E boeleditšwe ebile e sepelelana le CAPS

Mphato wa 3





Mabokgoni a Bophelo ka SEPEDI

Puku ya 1
Kotara ya 1&2

Leina:

Phaposi:

ISBN 978-1-4315-0279-0

Rainbow WORKBOOKS

LIFE SKILLS IN SEPEDI
GRADE 3 – BOOK 1
TERMS 1 & 2
ISBN 978-1-4315-0279-0
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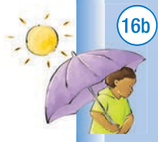
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Mphato wa 3



Mabokgoni a Bophelo ka SEPEDI
Puku ya I



Puku ye ke ya:

1

Ka ga Nna



A re ngwaleng

Bohle re a fapana gomme ka moka re kgethegile.
Ngwala tshedimošo ya maleba pukwaneng ye ya boitsebišo ka ga gago.
Hlama setempe sa ID. Ge o feditše, laetša mogwera wa gago karata ya gago.

Ke eng dilo tše di swanago le tše di sa swanego gareng ga gago le mogwera wa gago?



Pukwana ya Boitsebišo

Leina: _____.

Mengwaga: _____.

Letšatši la Matswalo:

_____ _____ _____
ngwaga kgwedi letšatši

Mo o belegetšwego:

_____

Mosetsana goba Mo emane

_____.

Leleme la gae:

_____.

Mmala wa moriri:

_____.

Botelele: _____cm

Mmala wa mahlo:

_____.

_____

Mosaeno



Thala seswantšho se se bontšhago wena.

Letšatšikgwedi:.....

A re boleleng

Nagana ka ga bophelo bja gago go fihla bjale.

Na o kgona go gopola go fihla kae?

Na o gopola letšatši la matswalo a gago la ge o fetša mengwaga ye mebedi?

Na o kgona go gopola tša nako ya ge o thoma sekolo?





A re ngwaleng

Ngwala lenanetatelano la tšwelelopele ya bophelo bja gago.

			
Ke belegwe ka	Ke thomile go bolela ka	Ke thomile sekolo ka	Ke tlile go Mphato wa 3 ka
kgwedi			
ngwaga 20_____	20_____	20_____	20_____

Teacher:

Sign:

Date:

2

Sekolo sa rena



A re direng

Morutiši wa gago o tla go thuša go ngwala lenanetatelano la sekolo sa lena. Re go thometše lona. Morutiši wa gago o tla go botša ditiragalo tše dingwe tše bohlokwa tše o ka oketšago ka tšona.

Sekolo sa lena se thomile ka ngwaga ofe?	Hlogo ya sekolo sa lena e tlile neng sekolong sa lena?		



A re ngwaleng

Histori ya sekolo sa lena e reng? Hwetša dikarabo tša dipotšišo tše gomme o di ngwale mo dikgobeng kholomong ya mathomo. Ka morago thala diswantšho tša go laetša histori yeo.

Sekolo sa lena se thomile ka ngwaga mang?	Thala seswantšho sa sekolo sa lena.
Hlogo ya mathomo ya sekolo seo e be e le mang?	

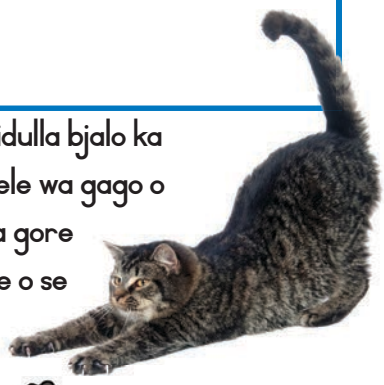
Letšatšikgwedi:.....

Moano wa sekolo o be o le eng? Na lehono o sa le wona woo?	Thala leswao la sekolo.
Bolela ka ga selo se sengwe se se kgethilwego ka ga sekolo seo. (Mohlomongwe go ka ba go bile morutwana yo a kgethilwego goba bokgoni bjo bo kgethilwego.)	Thala seswantšho sa go bontšha selo se se kgethilwego ka ga sekolo seo.



Tšwela ka ntle

Pele o dira mošongwana ka ntle, thoma ka go itšhidulla bjalo ka katse. Se se tla dira gore go be bobebe gore mmele wa gago o šuthe. Gape, itšhidolle ka morago ga mošongwana gore o iketle gore mmele o fole. Se se tla go thuša gore o se ke wa ba le dihlabi mo digobeng tša gago. Bjale dira se bana ba ba se dirago.



Morutiši o tla bitša leina la gago gomme a beletša bolo go wena. Kaba bolo pele e ewa.

Bjale leka go lahlela bolo ka mokotlaneng ge mogwera wa gago a go beleditše yona.

Beletša bolo go mogwera wa gago gomme o bone ge a ka e kaba ka mokotlana.

Ikotlolle go swana le katse gomme o khutše.





Teacher:
Sign:
Date:

3

Tšohle ka ga nna

A re boleleng

Gopola ka ga selo se sebotse seo se kilego sa go diregela nakong ye e fetilego gomme o anegele mogwera wa gago ka sona gore a kgone go go tseba gabotse.



A re boleleng

Etla re bolele. Botša mogwera wa gago gore motho yo o fetogile bjang go tloga boseeng go fihla ge a le mokgekolo.

 Lesea	 Ngwana	 Ngwana wa sekolo
 Mofsa	 Mosadi	 Mokgekolo

Letšatšikgwedi:.....



Tšwela ka ntle





Somang ka dihlopha. Hlamang koša gomme le bine.
Sehlopheng sa lena, ngwalang mantšu a koša mo sekgobeng se se lego mo tlase. Ka morago, bontšhang barutwana ka phapošing gore koša yeo le e opela bjang le dutše le bina.



Teacher:

Sign:

Date:

4 Go gola ka mmele le ka mengwaga

A re boleleng

Bolela ka fao bana ba bagolwanyane le batho ba bagolo ba fapanago le wena ka gona.

Na batho ba fetoga bjang ge ba dutše ba gola?

Ge nako e dutše e sepela batho ba a tšofala. Mmala wa meriri ya bona o a fetoga, mantšu a bona a a fetoga, digoba tša bona di a gola gomme ba ba le maitemogelo.

A re ngwaleng



Ke dilo dife go tše di latelago tšeo o di dirago go fapana le ka fao batswadi ba gago ba bego ba di dira?

	Nna		Batswadi ba ka	
Go kitima ka ntle le go lapa.	☺	☹	☺	☹
Go tshela kgati	☺	☹	☺	☹
Go bala kuranta.	☺	☹	☺	☹
Go otlela sefatanaga.	☺	☹	☺	☹
Go bapala ka go namela mehlare.	☺	☹	☺	☹

Letšatšikgwedi:.....

A re opeleng

A re itokišetšeng go bina.
Dira medumo ye.

Modumo wa ka pela wa saerine sa ambulanse.

Modumo wa go nanya wa go swana le ge re opelela ngwana gore a robale.

Modumo wa godimo wa go swana le wa dinonyana ge di opela.

Modumo wa tlase wa go swana le wa tau ge e rora.

Tšwela ka ntle

Na o ka kgona go kaba bolo?

Beletša bolo ya thenisi moyeng gomme o e kabe ka diatla tše pedi.

E beletše godimo gomme o phaphathe diatla pele o e kaba.

Pampiša bolo ya thenisi godimo ga lebato.

Bjale hlama mopu wa khrikhete ka go šomiša pampiri ye e tatagantšwego goba seripana sa kota. O šomiše go pampiša bolo fase.

Bjale ikotlolle bjalo ka katse.

Teacher:
Sign:
Date:

Maikutlo

A re boleleng

Lebelela diswantšho tše gomme o bolele gore bana ba ba ikwa bjang. Na o kile wa ikwa ka mokgwa wo? Ngwala gore ngwana yo mongwe le yo mongwe o ikwa bjang. Šomiša mantšu a go go thuša.

nyamile	thabile	itshola	boifa
	ikgantšha	befetšwe	













Tšwela ka ntle

Raloka papadi ya ba bannyane go betha bolo ka bokapele le ka bomorago bja seatla.



Letšatšikgwedi:.....



A re boleleng

Ke eng se se dirago gore o thabe?

Ke eng se se dirago gore o nyame?

Ke eng se se go tšhošago?



A re ngwaleng

Ke eng se se dirago gore o befelwe?



Ngwala ka go pukutšatši ditaba tša letšatši leo o bego o ikwa o thabile. Hlaloša gore go diregile eng ka wena.

Dumela pukutšatši

Ngwala ka go pukutšatši ditaba tša letšatši leo o bego o ikwa o nyamile. Hlaloša gore go diregile eng yeo e go nyamišitšego.

Dumela pukutšatši

Teacher:

Sign:

Date:

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Dilo tše ke di ratago

A re ngwaleng

Bolela ka ga ditiro tšeo o ipshinago ka tšona go feta. Bjale, di ngwale mo dikgobeng tšeo di lego gona mo mmepeng wa monagano.







SEO KE SE RATAGO







Letšatšikgwedi:.....



A re thaleng

Bjale, šomiša mmepe wa gago wa monagano go ngwala temana ka ga tšeo o thabelago go di dira.



Tšeo ke di thabelago go feta





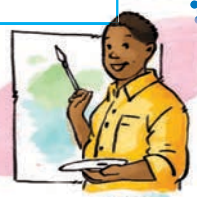


A re direng

Šomiša hlama ya gago ya go bapadiša go bopa sefahlego se se thabilego le go bopa se se nyamilego.









A re boleleng

Ngwala mehuta ye e fapanego ya ditiro mothalong wa kua tlase. Ka morago, o botšiše bagwera ba bahlano gore ba rata go dira eng. Khalara poloko e I nako ye nngwe le ye nngwe ge ba laetša go rata tiro yeo.



5					
4					
3					
2					
I					
	Go opela	Go bala	Go penta	Dipapadi	Mmetse







Ke tiro efe ye e tumilego go feta?

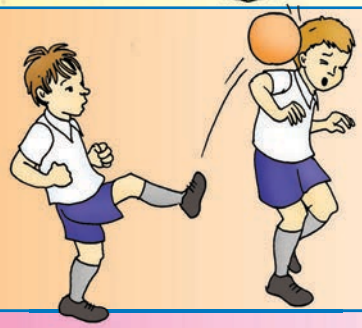


Maikutlo



A re boleleng

Lebelela se sengwe le se sengwe sa diswantšho tše gomme o bolele ka fao o ka kgonago go thuša bana ba go dira dilo tša nnete. Swaya karabo ya maleba.

	Ga o kgone go lebelela fao o yago gona!	
	Tshwarelo! Anke ke go thuše go topa dilo tše!	
	Ijoo! Ke ye bolo ya gago.	
	Hei! Sepela o yo bapala lefelong le lengwe!	
	Ke ya ka gomme o ka se e hwetše.	
	Etla, re abagane tšhokolete.	



