E tlhabolotswe e bile e tsamaelana le CAPS

Kereiti 3



Bokgoni ho tsa Bophelo ka SESOTHO

Buka ya 1
Kotara ya 1&2

Lebitso:

Phaposi:

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Mofumahadi Angie Motshekga, letona la Lafapha la Thuto ya Motheo



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

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

Dibuka tsa tshebetso tsa Rainbow di bopa karolo ya Lefapha la Thuto ya Motheo, ya thuso e reretsweng ho netefatsa tshebetso ya baithuti ba Afrika borwa dikereiting tse qalang tse tsheletseng. 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 bana ba tla natefelwa ke ho sebetsa ka buka ena ha ba ntse ba hola le ho ithuta, le hore wena titjhere, o tla natefelwa mmoho le bana.

Re le lakalletsa katleho ho sebediseng dibuka tsena tsa tshebetso.

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Kereiti 3



Bokgoni ho tsa Bophelo ka SESOTHO

Buka ya 1



Buka ena ke ya:

1

Ditaba ka nna



Ha re ngoleng

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

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



Bukana ya boitsebiso

Lebitso: _____.

Dilemo: _____.

Letsatsi la tswalo:

_____ _____ _____
selemo kgwedi letsatsi

Sebaka sa tswalo:

_____

Moshemane kapa ngwanana:

_____.

Puo ya lapeng:

_____.

Mmala wa moriri:

_____.

Bolelele: _____cm

Mmala wa mahlo:

_____.

_____
Mosaeno



Etsa setshwantsho sa hao.

Letsatsi: .....



Ha re bueng

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

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

Na o ka hopola ha o qala sekolo?







Ha re ngoleng

Tlatsa molanako ka tsa bophelo ba hao.

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

Teacher:

Sign:

Date:

2

Sekolo sa heso



Ha re etseng

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

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



Ha re ngoleng

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

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

Letsatsi: .....

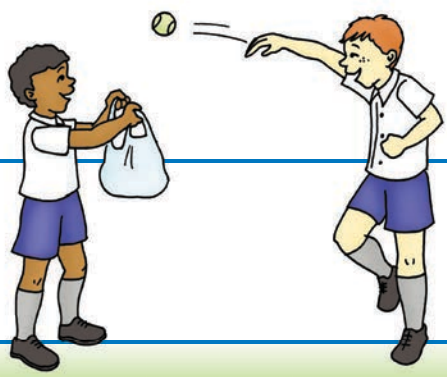
Lepetjo la sekolo e ne e le lefe? Na e ntse e le lona le kajeno? _____ _____	Taka betjhe ya sekolo.
Bolela ho hong ho kgethehileng ka sekolo. (Mohlomong ho ne ho na le morutwana ya kgethehileng, kapa phihlello e ikgethileng.) _____ _____ _____	Taka sesthwantsho ho bontsha ntho ya bohlokwa ka sekolo.



Tswelang kantle

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



Titjhere ya hao e tla bitsa lebitso la hao e nto akgela bolo. Kapa bolo pele e wela fatshe.	
Jwale leka ho kapa bolo ka mokokotlo ha motswalle wa hao a e lahlela.	
Lahlela bolo motswalleng wa hao, o bone hore a ka kgona ho e tshwara ka mokotlaneng.	
Ikotlolle jwalo ka katse hore o thapolohe.	



3

Tsohle ka nna

Ha re bueng

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



Ha re bueng

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

 lesea	 ngwana	 ngwana sekolo
 morwetsana/mohlankana	 motswadi	 motho ya tsofetseng

Letsatsi: .....



Ha re bueng





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



Teacher:

Sign:

Date:

4

Boholo le botsofadi

Ha re bueng

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

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

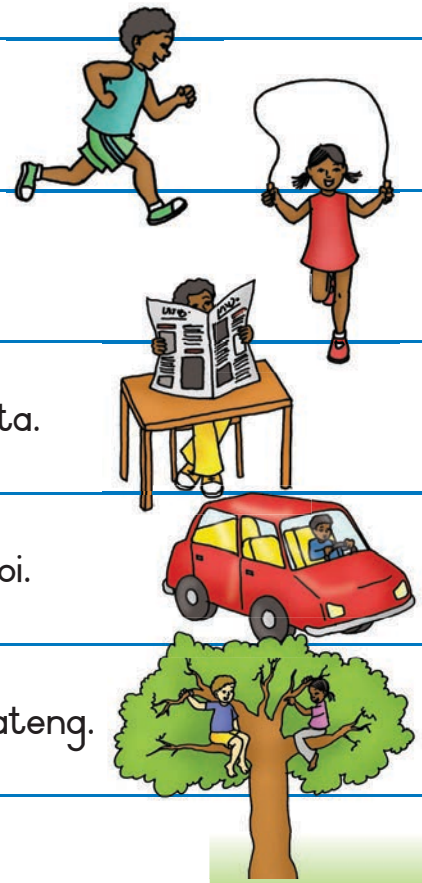
Batho ba fetoha jwang ha ba hola?



Ha re ngoleng

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

	Nna		Batswadi ba ka	
Ho matha o sa kgathale.	☺	☹	☺	☹
Ho tlola.	☺	☹	☺	☹
Ho bala koranta.	☺	☹	☺	☹
Ho kganna koloi.	☺	☹	☺	☹
Ho bapala sefateng.	☺	☹	☺	☹



Letsatsi: .....

Ha re bineng

A re itokisetseng ho bina.
Etsang medumo ena.

Modumo o potlakileng jwalo ka modumo wa ambolense.
Modumo o bonolo, jwale ka pina e binelwang ngwana hore a robale.
Modumo o tshwanang le wa dinonyana ha di bina.
Modumo o motenya jwalo ka tau ha e puruma.

Tswelang kantle

Na o ka kapa bolo?

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

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

Bapadisa bolo ya tenese fatshe.

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

Jwale ikotlolle jwale ka katse.

Teacher:
Sign:
Date:

5

Maikutlo



Ha re bueng

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

hlomoha	thabile	swabile	tshoha
	motlotlo	halefile	















Tswelang kantle

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



Letsatsi: .....



Ha re bueng

Ke eng se o thabisang?

Ke eng se o etsang hore o hlomohe?

Ke eng se o tshosang?



Ha re ngoleng

Ke eng se etsang hore o halefe?



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

Bukatsatsi e ratehang

Ngola hara bukatsatsi ka letsatsi leo o ikutlwileng o hloname. Bolela ho etsahetseng hore o hloname jwalo.

Bukatsatsi e ratehang

Teacher:

Sign:

Date:

6

Ntho tseo ke di ratang

Ha re ngoleng

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







DINTHO TSEO KE RATANG HO DI ETSA







Letsatsi: .....



Ha re etseng ditshwantsho

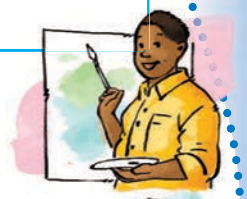
Jwale sebedisa mmapa wa mohopolo ho ngola serapa ka seo o natefelwang ke ho se etsa le hore hobaneng se o natefela.

Se nnatefelang haholo











Ha re etseng

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







Ha re bueng

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

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









Ke ntho efe e ratwang haholo?

Maikutlo

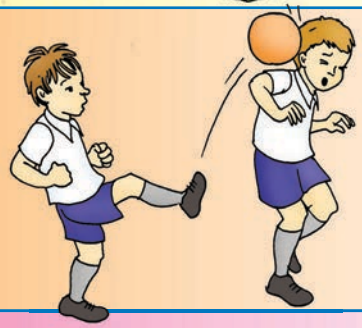
Ha re bueng

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



Na ha o kgone ho lebella moo o yang!

