



E hlophisitswe ho
latela lenane thuto
la CAPS

Kereiti

3

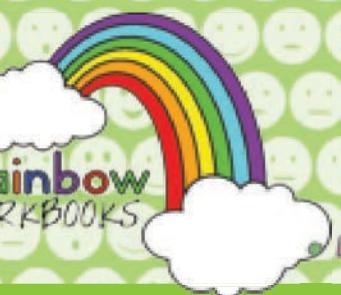


Bokgoni ho tsa Bophelo ka SESOTHO

Buka ya 1
Kotara ya 1&2



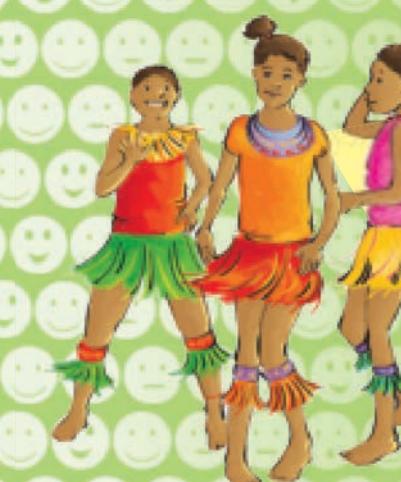
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**LIFESKILLS IN SESOTHO
GRADE 3 – BOOK 1
TERMS 1 & 2
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13th Edition
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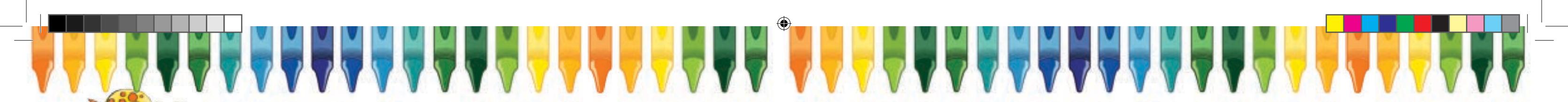
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lenaneo

Kotara 1

Leqephe

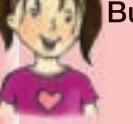
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Mofumahadi Angie
Motshekga, letona
la Lafapha la Thuto
ya Motheo



Ngaka Reginah Mhaule,
Motlatso 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 Motlatso Letona la Thuto ya Motheo, Ngaka Reginah Mhaule.

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 I



Buka ena ke ya:





1

Ditaba ka nna

Kotara ya | – Beke ya | – Leqephé la mosebetsi



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

Mohla:



Taaka setshwantsho sa hao.

2

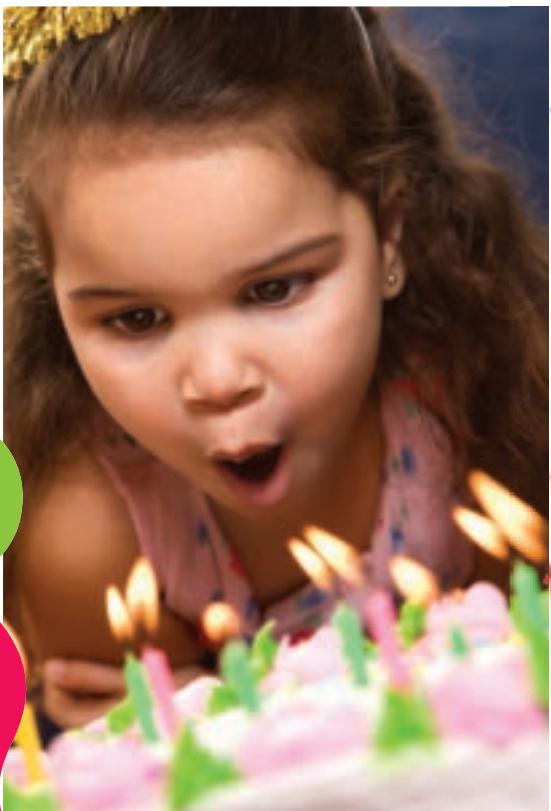


Ha re bueng

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

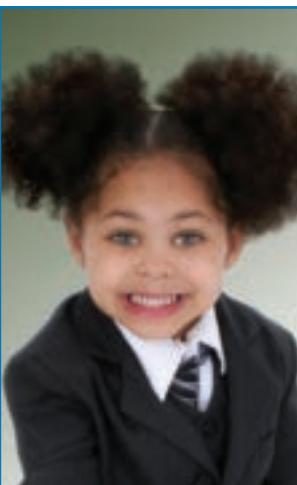
Na o ka kgonna ho hopola ho fihlela
kae? Na o ka hopola letsatsi la hao la
tswalo selemong sa bobedi?

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 tlide ho kereiti
ya 3 ka

kgwedi

selemo

20 _____

20 _____

20 _____

20 _____





2

Sekolo sa heso

Kotara ya | – Beke ya | – Leqephé ya | – mosebetsi



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 sefe?	Mosuwehlooho wa hao o tlide sekolong ka selemo sefe?		

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



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 taaka ditshwantsho ho bontsha histori eo.

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

Mohla:

4



Lepetjo la sekolo e ne e le lefe?

Na e ntse e le lona le kajeno?

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



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 thapolohe. 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 o ka kgona ho e kenya kamokotlaneng.

Ikotlolle jwalo ka katse hore o thapolohe.





3

Tsohle ka nna

Kotara ya I – Beke ya 2 – Leqephé | a mosebetsi



Ha re bueng

Nahana ka se seng se kgahlisang se ileng sa o etsahalla nakong e fetileng, O boelle 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 e e ba mosadi.

		
lesea	ngwana	ngwana sekolo

		
morwetsana	mosadi / motswadi / mme	motho ya tsofetseng / nkongo

Mohla:

6

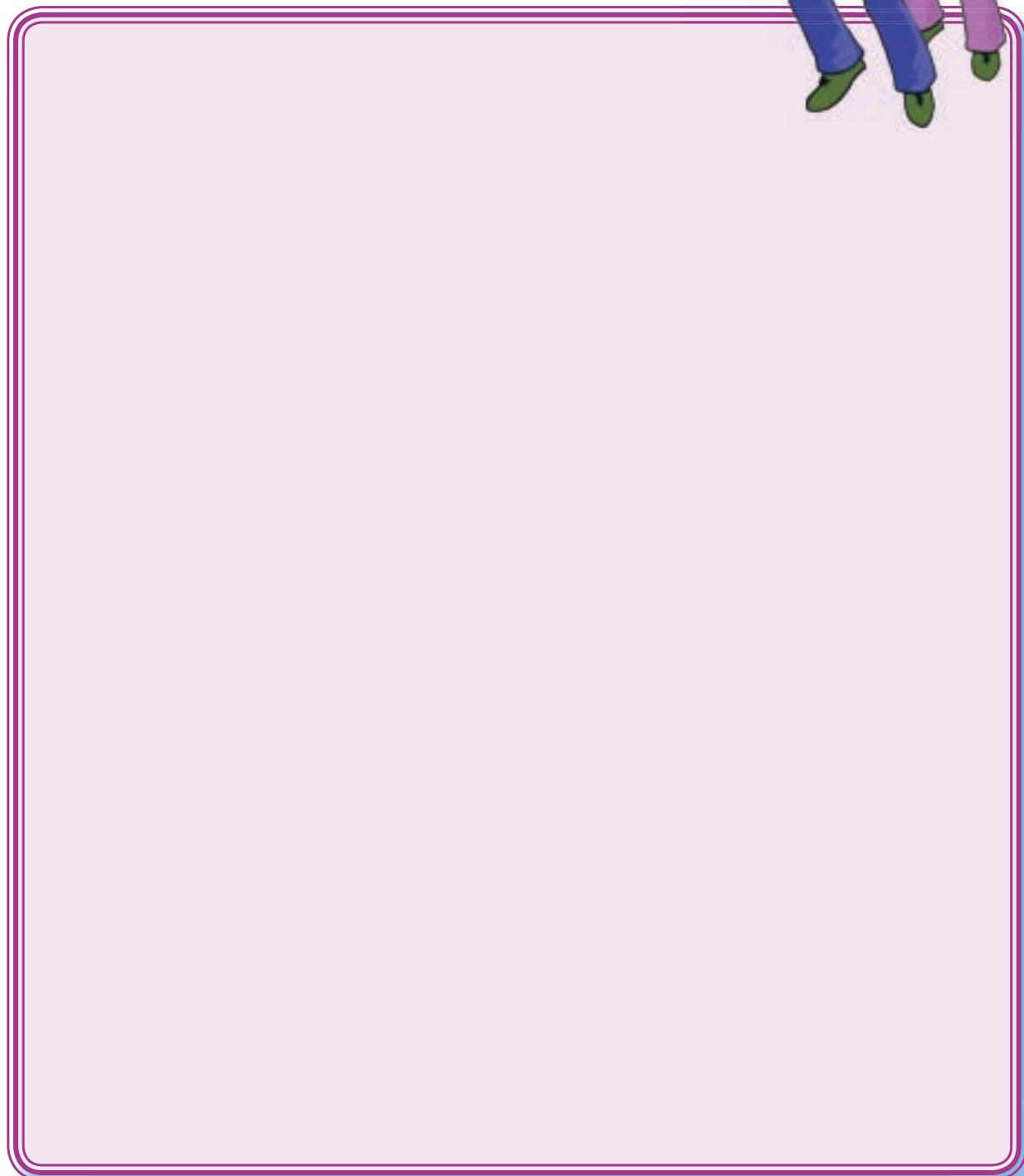


Ha re bueng



Sebetsang dihlopheng tsa lona. Qapang pina mme le tantshe.

