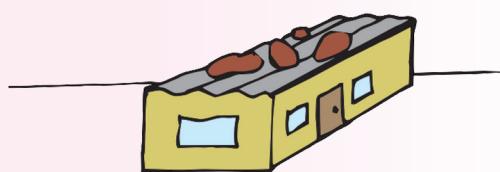
Ntlo e nngwe le e nngwe e etsetse mola ho
disebediswa tse e entseng.

Letsatsi:

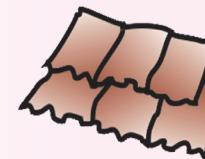
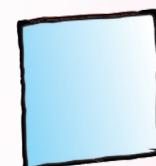
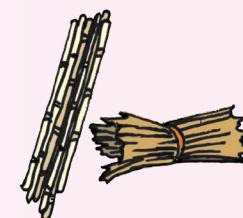


Ntlha ya titjhere
Titjhere ya hao e tla nka buka ya
hao ya mosebetsi e e lebelle.

Mofuta wa ntlo



Disebediswa tsa ho aha



Teacher: _____
 Sign: _____
 Date: _____



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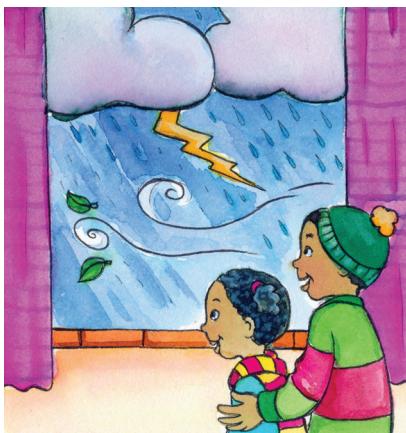
L - Beke ya 2
Kotara ya 4

Matlo le maemo a lehodimo



Ha re baleng

Matlo a boloka batho ho ba sireletsa maemong a fapaneng a lehodimo. A sireletsa batho ho mahlasedi a letsatsi a tjhesang. A ka ba sireletsa hape ho serame, moyo, le pula.



Na o ne o tseba hore batho ba dinaha tse batang ba tlameha ho aha matlo a ikgethileng jwaloka ena e ka tlaase?

Matlo ana a tshwanelo ho ba boloka ba futhumetse ha lehlwa le kgetheha.

Ona ke mmapa wa Greenland, e leng naha e batang haholo.



Ena ke
igloo



Ba bang ba batho ba Inuit ba dulang dikarolong tsa Arctic tse nang le lehlwa le lengata mmoho le leqhwa ba aha boitshireletso ba mariha ka diboloko tsa leqhwa.

Leqhwa le tebela serame. Matlo ana a bitswa igloos.



Ha re etseng

Ka dihlotswana, etsang tshwantshiso ya ka moo le ka
ahang ntlo ka teng.

Nka qeto ya hore o tla haha ntlo e jwang.

O tla sebedisa disebediswa tse jwang?

Mang o tla etsa eng?

Ho tla utlwahala modumo o jwang?

Sebedisa a mang a mantswe ana.

Letsatsi:

Ntlo e seng molaong

monyako

Matlo a setso

**Ntlo e ikemetseng
kapa dintlo tse pedi
ntlong e le nngwe**

**Matlo a Kapa a
Madatjhe**

Ditene

Lebota

Pente

Difolete

Marulelo

Tjhimbele

Fensemere

Samente



Ha re baleng

Etsa thothokiso ena e le
karolo ya tshwantshiso
ya hao:

Aha, ntlo ya hao e ntjha!
Tlisa ditene, lekanya lebota
Otlella sepekere, fetola sekurufu –
Itshireletse letsatsing

Aha, ntlo ya hao e ntjha!
Tlisa santa le monyako le dithaele
Tlisa metsi, kopanya samente –
Itshireletse puleng.



Teacher:
Sign:
Date:

Ho fumana dibaka le dintho (1)

Kotara ya 4 - Beke ya 3



Ha re baleng

Ho na le dimmapa tse fapaneng. Ho kgetha mmapa o nepahetseng, re tlamehile ho tseba hobaneng re batla ho sebedisa mmapa.

Dimmapa tsa mebila di re thusa ho fumana mebila le dibaka toropong motseng. Boramapolasi ba rata dimmapa tse bontshang dintho tse kang matamo, dinoka le maralla.





Ha re etseng

Letsatsi:

Buisanang le motswalle wa hao ka dipotsa tsena. Etsa sedikadikwe ho potoloha dibaka tse setshwantshong maqepheng ana a mabedi.

- O tla fumana kae dibuka tsa ho bala?
- O tla tlaleha kae boshodu?
- O ka ya kae ha o kula?
- O ka reka kae dijo?
- O ka emela kae bese?
- O ka feta kae mmileng hore o bolokehe?

Ntlha ya titjhere

Titjhere ya hao o tla di bala
ka bonngwe, mme wena o tla
fumana dikarabo.



Teacher: _____
Sign: _____
Date: _____



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Ho fumana dibaka le dintho (2)

Kotara ya 4 - Beke ya 3



Sheba tsela setshwantshong sa mmapa wa tsela oo Jason a o latellang ho tloha habo ho ya sekolong sa hae.

Hhalosetsa motswalle wa hao ka tsela eo Jason a e latelang. Sebedisa a mang a mantswe ana:

ka hodimo

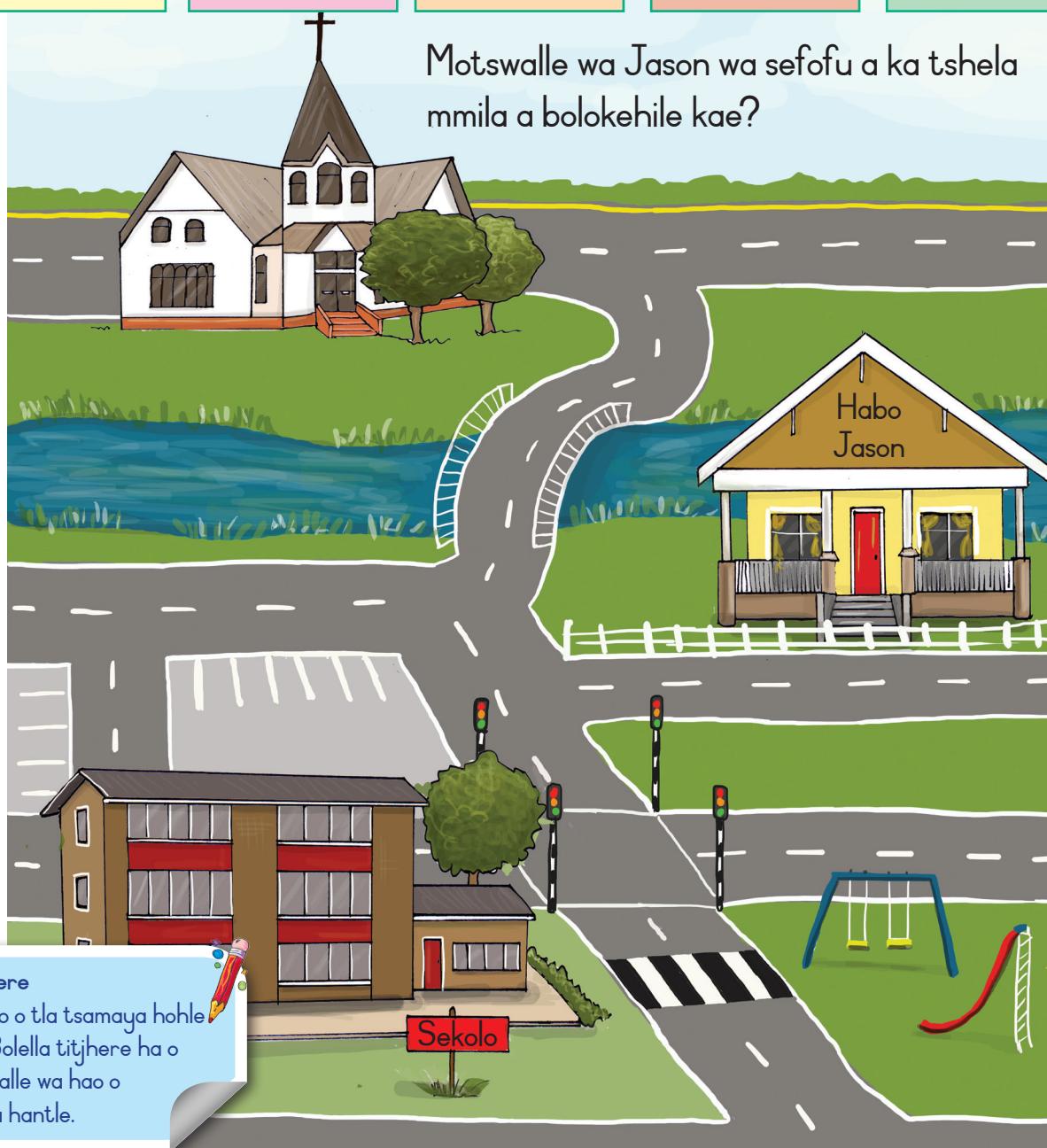
feta

bapa

hodimo

ka tlase

Motswalle wa Jason wa sefofu a ka tshela mmila a bolokehile kae?