Ntshwarele! e re ke o thuse ho phahamisa dintho tsena!



Jo! ke ena bolo ya hao.

Jo! tsamaya o ilo bapala sebakeng se seng!



Ke ya ka, o ka se e fumane.

Tlo, ha re arolelane tjhokolete.

Ha re ngoleng

Metswalle e nepahetseng e etsa eng?



Ha ke etsa ntho e fosahetseng ke kopa tshwarelo.

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



Letsatsi: .....

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



Ha re bueng

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






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

Tswelang kantle

Leka ho etsa dintho tsena tse latelang.

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



Teacher:
Sign:
Date:

8

Nnetefatsa feela



Ha re ngoleng

Itlhatlhobe	✔	✘
Ke motswalle ya lokileng.		
Ke tsotella metswalle ya ka.		
Ke motswalle wa bana ba ka phaposing.		
Bana ba bangata ka phaposing ya ka ba nthata.		
Ke mosa ho batho ka nako tsoohle.		



Ha re etseng

Etsetsa motho eo o mo ratang karete. Taka setshwantsho kantle, o ngole molaetsa wa bohlokwa ka hare.





Letsatsi: .....



Ha re ngoleng

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



Batho ba kgethehileng bophelong ba ka



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

Teacher:

Sign:

Date:

9 Tsa bophelo bo bottle le thuso ya pele



Ha re bueng

Bua ka se etsahalang setshwantshong sena.



Na o kile wa tswa mokola?

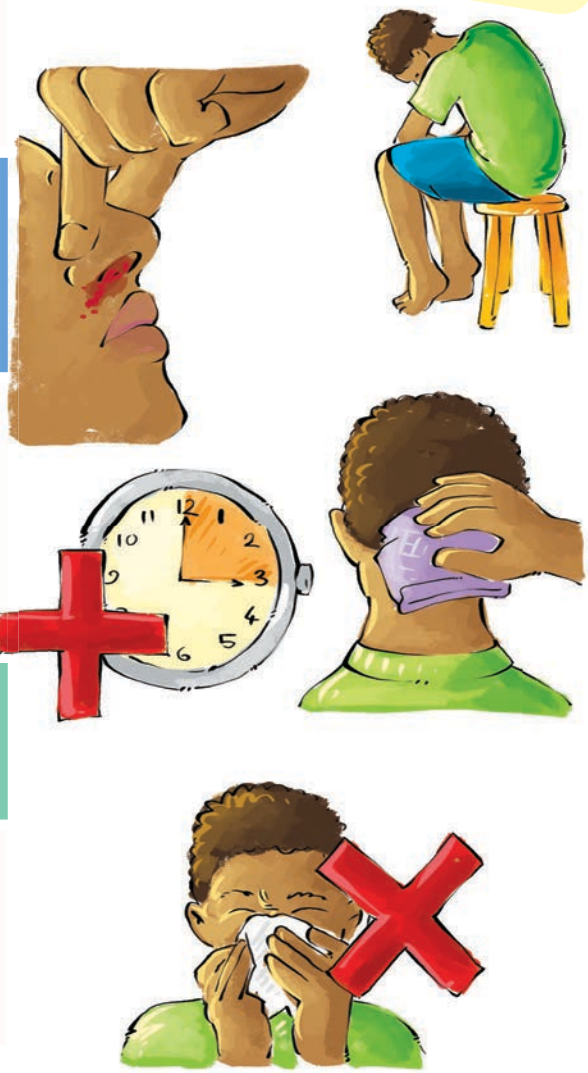
O lokela ho etsa eng ha o tswa mokola?

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

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

Seo o tlamehang ho se etsa ha o tswa mokola

1. Dula fatshe o dullele pele, hlooho ya hao e shebe fatshe.
2. Tshwara nko ya hao e kwetswe metsotso e mmedi, mme o heme ka molomo.
3. Beha ho hong ho batang kamora molala wa hao jwaloka thaole e mongobo kapa maqhwa a phuthetsweng ka thaole.
4. Se mine ha mokola o fela.
5. Ha madi a sa emise kamora metsotso e 15, bona ngaka kapa mooki.



Letsatsi: .....

Tlhokomelo ya maqeba





A re baleng

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

Ha re bueng

Hlalosetsa metswalle ya hao hore leqeba le hlwekiswa jwang.

Tsela ya ho thibela madi leqebeng

O se ke wa tshwara madi a motho e mong.

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

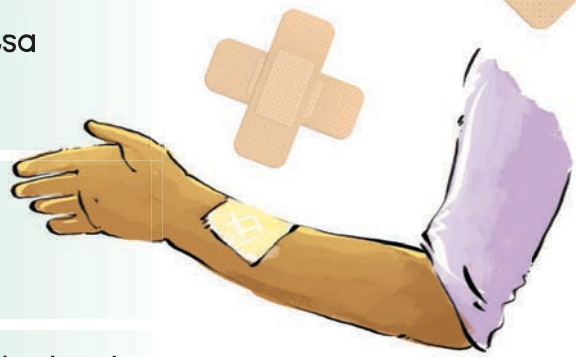
Emise ho tswa ha madi ka ho phahamisa letsoho hore le be ka hodima pelo.

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

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

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







Teacher:

Sign:

Date:

Ho tjha



A re baleng

Ha o tshwara ntho e tjhesang o tla tjha.

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

1. Tsokotsa leqeba la mollo tlasa metsi a batang metsotso e ka bang 10. Sena se thusa ho phodisa letlalo.
2. Haeba diaparo di itshwareletse mmeleng, o se ke wa di hloobola.
3. Tlohela leqeba la mollo le bulehile mme o bone hore le se be lebe ho feta.
4. Haeba moo o tjheleng ho tebile kapa ho le boholo bo fetang bokahare ba letsoho la hao bona ngaka hang hang.

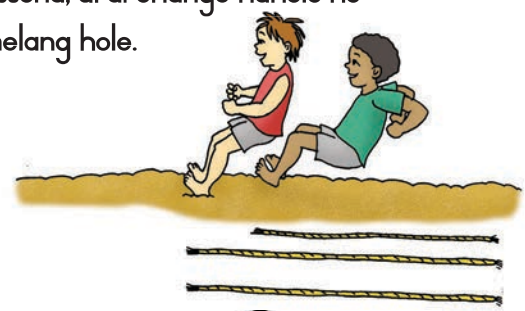


Tswelang kantle

Qhomela hole.

Nka dithupa tse tharo kapa dikoto tse tharo tsa mohala.

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



Tshwaya hore o ka tlola sebaka se sekae.

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





Tswelang kantle



Etsa kiribae.

Fanang sebaka le motswalle wa hao le be dikiribae.

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

Letsatsi: .....

Ha re bueng

Ho etsahalang ditshwantshong tsena?
Batho ba ka tjha jwang?









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

Ho tswa mokola

Maqeba



Ho tjha

Teacher:
Sign:
Date:

11

Polokeho ya mmele



Ha re bueng

Re lokela ho hlokomela mmele ya rona.