Sehlopheng sa hao, ngola mantswe a pina dibakeng tse silweng ka tlaase. Jwale bontsha tlelase hore o bina jwang ha o ntse o tantsha.



Boholo le botsofadi



Ha re bueng

Bua ka hore bana ba boholo le batho ba boholo ba fapani jwang le wena.



Ha re ngoleng

Batho ba fetoha jwang ha ba hola?



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

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

Mohla:



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?



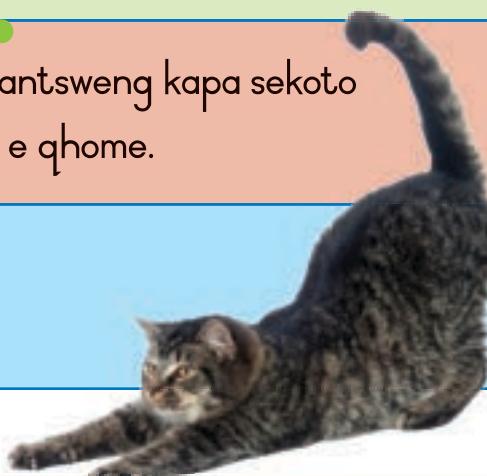
Akgela bolo ya tenese moyeng, mme o e kape ka matsoho a mabedi.

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

Bapadisa bolo ya
tenese fatshe.

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

Jwale ikotlolle jwale ka katse.



5
Kotara ya I – Beke ya 3 – Leqephé la mosebetsi



5

Ha re bueng

Maikutlo

Sheba ditshwantsho tse latelang, bolela hore bana bana ba ikutlwajwang.
Na o kile wa ikutlwakamokgwa 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 banyenyane
o ikwetlisa ho otlela pele le morao.



Mohla:

10



Ha re bueng

Ke eng se o thabisang?

Ke eng se o etsang hore o hlomohe?

Ke eng se o tshosang?

Ke eng se etsang hore o halefe?



Ha re ngoleng

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





6

Ntho tseo ke di ratang

Kotara ya I – Bekə ya 3 – Leqephə la mosebetsi



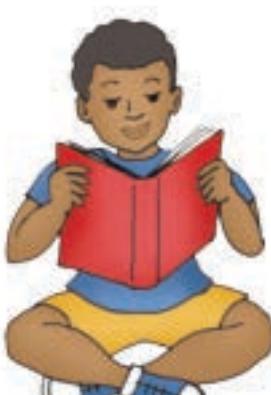
Bolella seholpha sa hao hore o rata ho etsa eng(dintho) haholo.
Jwale ngola mabitso a dintho tsena dibakeng tse silweng mmapeng
wa mohopolo.







**DINTHO
TSEO KE
RATANG
HO DI
ETSA**





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.



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 l nako le nako ha ba rata se itseng.



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



13

Ke ntho efe e ratwang haholo?



7

Maikutlo

Kotara ya I – Beke ya 4 – Leqephé la mosebetsi



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



Mohla:



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 tshwanelo ho matha o potapote, o nke tsela e fapaneng.
- Jwale qhomisa bolo o tsamaye o ye pele ka nako e le nngwe.





8

Netefatsa feela



Harengoleng

Itlhatlhobe

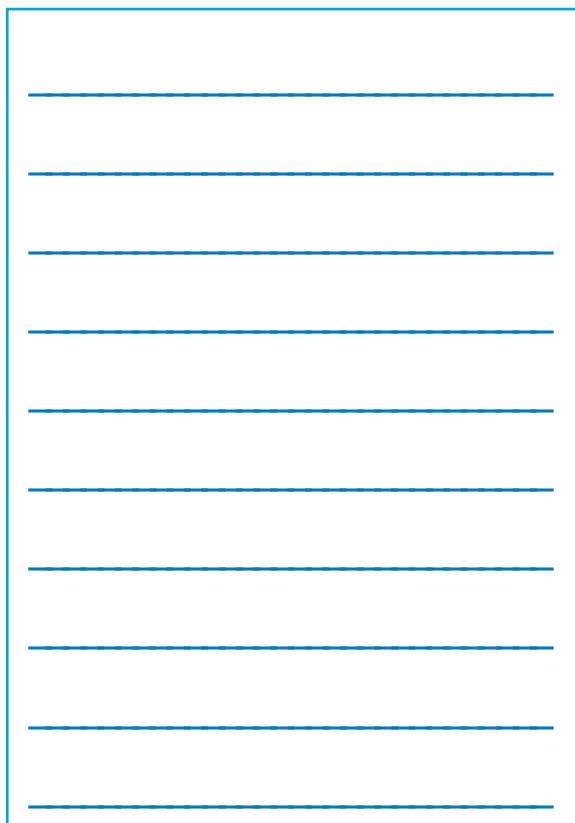
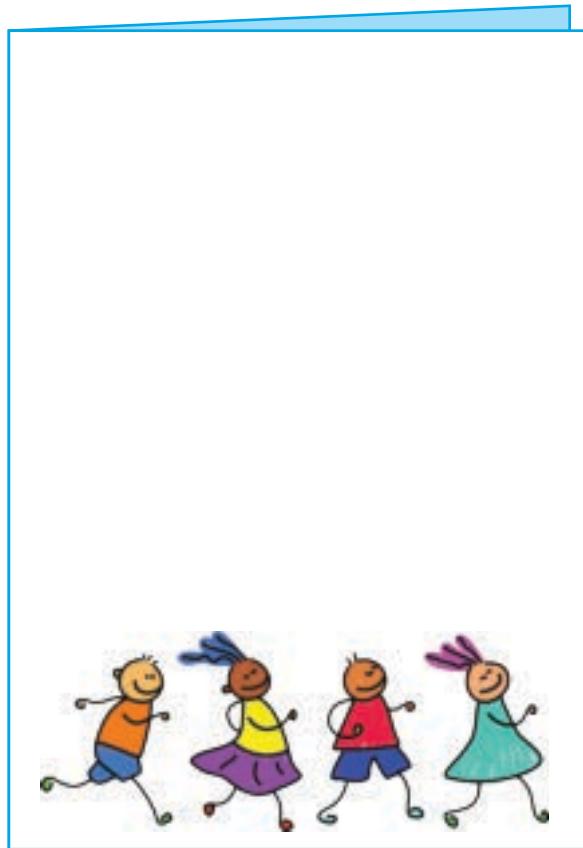
Ke motswalle ya lokileng.		
Ke tsotella metswalle ya ka.		
Ke motswalle wa bana ba ka phaposing.		
Bana ba bangata ka phaposing ya ka ba nthata.		
Ke mosa ho batho ka nako tsoohle.		



Ha re etsenq

Etsetsa motho eo o mo ratang karete.

Taaka setshwantsho kantle, o ngole molaetsa
wa bohlokwa ka hare.



Mohla:



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

(Handwriting practice area)



(Handwriting practice area)



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

(Handwriting practice area)

(Handwriting practice area)



Tsa bophelo bo bottle le thuso ya pele



Ha re bueng

Bua ka se etsahalang setshwantshong sena.

Na o kile wa tswa mokola?
O lokela ho etsa eng ha o
tswa mokola?



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

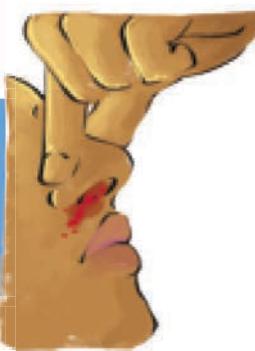
Seo o tlamehang ho se etsa ha o tswa mokola



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



2 Tshwara nko ya hao. E kwale metsotsso
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 metsotsso e 15,
bona ngaka kapa mooki.

Mohla:

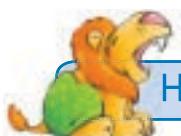


Tlhokomelo ya maqeba



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.

Tselo 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.