Ntlha ya titjhere

Titjhere ya hao o tla tsamaya hohle ka tlelaseng. Bolella titjhere ha o nahana motswalle wa hao o hhalositse tsela hantle.



Ha re ithapolleng

- Hlophisa thapo e telele fatshe.
- O tlo tsamaya tseleng ena.
- Tsamaela pele, morao le mahlakoreng ho bapa le thapo.
- Tsamaela pele ho bapa le thapo le matsoho a hao a le hodima hlooho ya hao.
- Tsamaela morao ho bapa le thapo, o beile matsoho a hao mokokotlong wa hao.
- Tsamaela mathoko ho bapa le thapo, o beile matsoho a hao lethekeng.

Letsatsi:



Ha re baleng

O sebeditse jwang? Ha o entse metsamao kaofela hantle, etsa sefahleho se bososelang ka mmala. Ha o sa etsa metsamao kaofela, etsa sefahleho se swabileng ka mmala. Haeba o entse e meng ya metsamao, etsa sefahleho ka mmala bohareng.

Nka tsamaya hodima thapo.			
Nka nka thapo.			
Nka beha matsoho a a ka hodima hlooho ya ka.			
Nka tsamaela morao hodima thapo ke behile matsoho a ka kamora mokokotlo.			
Nka tsamaela pele hodima thapo ke beile matsoho a ka thekeng laka.			

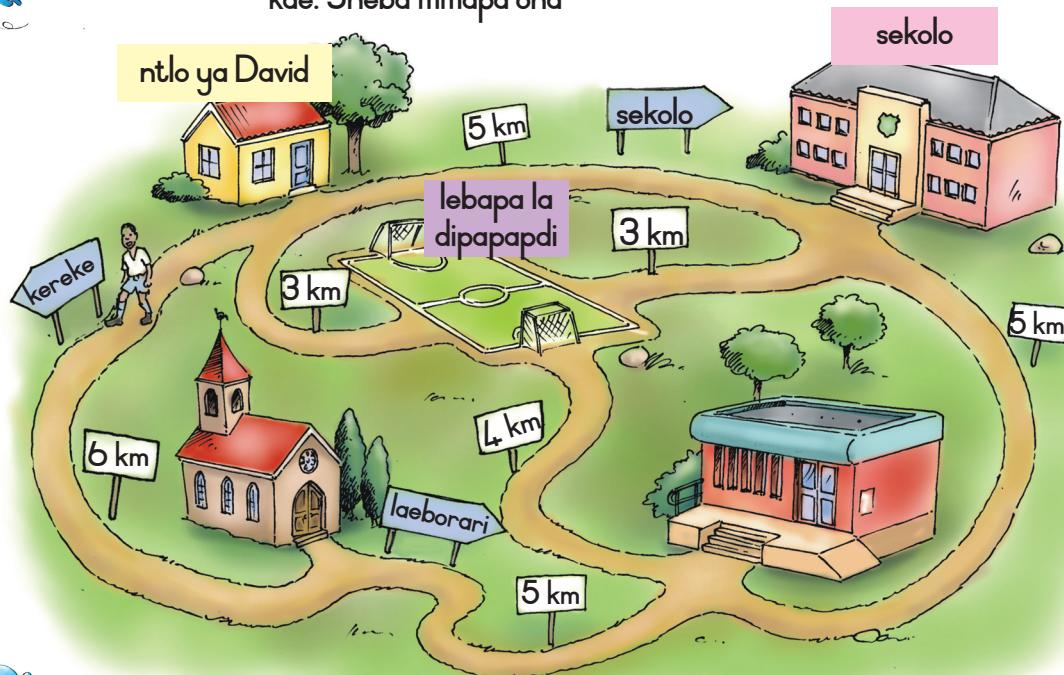


Ho fumana tsela

Kotara ya 4 - Beke ya 4

Ha re ngoleng

Setshwantsho sa mmapa se re thusa ho bona hore dibaka di bohole bo bo kae. Sheba mmapa ona



Ha re ngoleng

Araba dipotsa tsena. O ka nna wa kopa motswalle wa hao ho o thusa.

Etsa sedikadikwe moo o bonang **km**.

Ho na le didikadikwe tse kae?

David o tsamaya ho tloha sekolong ho ya laeborari.

O bona eng haufi le laeborari?

O bone letshwao lefe tseleng?

David o tsamaile tsela e kaakang?

David o bona moaho ofe ha a le monyako o ka pele wa laeborari?

David o lapile. O batla ho ya hae. Kgabisa ka mmala tsela e kgutswanyane ho tloha laeborari ho ya habo.

Araba Ee kapa tjhe:

Na lebala la dipapadi la bolo le haufi le habo?

Ntlha ya titjhere
Kamehla etsa bonnete ba
hore o bolelle titjhere ya hao
ha o sa bone ntho hantle.

