



Mophato **1**



Bukakgolo ya dikgang tse dikhutshwane

SETSWANA



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Buka

8

Ka moo o ka dirisang Bukakgolo:



Dikgang tse di mo bukeng e:



1 Amo o ya kwa ngakeng



2 Busi o reka baesekele

1

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Jaaka morutabana, o tlaa rulaganya le go ipaakanyetsa go dira tirwana ya puiso e e amoganwang le bana ba phaposiborutelo ya gago. Go le gantsi fa morutabana a dira puiso e e amoganwang, o dira le bana botlhe mo phaposiborutelong, le gale, fa phaposiborutelo ya gago e le kgolo thata, go ka go tswela mosola go dira le setlhophya kgotsa karolo ya phaposiborutelo.

Ka nako ya puiso e e amoganwang ya Bukakgolo ngwana o ithuta ka moo buka e tshwarwang ka teng, o tshwara buka e lebile kwa godimo sentle, o phetla ditsebe ka nepagalo. E ruta mareo a botlhokwa a buka, sephuthelo, sefatla (lepele), lemorago le setlhogo. Gape e ruta ka moo tsamaiso ya puiso e diragalang ka teng e bile e tlhabolola dikgono tsa bana tsa go reetsa, go bua, go buisa, go nagana, go akanya le go kwala jaaka go batliwa ke CAPS:

- godisa dikgono tsa go reetsa le go bua.
- godisa dikgono tse di tlhogang tsa go buisa.
- araba dipotso ka ga kgang.
- nna le seabe mo metlotlong, ba fana sebaka sa go bua.
- thala le go diragatsa kgang.
- dirisa ditshwantsho go bolelelapapele gore kgang e ka ga eng.
- dirisa puiso e e amoganwang jaaka motheo wa go kwala go go amoganwang.

Go ipaakanyetsa sebaka sa go buisa Bukakgolo

- Neefatsa gore ba botlhe ba kcona go bona buka. Fa phaposiborutelo ya gago e le kgolo thata, botoka o dire le setlhophya se sennyane.
- Go tlaa nna mosola gore o dire setene sa buka gore o se ka wa tshwara buka ka letsogo fa o buisa. (Bona ditaelo tsa go dira setene sa buka kwa morago ga buka.)
- Dirisa rulara kgotsa sesupi go supa le go sala mafoko morago fa o buisa.
- Fa o batla go totobatsa mafoko, o ka nna wa kgomaretsa dintlhanyana go dikologa lefoko gore le tswele kwa ntle kgotsa o ka nna wa dira 'lethhabaphefо la methhlo'. Dirisa pampitshana e e khutlonnetsepa le khutlonnetsepa e nnyanenyana e e segilweng ka bogare mme o beye khutlonnetsepa mo godimo ga sekwalwa (temana) gore go bonale lefoko le le lengwe fela.

Sebaka sa ntlha sa puiso e e amoganwang

Sebaka sa ntlha sa puiso e e amoganwang se tsepamisa mathho mo go natefeleweng le go 'leba' sekwala la ntlha, mmogo le bana o araba sekwalwa.

- Phetla kgang e ba tlaa e buisang. Bua ka ga ditshwantsho.
- Kopa barutwana go bolelelapapele kgang ba ikaegile ka setlhogo le ditshwantsho.
- Itsise bana mafoko a mašwa le a a thata pele barutwana ba buisa kgang.
- Dira dikarata tsa mafoko go itsise tlolofoko e ntshwa.
- Buisa kgang, o dirisa ditshupetso e bile o farologanya lenseswe, lebelo le segalo sa lenseswe la gago. Dirisa ditshupetso tsa matsogo le sefatlhego.
- Sala morago dithhaka fa o ntse o buisa ka go supa mafoko ka thobane kgotsa rulara gore bana ba bone se o se buisang gore ba nyalyane modumo le dithhaka mo tsebeng. Se se tlaa ba thusa go bona tsamaiso ya puiso go tswa kwa molemeng go ya kwa mojeng le go tloga kwa godimo go ya kwa tlase.
- Dirisa se jaaka tshono ya go itsise 'puo ya buka' jaaka: mafoko, polelo, tsebe, mokwadi, setlhogo, jalojalo.
- Letla barutwana go nna le seabe mo kgannyeng ka go kopanya polelwana e e ipoeletsang (sk. "taboga, taboga, taboga ka bonako jo o bo kgonang, ga o kitla o ntshwara - ke monna wa sengwe sa gemere!").
- Kgang e e tshwanang e tshwanetse go buisiwa gabedi go fitlhha gararo go naya barutwana tshono ya go opela dipolelwana tsa puo, go diragatsa ditirwana tsa metshameko kgotsa go tlota dikarolo tsa kgang gape ka mafoko a bona.