Emisa 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: _____





A re baleng

Ho tjha

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
metswalla ya hao e tbole.



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



Polokeho ya mmele

Kotara ya I – Bekə ya b – Leqephə la mosebetsi



Ha re bueng

Re lokela ho hlokomela mmele ya rona.

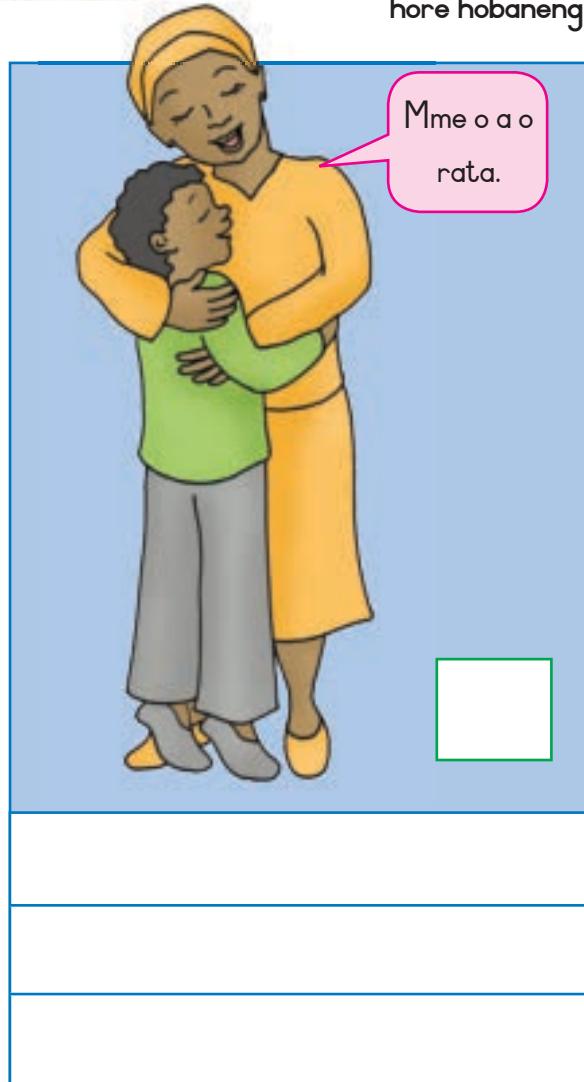
Maikutlo a rona a dumela ha re rata se seng,
mme re lakatsa hore se ka tswela pele.

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

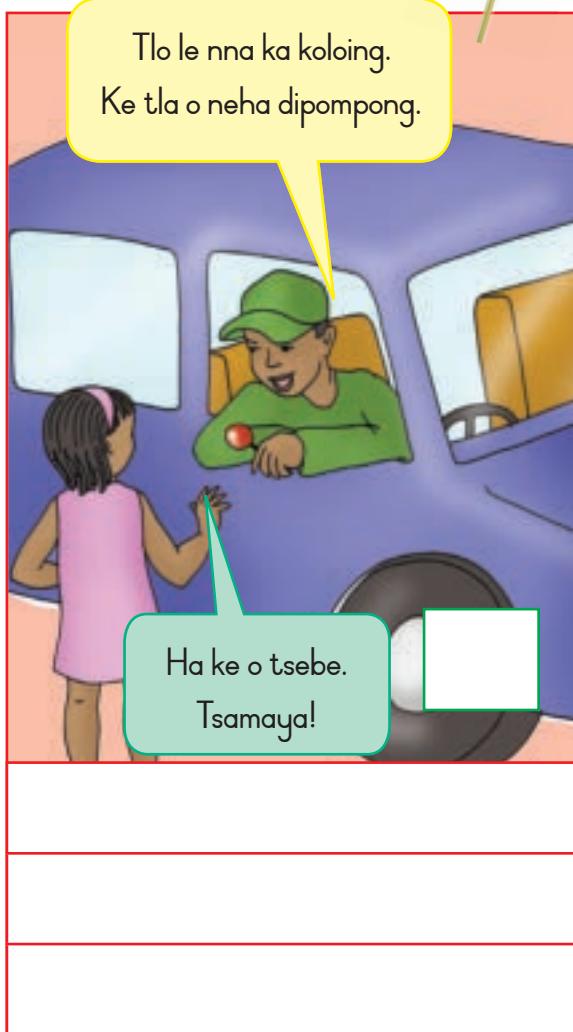


Ha re ngoleng

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



Mme o a o
rata.



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

Ha ke o tsebe.
Tsamaya!



Ha ke o rate.



Jwale o shebahala
o le motle.



Ho hana

Ha ho bobebé 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 jwang ho motho eo o mo tshepang.



Ho itlhokomela

Kotara ya l – Bekə ya b – Leqephə la mosebetsi

Ha re bueng

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

Tloho, ke tla o isa lebenkeleng.



Mohla:



Ha re bueng

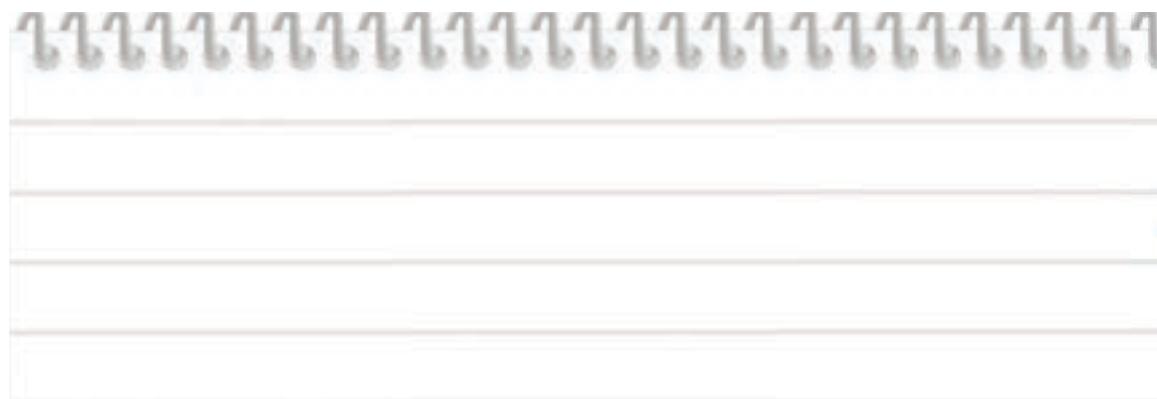
Buisanang kamoo ngwanana a ikutlwileng kateng, seo a se entseng le seo wena o ka beng o se entse maemong a jwalo.



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.



Ho tshwara mmele wa ka o bolokehile

Kotara ya I – Beke ya 7 – Leqephé la mosebetsi



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.

Mohla:



Melao ya bophelo bo bottle

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.



Ha re ithabiseng

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



Ha re ithabiseng



Eba mafolofolo ka ho bapala papadi ya kerikete ya ba banyenyane.

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





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.



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.