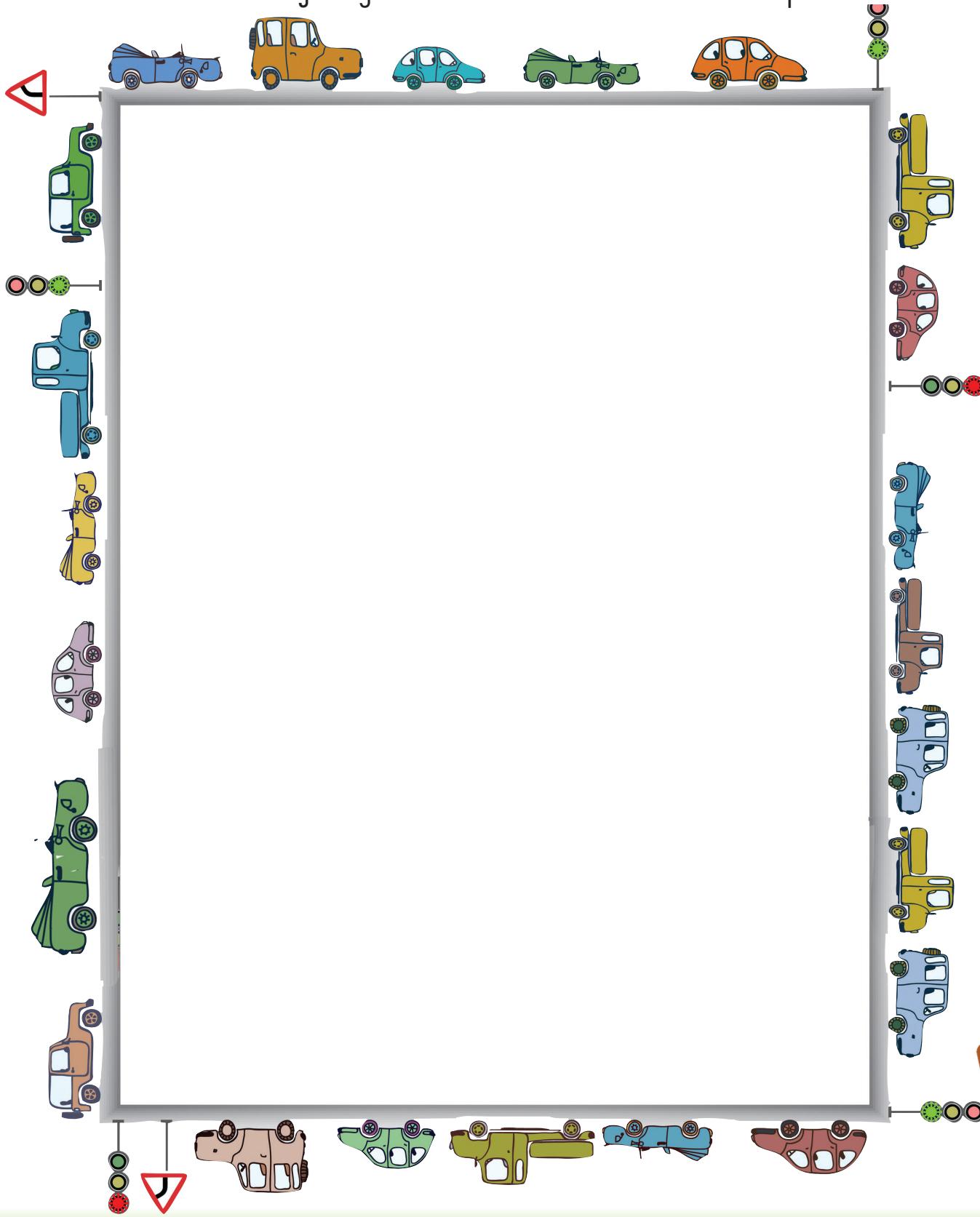


Letsatsi:



Ha re etseng

Etsa mmapa wa hao wa setshwantsho sa tsela eo o e latelang mahareng a dibaka tse pedi, o ka nna wa kgetha dibaka tse pedi. Ha o qeta o ka nna wa bontsha metswalle ya hao mmapa. Bontsha motswalle wa hao mmapa, mme o mo dumelle a hlalose tsela ya hao. Sheba haeba o e etsa ka nepo. Bolella titjhere ya hao ha motswalle wa hao a e entse ka ho nepahala.



Teacher:
Sign:
Date:

Ho fumana diketsahalo paleng



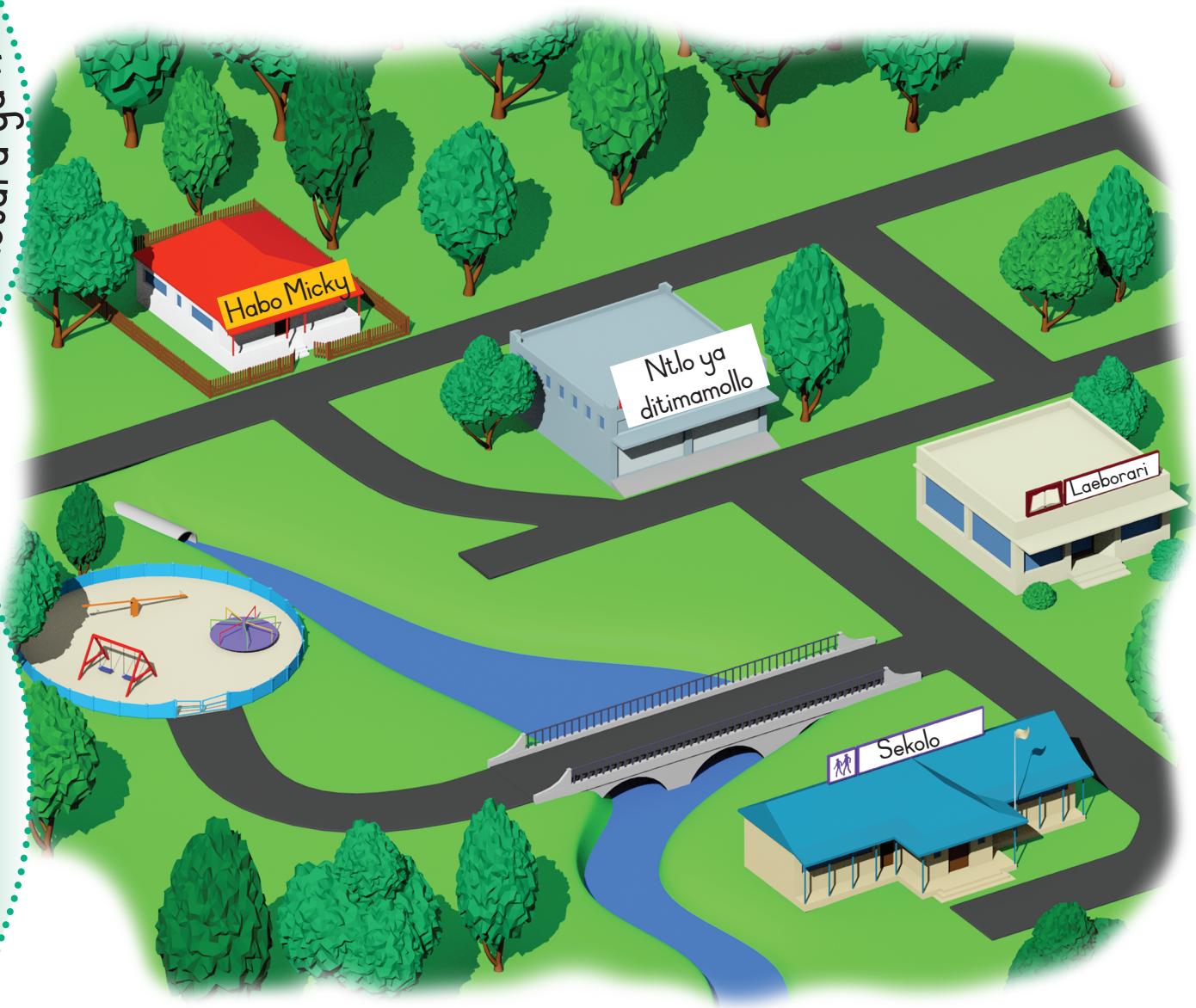
Kotara ya 4 - Beke ya 4



Ha re etseng

Titjhere ya hao e tla o balla pale ya Micky. Mamela ka hloko. Latela tsela ya hae mmapeng o bukeng ya hao.

Ntlha ya titjhere
Titjhere ya hao o tla e bala hape
mme a o kope o etse matshwao
(**X**) a dibaka.



Moqebelo o mong le mong Micky o bapala le metswalle ya hae phakeng (**X**).

Hoseng ho hong mme wa hae are: "Nkgono o a kula. Ako mo isetse dijo tsena"

Micky o nka mokotlana o moholo wa dijo. Ha a tswa hekeng (**X**) o kopana le monna.

O re ka lentswe le letenya:

"Aa, ke a bona o tshwere dijo. Ke tsa Nkgono wa hao, hee?" Hona ha tshosa Micky haholo. A tsamaya ka pele tseleng ho ela ka seteisheneng sa setimamollo.

Mona o thinyetsa ka letsohong le letshehadi (X). Empa ha a hetla ka morao tseleng, o bona monna a mo setse morao.

Micky o nka qeto ya ho fumana thuso pele ho metswalle ya hae phakeng. Ha a fihla laeborari, o thinyetsa ka letsohong le letona hape a tswele pele ka ho tsamaya (X).

Ka lehlakoreng le letshehadi o bona sekolo mme o a se feta (X).

Ditsela di thotse haholo. Micky jwale o tlola kapele tseleng (X). Jwale re ilo bapala papadi ya ho neheletsana le metswalle ya hae hekeng! (X)



Ha re ithapolleng

Jwale re ilo bapala papadi ya ho neheletsana.



Teacher:
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Ka moo re sebedisang metsi ka teng: mahaeng le sekolong

Kotara ya 4 - Beke ya 5



Ha re ngoleng

Re sebedisa metsi matsatsi ohle. Sheba ditsela tse fapaneng tsa ho sebedisa metsi. Ka tlasa setshwantsho se seng le se seng, ngola hore metsi a sebedisetswa eng. Sebedisa mantswe a kgahlang.