Sebaka sa bobedi sa puiso e e amoganwang

- Mo sebakeng sa bobedi temana e e tshwanang e a dirisiwa mme leithlo le tsepamisiwa mo go nneng le seabe mo puisong le morutabana o dirisa metlotlo e e diragalang go godisa tlolofoko ya go tlhaloganya, dikgono tsa go bona bokao le dipopego tsa sekwalwa (thutapuo, matshwaopiso, jalojalo).
- Go tswa mo go wena, morutabana, go tsepamisa mathho a barutwana mo go ithuteng go go lebeletseng tse di latelang: mareo a mokwalo, diponagalo tsa sekwalwa, medumopuo, dipaterone tsa puo, mekgwa ya temogo ya mafoko le go tlhaloganya mo maemong a a farologaneng (dipotso tse di tlamaletseng, tsa thulaganyosešwa, phopholetso, tshekatsheko le tsa go itumelela setlhangwa).

Sebaka sa boraro sa puiso e e amoganwang

- Mo sebakeng sa boraro sa puiso e e amoganwang, bana ba tshwanetse go buisa sekwalwa ka bobona mme ba arabele ditirwana tse di ikaegileng ka sekwalwa tsa molomo, tiragatso le tse di kwadiwang.
- Fa go kgonega, sekwalwa sa Puiso e e Amoganwang se tshwanetse go sedimosa. Kwalo e e Amoganwang moo morutabana a bontshang ka moo sekwalwa se kwadiwang ka teng mme barutwana ba tshwaragana le go tlama fa morutabana a nna mokaedi le mokwadi wa dintlhakgolo. Tsamaiso e ya tshedimosetso e thusa go baakanyetsa barutwana ditiro te ba di kwalang.

1

Amo o ya kwa ngakeng



Gompieno Amo o a lwala.

Amo o a gotela.

O bolelela Bobo, thedibera ya gagwe,
"Ke a lwala. Ke a gotela."





Mmaagwe Amo o isa Amo kwa
ngakeng. Mmaagwe Amo o bolelela
mooki gore Amo o a lwala.

"Amo o gotela thata," ga bua mme.

Ka bonako ngaka e bitsa Amo.

"Dumela Amo, o ikutlwa jang?" ga
botsa ngaka.

Amo o bolelala ngaka gore o a lwala.
Ngaka e bua gore e tshwanetse go
tlthatlhoba Amo.





"Tlaya re bone gore o boima go le kanakang," ga bua ngaka.

"Go gentle, boima jwa gago ke dikilogeramo di le 25," ga bua ngaka.

"Tlaya re bone gore o moleele go le kae," ga bua ngaka.

"O boleele jwa disentimitara di le 125," ga bua ngaka.



Ngaka e utlwelala dimpa tsa ga Amo.