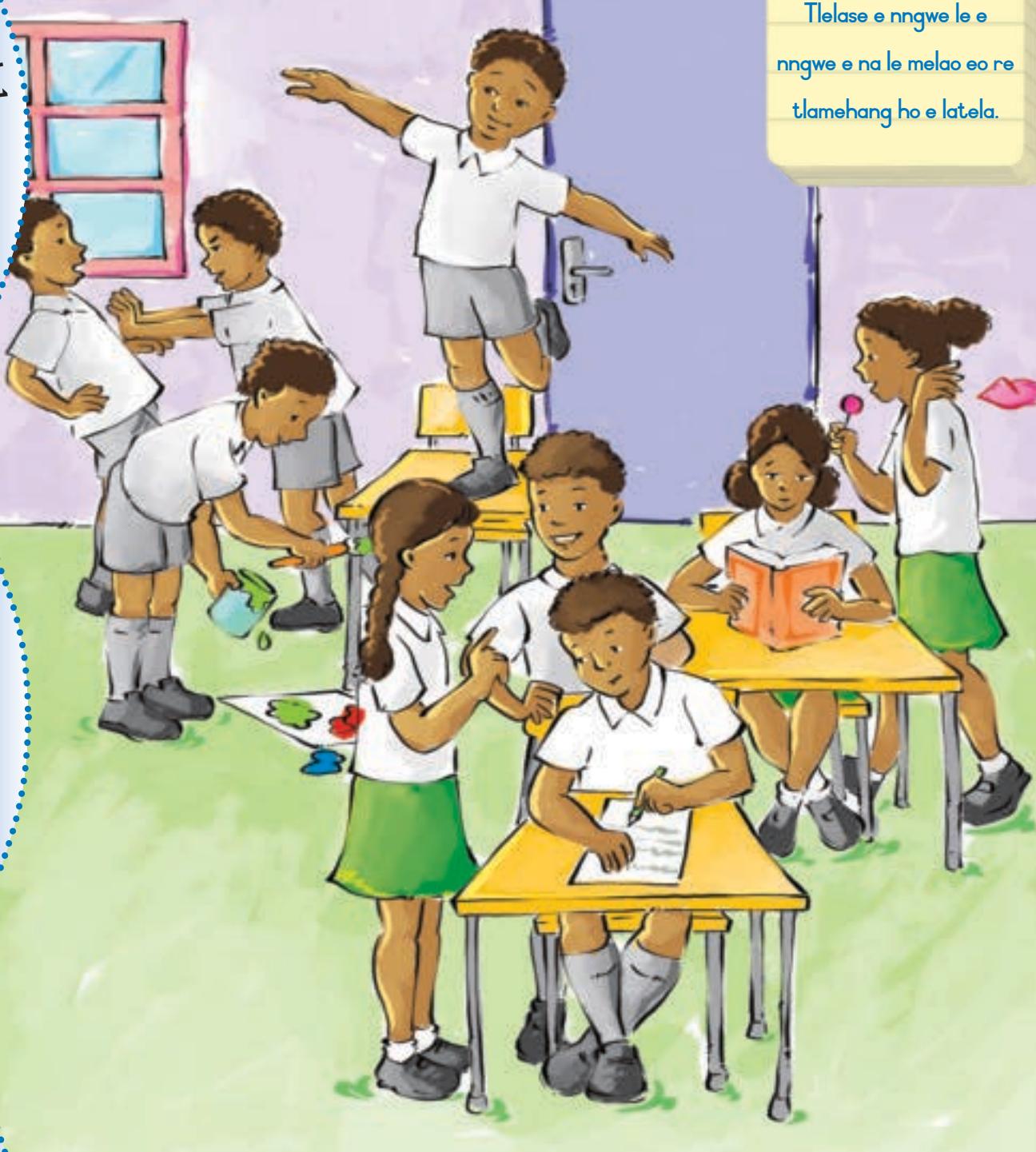
15

Ditokelo le boikarabelo

Kotara ya I – Beke ya 8 – Leqephé | a mosebetsi

Ha re bueng

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



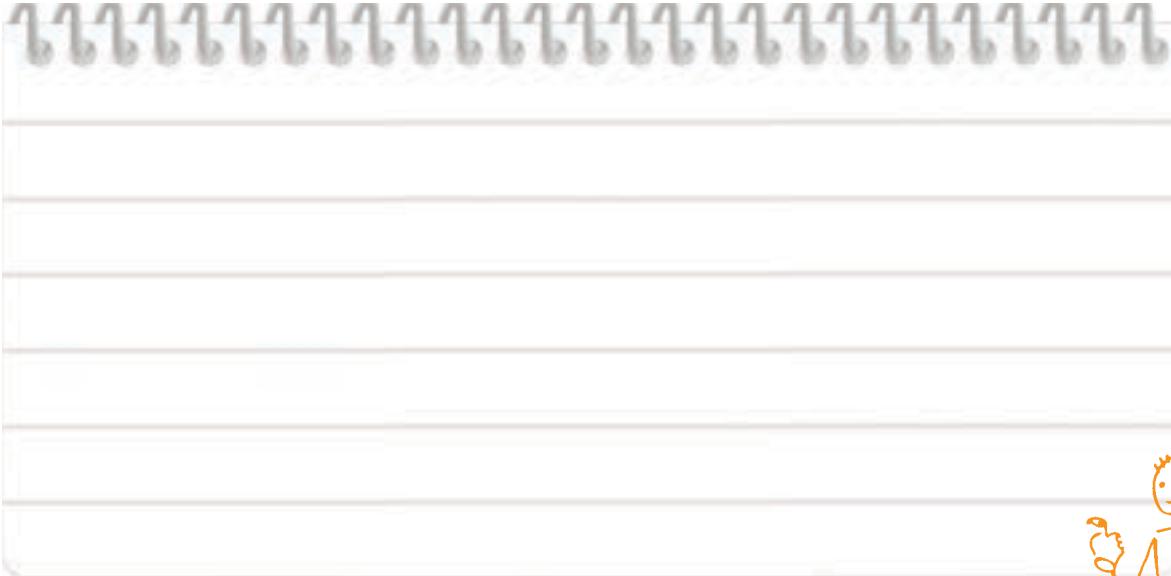
Sekolo se seng le se seng
se na le melao e thusang
tsamaiso ya sekolo hantle.

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



Ha re ngoleng

Ngola melao e mene ya
sehlopha ya hao.



Ha re bueng

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

☆ ☆ ☆ ☆ ☆

BOIKARABELO BA BATJHA BA **AFRIKA BORWA**

☆ ☆ ☆ ☆ ☆

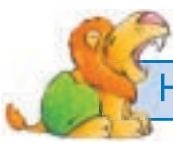
Tekatekano	Seriti sa Botho	Bophelo	Lelapa
Tshwara motho e mong ka ho lekana le ka tshwanelo. O se ke wa kgetholla. 	Hlompha motho e mong le e mong. Eba le mohau mme o hlokomele ba bang. 	Bophelo bohole bo bohlokwa. Hlompha bophelo bohole. 	Hlophela le ho hlokomele batswadi ba hao. Eba mohau le ho tshephala ho ba lelapa la hao.
Thuto	Mosebetsi	Tokolocho 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 kgotsa. 	Hlokomele 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. 	Hlokomele lefatshe. O se ke wa senya metsi le motlakase. Hlokomele diphoofolo le dimela tsa nahla. Boloka lelapa le tikoloho di hlwekile di bolokehile. 	Eba moahi wa Afrika Borwa ya tshephahlang ya lokileng. Ikamahanye le melao, mme o netefatse hore le ba bang ba etsa jwalo. 	O se ke wa tsamaisa leshano le lehloyo. Hlokomele hore ba bang ha ba rwakuwe kapa ho utlwisa bohloko.



Kotara ya | – Beke ya 8 – Leqephé | a mosebetsi

16a

Matsatsi a bodumedi le matsatsi a mang a kgethehileng



Ha re bueng

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



boHindu



boIslam



boJuda



boKeresete

Re tshwanelo ho hlompha batho ba ditumelo kaofela.

Bodumedi ba hao ke bofe?

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

Mohla:



Re a hlahloba



Ha re ngoleng

Tlatsa karete ka wena.

16b

Kotara ya I – Bekē ya 8 – Leqephē la mosebetsi

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 _____

Atereze 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 ntlihomolang _____

Ke eng se nkgalefisang _____

Seo ke se tsebang haholo _____



Mekgwa e metle ya ho ja

Kotara ya 2 – Beke ya I – Leqephé la mosebetsi



Ha re bueng

Sheba dihlotswana tsa dijo mme o bue le motswalle wa hao ka tsona: Ke dijo difeng seholopheng se seng le se seng?
Hobaneng seholopheng 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 diminerali 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 robekileng".
Hamorao kwetlisa ho akgela bolo.



Dikhabohaetereite

Dijo tsena di re etsa hore re
be mafolofolo.



Deiri

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



Ha re ngoleng

Etsa lenane la dijo tseo o di jeleng maobane. Kholomong ya ho
getela, bolela hore dijo tseo ke diporotherini, dikhabohaetereiti,
tholwana kapa moroho.

Dijo tseo ke di jeleng maobane

Mofuta wa sejo



Mekgwa ya rona ya ho ja



Ha re bueng

Botsa metswalle ya hao e mene ka seo ba ratang ho se ja.

Sheba dijo tse fapaneng mme o take (✓) ha o rata dijo, le (✗) ha o sa rate dijo.

Tlatsa mabitso a ditho
tse sehlotschwana sa
metswalle ya hao.



Ha re ngoleng

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

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

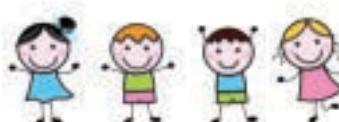
O nahana hore metswalle ya hao e na le kgetho e nepahetseng ya dijo?

Hobaneng o nahana jwalo?



Ha re ithabiseng

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



Mohla:



Ha re ngoleng

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



Ha re ngoleng

Ngola resepe ya sejo seo o se ratang haholo.



Resepe ya _____

Ke hloka disebediswa dife?