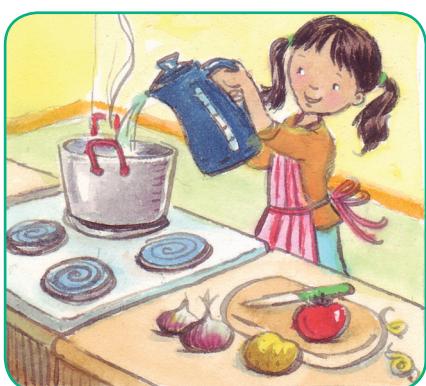
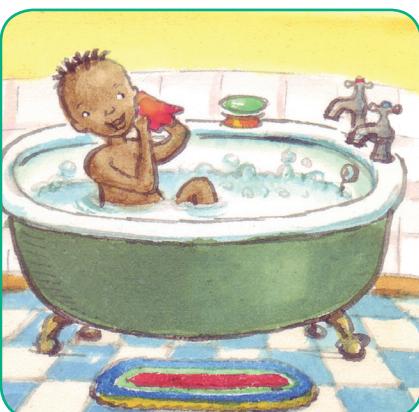
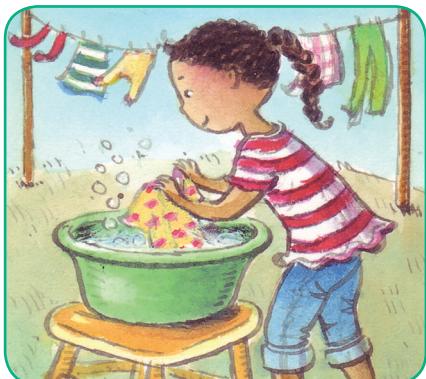
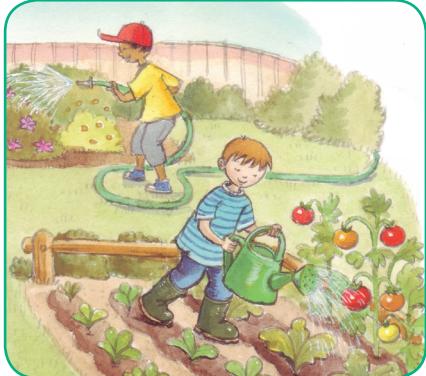
Ho tima mollo

Re sebedisa metsi hore re hlape, ho hlape.

Ho thusa dimela ho hola

Ho hlatswa diaparo le dijana

Ho pheha dijo



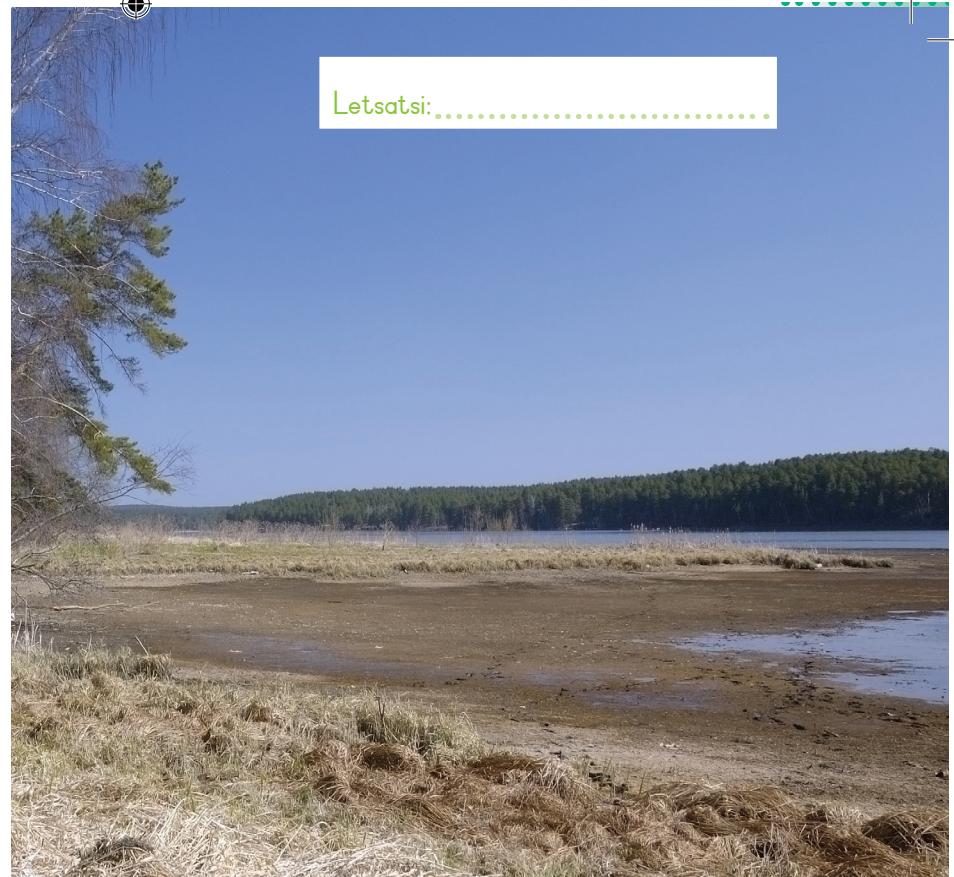


Ha re bueng

Metsi a thabisa! Re ka buisana ka ntho tse ngata ka metsi. Bolela ditsela tse ngata tseo re ka sebedisang metsi ka tsona.

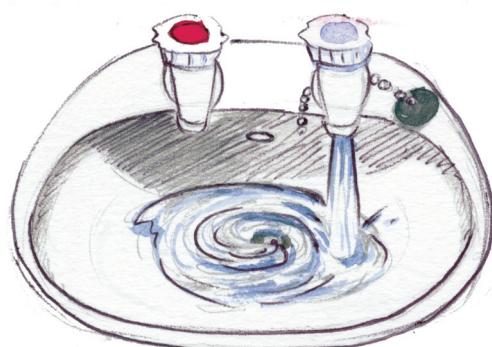
Metsi a matle. Bolela ka moo re senyang metsi ka teng. Ho ka etsahala eng ha ho ka etsahala hore re hloke metsi?

Bolella sehlopa mehopolo ya hao.

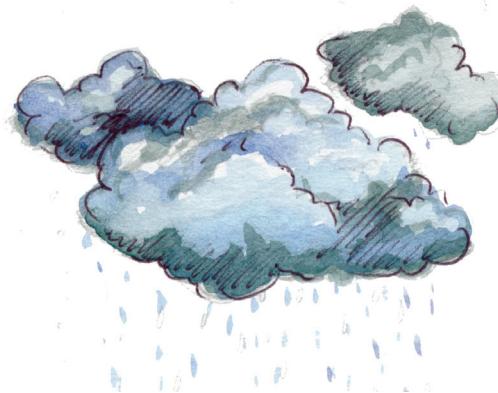


Ha re ithapolleng

Etsisa tse latelang:



Pompo e tshelang
metsi a kena
ka sekotlolong.



Maru a phahama,
a ba mangata le
pula e qetella e nele
maru a nyamela.



Noka e phalla ka monyebe
hodima mafika empa e phalla
ha bonolo lehlabatheng.



A re bapaleng

- Bapala "Nkgo le metsi a marothodi".