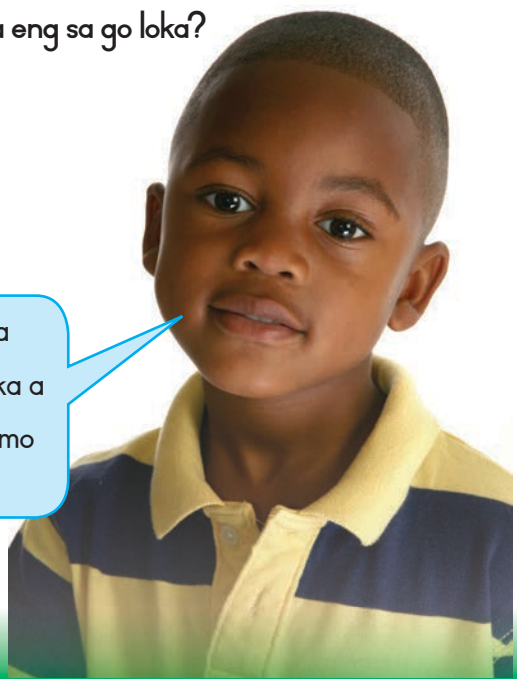
A re ngwaleng

Na bagwera ba mmapale ba dira eng sa go loka?



Ge nka dira phošo ke kgopela tshwarelo.

Ge ke bona mogwera wa ka a palelwa ke a mo thuša.



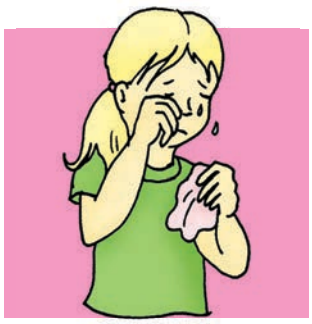
Letšatšikgwedi:.....

Ngwala dilo tše dingwe tše 4 tšeo bagwera ba go loka ba di dirago.



A re boleleng

Lebelela diswantšho tše. Bolela ka ga seo o se bonago go se sengwe le se sengwe sa tšona. Kgetha seswantšho se tee gomme o ekiše seo se ka bego se direga go sona. Efa kanegelo ya gago mafelelo.









Bjale, ngwala tiragatšo ka ga seswantšho se o se kgethilego. Ngwala maina a badiragatši ka kholomong ya mathomo.

Tšwela ka ntle

Leka go dira dilo tše.

- Kitima gomme o dikologe lepatlelo. Ge morutiši wa gago a re "retologa" o swanetše go retologa gomme o kitime o boele morago.
- Bjale pampiša bolo mo lebatong o dutše o šuthela pele.



Teacher:

Sign:

Date:

8

Go itekola



A re ngwaleng

Ka a itekola.	✔	✘
Ke mogwera wa go loka.		
Ke hlokomela bagwera ba ka.		
Ke rata bana ba mphato wa rena.		
Bana ba bantši ka mphatong wa rena ba a nthata.		
Ka mehla ke motho wa go ikokobetša.		



A re direng

Direla motho yo o mo ratago karata. Thala seswantšho ka ntle ga karata gomme o ngwale molaetša wo bohlokwa ka gare.





Letšatšikgwedi:.....



A re ngwaleng

Thala seswantšho sa bagwera, goba sa morutiši wa gago, goba sa balapa la geno. Ngwala maina a bona.



Batho ba bohlokwa bophelong bja ka



Bjale, ngwala o hlaloše gore batho ba ke ba mohuta mang le gore ke ka lebaka la eng ba kgethegile goba ba le bohlokwa.



9

Maphelo le thušo ya potlako

A re boleleng

Bolela ka ga seo se diregago mo seswantšhong se.

Na o kile wa tšwa mookola?

Na o swanetše go dira eng ge o etšwa mookola?



Na o tseba mo lepokisana la Thušo ya Potlako la sekolo le lego gona? Bolela gore le kae. Ka _____

Bea matswalo fase.

Ka tlwaelo ga se wa swanela go tšhoga. Gopola: O se ke wa kgwatha madi a motho yo mongwe.

Seo o swanetšego go se dira ge o etšwa mookola

1. Dulela pele gomme hlogo e lebelele fase.
2. Tswalela mašoba a dinko ka go a pitlaganya metsotso ye 2 gomme o buše moya ka molomo.
3. Bea selo sa go tonya ka morago ga molala wa gago sa go swana le toulo ye meetse goba aese ye e phuthetšwego ka toulo.
4. O se ke wa hlwerenya mamila ka morago ga go ema ga mookola.
5. Ge madi a ka tšwela pele go fihla metsotso ye mehlano bona ngaka goba mooki.











Letšatšikgwedi:.....

Go alafa mo o segilwego





A re boleleng

Ga re kgone go bona ditwatši, fela di gohle. Ge re ka itshega re swanetše go hlokomela gore ntho yeo e hlwekile gore e se tsenwe ke ditwatši.

A re boleleng

Hlalošetša bagwera ba gago gore ntho ya go segwa e hlwekišwa bjang. Bontšha gore ba swanetše go dira bjang go e hlwekiša.



Tsela yeo re ka thibelago madi go tšwa nthong ya go segwa ke selo

O se ke wa ba wa swara madi a motho yo mongwe.

Ge o thuša motho yo mongwe lemoga gore o swanetše go rwala ditlelafo.



Emiša madi ka go rotoša ntho gore e be ka godimo ga bogodimo bja pelo.

Leka go emiša madi ka go gatelela ntho ka lešela le le hlwekilego.



Ge ntho e le mokoti gomme e fela e etšwa madi, eya ngakeng goba kliniking.

Nyakišiša gore ke nomoro efe ya tšhoganyetšo ye o ka e founelago. Mogala:

_____

Teacher:

Sign:

Date:

10

Dintho tša mollo

A re baleng

Ge o ka kgoma selo sa go fiša, o tla swa.

Na o swanetše go dira eng ge motho yo mongwe a ka swa?

1. Hlatswa mo letlalo le swelego ka meetse a go tonya, metsotso ye e ka bago 10 (lesome). Se se thuša go okobatša letlalo.
2. Dira gore ntho ya mollo e be kgakala.
   O se ke wa tloša diaparo ge di kgomaretše letlalo.
3. Tlogela ntho ya mollo e le molaleng gomme o hlokomele gore e se key a phera.
4. Ge ntho ya mollo e iša goba e le ye kgolo go feta seatla sa gago, eya ngakeng ka pejana.

A re šutheng

Dira motabogo wo motelele. Šomiša dithupana tše tharo goba diripana tše tharo tša thapo. Ka morago ga ge o tabogile gare ga tšona di katologanye kudu go bona gore ke mang a ka tabogago go feta bohle.



Swaya gore o ka kgona go taboga go fihla kae.

Bona ge eba mogwera wa gago a ka kgona go taboga go go feta.



Tšwela ka ntle

Dira kiribana.



Amogetšana le mogwera wa gago ka go ba kiribana.

Šielanang ka go betha kgati gore bagwera ba lena ba tshele.

Letšatšikgwedi:.....

A re boleleng

Na go direga eng mo diswantšhong tše?
Na batho ba ka fišwa ke eng gape?







Ngwala melawana ye bohlokwa ye o swanetšego go e gopola ge o swanetše go thuša ka:

Ge motho a etšwa mookola

Ge motho a segilwe



Ge motho a swele

Teacher:
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Date:

11

Go hlokomela mmele wa ka

A re boleleng

Re swanetše go hlokomela mebele ya rena.

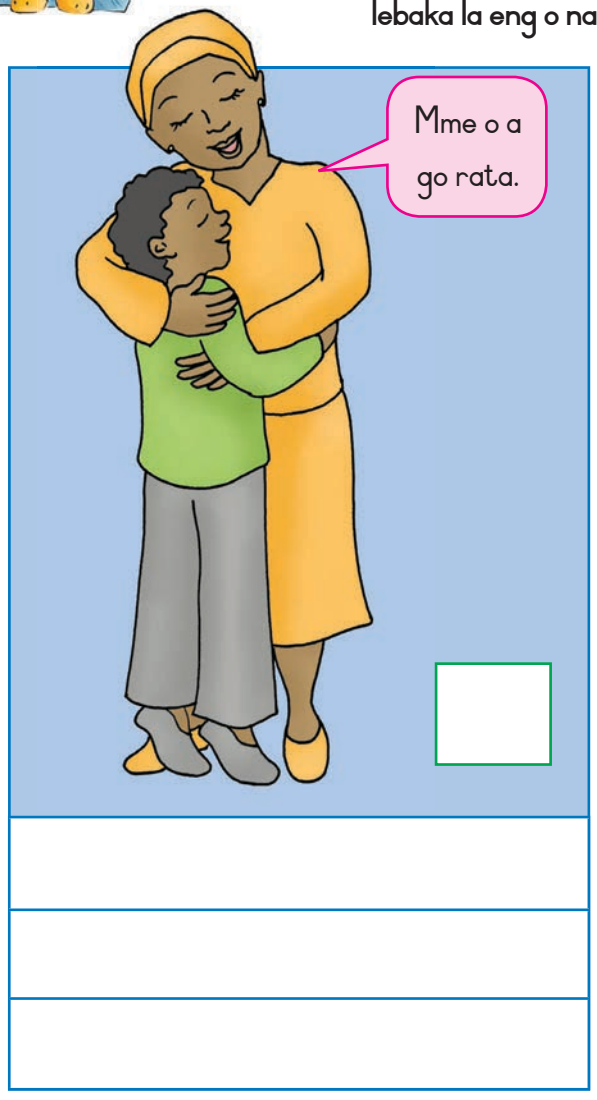
Re kwa bose ge re rata selo gomme re nyaka gore se tšwele pele.

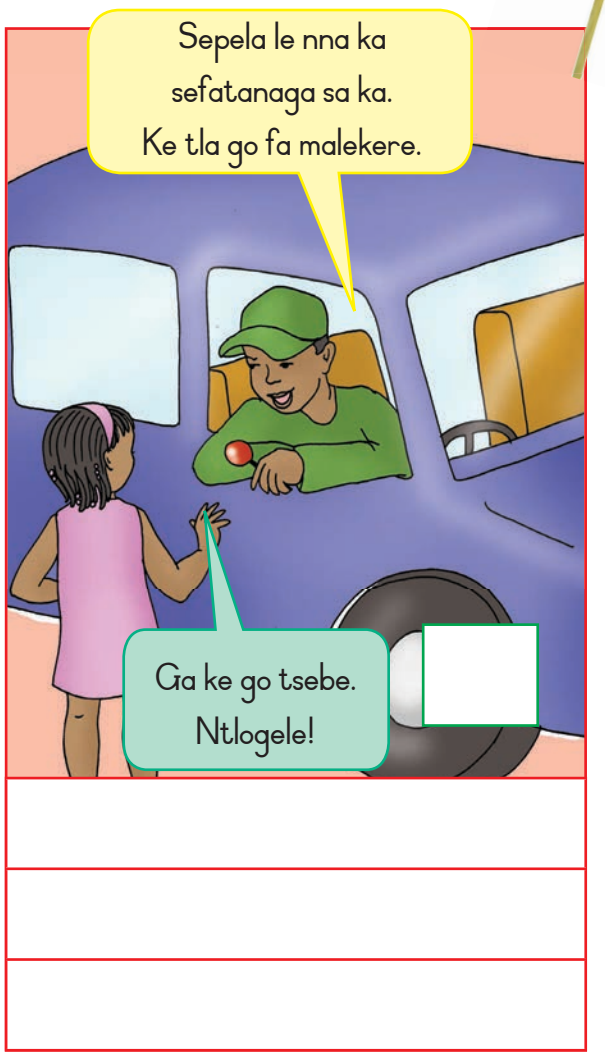
Ga re kwe bose ge selo se dira gore re se ke ra iketla ge go le bjalo re rata gore se emiše.