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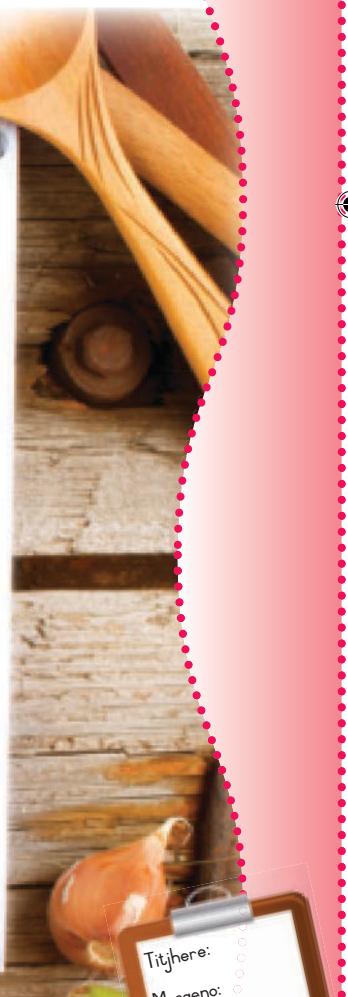
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Ke tshwanetse ho latela ditaelo dife?

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19

Mekgwa e metle ya ho ja

Kotara ya 2 – Beke ya 2 – Leqephé la mosebetsi



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.

Khefi ya Sunshine



Tswelang kantle

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

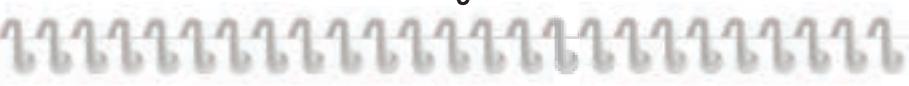


Mohla:



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 ditjhipisi

Ha ke rate metsi, ke rata dinomaphodi

Ha ke je meroho

Ke hlafuna dijo tsa ka hantle

Ke ja dijo tsa hoseng pele ke ya sekolong



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

20

Kotara ya 2 – Beke ya 2 – Leqephé la mosebetsi

Ha re etseng

Ho ja hantle

Taaka kapa o kgorametsa ditshwantsho tsa dijo ho bontsha dijo tsa phepo e ntle.

40

Mohla:



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.



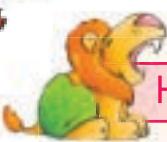
Ha re etseng

Taaka setshwantsho ho bontsha e meng ya melao ena.



Dikokonyana

Kotara ya 2 – Beke ya 3 – Leqephé la mosebetsi



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.

Manaka

Hlooho

Leihlo

Karolo e ka
hodimo ya
mmele

Karolo e ka tlase
ya mmele

Leoto



Tswelang kantle

Boba jwaloka notshi, fofajwaloka serurubele mme o tlore jwaloka tsie. Jwale o loketse papadi ya bolo!

Mohla:



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



Ntsintsi



Bohlwa



Tsie



Serurubele



Maleshwane



Mmoto



Ha re ngoleng

Jwale tlatsa dikgeo ka mantswe a
ka hodimo a nepahetseng.

e etsa mahe a dinotshi.

se nontsha dipalesa.

o hasanya malaria.

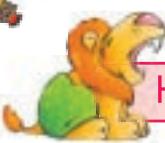
e hasanya mafu.

di ja dijalo tsa balemii.



Tse ding ka ha dikokonyana

Kotara ya 2 – Beke ya 3 – Leqephé la mosebetsi



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.

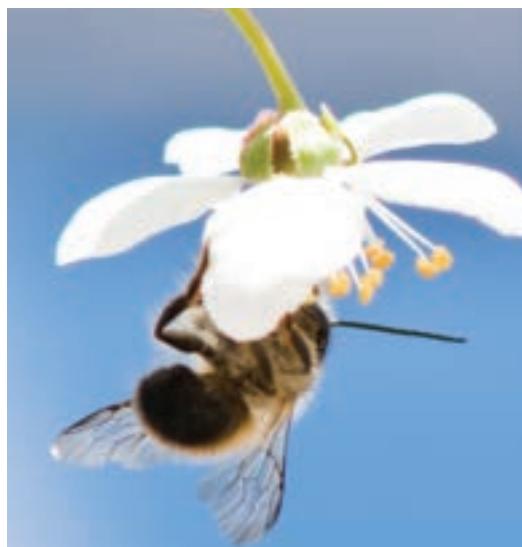


Dinotshi di etsa mahe a
dinotshi/mamepe.



Ha re ngoleng

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

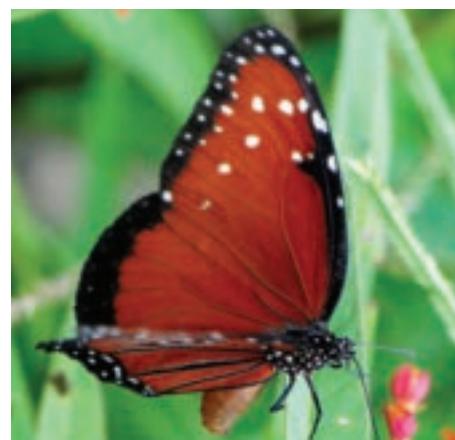


nyanya lero dipaleseng.
se

Mohla:



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



bo 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.

- E tla le hangere ho tswa hae.
- Seha kokonyana leqepheng le ka morao ho buka.
- Di fanyehe hengareng ya jase.



45



23

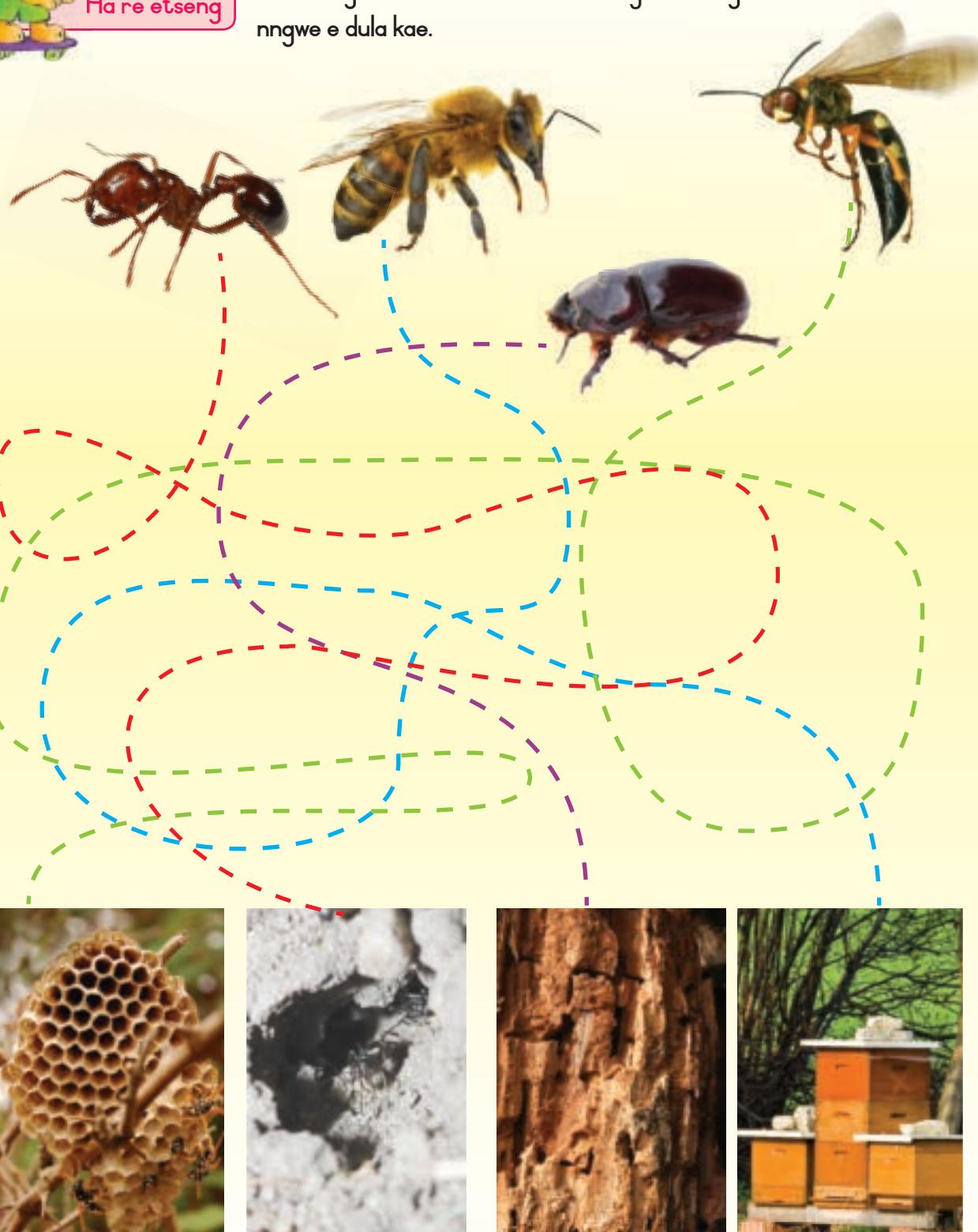
Mahae a dikokonyana

Kotara ya 2 – Beke ya 4 – Leqephé la mosebetsi



Ha re etseng

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



46

Mohla:





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 difeng ka ntle? Kgetha e le nngwe o ngole lebitso la yona mona.