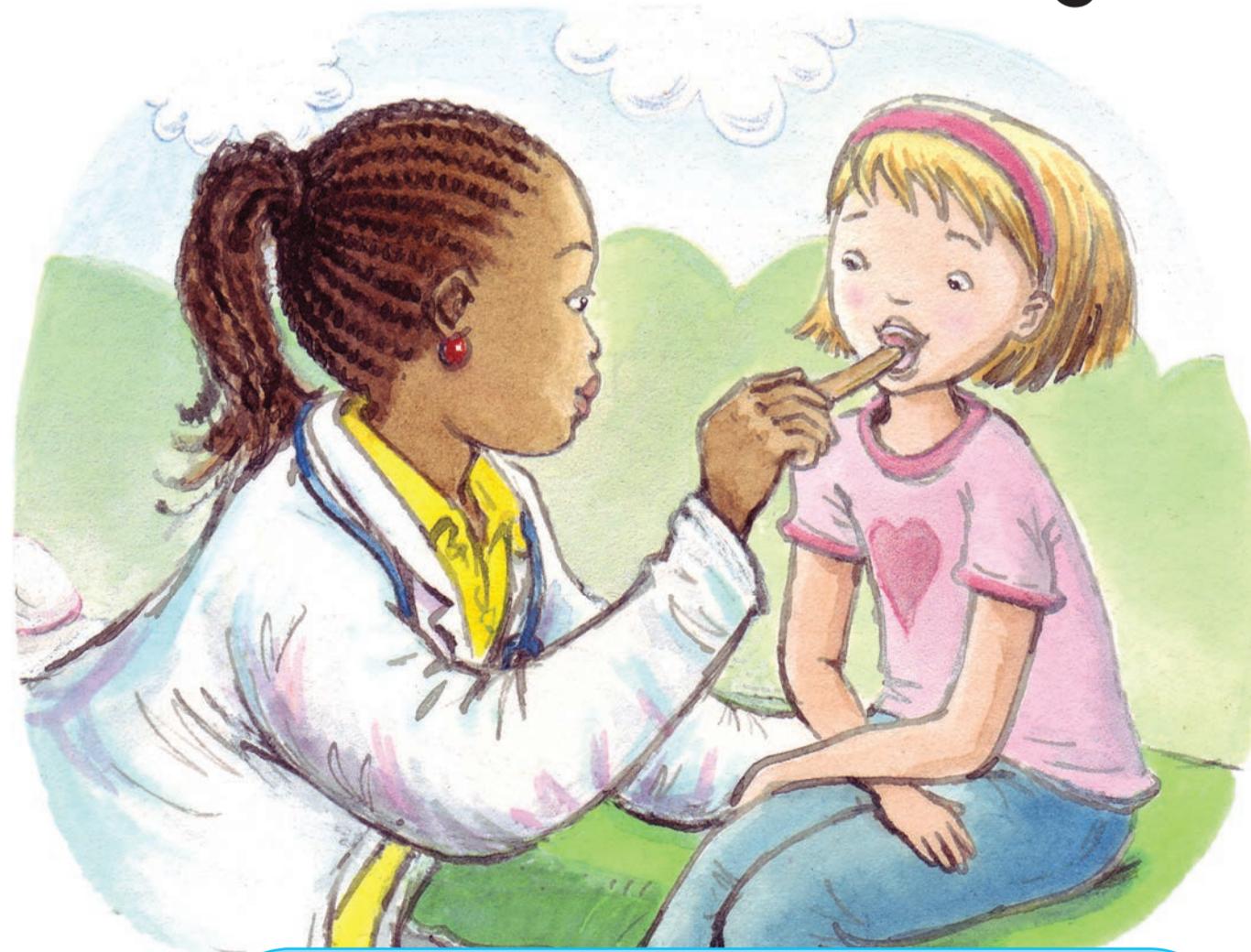


Ga di botlhoko.

Ngaka e reetsa sehuba sa ga Amo.



Ngaka e lebelela molomo wa ga Amo.



Ga se botlhoko.

Ngaka e raya Amo e re, "O a lwala.
O tshwerwe ke sehuba. Ke
tshwanetse go go tlhaba lomao mme
ke go neye melemo."

Morago ngaka e tlhaba Amo lomao.
Mme le botlhokonyana.

"Itšhuuu!" ga lela Amo.



Morago Amo o kopa ngaka go
thusa Bobo.

"Ngaka, Bobo le ena o a lwala,"
Amo o bolelala ngaka.

"Ooo Bobo, a o a lwala le wena?"
ga botsa ngaka.

Ngaka e reetsa mafatlha a ga Bobo.



Ga a botlhoko.



Morago ngaka e bofa leoto la ga
Bobo.

“Jaanong o tlaa ikutlwa o le botoka,”
ngaka e bolelela Bobo.

Ngaka e naya Amo melemo e mengwe.
Amo o tshwanetse go nwa leswana la
tee la molemo gararo ka letsatsi.

Gape o naya Amo lolipopo.

"O mosetsanyana wa segatlhame lamasi,
Amo," ga bua ngaka.

"Ke a leboga ngaka," ga bua Amo.

"Tsweetswee ngaka, a o ka se fe Bobo
lolipopo le ena?"

"Ooo ee!" ga bua ngaka.

"Bobo a ka nna
a bona dilolipopo
di le pedi."



2

Busi o reka baesekele



Busi le Pam ba ile go bona baesekele.

Barbie o rile, "Lekeletsatse pele o reka."

Busi o palame baesekele. E tabogile thata.

Pam le ena o palame baesekele. O rile,
"Busi, baesekele e e monate."

Baesekele e, e jele R60 mme Busi o ne
a na le R50 fela.

Beke e e fetileng fa Busi a ne a nna 9,
malomeagwe o mo file R50.