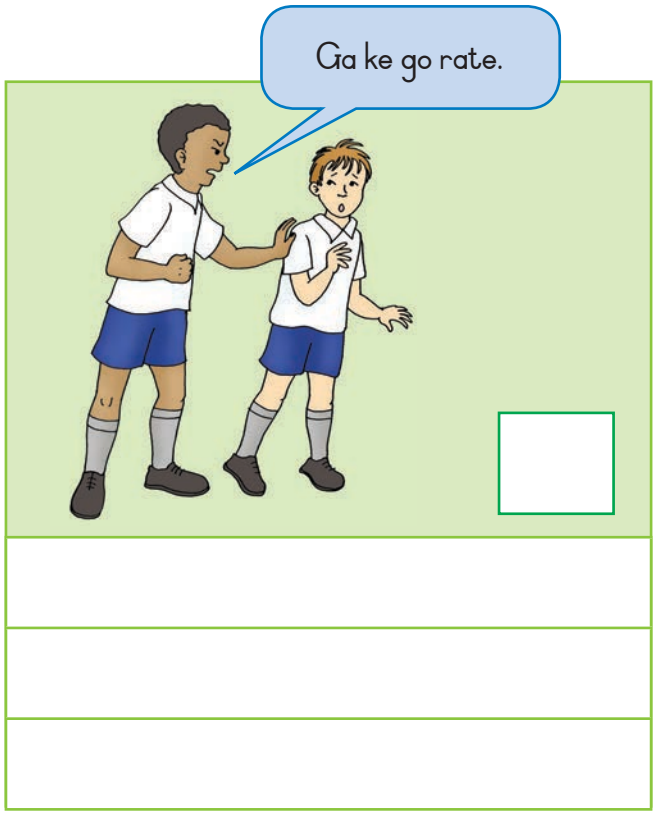
A re ngwaleng

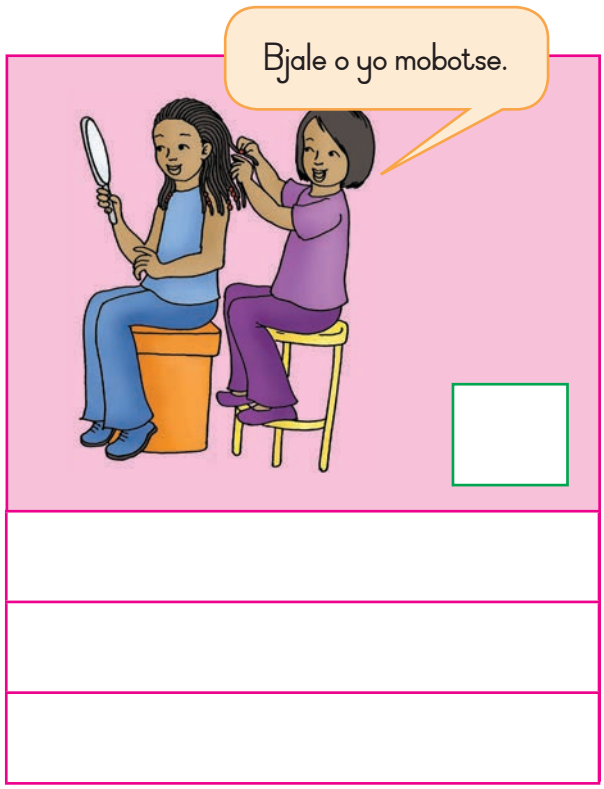
Ngwala leswao le ✓ ge seswantšho se bontšha tiro ye e bolokegilego goba ✗ ge tiro e bontšha go se bolokege. Ka morago, ngwala lefoko ka tlase ga seswantšho se sengwe le se sengwe, o laetše gore ke ka lebaka la eng o nagana gore se bolokegile goba ga se sa bolokega.





Letšatšikgwedi:.....





Gore aowa

Ga go bonolo ka mehla gore aowa, fela o swanetše o re aowa ge motho yo mongwe a dira dilo tša go se loke.

Ge motho yo mongwe a go dira dilo tša go se loke, bolela o re "aowa". Botša motho yo mogolo yo o mo tshepago ka ga motho yoo.



A re ngwaleng

Kgetha batho ba bararo ba o ba tshepago, o be o hlaloše gore ke ka lebaka la eng o ba tshepa.



Ngwala gore o ka bega bjang maitemogelo a mabe (taba ye mpe ye e go diragaletšego), o begela motho yo o mo tshepago.

Teacher:

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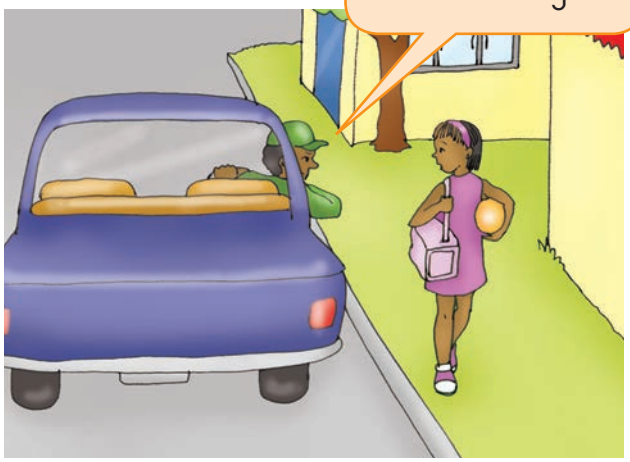
Date:

Go itlhokomela

A re boleleng

Lebelela diswantšho tše ka kelohloko. Bona ge eba o ka anega taba ka tšona. Ngwala kanegelo ya gago ka gare ga pudula ya polelo ya mafelelo.











A re boleleng

Boledišanang ka ga gore mosetsana o be a ikwa bjang, o dirile eng a le maemong a go swana le ao.

Letšatšikgwedi:.....

A re ngwaleng

Ngwala melao ye mehlano ya boipabalelo.
Thoma wo mongwe le wo mongwe ka:

Bana ba se ke ba...



A re direng

Hlama kgakantšhane (maske) gomme o laetše maikutlo.

Tšea sephetho sa gore o nyaka kgakantšhane ya gago e be ye bjang.

E thale mo pampiring.

E sete gomme o e ntšhe.

Sega mahlo.

Kgabiša kgakantšhane ya gago ka pampiri ya mebala.



Tšwela ka ntle

Itokišetše lebelo.

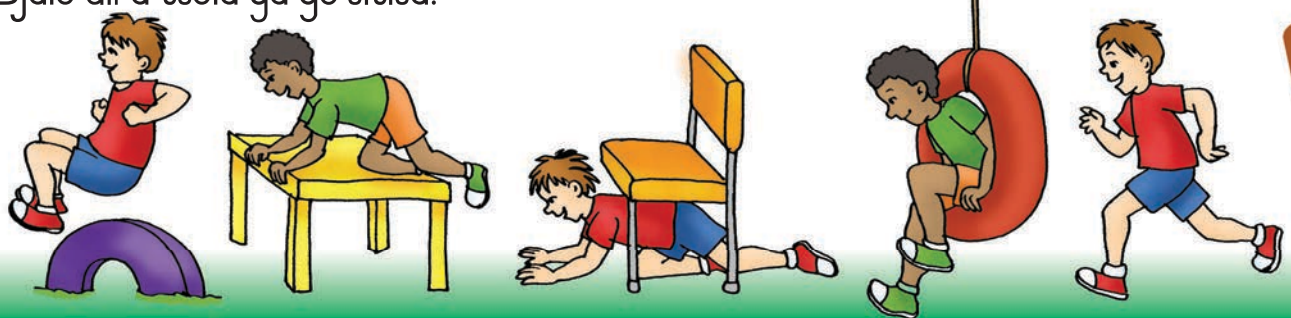
Hlaba letolo mothalong wa go thoma.

Theeletša morutiši wa gago ge a re:

"Methalong! Otlologang! Tlogang!

Bjale dira tsela ya go šitiša.





Teacher:
Sign:
Date:

13

Tlhokomelo ya mmele

A re boleleng

Ke maikarabelo a rena ka moka go swara mebele ya rena e phetše gabotse.
Na bana ba dira eng ye e loketšego mebele ya bona?






Na ke dilo dife tše dingwe tše di sa lokelago mebele tše batho ba felago ba di dira?

Na o be o tseba gore go kgoga ga go a lokela mebele ya rena?

Na o be o tseba gore ga go a lokela mmele wa gago ge motho yo mongwe a kgoga kgauswi le wena?

Na go kgoga go senya bjang mebele ya rena?

A re ngwaleng

Swaya ntlha ye nngwe le ye nngwe ka ✔ goba ka ✘ go laetša ge eba ke nnete goba maaka.

	Sekerete ke se sebose.
	Ge nka dula kgauswi le motho yo a kgogago ke tla gobatša mmele wa ka.
	Go kgoga go ka dira gore meno a gago a be a maserolane.
	Go kgoga go hlola malwetši a legano.
	O ka hlaselwa ke go gohlola kudu ka lebaka la go kgoga.
	Go kgoga go ka hlola kankere.

Letšatšikgwedi:.....

Melao ya bophelobotse



Ke swanetše go gohla meno a ka pele ke eya go robala.
Ke swanetše go kama meriri ya ka pele ke eya sekolong.
Ke swanetše go dira gore manala a ka a dule a ripilwe a bile a hlwekile. Ke swanetše go hlapa diatla ka morago ga go eke ile ntlwaneng le pele ke swara dijo.
Ke swanetše go hlwekiša manala a ka ka morago ga go bapalela santeng.
Ke swanetše go hlapa diatla ge ke etšwa ntlwaneng.
Ke swanetše go lahlela dithišu tša ditšhila ka gare ga setšhelamatlakala.