Kokonyana ena e ja mofuta ofeng 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?



Ha re ithabiseng

Jwale rala le ho
taaka kokonyana ya
hao mme o e rehe
lebitso.



Bontsha bokgoni ba hao

Kotara ya 2 – Beké ya 4 – Leqephé la mosebetsi



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



Taaka setshwantsho sa serurubele, o bontshe
 mmele wa sona o mosesane, o molelele. Le mapheo
 a mabedi. Kgabisa mapheo a serurubele sa hao ka
 paterone tsa mmala e fapaneng.

Etsa hore mapheo ka bobedi a
 tshwane. Seha serurubele.

Kgorametsa mmele wa serurubele
 rolong ya pampiri ya ntlwana.

Etsa dinakana o sebedisa
 sehlwekisi se mennweng
 habedi. E kgorametse
 hlohung ya serurubele.





Tswelang kantle

Leka dipapadi tsena.



Seteishene 1:

Baseketebolo: Otlanya bolo
fatshe o matha
matswedintsweke.



Seteishene 2:

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



Seteishene 3:

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



Seteishene 4:

Rakebi: Matha ka bolo o e fetise.



Seteishene 5:

Bolo ya maoto: Rahela bolo
dipalong.



Masakana a bophelo

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



Kotara ya 2 – Beke ya 5 – Leqephé la mosebetsi



Ha re bueng

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

- 1 Dinqanqane tse pedi di a kopana hore di nontshe mahe.
- 2 Senqanqane se setshehadi se behela mahe.
- 3 Mokudubete o monyenjane o nang le matshwafohlapi a ka ntla 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 ntla.

Mohla:



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



Lesakana le bontshang bophelo ba serurubele



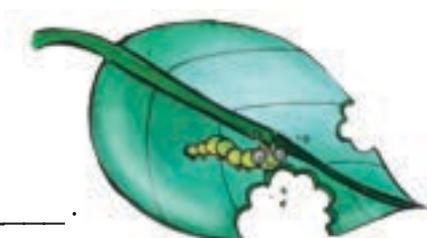
2



1 Serurubele se alama mahe.

2 _____.

3



b

3 _____.

4 _____.

5 Popane e fetoha seboko.

b _____.



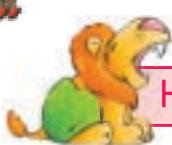
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26