Busi o ne a ya gae mme a kopa rraagwe
go mo naya R10.

O rile, "Ke tlao go naya, mme sa
ntlha o tshwanetse go nthusa mo
tshingwaneng."

Pam a bo a re, "Ke tlaa go thusa, Busi." Ka jalo Pam o thusitse Busi mo tshingwaneng. Ba feetse mathare mme ba nosetsa dijalo.

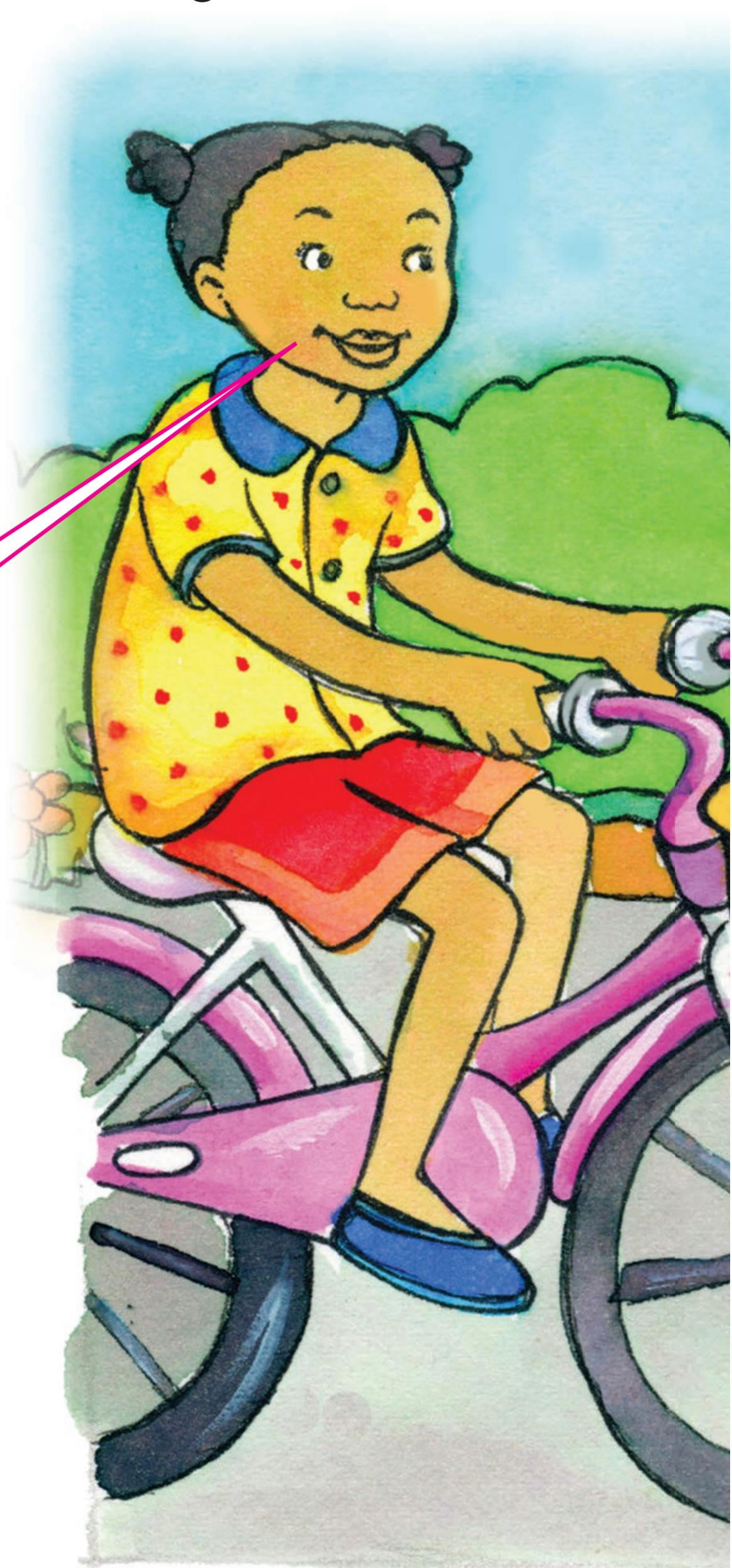
"Ke leboga thuso ya gago, Pam," ga bua Busi.

"Ke seo ditsala di tshwanetseng go nna sona," ga bua Pam.