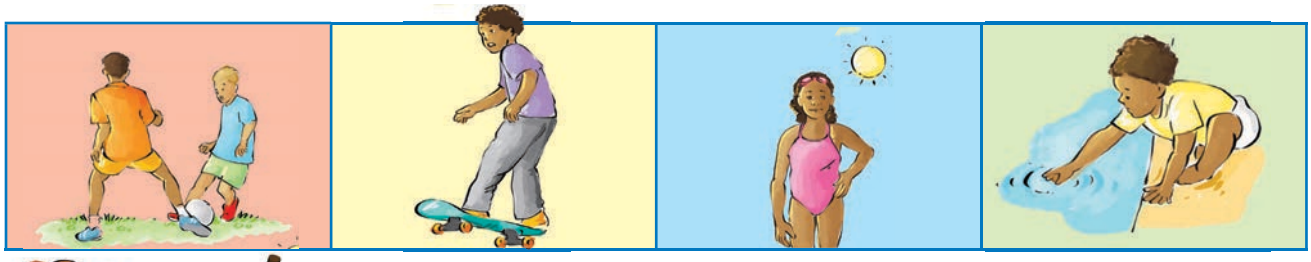




Lapolaga

Na ba swanetše go apara eng gore ba dule ba bolokegile? Nyalanya diswantšho ka go thala mothalo go tloga go diswantšho tše di lego mothalong wa ka godimo le diswantšho tša maleba tše di lego mothalong wa ka tlase.
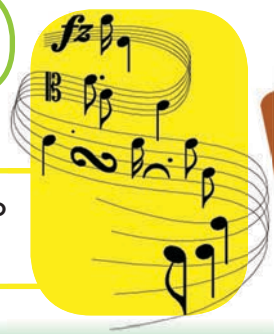






Lapolaga



Eba mafolofolo o raloke papadi ya khrikhete ya ba bannyane.



Morutiši wa lena o tla raloka mmino. O theeletše gomme ka morago o bethabethe tšhunu ka menwana mo teskeng ya gago.



Ditokelo le maikarabelo

A re baleng

Ka nako ye nngwe bana ba swanetše go thuša ba malapa ka go šoma.

Bana ga se ba swanela go šoma boima bjalo ka batho ba bagolo.

Bana ba swanetše go hwetša nako ya go bapala le go ya sekolong.



Lebelela diswantšho tše. Swaya mešomo ye e lebanego bana. Ka morago, ngwala lefoko ka morago ga seswantšho se sengwe le se sengwe, o laetša gore ke ka lebaka la eng se sa lokela bana goba se ba loketše.

 Pheladi o rekiša merogo letšatši ka moka ka fao ga a kgone go ya sekolong.	 Hunadi o nošetša merogo ge sekolo se tšwele.

Letšatšikgwedi:.....

 ☐ Lesiba o rwala ditena ka gobane o šomela moagi.	 ☐ Tšhego le Oki ba thuša go hlatswa dibjana.



A re boleleng

Na o dira mešomo efe kua gae?

Na ke mešomo efe ye o e dirago sekolong go thuša morutiši wa gago?





Tšwela ka ntle

Hlama papadikekišo, ke gore, le diragatša papadi ka ntle le go bolela mantšu, ka ga go dira mešomo ya go fapana. Sehlopha sa lena se swanetše se bolele gore se nagana gore le diragatša mešomo ya mohuta mang.

Bofagantšha maoto a lena mmogo ka morago le kitime.





Ka morago e ithute go raga bolo gomme o bone gore o ka e ragela bokgole bjo bokae.

Teacher:
Sign:
Date:

Ditokelo le maikarabelo

A re boleleng

Botša bagwera ba gago gore bana ba ba tshela melao efe

Sekolo se sengwe le se sengwe se na le melao gore se tle se šome gabotse. Phaposi ye nngwe le ye nngwe le yona e na le melao ye re swanetšego go e latela.



Letšatšikgwedi:.....



A re ngwaleng

Ngwala melao ye 4 ya phaposi ya lena.









A re boleleng

Bala ditokelo tše le maikarabelo a, gomme o bolele le mogwera wa gago mabapi le gore tokelo ye nngwe le ye nngwe e ra eng.

MAIKARABELO A BAFSA BA AFRIKA-BORWA

Tekano

Swara batho ka moka ka go lekana le ka tshwanelo. O se ke wa hlaola.



Seriti sa botho

Hlompha bohle. Bontšha go loka le go hlokomela.



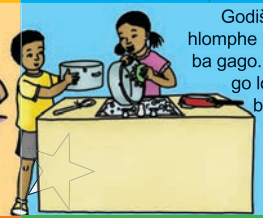
Bophelo

Dilo ka moka tše di phelago di bohlokwa. Swara dilo ka moka tše di phelago ka tlhompho.



Balapa

Godiša o be o hlomphe batswadi ba gago. Bontšha go loka le go botega go balapa.



Thuto

Tsena sekolo, ithute o be o šome ka maatla. Latela melao ya sekolo.



Mošomo

Thuša balapa ka mošomo wa ka gae. Bana ba se ke ba gapeletšwa go nyaka mošomo.



Tokologo le tšhireletšo

O se ke wa gobatša, wa hlakiša goba wa tšhošetša ba bangwe, gomme o se ke wa dumelela ba bangwe go dira bjalo.



Thoto

Hlompha dithoto tša ba bangwe. O se ke wa senya thoto ebile o se ke wa utswa.



Bodumedi, go ba le tumelo le moakanyo

Hlompha ditumelo le meakanyo ya ba bangwe.



Tšhireletšo

Hlokomela lefase. O se ke wa senya meetse le mohlagase. Hlokomela diphoofolo le dimela. Swara legae la geno le motse wa geno o hlwekile o bolokegile.



Boagi

Eba moagi wa go loka, wa potego wa Afrika-Borwa. Hlompha melao, gomme o kgonthiše gore ba bangwe ba dira bjalo.



Tokelo ya go hlagiša maikutlo

O se ke wa phatlalatša maaka le lehloyo. Kgonthiša gore batho ga ba rogiwe goba ba hlabja ka mantšu.





16a

Matšatši a sedumedi le matšatši a mangwe a bohlokwa

A re boleleng

Kgetha ye nngwe ya ditumelo tše. Dira dinyakišišo tše dingwe gape ka ga yona. Lokiša tlhagišo ye o tla e dirago ka phapošingborutelo. Leka go tla le dipuku goba diswantšho go bontšha le go thekga tlhagišo ya gago.



Bohindu



Boislamo



Bojuda



Bokriste

Re swanetše go hlompha batho ba ditumelo ka moka.

Tumelo ya gago ke efe? _____

Na tumelo ya mogwera wa gago yo bohlokwa ke efe? _____

Letšatšikgwedi: .....

Go lekola



A re ngwaleng Ngwala dintlha ka ga wena mo karateng.

Leina la ka _____

Sefane sa ka _____

Letšatši la matswalo a ka _____

Mphato wa ka _____

Sekolo sa ka _____

Mogala wa ka _____

Atrese ya ka _____

_____

_____

_____

Nomoro ya mogala wa tšhoganyetšo _____

Papadi ye ke e ratago _____

Mmala wo ke o ratago _____

Mogwera wa ka yo bohlokwa _____

Se se nthabišago _____

Se se nnyamišago _____

Se se mpefedišago _____

Se ke lego sona _____

Teacher:
Sign:
Date:

17

Dijo tša phepobotse



A re boleleng

Lebelela wo mongwe le wo mongwe wa mehuta ya dijo gomme o bolele le mogwera wa gago ka ga: Gore go na le dijo dife mohuteng wo mongwe le wo mongwe.
Lebaka la gore mohuta wo mongwe le wo mongwe o re loketše.

Diproteine

Diproteine di aga disele tše mpsha gore mebele ya rena e gole.





Divitamine

Divitamine le diminerale di thuša mebele ya rena go lwantšha diphetedi le gore re dule re phetše gabotse.



Tšwela ka ntle

Kgopela morutiši wa gago a go laetše gore "mogala wo o kgaogilego".
Ka morago ithute go betša bolo.

Letšatšikgwedi:.....

Dikhapohaetreite

Dijo tše di re fa maatla.





Makhura

Dijo tša ditšwamaswing di dira gore marapo a rena a kgwahle, kudu ge re sa le ba bannyane, marapo a rena a sa gola.



A re ngwaleng

Dira lenaneo la dijo tše o di jelego maabane. Ka kholomong ya mafelelo, bolela gore na dijo tšeo ke diprotheine, dikhabohaetreite, dienywa goba merogo.

Dijo tše ke di jelego maabane	Mohuta wa dijo

Teacher:

Sign:

Date:

18 Mekgwa ya rena ya go ja

A re boleleng

Botšiša bagwera ba bahlano gore ba rata go ja eng. Lebelela mehuta ye e fapanego o swaye ka leswao le (✔) ge a rata dijo tšeo gomme o swaye ka leswao le (✘) ge a sa rate dijo tšeo.

Ngwala maina a bagwera ba gago mo.



A re ngwaleng

Lebelela lenaneo leo o le ngwadilego gomme o arabe dipotšišo tše.

Ke dijo dife tšeo bagwera ba gago ba di ratago gannyane.

Na o nagana gore bagwera ba gago ba na le mokgwa wa go rata dijo tša go aga mmele?

Ke ka lebaka la eng o nagana bjalo?

Laopolaga

Kgopela morutiši wa gago gore a go laetše ka fao papadi ya mogala wo o kgaogilego e ralokwago ka gona.



Letšatšikgwedi:.....

A re ngwaleng

Dira lenaneo la dijo tšeo re swanetšego go di ja ka mehla.

Tšeo re sa swanelago go se ja:

Letswai le lentši ka lebaka la gore ge re tšofala re ile go ba le madi a magolo.

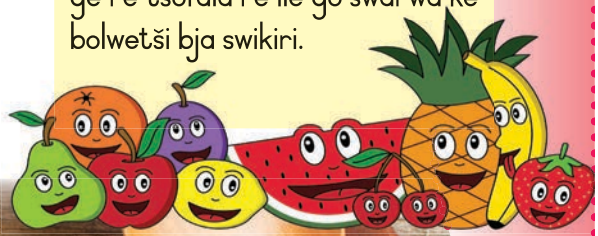
Swikiri ye ntši e dira gore o none kudu.

Dinotšididi tše ntši, dikhekhe le ditšhipisi

Swikiri ye ntši ka lebaka la gore ge re tšofala re ile go swarwa ke bolwetši bja swikiri.

A re ngwaleng

Ngwala motswako ka ga sejo se o se ratago.



Motswako ka ga _____

Na ke swanetše go hwetša metswako efe?	
Nka šomiša mokgwa ofe?	

Teacher:

Sign:

Date:

19

Mekgwa ye mebotse ya go ja



A re ngwaleng

Tumišo le Phuki ba tseleng ya go ya khefing ya Sunshine. Ba swanetše go reka dijo tša go apeelwa dilalelo. Ba thuše go dira menyu wa dijo tša go lokela mmele.





Tšwela ka ntle

Šielanang ka go betha kgati gore mogwera wa wa gago a tshele.



Letšatšikgwedi:.....

A re ngwaleng

Ngwala dilo tšeo ba swanetšego go di reka, le ditheko tša tšona mo lenaneong la go reka la mo tlase. Na Tumišo le Phuki ba lefile bokae, ge ba lefela dilo tšeo ba di rekilego?

LENANEO LA DILO	THEKO



A re ngwaleng

Na mekgwa ya gago ya go ja e laetša bophelo bjo bobotse gakaakang? Khalara sefahlego sa go myemyela sebakeng sa mokgwa wo mongwe le wo mongwe wa go bontšha go ja ga botse.