Masakana a bophelo

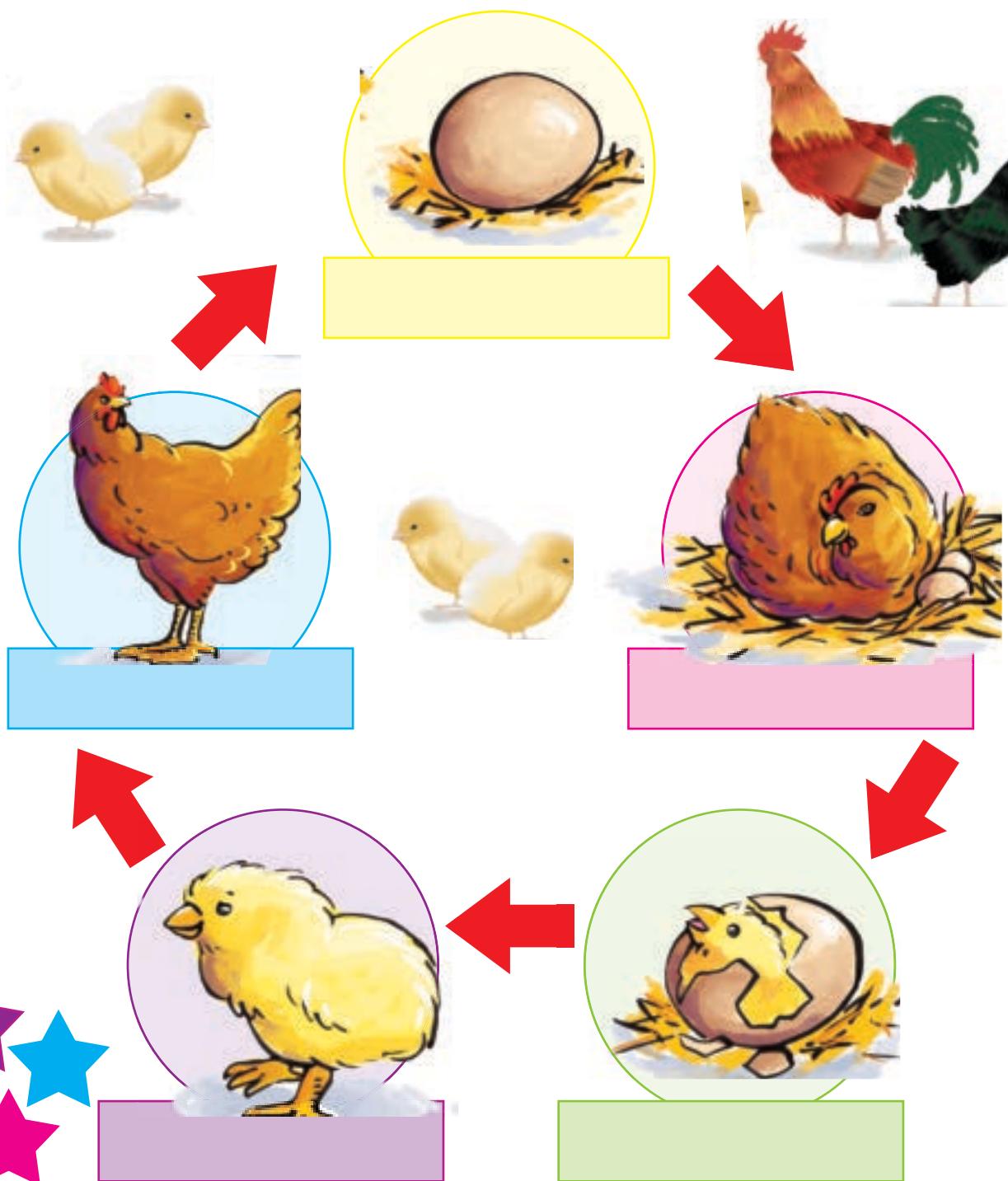


Ha re bueng

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

Kotara ya 2 – Beke ya 5 – Leqephé la mosebetsi

Bophelo ba kgoho





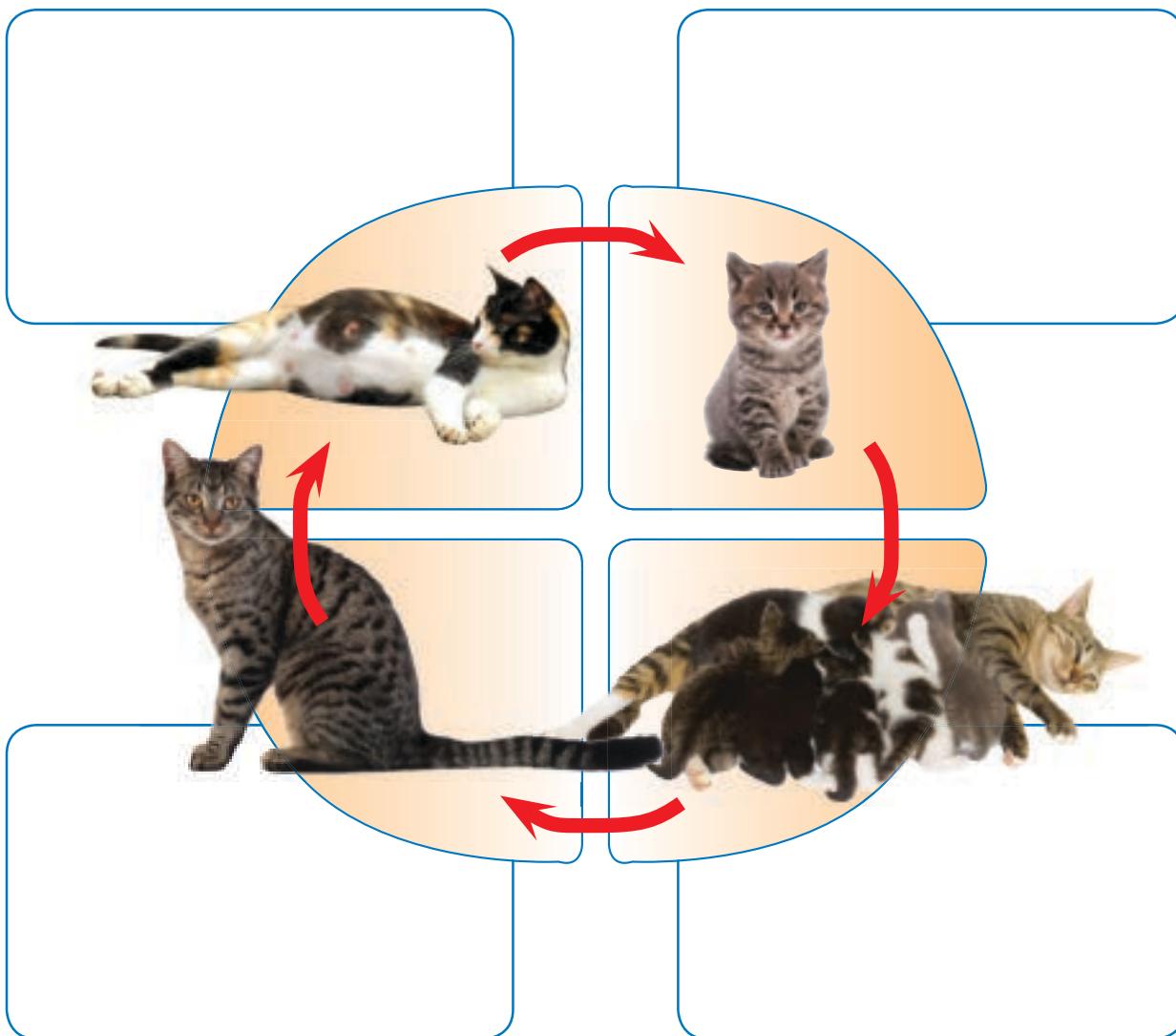
Ha re etseng

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 I-4 o di sebedise lebiding la pale.

Katse e nyenyane e a hlah.		Katse e kgolo.
Katse ya mme e emere dibeke tse 9.		Katse ya mme e nyantsha madinyane a yona.

Lesakana la bophelo ba katse



Phoofolo ya ka ya setswalle



Ha re etseng

Etsa mmaseke wa phoofolo ya setswalle.

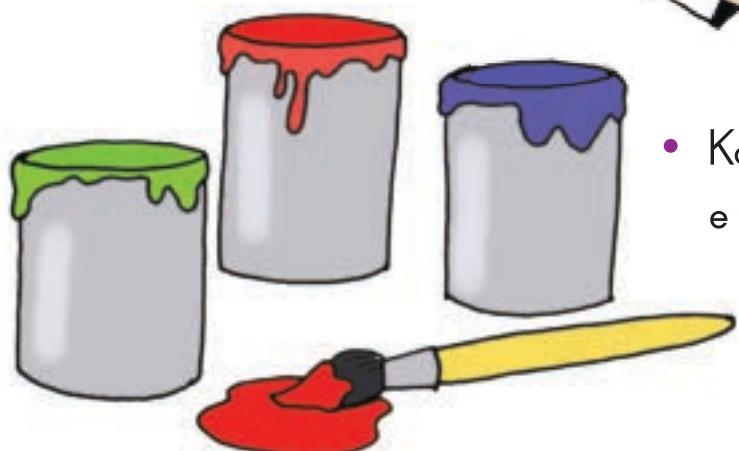
O tla hloka: Pampiri ya A-4

Pensele

Pente ya phofo le metsi

Dithupa tsa ho hlwekisa
ditsebe

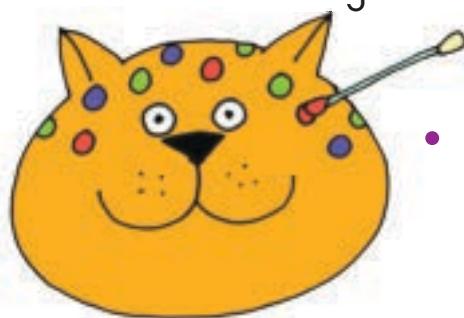
- Etsa setshwantsho
sa sefahleho sa katse
pampiring.



- Kopanya dipente ho etsa mebala
e meraro e fapaneng.

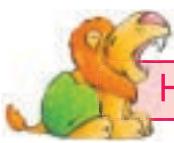


- Sebedisa thutswana ya ditsebe
mmaleng o mong le o mong.



- Etsa matheba a
mmala e fapaneng
ho kgabisa.





Ha re bueng

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



Ha re etseng

Taaka ditshwantsho tsa ntho tse nne tseo o
tlamehang ho di etsetsa phoofolo ya hao ya
setswalle. Jwale ngola se hohelang ka tlasa
sehlooho se seng le se seng.



Tlhokomelo ya tikoloho ya rona

Kotara ya 2 – Beke ya b – Leqephé la mosebetsi



Ha re bueng

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



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

Re ntjhafatseng hape hle!



Tswelang kantle

Na o ka etsa tantshe o sebedisa
dihupu le malente?





A re baleng

Re ka boloka tiko loho e hlwe kile jwang?



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



Fokotsa: Re lokela ho fokotsa ho lahla dintho hohle.

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

Ntjhafatsa: Re lokela ho fumana 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





29

Ntjhafatsa

Kotara ya 2 – Beke ya 7 – Leqephé la mosebetsi



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

Taaka setshwantsho se kgethiehleng sa ntho.

E entswe ka



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.



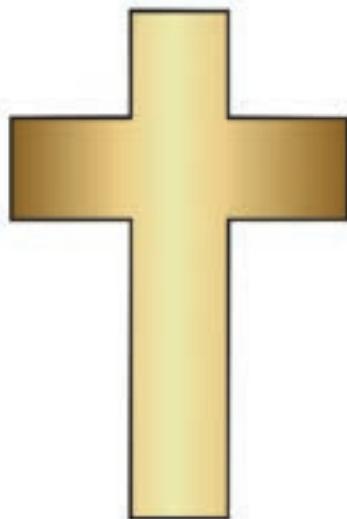
Matsatsi a bodumedi le a mang a kgethehileng

Kotara ya 2 – Beke ya 7 – Leqephé la mosebetsi



Ha re bueng

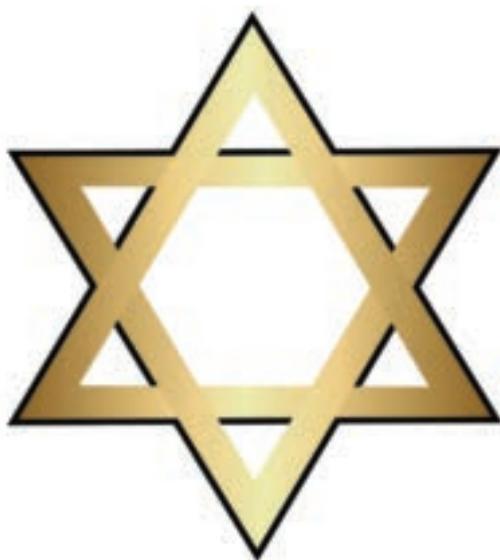
Bua le motswalle wa hao ka ditumelo tse fapaneng tse sebedisang matshwao ana. Bontsha hore ke lefeng leo e leng la tumelo ya hao. Ha o sa bone letshwao, le etsetse motswalle wa hao.



Sefapano ke letshwao le bontshang bokresete.



Kgwedi e tolkileng le naledi di etsa letshwao la Islam.



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

Mohla:



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



Dibaka tse fapaneng tsa thapelo

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Ha re etseng

tempele

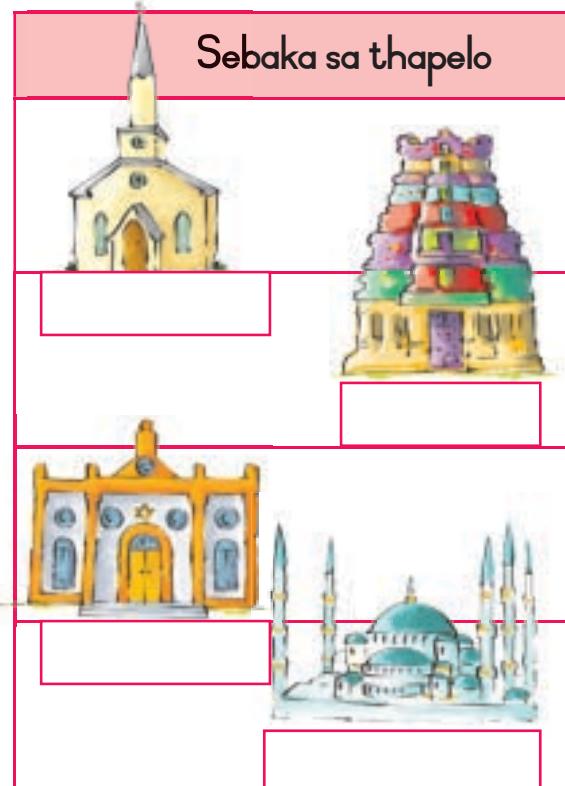
Etsa mola o bapisa tumelo e nngwe le e nngwe le sebaka sa thapelo. Ngola lebitso la modho ka tlasa setshwantsho.