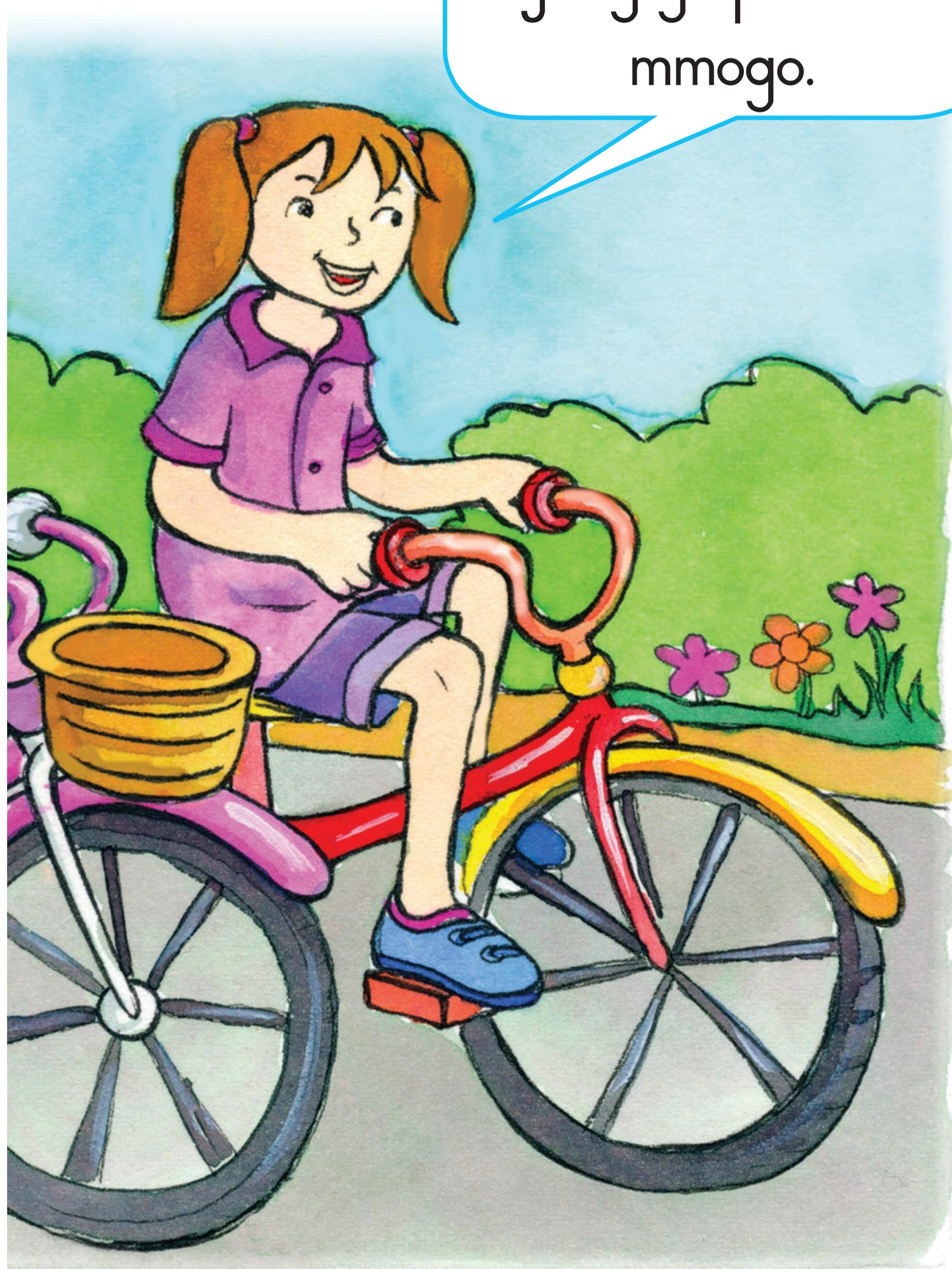


Basetsana ba itumeletse go palama
dibaesekele. Letsatsi lengwe fa ba ne
ba palame

Ee Pam, golo fa
ke boitumediso.
Ke itumetse
thata gonne ke
na le baesekele.



Ooo Busi, go monate
jang go palama
mmogo.





Pam, reetsa.
Ke utlwa selelo
sa katse.