Mekgwa ya ka ya go ja	Ee	Aowa
Tlwaelo ya ka ke go ja ke le pele ga TV.	☺	☺
Ke rata dienywa le merogo.	☺	☺
Ke rata dijo tša makhura tše bjalo ka ditšhipisi.	☺	☺
Ga ke rate meetse, ke rata dinotšididi.	☺	☺
Ga ke je merogo.	☺	☺
Ke sohla dijo tša ka gabotse.	☺	☺
Ke ja difihlolo pele ke eya sekolong.	☺	☺

Teacher:
Sign:
Date:

Bala gore o khalarile difahlego tše kae tša go myemyela. _____

20

Go ja gabotse



A re direng

Thala goba mamaretša diswantšho tša dijo go bontšha dijo tša phepo ye botse.

Letšatšikgwedi:.....

A re baleng

Melao ya go ja ka tshwanelo

Ka mehla hlapa diatla pele o swara dijo.
O se ke wa tlogela dijo di se tša khurumelwa.
O se ke wa ja dijo tša kgale goba tše di bodilego.
Šomiša matlakala a merogo
o dire kompose ya tšhengwana ya gago.
Ipšalele merogo ya gago.



A re thaleng

Thala seswantšho o bontšhe melao ye.

Teacher:
Sign:
Date:

21

Dikhukhwanyane



A re boleleng Bolelang ka dikarolo tše di fapanego tša mmele wa dikhukhwanyane.

Dikhukhwanyane di na le dikarolo tše tharo tša mmele: hlogo, mmele wa godimo le mmele wa tlase.

Gape di na le maoto a tshela le manakana a tshela.





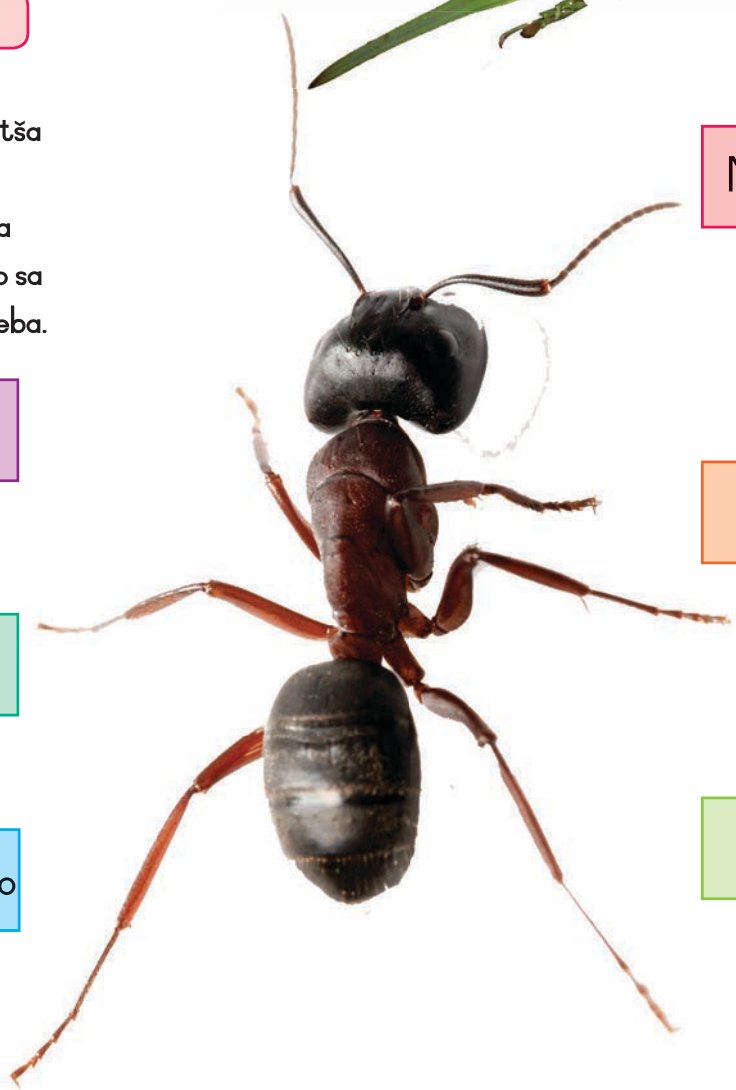
A re direng

Ngwala maina a ditho tša khukhwanyane ye. Thala mothalo go tloga go leina go ya go setho sa khukhwanyane sa maleba.

Leihlo

Leoto

Mmele wa godimo



Mmele wa tlase

Hlogo

Manakana



Tšwela ka ntle Bobola bjalo ka nose, fofa bjalo ka serurubele ka morago o phurume bjalo ka mammati. Bjale o maemong ao o ka ralokago papadi ya kgwele ya maoto.

Letšatšikgwedi:.....

A re ngwaleng

Thala mothalo, o nyalanye leina le lengwe le le lengwe le khukhwanyane ya maleba. Bolela gore ke dikhukhwanyane dife tšeo di lego kotsi le gore ke dife tšeo di nago le mohola go rena.







Nose

Monang

Ntšhi

Tšhošwane

Tšie

Serurubele

Podilekgwana

Mmoto











A re ngwaleng

Ngwala mantšu ao a tlogetšwego.



_____ e dira todi.

_____ se dulafatša matšoba.

_____ o fetetša letadi.

_____ e fetetša malwetši.

_____ e ja dibjalo tša balemi.

Teacher:

Sign:

Date:

22

Ka ga dikhukhwanyane gape

A re boleleng

Lebelela diswantšho tše gomme o botše mogwera wa gago gore ke ka lebaka la eng dinose di na le mohola go rena batho.



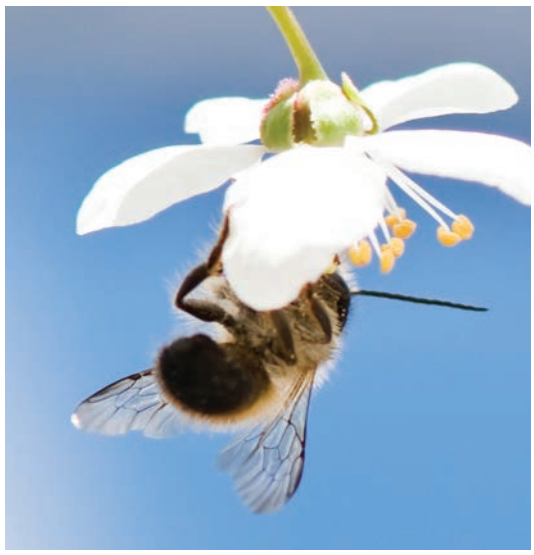
Dinose di phatlalatša modula. Se se bohlokwa gore dienywa di gole.



Dinose di tšweletša todi.

A re ngwaleng

Ngwala leina la khukhwanyane ye nngwe le ye nngwe sekgobeng se se filwego.



_____ ye e mona manopi go tšwa matšobeng.

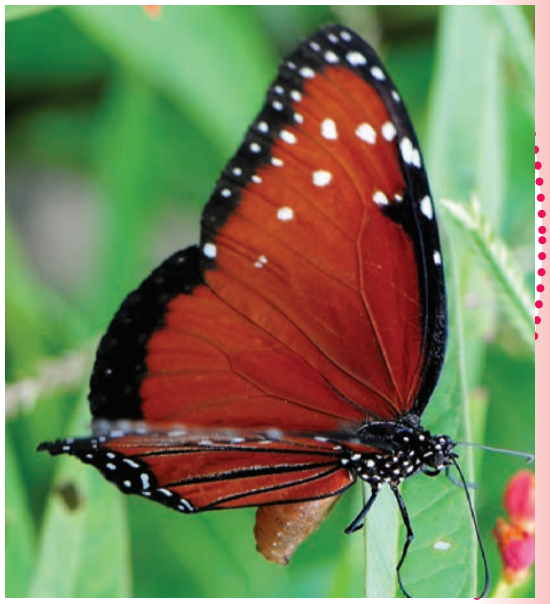


_____ e na le maoto a morago a go kgwahla gore e kgone go fofa.

Letšatšikgwedi:.....



_____ di šomiša manakana go dira kgokagano magareng ga tšona.



_____ di phatlalatša modula magare ga dibjalo.



_____ o phatlalatša ditwatši.



A re direng

Dira gore khukhwanyane e thwethwe.

- Sega dikhukhwanyane go tšwa go letlakala la disegwa, tše di lego kua morago ka mo pukung.
- Di lekeletše godimo ga hengara.



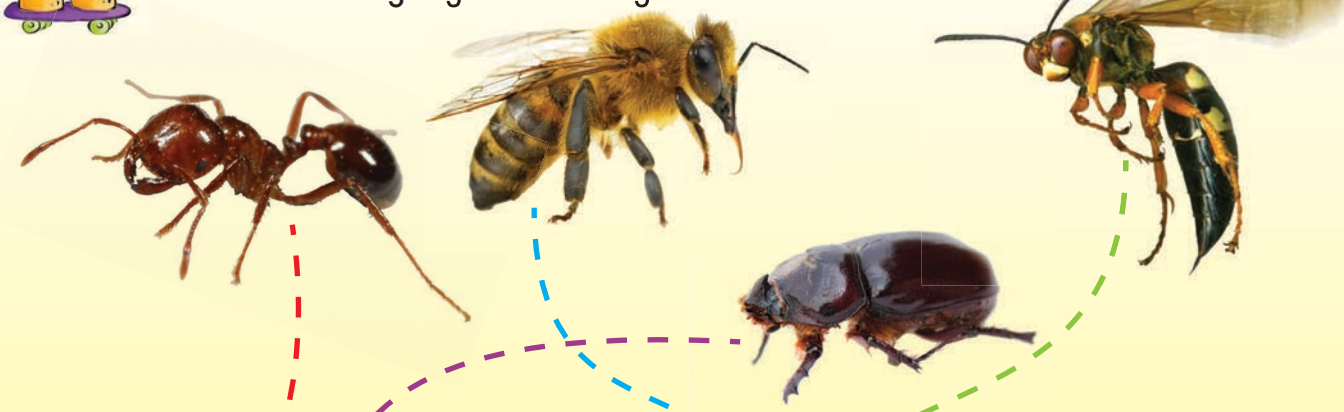
Teacher:
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23

Madulo a dikhukhwanyane

A re direng

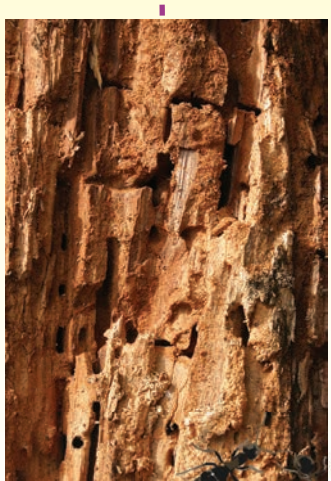
Šala methalo morago gore o bone gore ye nngwe le ye nngwe ya dikhukhwanyane e dula kae.



Kotara ya 2 – Beke ya 4 – Lephephethomo la











Letšatšikgwedi:.....



A re direng

Sepelasepela mo mabaleng a sekolo o bone gore o ka hwetša mehuta ye mekae ya dikhukhwanyane.





A re ngwaleng



O bone dikhukhwanyane tša mohuta mang ka kua ntle? Kgetha e tee gomme o ngwale leina la yona.

Na khukhwanyane yeo e ja dijo tša mohuta mang?