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

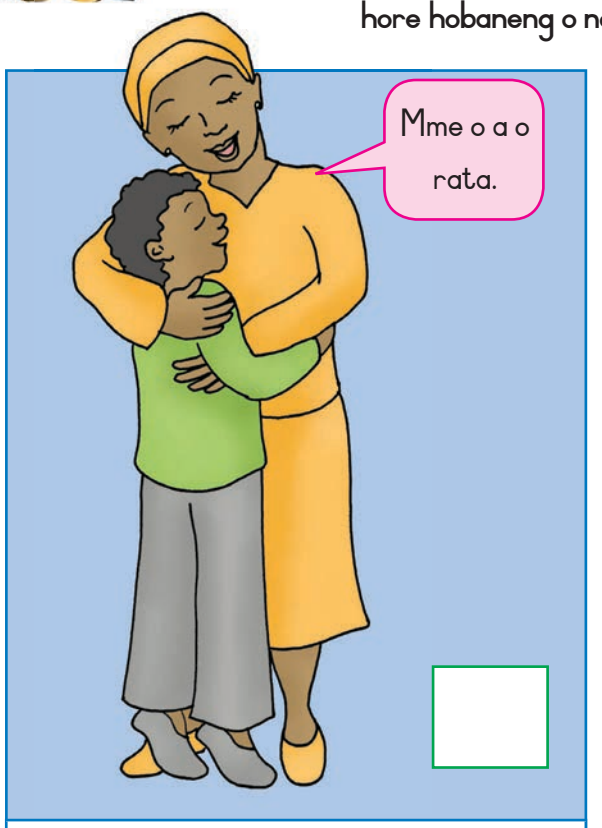
Maikutlo a rona ha a dumele ha ho na le se sa re kgotsofatseng, mme re batla hore re emise.





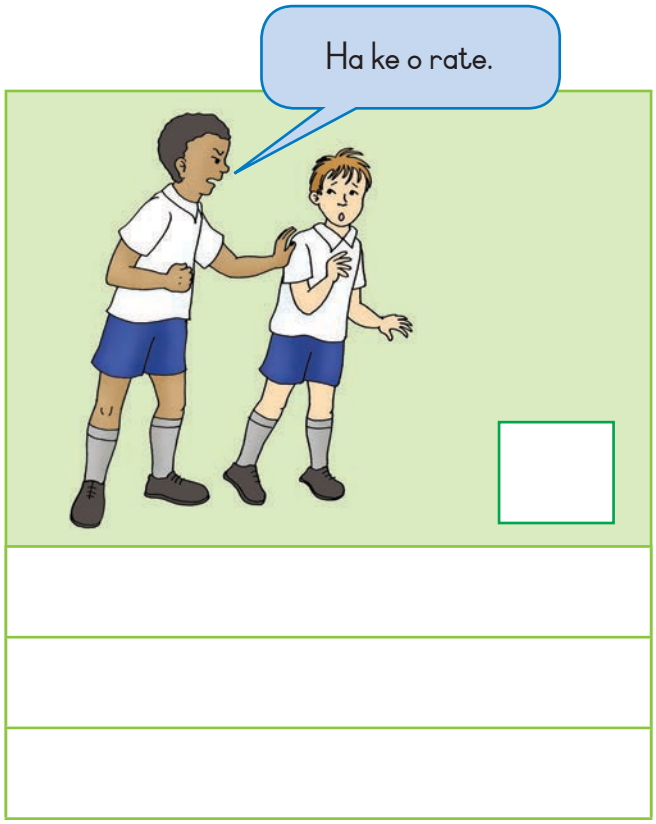
Ha re ngoleng

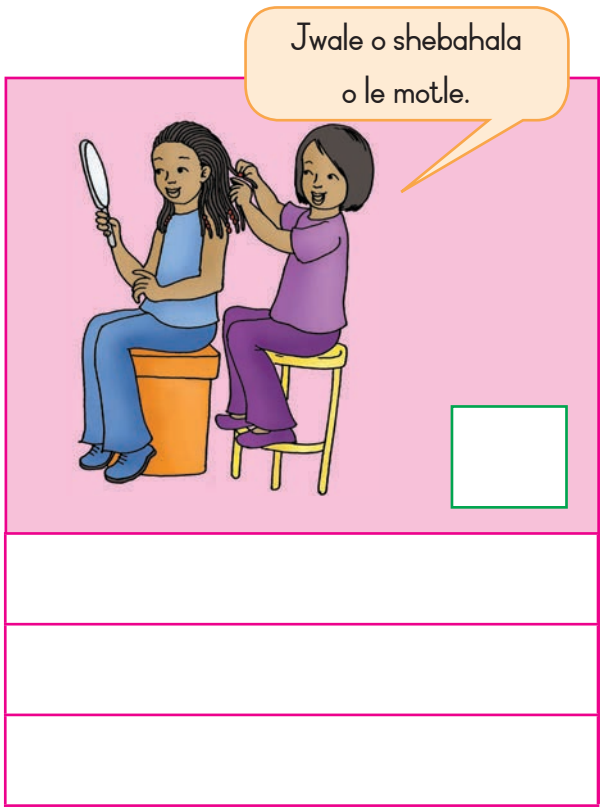
Tshwaya no ✔ ha setshwantsho se bontsha ketso e bolokehileng, mme ✗ haeba ketso eo e sa bolokeha. Jwale ngola polelo tlasa setshwantsho ka seng ho bolela hore hobaneng o nopola hore ho bolokehile kapa tjhe.





Letsatsi: .....





Ho hana

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

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



Ha re ngoleng

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



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

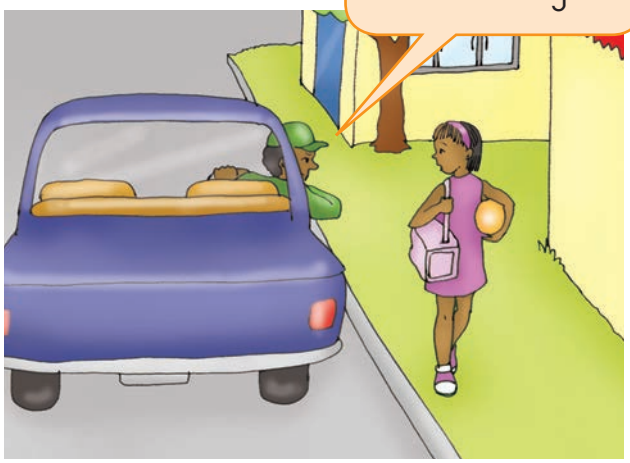


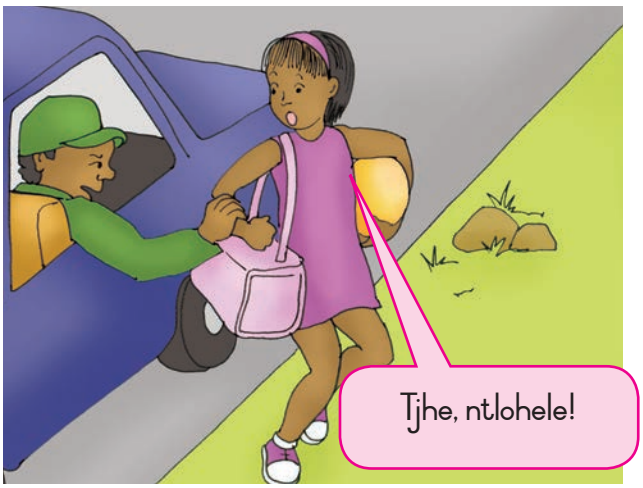
Ho itlhokomela

Ha re bueng

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











Ha re bueng

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

Letsatsi: .....

Ha re ngoleng

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

Bana ha ba a tlameha ho...



Ha re etseng

Etsa lesira ho bontsha maikutlo.



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

Etsa setshwantsho pampiring.

E sehe.