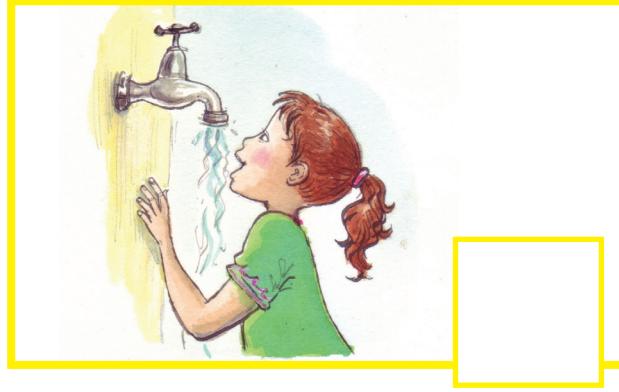
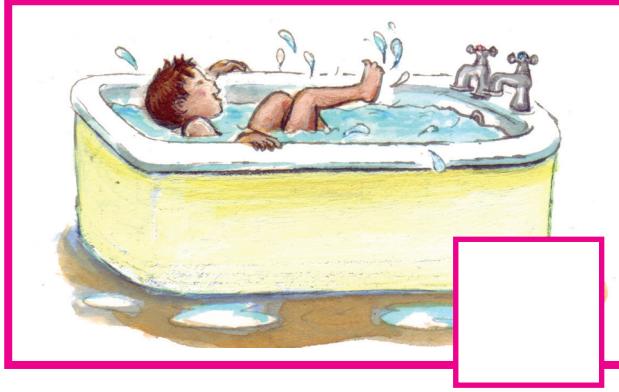
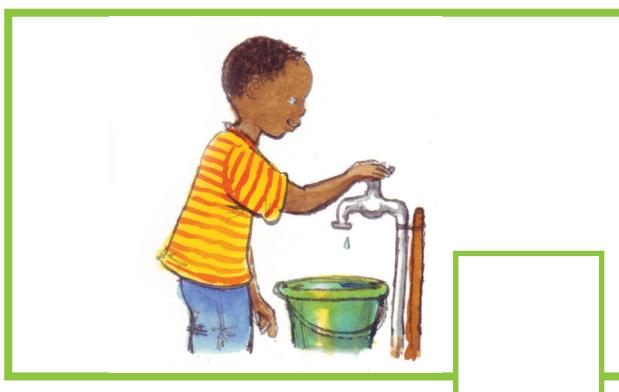
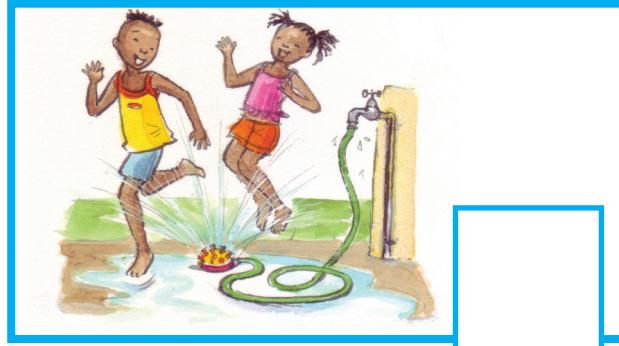
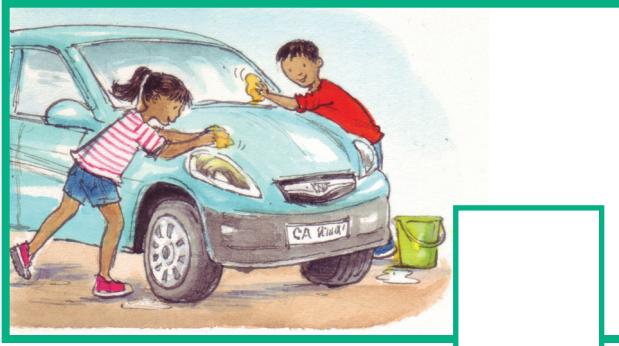
Teacher:	Sign:
Date:	



Ha re ngoleng

Tsela eo metsi a senngwang ka yona

Sheba ditshwantsho tsena. Etsa letshwao (✓) haufi le setshwantsho se seng le se seng moo metsi a bolokwang, le letshwao (✗) haufi le setshwantsho se seng le se seng moo metsi a sengwang teng.





Ha re bueng

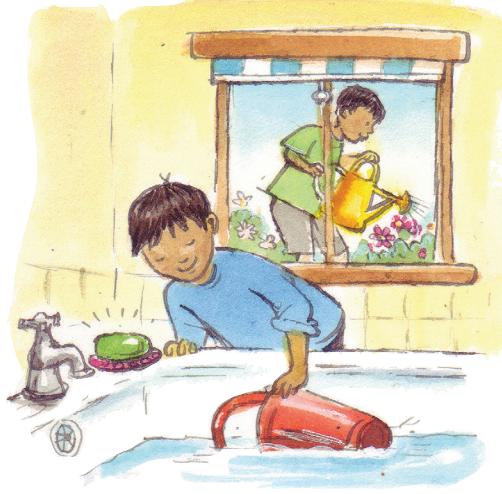
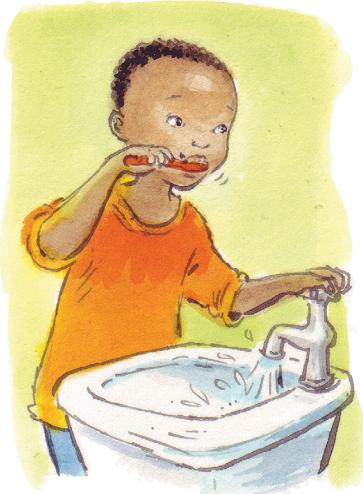
Letsatsi:

Sheba setshwantsho moo o kentseng matshwao. Etsa puisano le baithuti ba bang ka seo batho ba setshwantshong ba se etsang. Bua ka moo ba ka bolokang metsi ka teng.

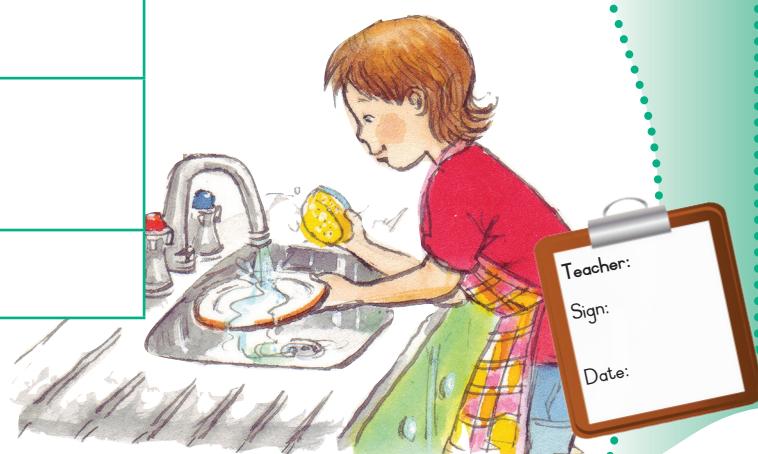
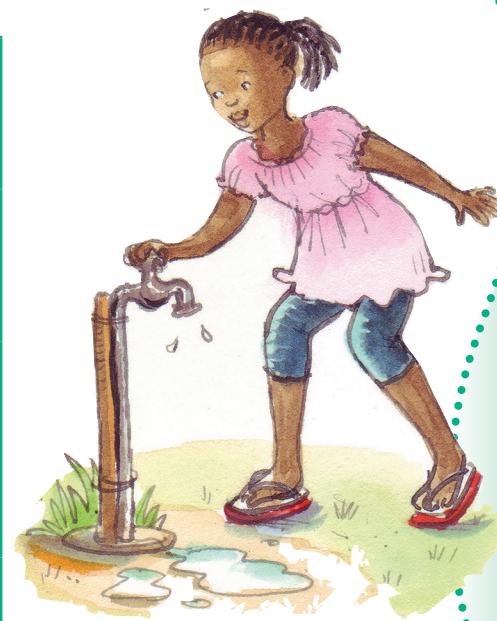


Ha re ngoleng

Bala polelo e ka tlase. Kenya letshwao (✓) ho e mong le e mong ya ka re thusang ho boloka metsi, le letshwao (✗) ho e mong le e mong ya ka senyang metsi.



	✓ kapa ✗
Ke tlohetse pompo e tswa metsi ha ke hlatswa meno.	
Re sebedisa sesepa se qhibidihang kapele. Ha ke tsholle metsi a bateng, empa ke a sebedisa ho nosetsa tshimo.	
Bosiu bo bong le bo bong ke tola bateng e tletseng metsi.	
Ha ke bona pompo e dutla metsi. Ke e kwala haholo.	
Re hlatswa dijana ka metsi a phallang.	