synagogue

mosque

kereke

Tumelo
Islam
Hinduism
Bokeresete
Judaism



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



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LENGOLO LA BOPAKI

la ho qeta kereiti ya 3

Bokgoni ho tsa Bophelo buka 1

e abetswe

Tlatsa lebitso la hao

Letsatsi _____

Titjhore _____



Bukantswe ya ka

A
a

G
g

B
b

H
h

C
c

I
i

D
d

J
j

E
e

K
k

F
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Bukantswe ya ka

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s

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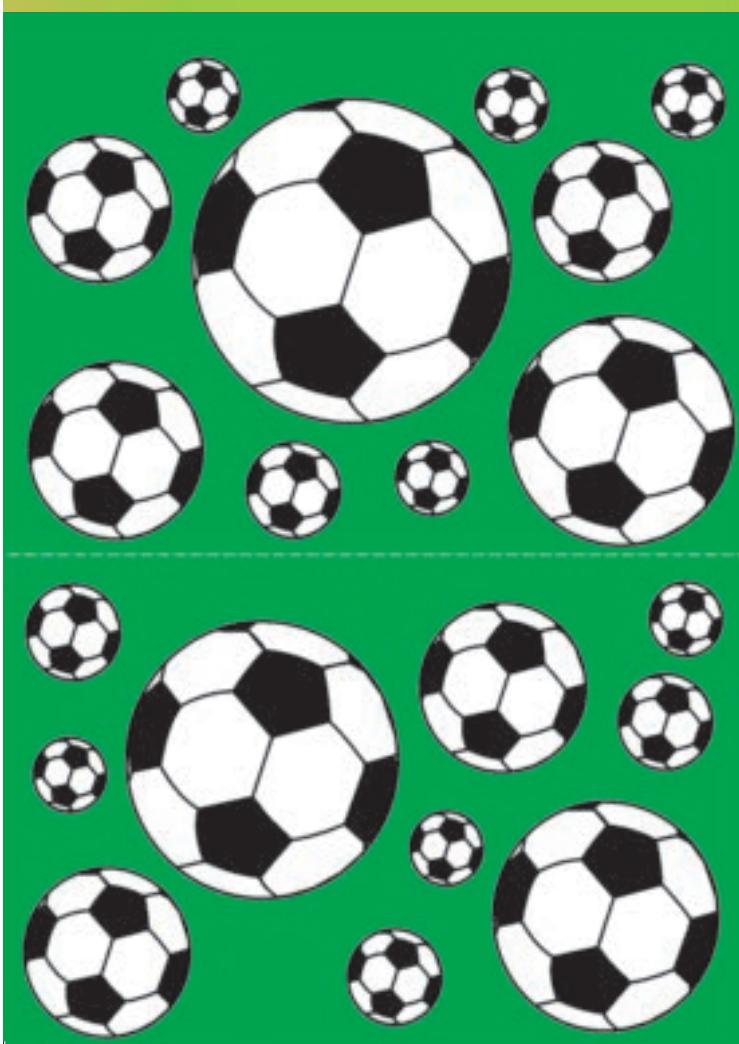
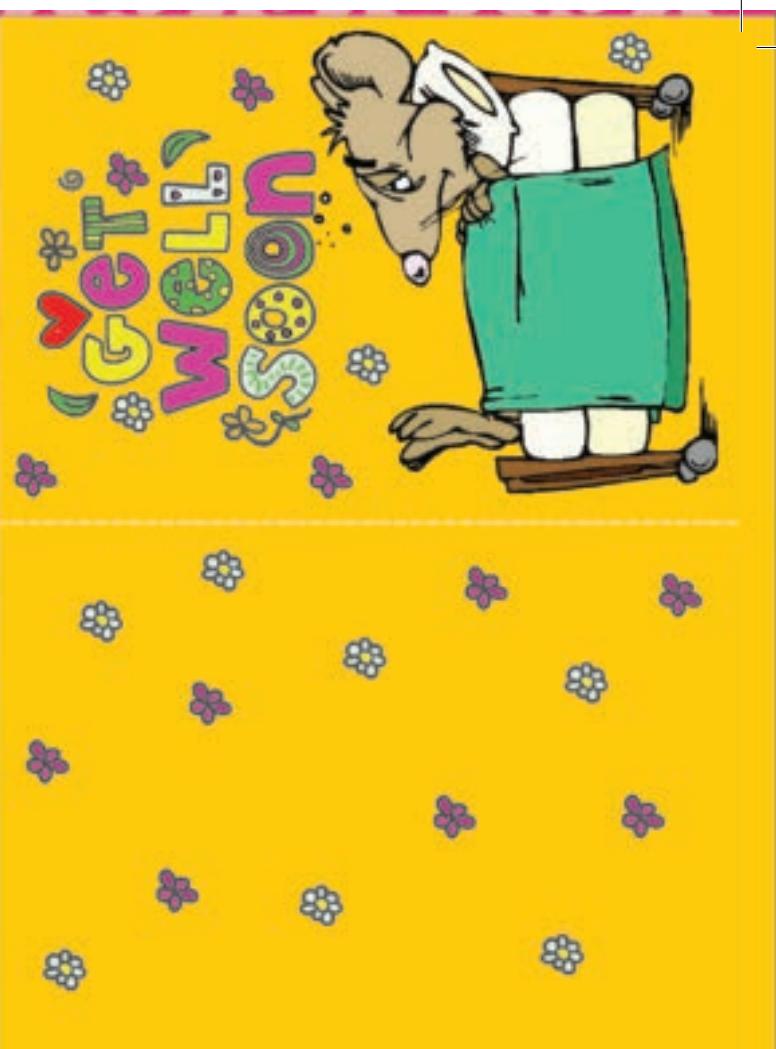
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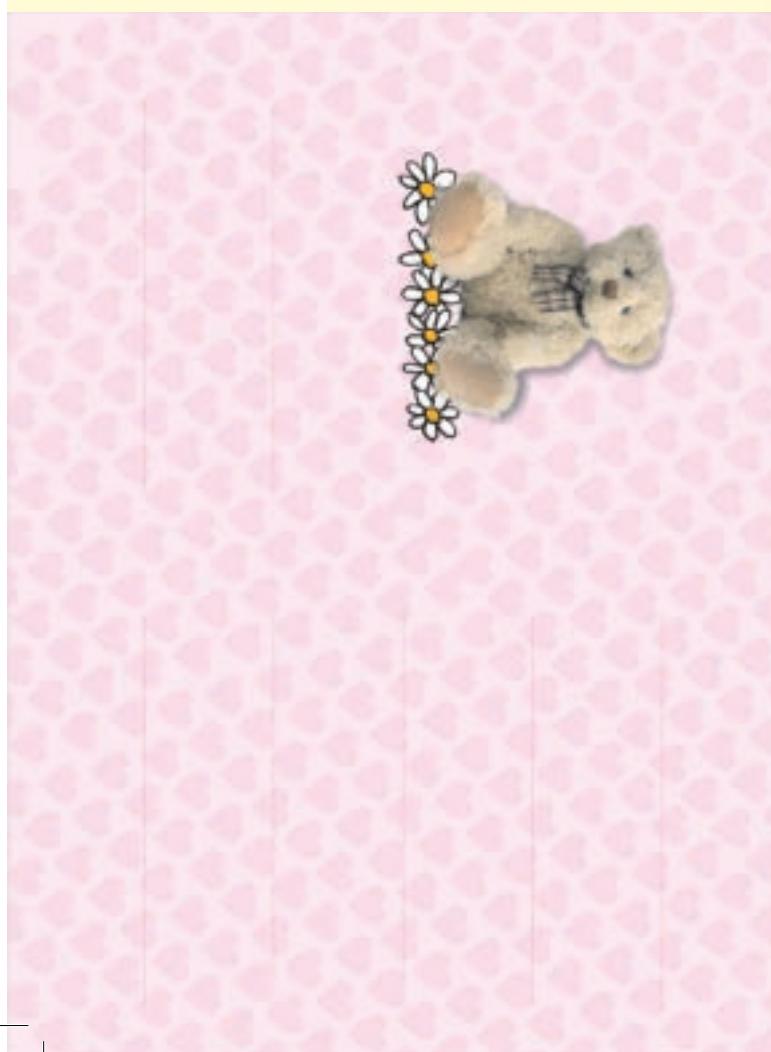
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W
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R
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X - Z
x - z





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