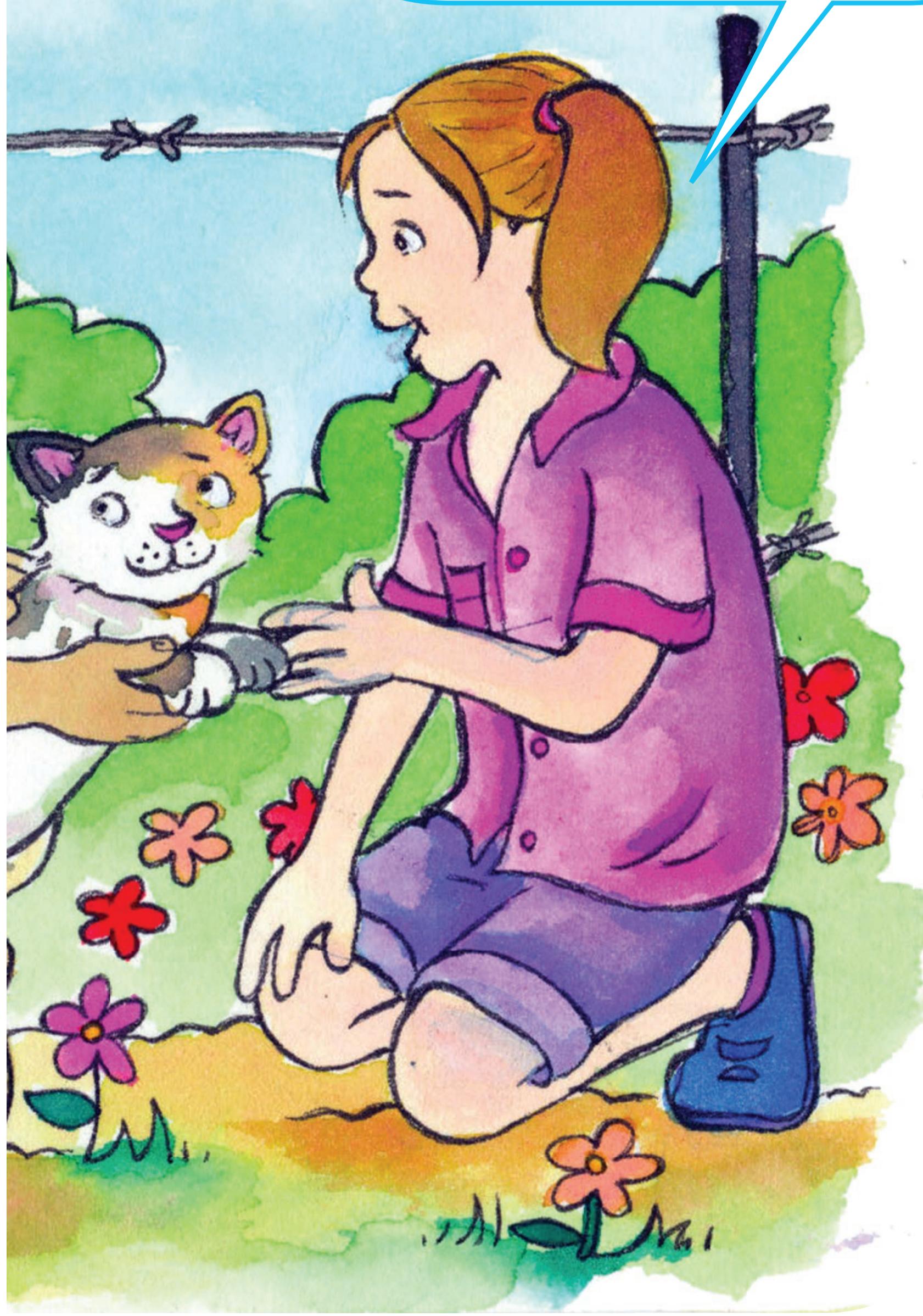
Ee! Bona – mogatla wa
yona o tshwerwe ke terata.