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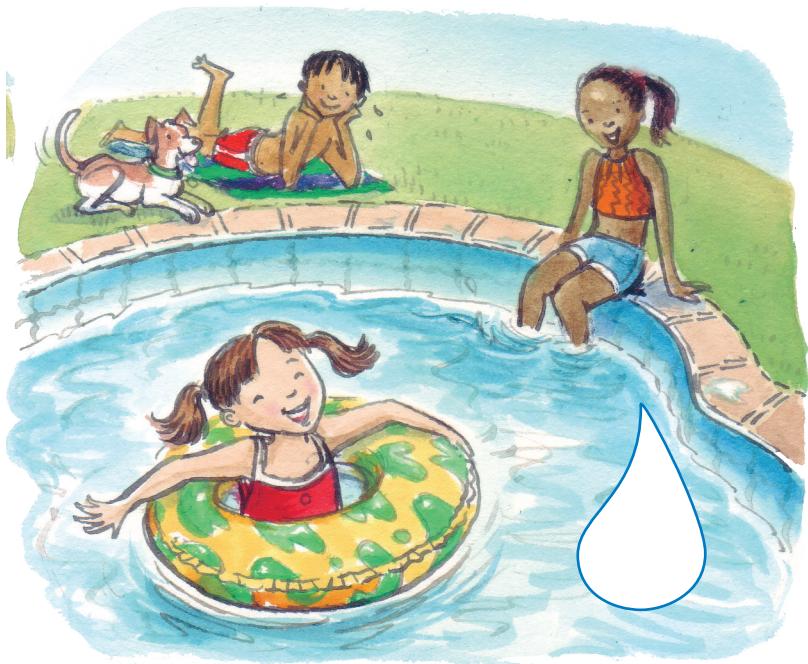
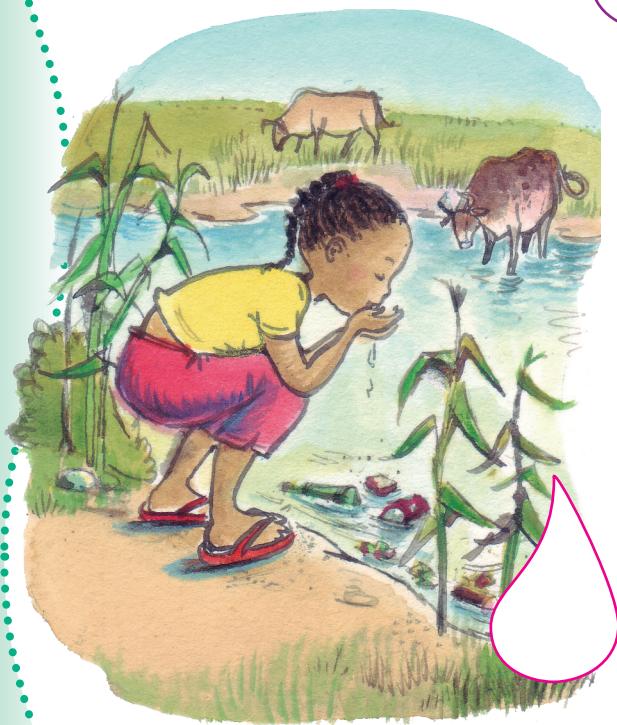
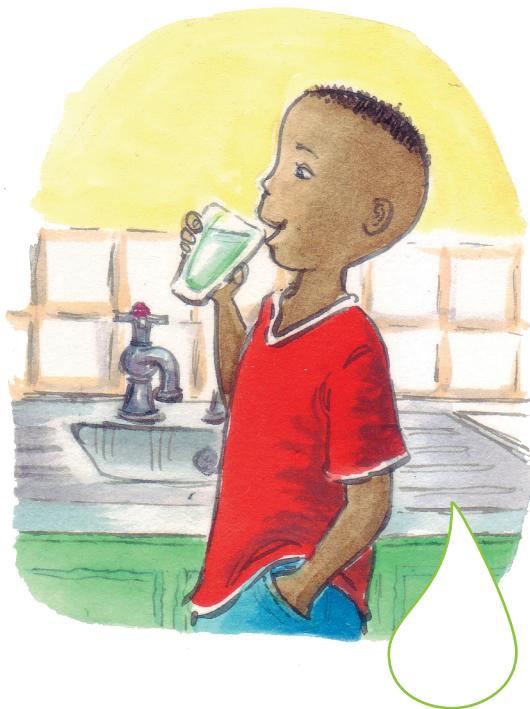
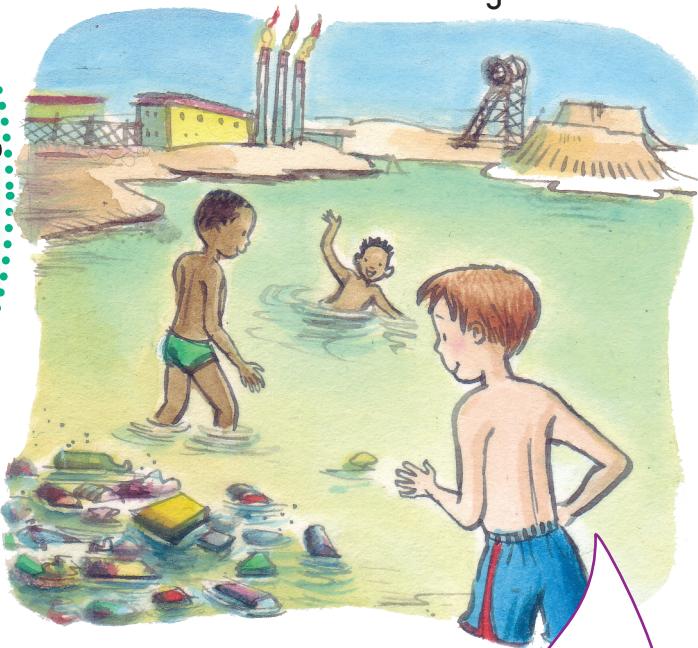
Metsi a bolokehileng le a sa bolokehang

Kotara ya L - Beke ya b



Ha re ngoleng

Sheba ditshwantsho tsena. Kenya letshwao la (✓) pela setshwantsho se seng le se seng se bontshang mesebetsi e bolokehileng. Kenya letshwao la (✗) pela setshwantsho se seng le se seng se bontshang mesebetsi e sa bolokehang.





Letsatsi:

Ngola lentswe "bolokeha" kapa "ho se bolokehe" ho qetela polelo e nngwe le e nngwe.

Metsi a sa hlwekang a nowang ha a bolekeha.

Ho sesa metsing a ditshila ha ho a _____.

Ho nwa metsi a ka mabotlolong ho _____.

Ho nwa metsi a hlahang nokeng e ditshila ho _____.

Ho nwa metsi a pompong ho _____.



Bapala le ba bang ba babedi.

- Opa diatla ka nako ha marothodi a metsi a tswa:
 - butle ho tswa pompong
 - kapele ho tswa pompong
 - ka pele haholo ho tswa pompong
 - kaofela ka nako e le nngwe.
- Bapala e nngwe le enngwe ya dipapadi tsa ho opa diatla eo o e tsebang.



- Tlola jwalo ka senqanqane ka ntle ho metsi a ditshila ho kotsi.
- Tlolela jwalo ka senqanqane ka metsing a hlwekileng
- Matha jwalo ka pere e nyorilweng e mathela ho nwa metsi.
- Matha kapele ka moo o ka kgonang ho baleha pula e tsholohang.
- Tlola ho lejwe le leng ho ya ho le leng ho tshela noka. Thusa ba sa tsebeng ho tsamaya.
- Etsa jwalo ka lebidi metsing a phallang ka bateng (o le mong kapa le motswalle).
- Titjhere ya hao o tla bontsha hore le fetola neng ho etsa motsamao o fapaneng. Mamela hantle ha a le bontsha.





Kotara ya L - Beke ya b

Ha re baleng

Metsi a ditshila a kudisa.

Re tshwanela ho nwa metsi a hlwekileng.

Re tshwanela ho bapala le ho sesa metsing a hlwekileng.