Na khukhwanyane ya gago e thwethwa ka go iketla goba ka lebelo?

Na khukhwanyane ya gago e na le mohola? Ke ka lebaka la eng o realo?

Na khukhwanyane ya gago e kotsi? O ka dira eng ge khukhwanyane yeo e nyaka go go gobatša?



Laopolaga

Bjale thala khukhwanyane ya gago o be o efe leina.





24

Bontšha mošomo wa gago ka go ikgantšha

A re direng

Itirele serurubele sa gago

O tla swanelwa ke go hwetša pampiri ya bogolo bja A4,

Dikrayone tša makhura

Semamaretši

Sekero

Sehlwekišaphaephe

Khatapokisi ye go tateditšwego pampiri ya ka ntlwaneng go yona



Thala serurubele, o laetše mmele wa sona wo motelele, wo mosesane, le mafego a sona a mabedi. Kgabiša mafego a serurubele sa gago ka dipatrone tša mebala ya go fapana. Kgonthiša gore mafego a a swana. Sega serurubele. Mamaretša serurubele mo pampiring ya go kgabiša. Dira manakana, o šomiša sehlwekišaphaephe se mennwe gabedi.

A mamaretše mo hlogong ya serurubele.



Letšatšikgwedi:.....



Tšwela ka ntle

Lekang dipapadi tše.



Seteišene sa 1:

Kgwele ya diatla Pampiša bolo fase, o dutše o kitima ka patrone ya manyokenyoke.



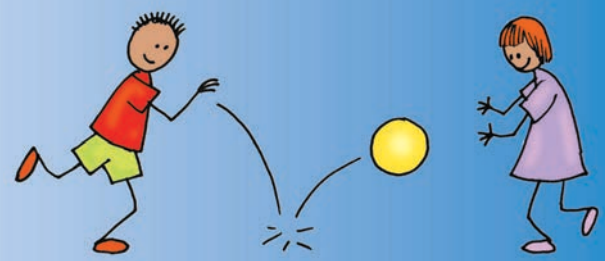
Seteišene sa 2:

Hokhi: šomiša mmopu wa kgwele ya hokhi, o kgoromeletše bolo go ya dinong.



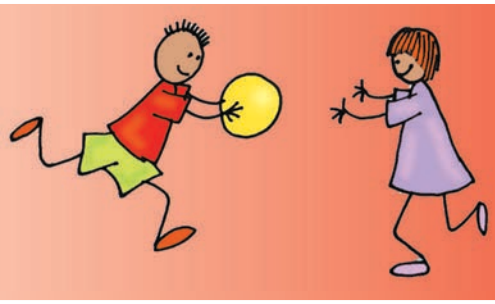
Seteišene sa 3:

Kgwele ya diatla: Pampišetša bolo go mogwera wa gago o dutše o kitima.



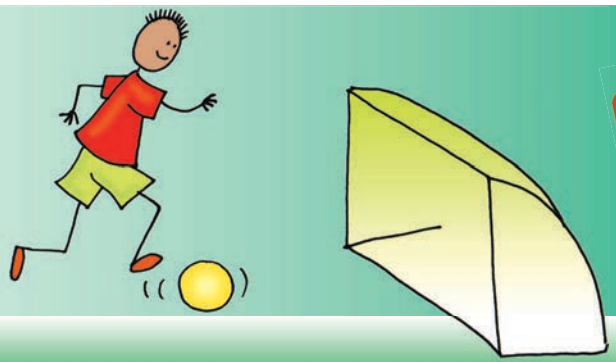
Seteišene sa 4:

Rugby: Kitima ka bolo gomme o e fetiše.



Seteišene sa 5:

Kgwele ya maoto: Tiribola ka bolo, o ye dinong.



Leboo la bophelo

Le laetša dikgato tša go fapana tša go gola. Dikgato tša go gola di tšwelela ka tatelano ye e itšego. Lebelela leboo la bophelo bja segwagwa le la serurubele gomme o bolele ka ga dikgato tšeo tše di itšego.

Leboo la bophelo bja segwagwa





A re boleleng

Lebelela diswantšho gomme o botše bagwera ba gago ka mokgwa wo segwagwa se fetogago bophelong bja sona ka gona.

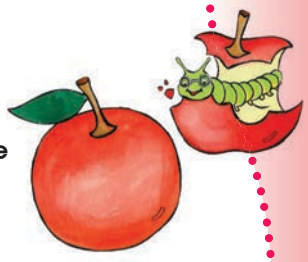
1. Digwagwa di a kopana gore di nontšhe mae.
2. Segwagwa sa tshadi se bea mae.
3. Kolopisane ye nnyane ka maswafohlapi le mosela wa sephegwana.
4. Kolopisane e tšwa maoto.
5. Mosela o a timelela.
6. Segwagwa se segolo seo se šetšego, se na le maswafo gomme, se sa hlwe se na le diphegwana.

Letšatšikgwedi:.....



A re direng

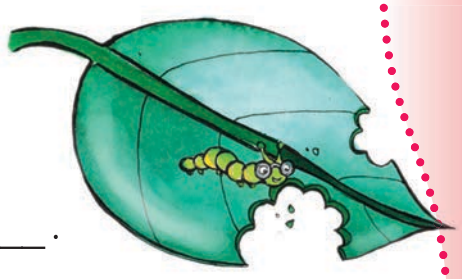
Lebelela leboo la bophelo bja serurubele.
Ngwala gore go direga eng sebopegong se sengwe le se sengwe sa leboo la bophelo. Re go thušitše ka dikgato tše pedi.



Leboo la bophelo bja serurubele







1 Serurubele se bea mae.

2 _____.

3 _____.

4 _____.

5 Seboko se fetoga mokone (pupa).

6 _____.







Teacher:
Sign:
Date:

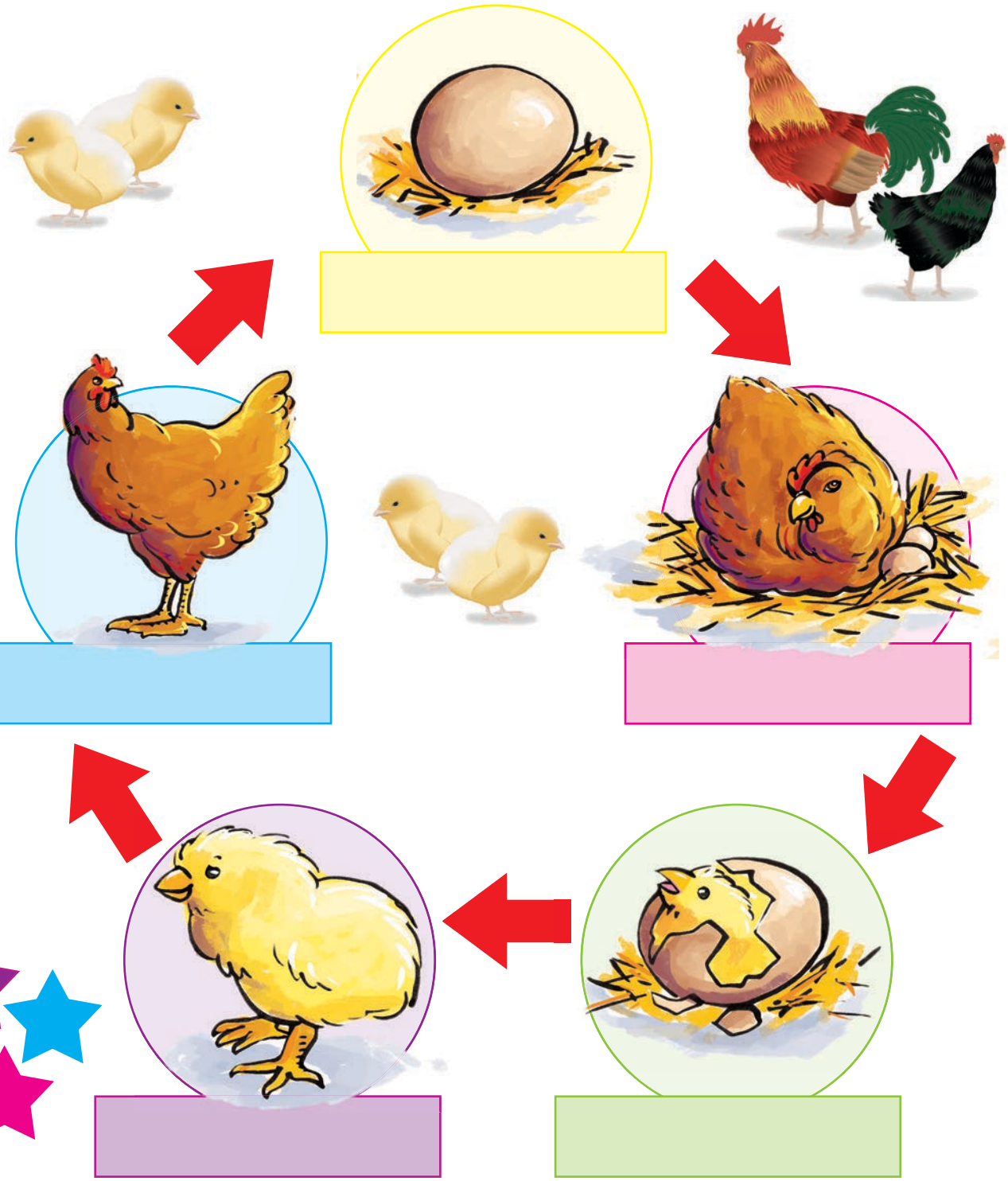
26

Leboo la bophelo

A re boleleng

Lebelela diswantšho gomme o bolele le mogwera wa gago ka ga maboo a kgogo.
Ka morago o ngwale gore go direga eng kgatong ye nngwe le ye nngwe.

Leboo la a bophelo bja kgogo



Letšatšikgwedi:.....