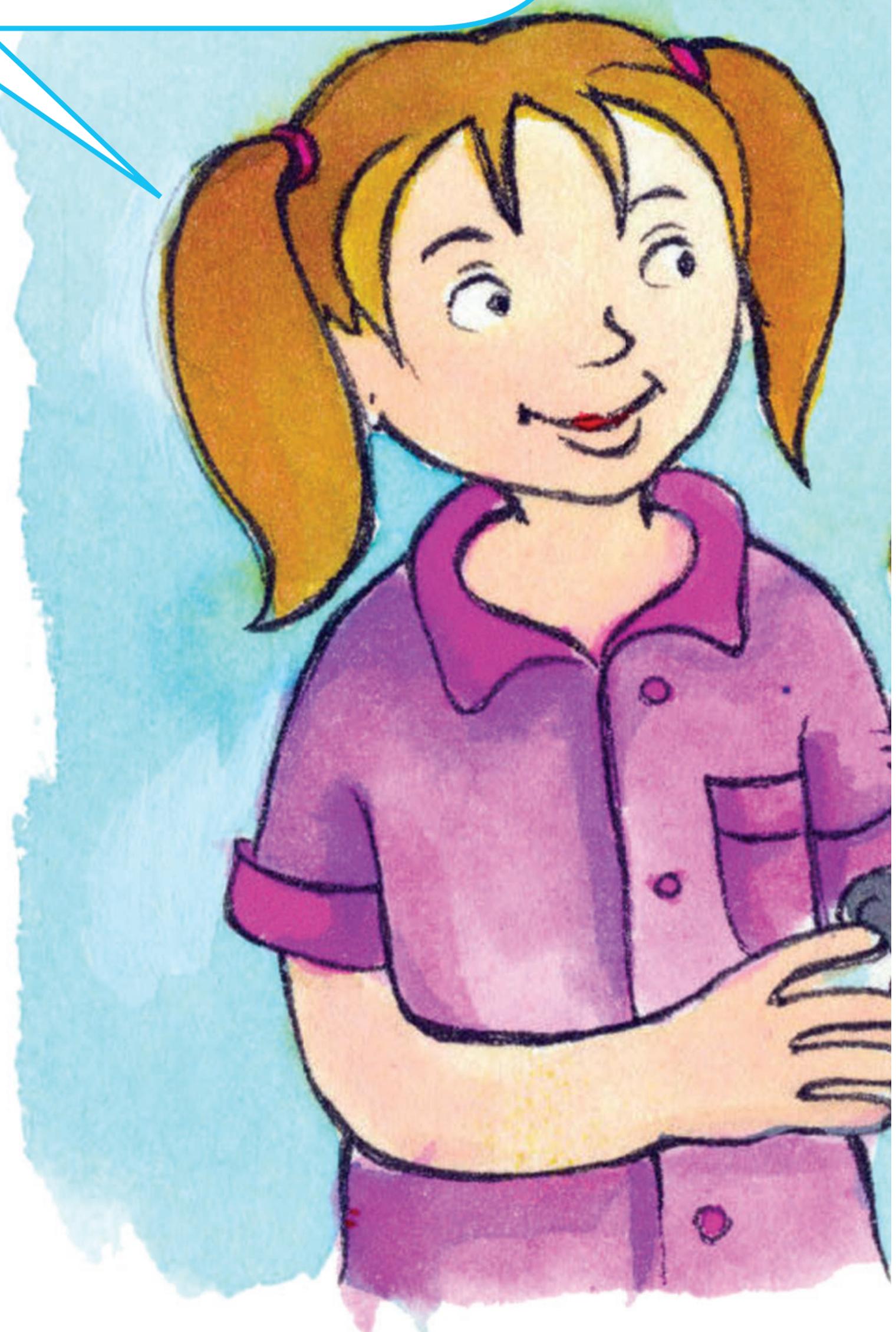
Ooo, lona
dikatsana tsa
Modimo!



Busi, re ya go dira
eng ka yona?



Ke itumetse thata gore re
bolokile botshelo jwa katse.
Re tshwanetse go dira eng?



Ke bone phousetara ya KATSE
EE LATLHEGILENG gaufi le
sekolo. Tlaya ke le bontsheng.