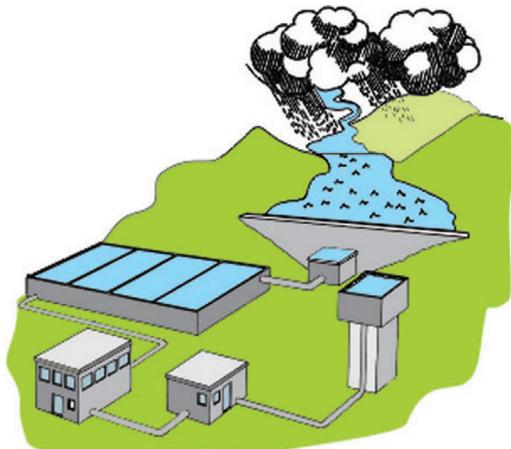


Ha re bueng

Sheba ditshwantsho. Buisana le motswalle wa hao ka hore metsi a hlwekileng a tswa kae. Bolella seholopho seo o kenang ka ho sona hore o nahana eng. Ha re hlwekisa metsi, re etsa hore re tle re tsebe ho a nwa.



Re ka nwa metsi a pula ha marulelo a rona le tanka di hlwekile.



Masepala o hlwekisa metsi a rona hore re a nwe.



Re ka hlwekisa metsi ka ho a bedisa.



Re ka sefa metsi ho a hlwekisa.

Letsatsi:



Ha re etseng

Kopa titjhere ya hao ho o bontsha sefe ya metsi.

O tla hloka:

Botlolo ya polasetike ya dilitha tse 2
Lehlabathe le hlwekileng le fene
Lehlabathe le hlwekileng
Majwana a hlwekileng/ kerabole
Thipa e bohale
Boya bo hlwekileng
Galase ya metsi



Ha re ithapolleng

- Sebedisa mokotlana wa dinawa le hulahupu. Beha hulahupu fatshe le barutwana ba eme ka mela ho ka ba dimethara tse 5 ho tloha hulahupung. O ka nna wa sebedisa hupu ya netebolo.
- Morutwana e mong le e mong o fumana monyetla wa ho lahlala mokotlana wa dinawa ka hupung.

Teacher:
Sign:
Date:



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Ho fetoha ho motsheare ho ya ho bosiu

Kotara ya 4 - Beke ya 7



Ha re baleng

Motsheare le bosiu di fapane.

Ha di tshwane, re utlwa medumo e fapaneng, ebile re etsa dintho tse fapaneng.

Motsheare re bona letsatsi le tjhabile. Letsatsi le re neha kganya le motjheso.

Bongata ba batho ba sebetsa motsheare, le rona re ya sekolong.



Ha re ngoleng

Sheba ditshwantsho mme o bue ka tsona le motswalle wa hao. Na ke ditshwantsho tsa **Motsheare** kapa **Bosiu**? Di fapane jwang? Ngola "motsheare" kapa "Bosiu" ka hodima setshwantsho se seng le se seng.





Ha re baleng

Mantsiboya letsatsi le a dikela.
 Ho ba lefifi ebole re bona ngwedi
 le dinaledi.
 Re tshwanelo ho sebedisa
 mabone ho bona se etsahalang.



Letsatsi:



Bosiu, ho bata ho feta
 motsheare.
 Batho ba bangata ba
 robala bosiu, empa batho ba
 bang ba sebetsa bosiu.
 Ho na le diphoofolo tse
 hlahang bosiu feela ha ho le
 lefifi.



Ha re ithapolleng

- Sebedisa palo ya ho hloma dintlhha kapa mokolokotwane o kang motsollope le bolo.
- Beha dipalo tsa ho hloma dintlhha dimethara di se kae ho tlaha ho barutwana.
- Sebedisa bolo e kgolo e kang ya papadi ya bolo.
- Rahela bolo ka dipalong kapa mahareng a mokolokotwane.
- Pele raha ka leoto le letona ebe o raha ka le letshehadi.
- O hlabilo dintlhha tse kae?



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Kamoo bosiu le lehodimo di shebahalang ka teng

Beket ya 7
Kotara ya 4



Ha re baleng

Motshehare re kgora ho bona mahodimo a hlakileng ka bobolou le marunyana. Empa haholoholo re bona letsatsi



Bosiu, re bona Ngwedi le dinaledi. Ho na le hape dipolanete tse shebahalang jwalo ka dinaledi.



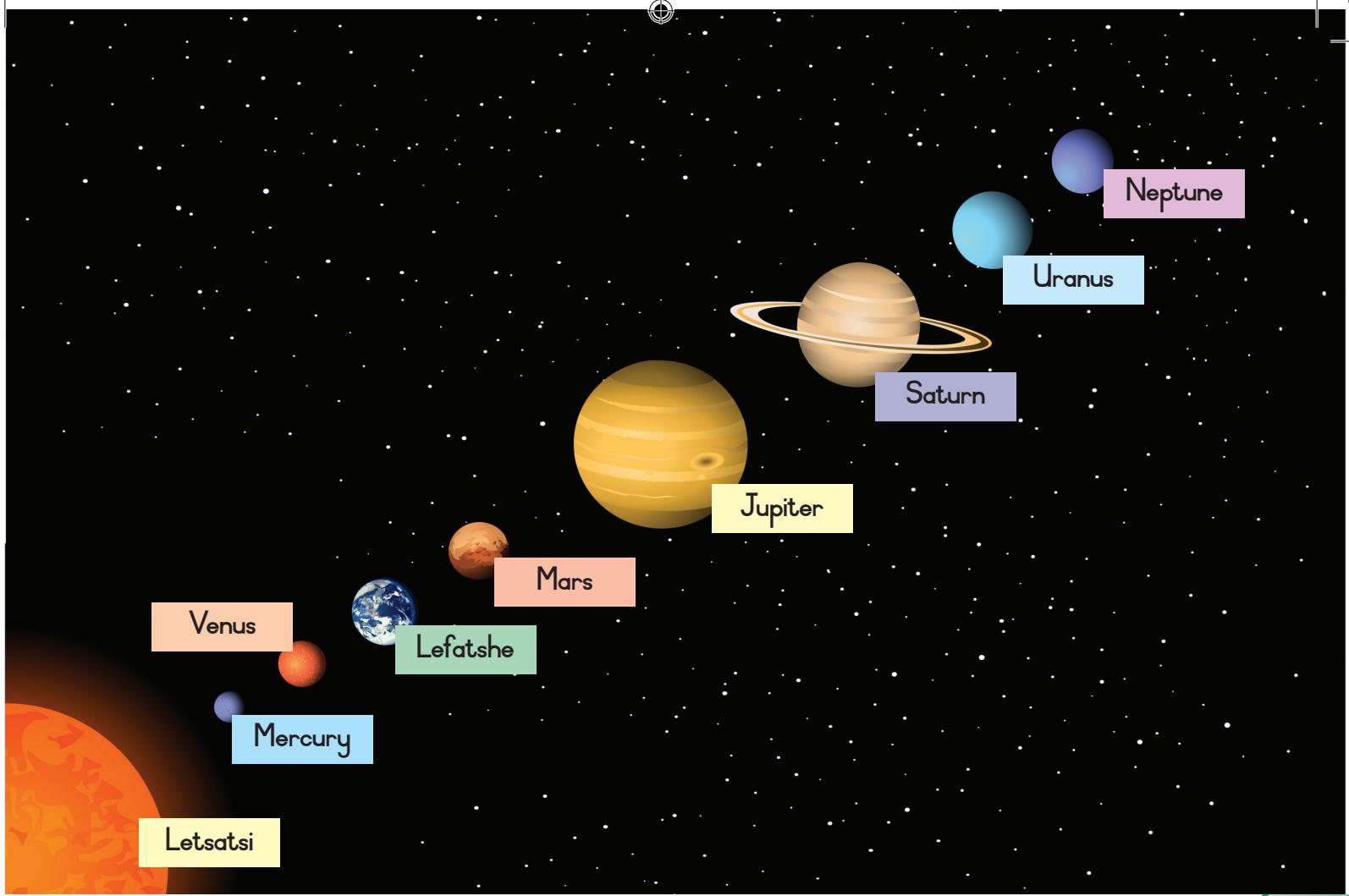
Ka dinako tse ding kgwedi e bonahala hodimo le nakong ya motshehare. Ha e bonahale habonolo hobane letsatsi le kganya haholo. Leka ho fumana hore na nako ya motshehare ke efe.