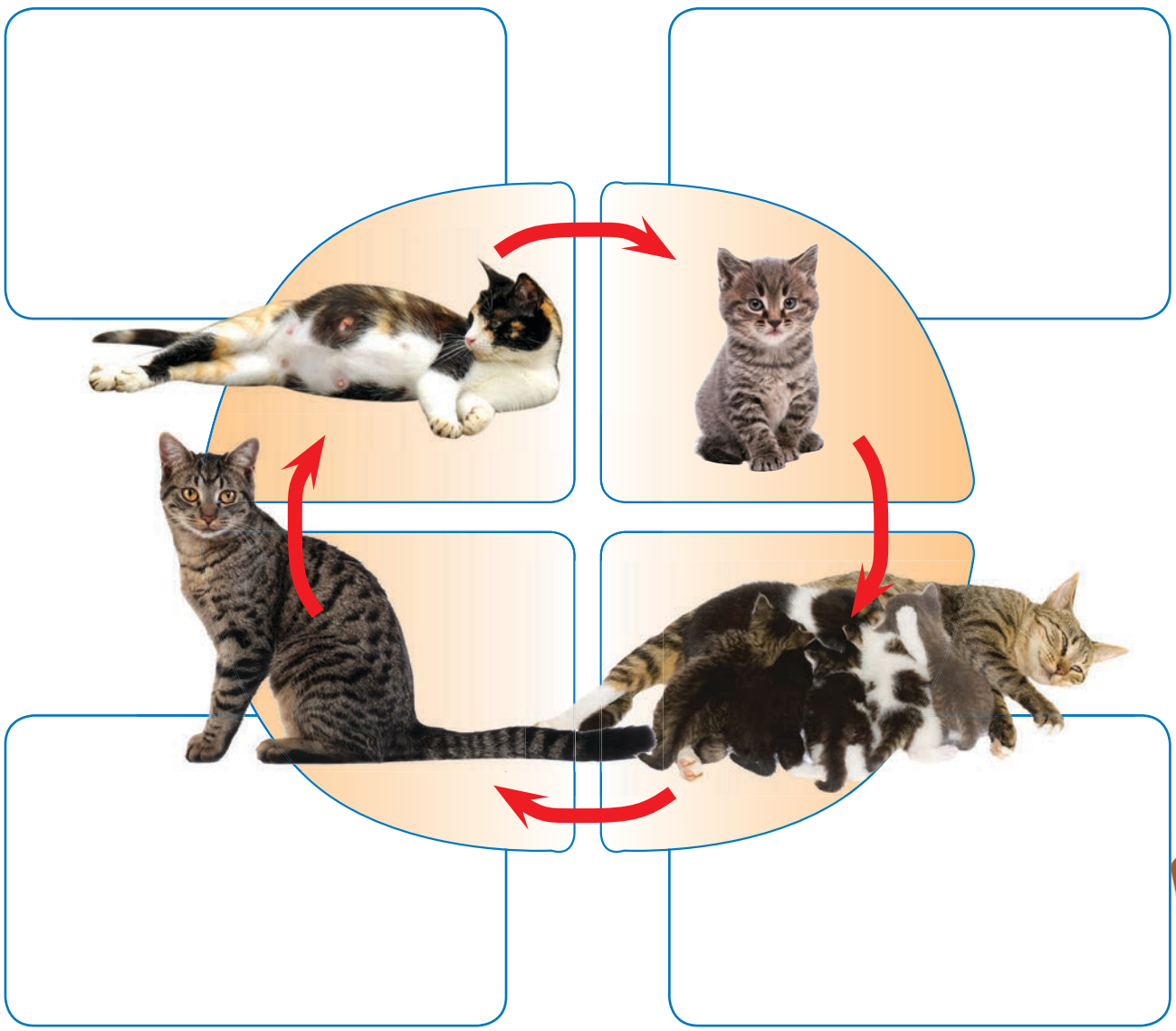


Bjale, dira leboo la bophelo bja gago. Ngwala maina mo diswantšhong tša mo lebiliking la kanegelo, go laetša leboo la bophelo bja katse.
Šomiša dihlogo tše tša mo tlase go go thuša.

Efa dikgato dinomoro 1-4 gomme o di šomiše lebiliking la gago la kanegelo.

	Katsana e a hlatšwa.		Katse ye kgolo.
	Katse e gampa dibeke tše 9.		Katse e a amuša.

Leboo la bophelo bja katse



Teacher:
Sign:
Date:

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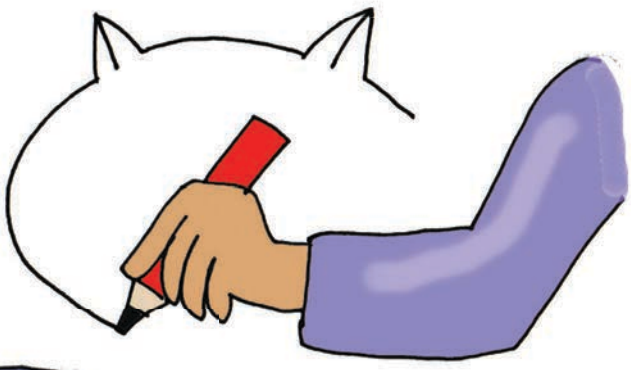
Seruiwaratwa sa ka



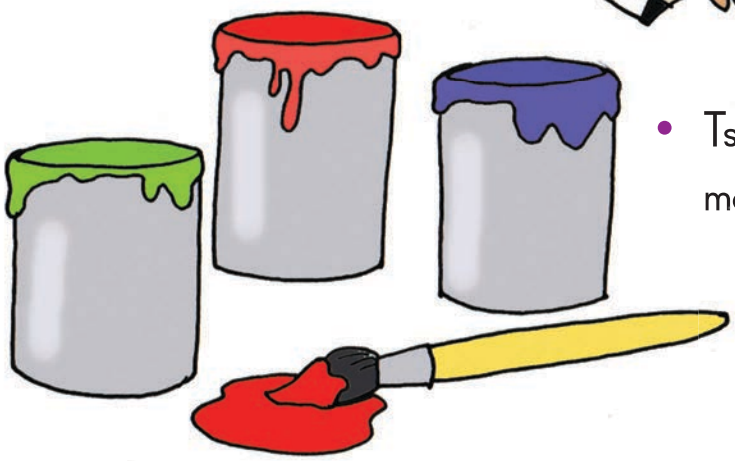
A re direng **Dira maske wa seruiwaratwa sa gago.**



O swanelwa go ba le:
Pampiri ya bogolo bja A4
Phensele
Lerojana la pente le meetse
Lehloma la ditsebe



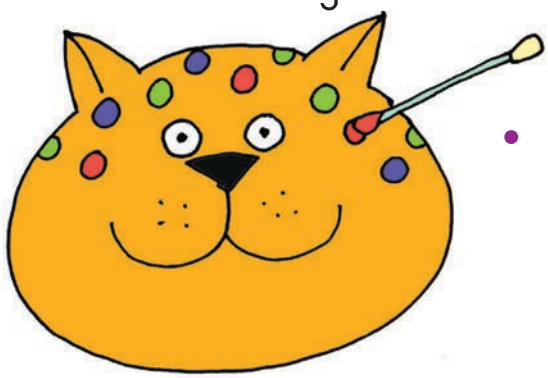
- Thala bokantle bja sefahlego sa katse mo pampiring.



- Tswaka pente o e huduwe, o dire mebala ye 3 ya go fapana.



- Šomiša lehloma la ditsebe mmaleng wo mongwe le wo mongwe.



- Dira marontho a mebala ya go fapana go kgabiša sefahlego sa katse.



Letšatšikgwedi:.....



A re boleleng

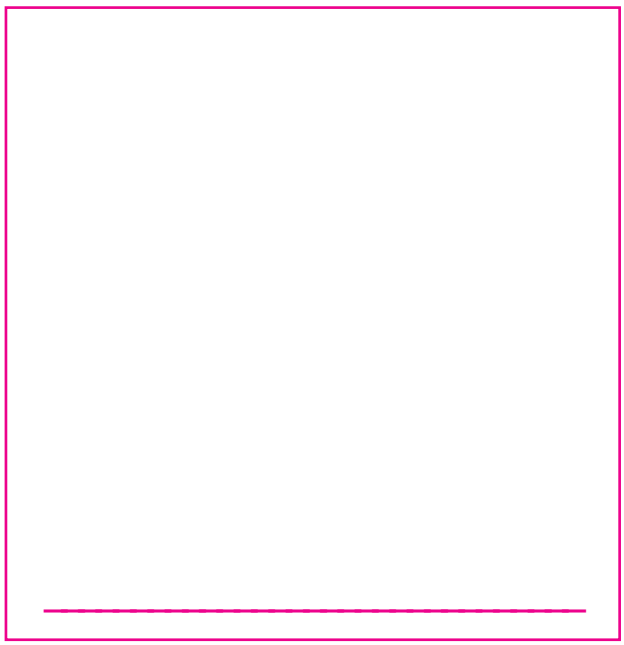
Botšiša mogwera wa gago ka ga seruiwaratwa sa gago goba ka ga seruiwaratwa sa motho yo mongwe seo o se tsebago. Bolela gore o swanetše go e hlokomela bjang.



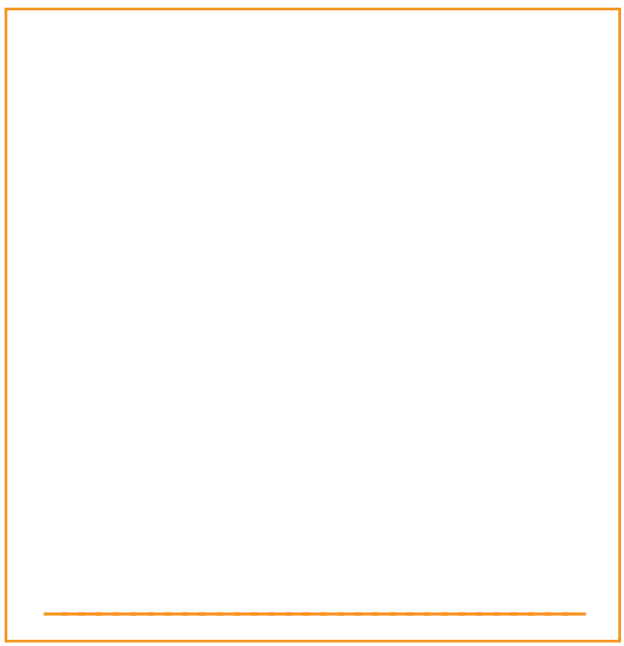


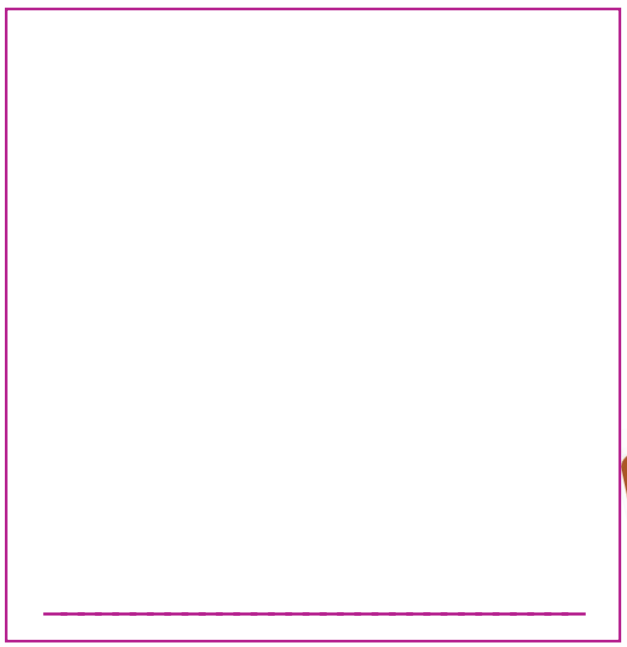
A re direng

Thala dilo tše 4 tše o swanetšego go di dira, go hlokomela seruiwaratwa sa gago. Bjale ngwala hlogo ka tlase ga sethalwa se sengwe le se sengwe.











28

Go hlokomela tikologo ya rena



A re boleleng

Lebelela diphoustara tše, gomme o bolele le bagwera ba gago ka ga seo di re botšago sona.



Lebelela leswao la go risaekela.

Na o kile wa bona kae leswao la go swana le le?