Seha mahlo.

Kgabisa ka pampiri ya mmala.

Tswelang kantle

Itokisetse ho matha lebelo.

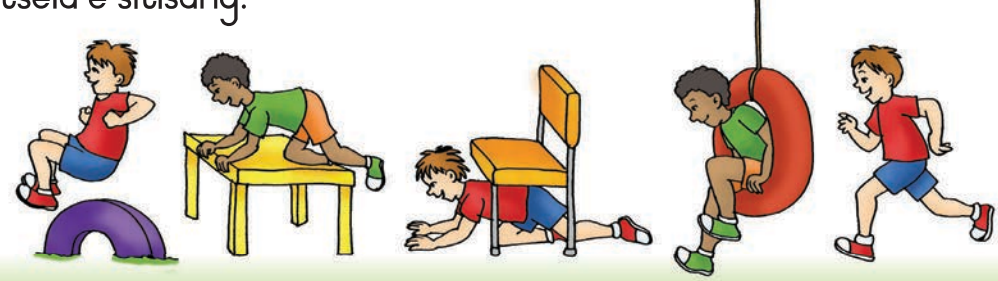


Ema boemong bo nepahetseng ba ho qala lebelo.

Mamela titjhere ya hao e re:

Ka mangwele fatshe, loka, matha!

Jwale etsa tsela e sitisang.



Teacher:

Sign:

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13 Ho tshwara mmele wa ka o bolokehile



Ha re bueng

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






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

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

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

Ho tsuba ho senya mmele ya rona jwang?



Ha re ngoleng

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

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

Letsatsi: .....



Melao ya bophelo bo botle

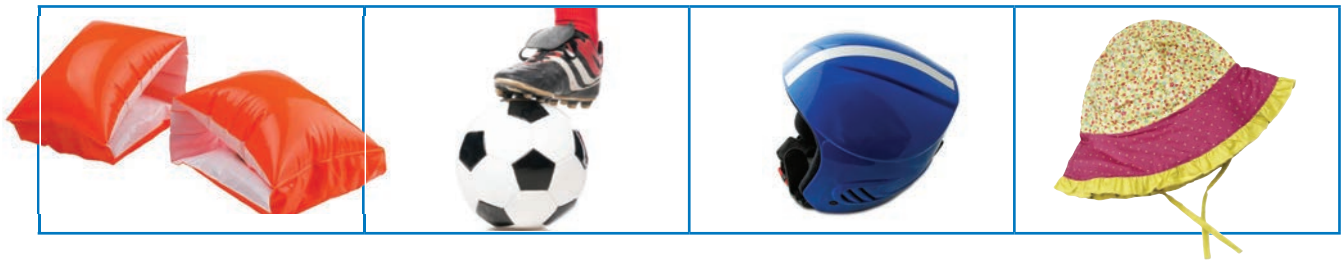


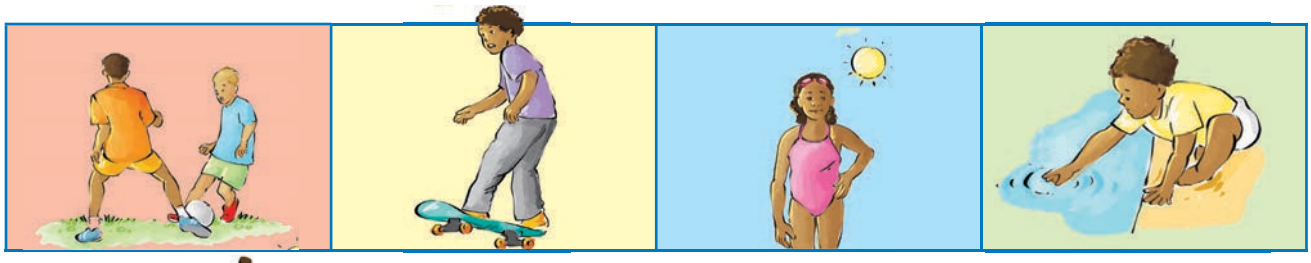
Ke tshwanetse ho hlatswa meno kamora ho ja le pele ke ilo robala. Ke tlamehile ho kama moriri pele ke ya sekolong. Ke tshwanetse ho hlatswa meno kamora ho ja le pele ke ilo robala. Ke tshwanetse ho boloka manala a makgutshwane mme a hlwekileng. Ke tlamehile ho hlatswa matsoho kamora hore ke kgutle ntlwaneng.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



Tlotlontswe

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



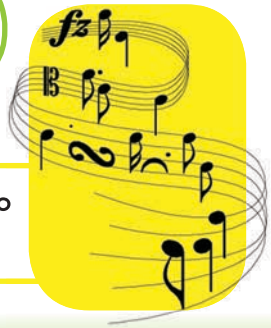




Tlotlontswe



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



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

Teacher:

Sign:

Date:

14

Ditokelo le boikarabelo

A re baleng

Ka nako tse ding bana ba tlameha ho thusa ba habo bona ka mosebetsi.

Empa bana ha ba tlameha ho sebetsa ka thata jwale ka batho ba baholo.

Bana ba tlamehile hore ba be le nako ya ho bapala le ho ya sekolong.



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

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

Letsatsi: .....

 Peter o jara ditene hobane o sebeletsa seahi.	 Jabu le Bongi ba thusa ho hlatswa.



Ha re bueng

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





Tswelang kantle

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



Tlama maoto ebe le a matha.



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



15 Ditokelo le boikarabelo

Ha re bueng

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

Sekolo se seng le se seng se na le melao e thusang tsamaiso ya sekolo hantle. Tlelase e nngwe le e nngwe e na le melao eo re tlamehang ho e latela.



Letsatsi: .....



Ha re ngoleng

Ngola melao e mene ya sehlopha ya hao.





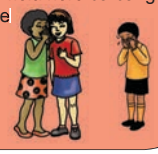




Ha re bueng

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

BOIKARABELO BA BATJHA BA AFRIKA BORWA

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



Matsatsi a bodumedi le matsatsi a mang a kgethehileng



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



boHindu



boIslam



boJuda



boKeresete

Re tshwanela ho hlompha batho ba ditumelo kaofela.

Bodumedi ba hao ke bofe? _____

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

Letsatsi: .....

Re a hlahloba

16b



Ha re ngoleng

Tlatsa karete ka wena.

Lebitso la ka _____

Sefane sa ka ke _____

Letsatsi la ka la tswalo ke _____

Kereiti ya ka ke _____

Sekolo sa ka ke _____

Nomoro ya ka ya mohala ke _____

Aterese ya ka ke _____

_____

_____

_____

Nomoro ya tshohanyetso ke _____

Papadi ya ka eo ke e ratang ke _____

Mmala oo ke o ratang haholo ke _____

Motswalle wa ka wa hloho ya kgomo ke _____

Ke eng se nthabisang _____

Ke eng se ntlhomolang _____

Ke eng se nkgalefisang _____

Seo ke se tsebang haholo _____

Kotara ya I – Beke ya 8 – Legephe la mosebetsi

Teacher:

Sign:

Date:

17 Mekgwa e metle ya ho ja



Ha re bueng

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

Diporoteine

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





Divitamine

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



Tswelang kantle

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

Letsatsi: .....

Dikhabohaetereite

Dijo tsena di re etsa hore re be mafolofolo.





Deiri

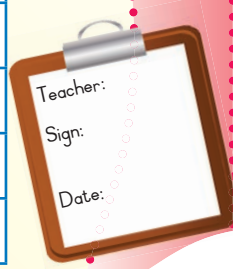
Dijo tsa lebese di matlafatsa masapo a rona, haholo ha re sa le batjha mme masapo a rona a sa hola.