Ha re etseng

Ngwedi ha e tshwane bosiu bo bong le bo bong. Lebella ngwedi masiu a 5 a latelang. Mabokoseng a ka tlase, taka dibopeho tse fapaneng tsa ngwedi tseo o di boneng.

Bosiu ba pele	Bosiu ba boraro	Bosiu ba bohlano
---------------	-----------------	------------------



Tsena ke letsatsi le dipolanete le tsamaiso ya tsona – ke baahisane ba rona sepakapakeng.
(Letsatsi le dipolanete ha di a takwa ho ya ka sekala).



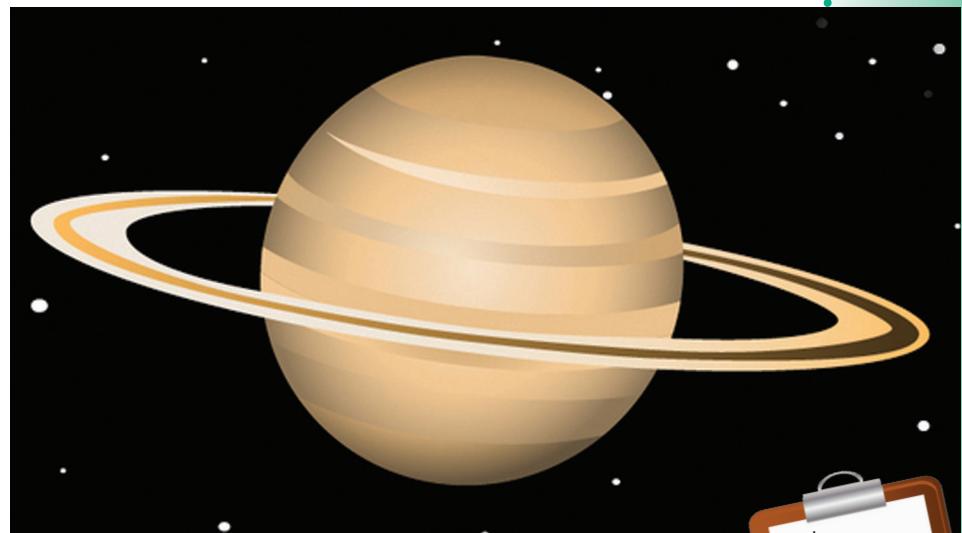
Ha re bueng

Sena ke setshwantsho sa
Saturn. E fapane
haholo le dipolanete
tse ding hobane yona e
potapotilwe ke direng tse
ngata. Na o bona matheba
a masweu setshwantshong?

Ha o nahana ke a eng?

Sheba setshwantsho se
seholo se ka hodimo.

Na Saturn e kgolo kapa e nye-nyane ho feta lefatshe?
Ke polanete efe e kgolo ho Saturn?



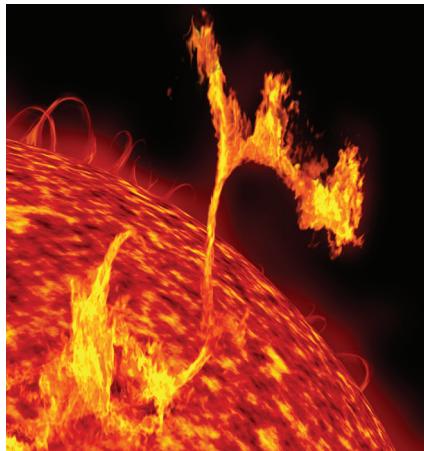
Teacher:
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Date:

Letsatsi le kgwedi

Kotara ya 4 - Beke ya 8

Ha re bueng

Sheba ditshwantsho tsena.



Bua le motswalle wa hao. Ba re bontsha eng?
O ka fana ka karabo e nngwe le e nngwe e
hlahang mohopolong wa hao.

Ntlha ya titjhere

Titjhere ya hao e tla mamela mehopolo
ya hao kaofela ebe o o bolella
hore ke ditshwantsho tsang.



Ha re baleng

Letsatsi ke naledi. Le tshwana le kganya e kgolo e kang bolo mme le romela motjheso dikarolong tse ngata tsa naha. Letsatsi le leholo makgetlo a lekgolo ho feta lefatshe. Ngola bolo e kgolo ya lefika le lerole e sa faneng ka motjheso. Ngwedi ha e na kganya ya yona. E tshwana le seipone se romelang mahlasedi a yona ho rona. Kgwedi e nye-nyane haholo ho feta lefatshe.



Ha re bueng

Bua le motswalle wa hao kamoo e ileng ya fetoha ka matsatsi a mahlano. Jwale sheba ditshwantsho tsena. Na ya hao e ne e tshwana le e nngwe ya tsena?



E tletseng



E halofo



E tolkileng



Dinaledi

Letsatsi:

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Ha re baleng



Letsatsi ke naledi e haufi haholo ho rona. Dinaledi tse ding di hole haholo le rona. Haeba o tsamaya ka potlako e kgolo ho ya fihla dinaleding tsena, ho tla o nka dilemo tse ngatangata, ho fihla moo.



Ha re bueng

Naledi ela ya madumedume.

Dumela tlaase, o yo nwa metsi

Metsi ha a teng, a nwelwe ke kgauta,

Kgauta ha ke mo rate, ke rata Masilonyane

Masilonyane bashemane ba kae wee,
tlo nwa metsi.



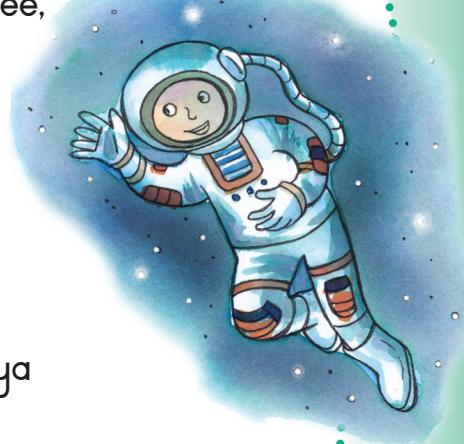
Ha re baleng

Pina ena e ngotswe dilemo tse ngata tse fetileng.

Ka nako eo batho ba ne ba sa tsebe haholo ka dinaledi.

Kajeno re tseba haholwanyane. Bomofofasebakeng ba ya sepakapakeng ka rokete e ikgethileng ho fumana haholwanyane ka dinaledi. Ha ba tjhakela sepakapaka, ba apara sutu e ikgethileng.

Ka lebaka la boradinaledi ba sebete le batho ba bohlale ba yang sepakapakeng, re ithutile haholo ka ditaba tsa dinaledi.



Ke taba e nepahetseng ya hore re ithutile haholwanyane ka dinaledi? Buisana le motswalle wa hao ka sena.



Teacher:

Sign:

Date:

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Kotara ya 4 - Beke ya 8

O kgethehile.

Mimele ohle wa hao o kgethehile.

Ke wena monnga mmele wa hao!



HO SE BE
*mang ya o
tshwarang
bokapele.*

**O tshwanelo ho bolella e mong ha ho na le motho
ya o tshwarang bokapele.**

**O tshwanelo ho bolella e mong ha ho na
le motho ya o etsisang dintho tseo o
sa batleng ho di etsa.**

**Eo o tshwanetseng ho
mo letsetsa mohala
bakeng sa thuso:**

Mohala wa tsa Bana: 0800 05 55 55

SAPS Thibelo ya Botlokotsebe: 086 00 10111

SAPS Nomoro ya tshohanyetso: 10111

Lefapha la “Life Line”: 0861 322 322

Lefapha la Tshireletso ya Bana: 012 393 2359/2362/2363



Make a placemat
Cut out the pictures you like and
paste them on to the opposite page to
make yourself a two-sided placemat.
Cover or laminate the placemat with
plastic and use it when you eat.