Tšwela ka ntle

Na o ka kgona go hlama mmino/ motantsho ka go šomiša hulahupu le diribone?



Letšatšikgwedi:.....

A re baleng

Na re ka dira eng gore re sware tikologo ya rena e hlwekile?

Re swanela go gopola tše di latelago:

Fokotša: Re swanetše go fokotša go tšhilafatša.

Buseletša: Re swanetše go buseletša (go šomiša gape) dilo ka bontši bjo re ka bo kgonago pele re di lahla.

Risaekela: Re swanetše go hwetša mekgwa ya go šomiša pampiri, mabotlelo le ditshitswana go tšweletša selo se sengwe se sefsa.



A re ngwaleng

Mo lenaneong la ka tlase, ngwala maina a dilo tšeo di ka šomišwago gape. Re go thometše lenaneo le lengwe le le lengwe.

Risaekela galase	Risaekela plastiki	Risaekela pampiri	Dira kompose
Mabotlelo a kgale	Mekotlana ya plastiki	Dikuranta	Matlakala a merogo

Teacher:

Sign:

Date:

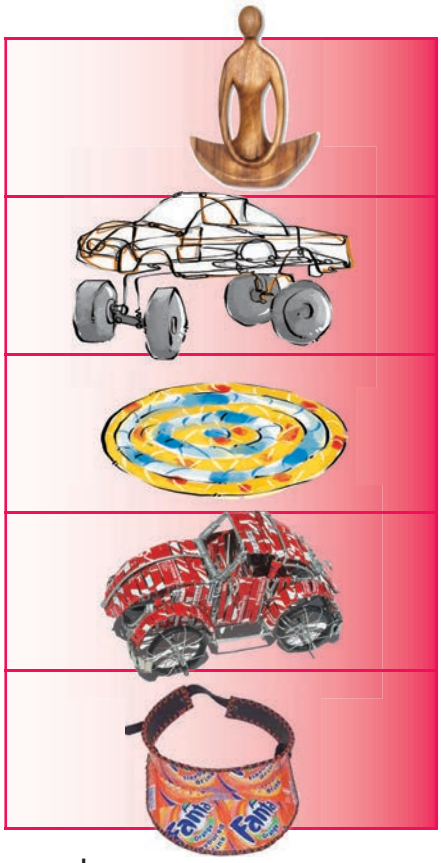
29

Go risaekela

A re ngwaleng

Thala mothalo go tloga go ye nngwe le ye nngwe ya dihlogwana tša go la nngele go ya go la mmagoja, go laetša ka fao di ka šomišwago go dira dilo tša mohola.





Bjale, akanyetša o be o phare setlankana, go selo seo o ka kgonago go se dira o šomiša dilo tše di šomišwago gape.

Leina la selo
Se dirilwe ka

Thala seswantšho sa selo sa gago.

Letšatšikgwedi:.....



A re ngwaleng

Nagana ka dilo tšeo di ka dirago kompose ye botse. Ngwala le lengwe le le lengwe la mantšu a mo tlase go kholomo ya maleba go feleletša lenaneo. O ka nagana gape ka ga dihlogwana tše dingwe ka bowena, gomme wa di tsenya dikholomong tša maleba.

mekotlana ya diplastiki

matlakala a merogo

dipikiri

ditshitswana tša dinotšididi

dikgapetla tša mae

Dilo tše di ka se bolego.	Dilo tše di tlilego go bola.



A re direng

Dira phoustara ya go thibela tšhilafatšo. Thala seswantšho gomme o ngwale molaetša.

Teacher:

Sign:

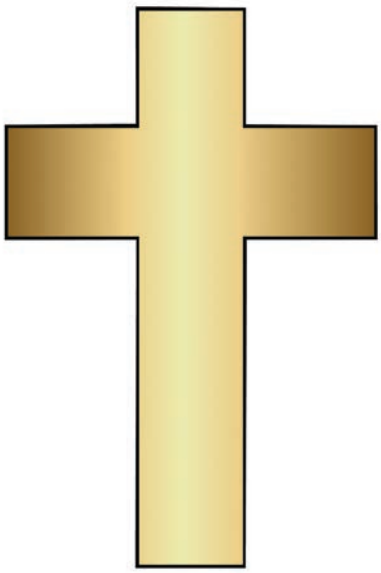
Date:

30 Matšatši a ditumelo le a mangwe a bohlokwa



A re boleleng

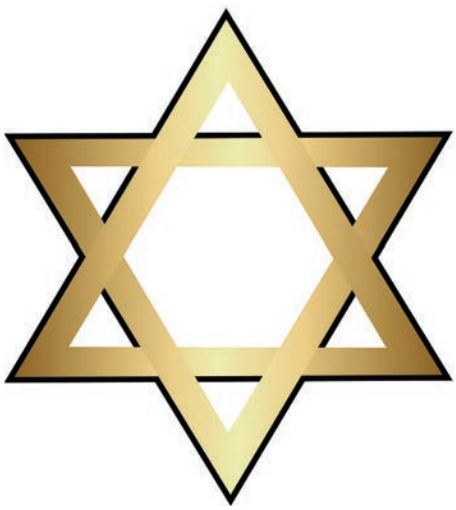
Bolela le mogwera wa gago mabapi le gore ke ditumelo dife tše di šomišago dika tše. Bolela gore seka sa tumelo ya gago ke sefe. Ge o sa bone seka sa tumelo ya gago, se thale, gore mogwera wa gago a se bone.



Sefapano ke seka sa Bokriste. Jesu, Morwa wa Modimo,



Ngwedi ka sebopego sa bora le naledi ke seka sa tumelo ya Islamo.



Seka sa Majuda ke Naledi ya Dafida. Kgoši Dafida o be a le kgoši ya Baisraele.



Seka sa Mahindu se ngwadilwe ka polelo ya kgale ya Sanskrite ya India.

Letšatšikgwedi:.....

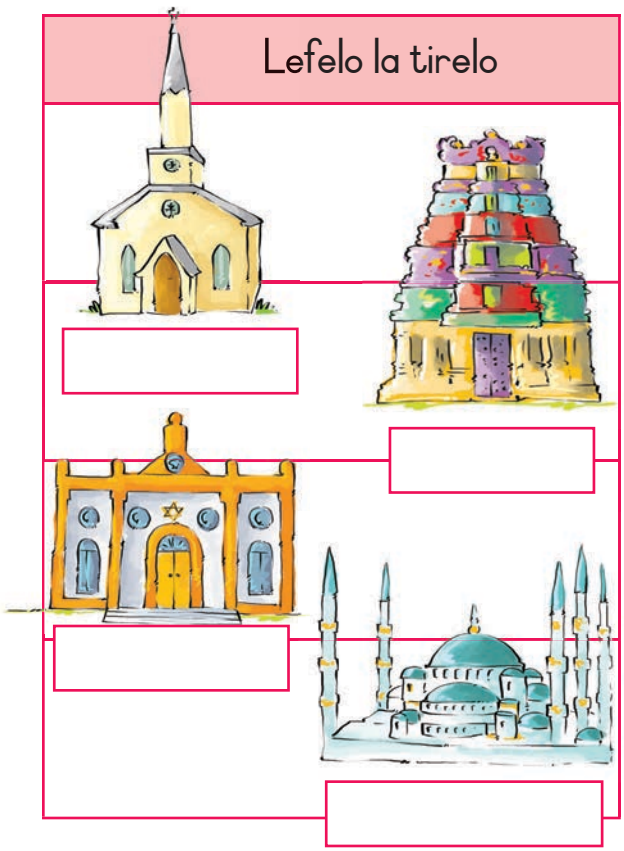
Mafelo a go fapana a go rapela

A re direng

Thala mothalo o amanye tumelo ye nngwe le ye nngwe le lefelo la yona la go rapela. Ngwala leina la moago ka tlase ga seswantšho se sengwe le se sengwe.

tempele	sinagoge	moske	kereke

Tumelo	Lefelo la tirelo
Boislamo	
Bohindu	
Bokriste	
Bojuda	



A re direng

Botšiša bagwera ba 4 gore seka sa tumelo ya bona ke sefe. Se ngwalolle kgauswi le maina a bona.

Leina la mogwera	Seka sa bona

Teacher:
Sign:
Date:



SETIFIKEITI

Sa go fetša Mphato wa 3

Mabokgoni a Bophelo Puku ya 1

se abetšwe

_____

Ngwala leina la gago

Letšatšikgwedi _____

Morutiši _____

Pukuntšu ya ka



Pukuntšu ya ka



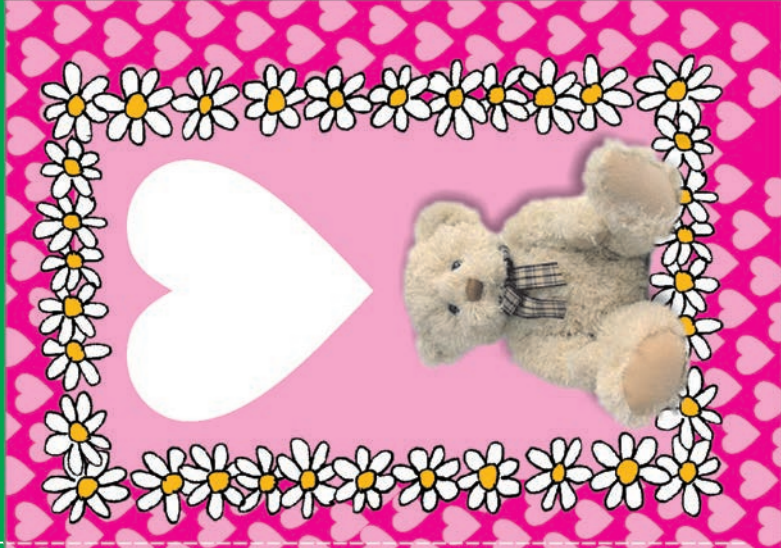


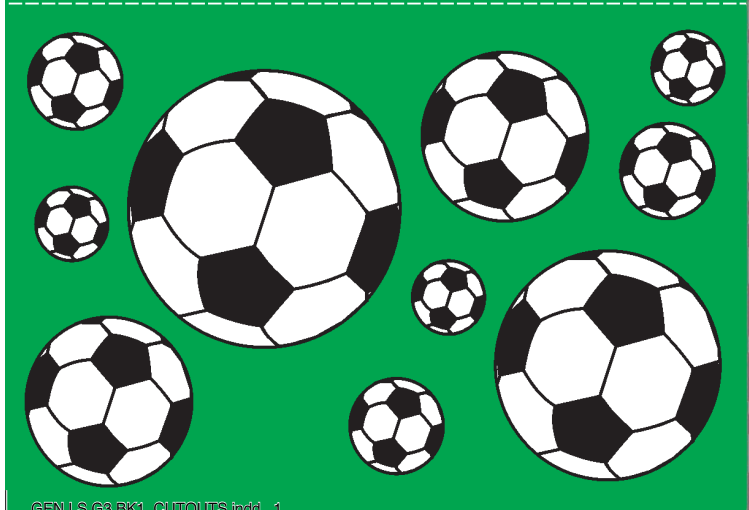

Get well soon





















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