Ha re ngoleng

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

Dijo tseo ke di jeleng maobane	Mofuta wa sejo



18 Mekgwa ya rona ya ho ja



Ha re bueng

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

Tlatsa mabitso a ditho tsa sehlotshwana sa metswalle ya hao.





Ha re ngoleng

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

Ke dijo di feng tseo metswalle ya hao e sa di ratesiseng?
O nahana hore metswalle ya hao e na le mekgwa e metle ya ho ja?
Hobaneng o nahana jwalo?



Tlotlontswe

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



Letsatsi: .....



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



Ha re ngoleng Ngola resipe ya sejo seo o se ratang haholo.

Re tshwanetse ho qoba eng?

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

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

Tswekere e ngata ebile e a nontsha.

Dinomaphodi, dikuku le ditjhipisi tse ngata.



Resipe ya _____

Ke hloka disebediswa dife?	
Ke tshwanetse ho latela mokgwa o fe?	

Teacher:

Sign:

Date:

19 Mekgwa e metle ya ho ja

Ha re ngoleng

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



Tswelang kantle

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



Letsatsi: .....

Ha re ngoleng

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

Lenane la ntho tse rekwang	Theko



Ha re ngoleng

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

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

Teacher:
Sign:
Date:

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

20

Ho ja hantle



Ha re etseng

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

Letsatsi: .....

A re baleng

Melao ya ho ja hantle

Hlatswa matsoho pele o tshwara dijo.

Se siye dijo di sa kwahelwa.

Se je dijo tsa kgale kapa tse bodileng.

Sebedisa mahlaku a meroho ho etsa moitedi tshimong.

Lema meroho ya hao.





Ha re etseng Etsa setshwantsho ho bontsha e meng ya melao ena.

Teacher:

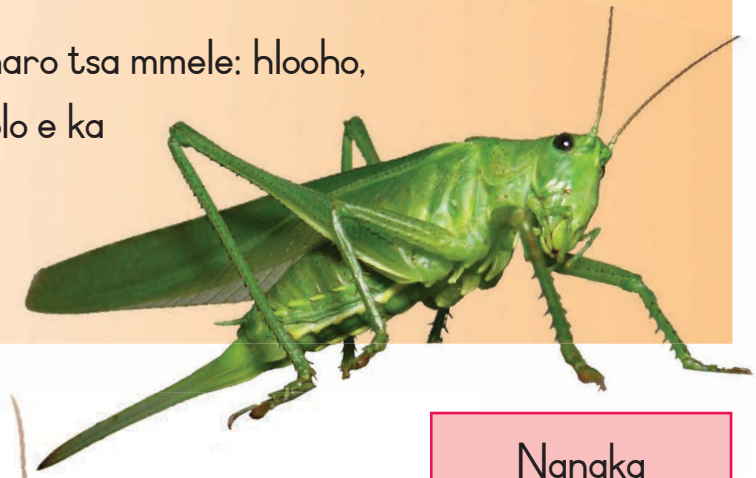
Sign:

Date:

Dikokonyana

Ha re bueng Bua ka karolo tsa mmele tse fapaneng tsa dikokonyana.

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



Ha re etseng

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

Hlooho

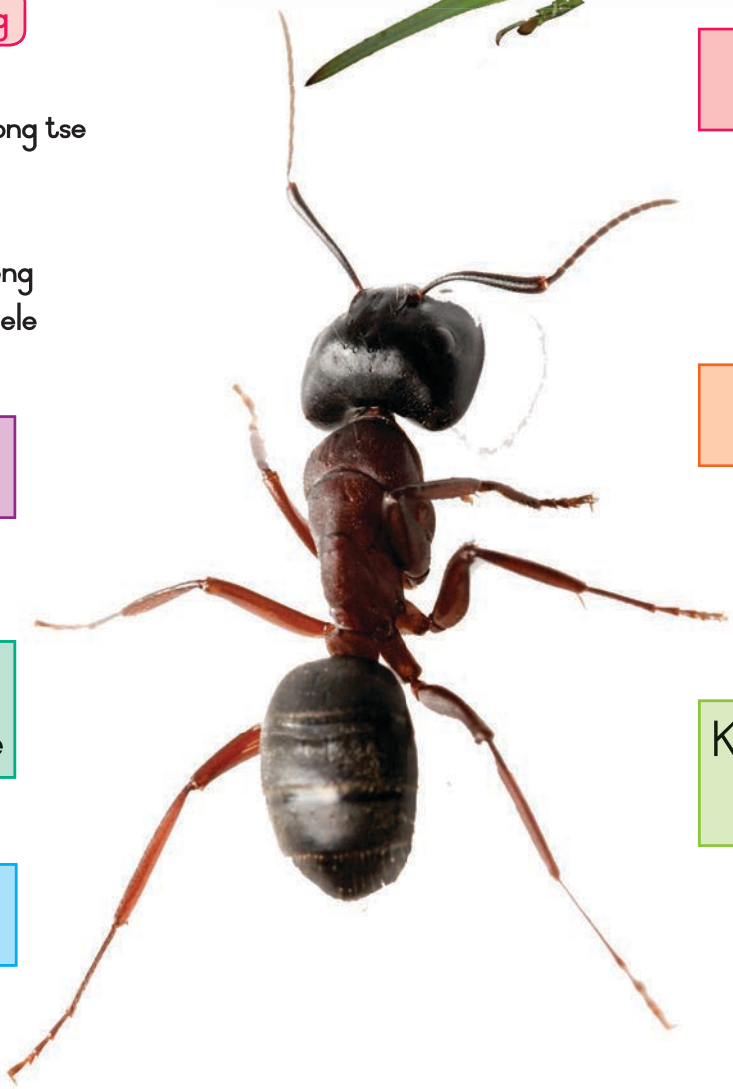
Karolo e ka hodimo ya mmele

Leoto

Nanaka

Leihlo

Karolo e ka tlase ya mmele



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

Letsatsi: .....

Ha re ngoleng

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













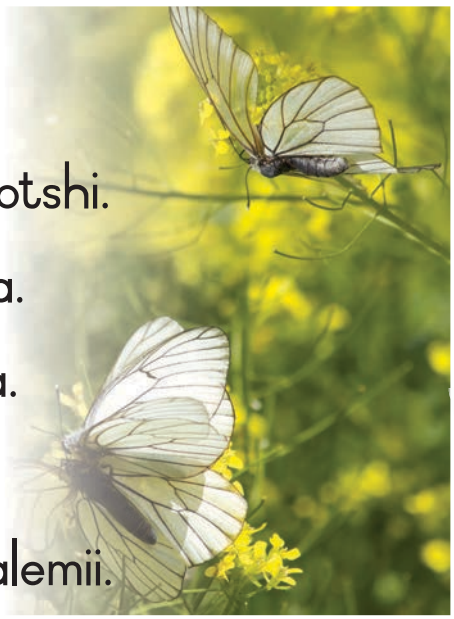




- Notshi
- Monwang
- Tsintsi
- Kokonyana
- Tsie
- Serurubele
- Maleshwane
- Mmoto

Ha re ngoleng

Jwale tlatsa dikgeo ka mantswe.



_____ etsa mahe a dinotshi.

_____ nontsha dipalesa.

_____ hasanya malaria.

_____ hasanya mafu.

_____ di ja dijalo tsa balemii.

Teacher:

Sign:

Date:

Tse ding ka ha dikokonyana

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

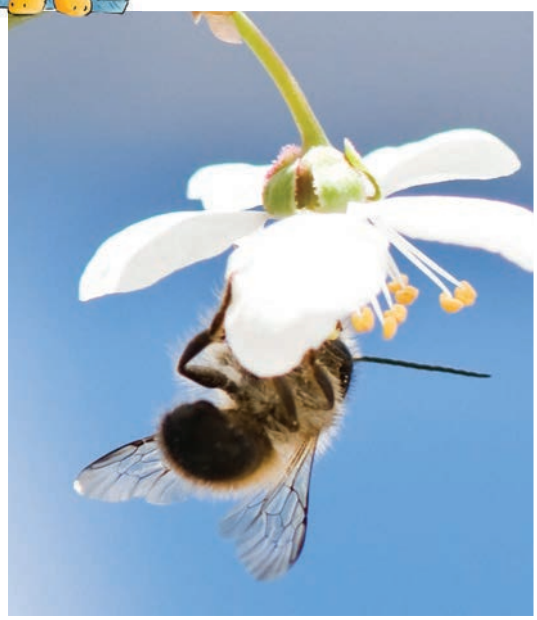


Dinotshi di hasanya monontsha. Sena se bohlokwa hore dijalo di hole.



Dinotshi di etsa mahe a dinotshi/mamepe.

Ha re ngoleng Ngola lebitso la kokonyana e nngwe le e nngwe sebakeng se latelang.



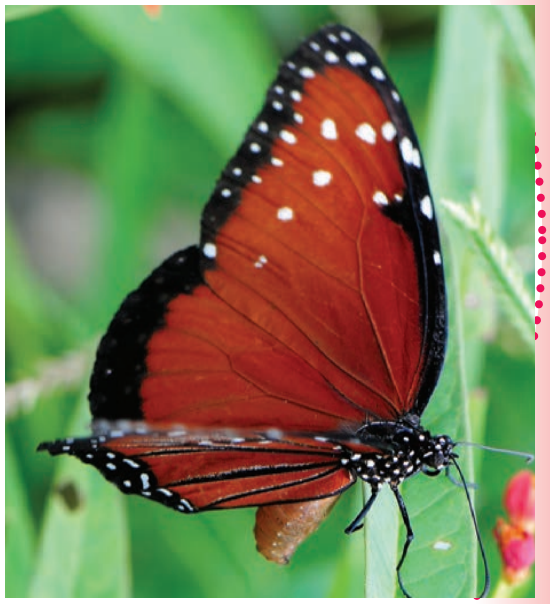
_____ se nyanya lero dipaleseng.



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

Letsatsi: .....





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



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

_____ di hasanya kokwana hloko.



Ha re etseng

Etsa kokonyana e tsamaye.

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



Teacher:
Sign:
Date:

23

Mahae a dikokonyana

Kotara ya 2 – Beke ya 4 – Legephe la mosebetsi



Ha re etseng

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



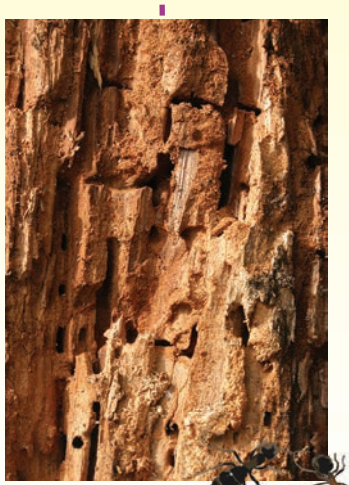


















Letsatsi: .....



Ha re etseng

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





Ha re ngoleng



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

Kokonyana ena e ja mofuta o feng wa dijo?



Kokonyana ya hao e tsamaya butle kapa kapele?

Kokonyana ya hao e molemo? Hobaneng o re jwalo?

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



Tlotlontswe

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

Teacher:

Sign:

Date:

24 Bontsha bokgoni ba hao



Ha re etseng

Etsa serurubele sa hao

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



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



Letsatsi: .....



Tswelang kantle Leka dipapadi tsena.



Seteishene 1:

Baseketebolo: Otlanya bolo fatshe o matha matswedintsweke.



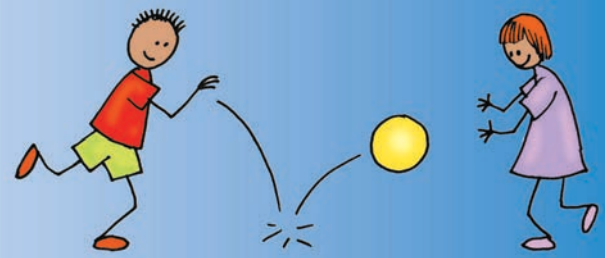
Seteishene 2:

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



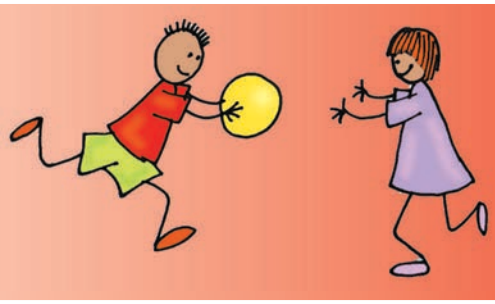
Seteishene 3:

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



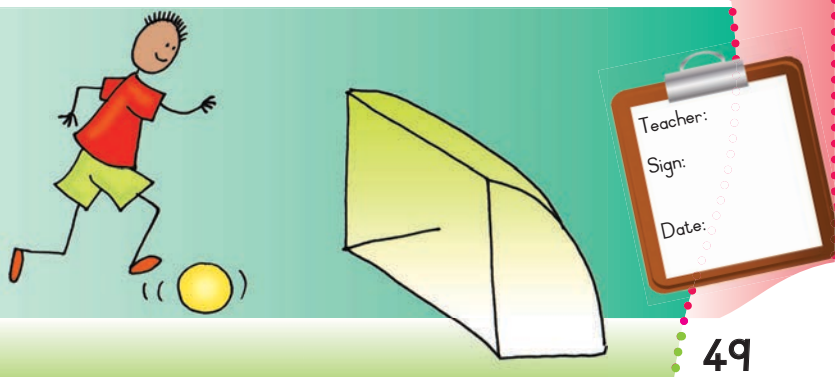
Seteishene 4:

Rakebi: Matha ka bolo o e fetise.



Seteishene 5:

Bolo ya maoto: Rahela bolo dipalong.



25

Masakana a bophelo

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

Lesakana la bophelo ba senqanqane





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

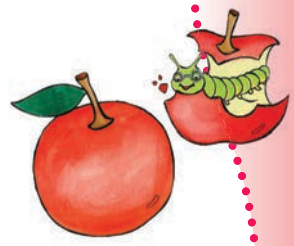
1. Dinqanqane tse pedi di a kopana hore di nontshe mahe.
2. Senqanqane se setshehadi se behela mahe.
3. Mokudubete o monyenyane o nang le matshwafohlapi a ka ntle le mohatla wa lephewana la hlapi.
4. Mokudubete o hola maoto.
5. Mohatlana o a nyamela.
6. Senqanqane se seholo se seng se na le matshwafo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

Letsatsi: .....



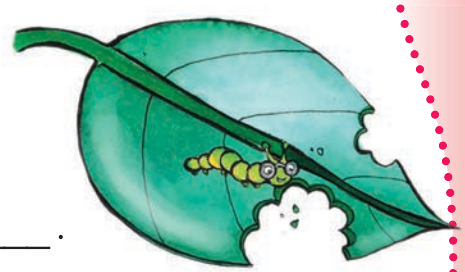
Ha re etseng

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



Lesakana le bontshang bophelo ba serurubele







1 Serurubele se alama mahe.

2 _____.

3 _____.

4 _____.

5 Popane e fetoha seboko.

6 _____.







Teacher:

Sign:

Date:

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Masakana a bophelo

Ha re bueng

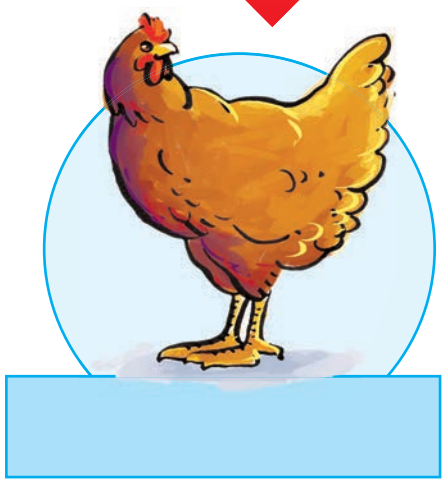
Sheba ditshwantsho o bue le motswalle wa hao ka bophelo ba kgoho.
Jwale ngola se etsahalang boemong bo bong le bo bong.

Bophelo ba kgoho

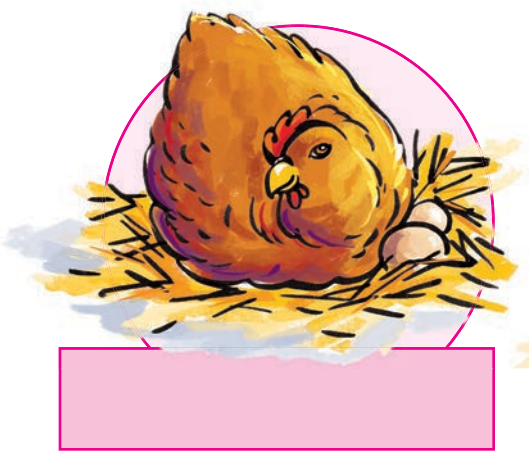


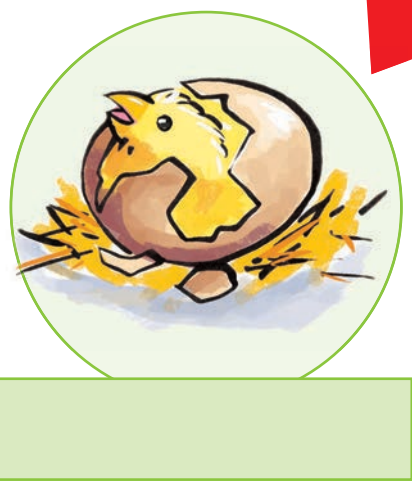
















Letsatsi: .....



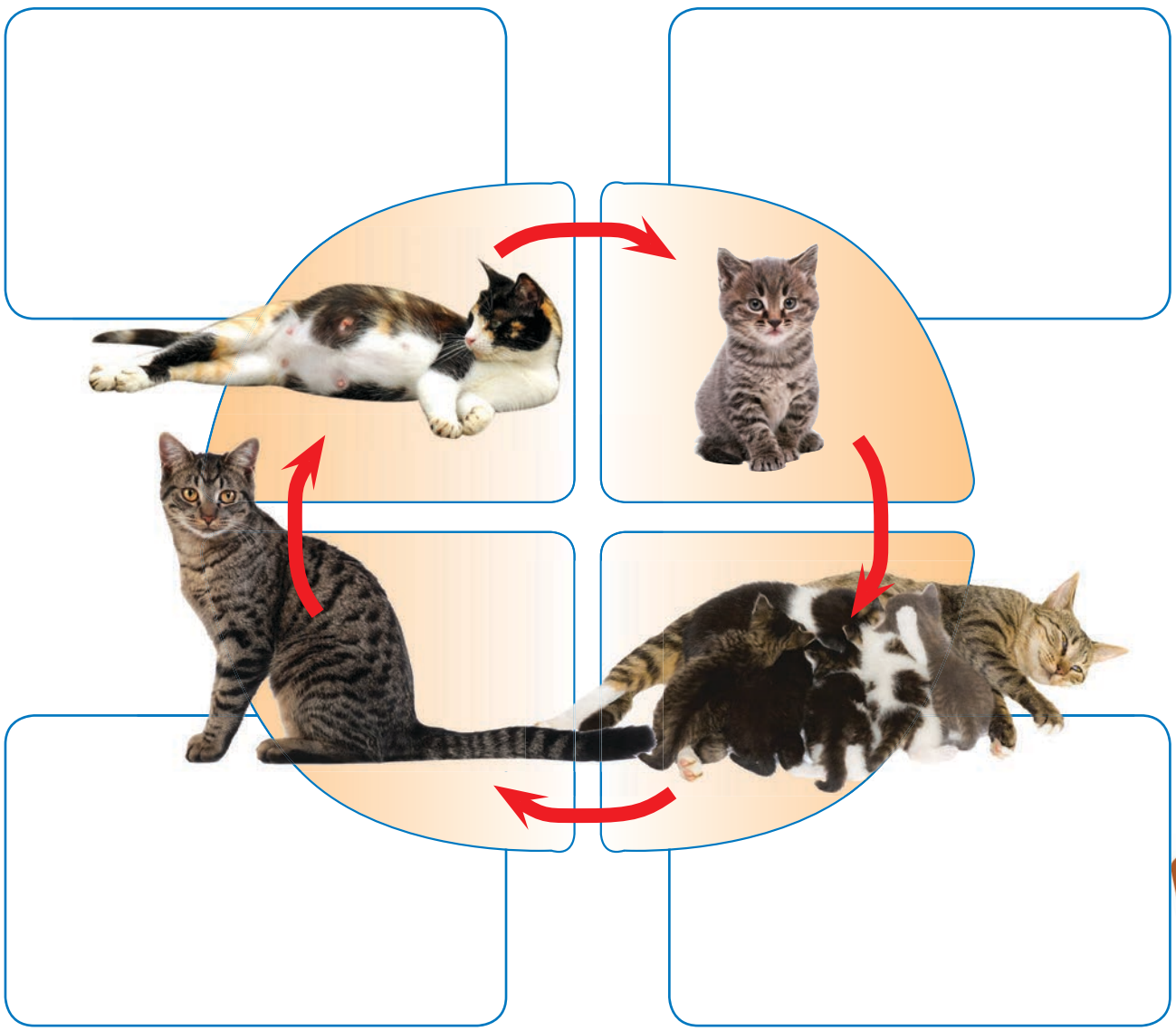
Ha re etseng

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

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

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

Lesakana la bophelo ba katse



Teacher:
Sign:
Date:

Phoofolo ya ka ya setswalle

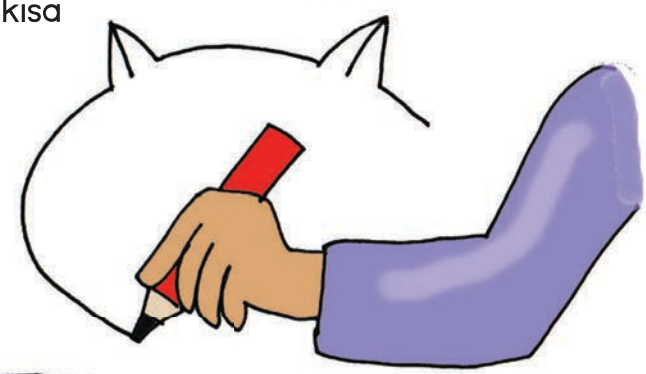


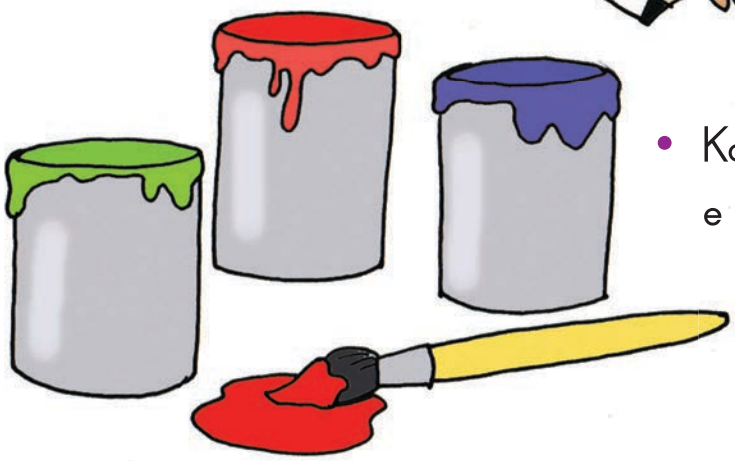
Ha re etseng Etsa mmaseke wa phoofolo ya setswalle.



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

- Etsa setshwantsho sa sefahleho sa katse pampiring.

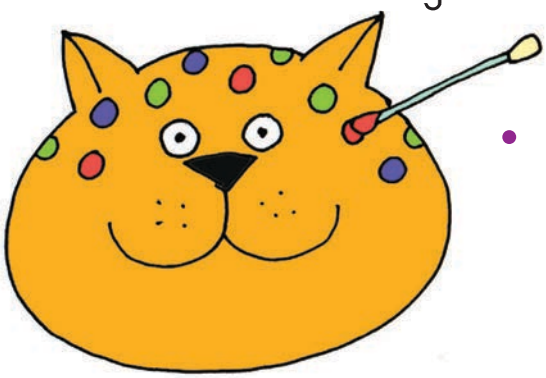




- Kopanya dipente ho etsa mmala e meraro e fapaneng.



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



- Etsa matheba a mmala e fapaneng ho kgabisa.



Letsatsi: .....



Ha re bueng

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





Ha re etseng

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

Teacher:

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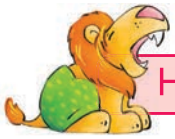
28 Tlhokomelo ya tikoloho ya rona



Ha re bueng

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



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

Re ntjhafatseng hape hle!





Tswelang kantle

Na o ka etsa tantshe o sebedisa dihupu le malente?



Letsatsi: .....

A re baleng

Re ka boloka tikoloho e hlwekile jwang?

Re lokela ho hopola **F S** le **N**.

Fokotsa: Re lokela ho fokotsa ho lahla dintho hohle.

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

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



Ha re ngoleng

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

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

Teacher:
Sign:
Date:

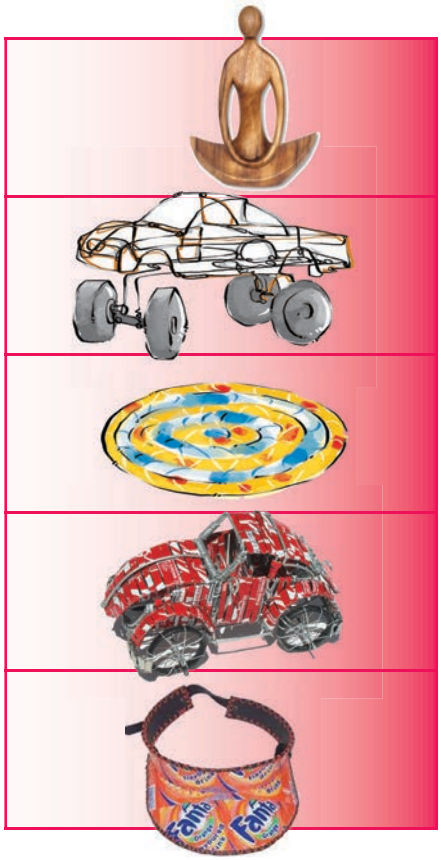
29

Ntjhafatsa

Ha re ngoleng

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





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

Lebitso la ntho
E entswe ka

Taka setshwantsho se kgethiehleng sa ntho.

Letsatsi: .....



Ha re ngoleng

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

mekotlana ya polasitike | dihaba tsa meroho | manala

makotikoti a Senomaphodi | dikgaketlana tsa mahe

Dintho tse sa boleng	Dintho tse bolang



Ha re etseng

Etsa phousetara e bontshang thibelo ya ho lahla dintho fatshe.
Etsa setshwantsho o ngole molaetsa.

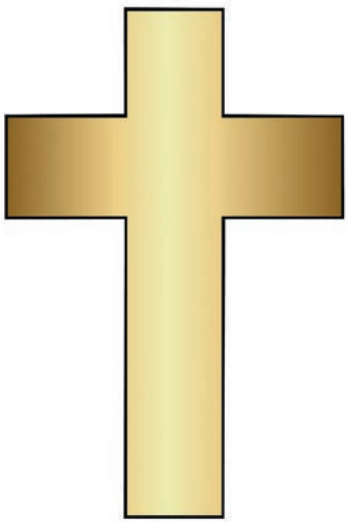
Teacher:
Sign:
Date:

30 Matsatsi a bodumedi le a mang a kgethehileng



Ha re bueng

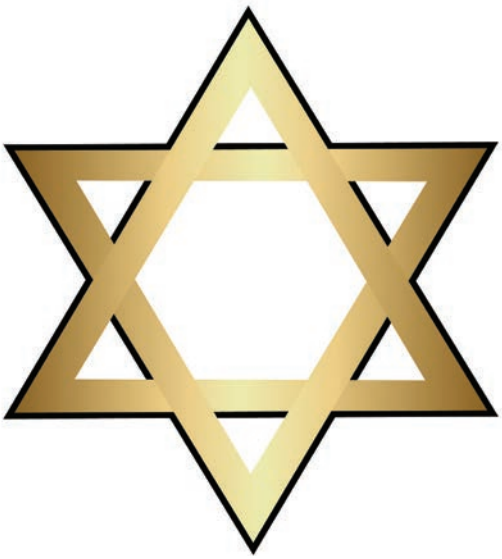
Bua le motswalle wa hao ka ditumelo tse fapaneng tse sebedisang matshwao ana. Bontsha hore ke lefeng leo e leng la tumelo ya hao. Ha o sa bone letshwao, le etsetse motswalle wa hao.



Sefapano ke letshwao le bontshang bokresete.



Kgwedi e tolokileng le naledi di etsa letshwao la Islam.



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



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

Letsatsi: .....

Dibaka tse fapaneng tsa thapelo

31

Ha re etseng

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

tempele | synagogue | mosque | kereke

Tumelo
Islam
Hinduism
Bokeresete
Judaism

Sebaka sa thapelo





Ha re etseng

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

Lebitso la motswalle	Letshwao

Teacher:
Sign:
Date:



LENGOLO LA BOPAKI

la ho qeta kereiti ya 3

Bokgoni ho tsa Bophelo buka 1

e abetswe

_____

Tlatsa lebitso la hao

Letsatsi _____

Titjhere _____

Bukantswe ya ka



Bukantswe ya ka