LATLHEGILE

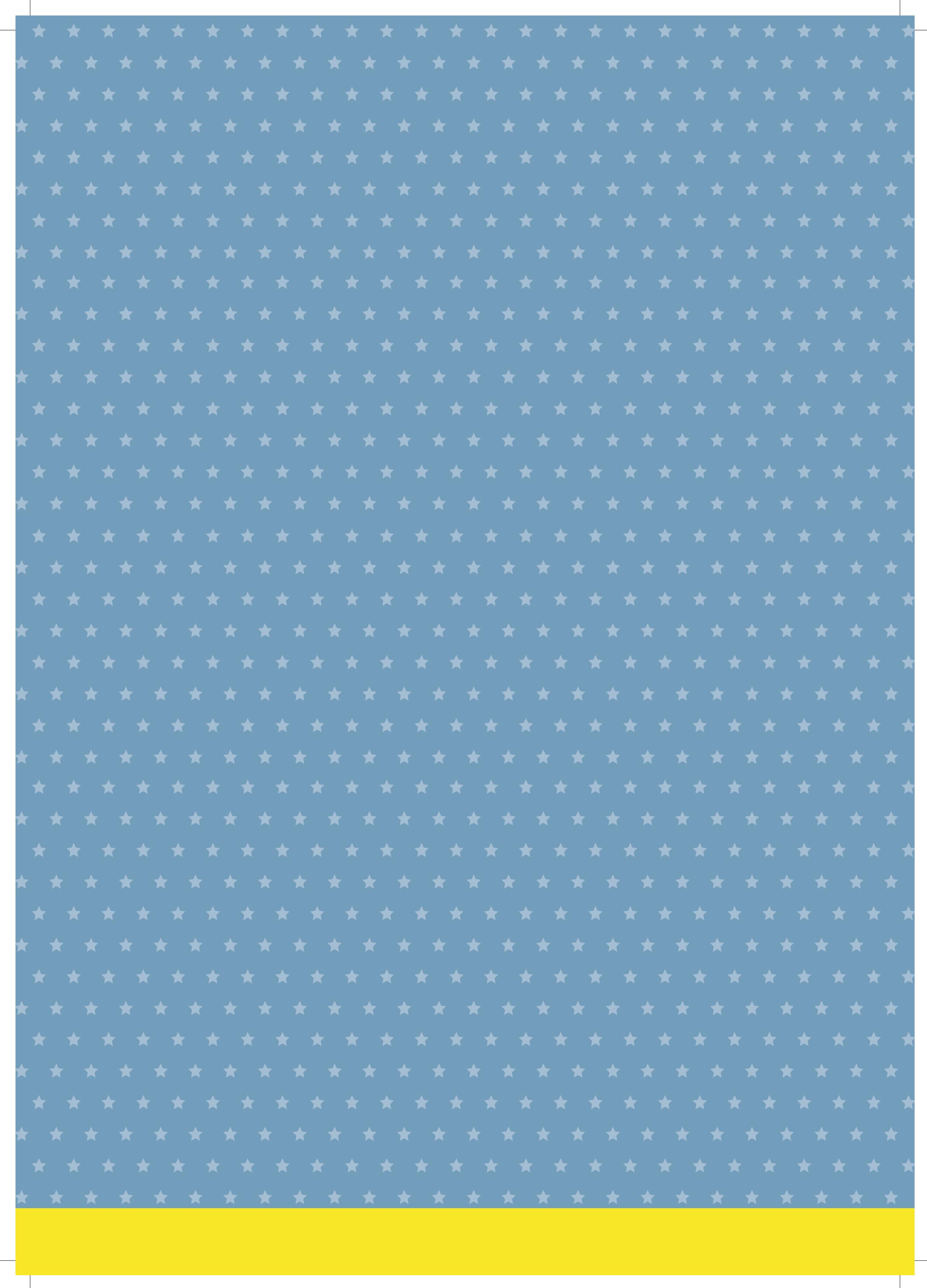
Ke latlhegetswe ke katse.

Ke katse e tshweu, e khunou
mme e arabela leina la Gemere.

Fa o ka bona katse founela
Brenda mo go 01234567
tsweetswee.



Ke tlaa tla go tsaya katse.



O amogetswe mo Motseletseng wa Dibukakgolo. Bukakgolo e e bopa karolo ya Mtselsetsele e megolwane ya Rainbow e e akaretsang dibukatiro, ngatana ya dikgang, dipadiso tsa mephato le diphousetara. Re solo fela gore o tlaa fitlhela mefuta e e farologaneng ya dikgang e e tsenyeliditsweng mo Dibukakgolong tse robedi tsa mophato o, di le mosola mo go ruteng ga gago le gore barutwana ba gago ba tlaa itumelela maitemogelo a puiso e e amoganwang.

Kemo ya Pholisi ya Kharikhulamo ya Tlhatlhobo (CAPS) ya Maemotheo e gatelela Puiso e e Amoganwang jaaka nngwe ya dikarolwana tsa botlhokwa tsa mekgwa ya puiso. Puiso e e Amoganwang gantsi e diragala magareng ga malatsi a mabedi le a mane a beke mo ngwana mongwe le mongwe a bonang tshono ya go buisa temana e e tshwanang. Dibukatiro le dipadiso tsa mephato di lebane maikaelelo a.

Le gale, fa o ruta puiso e e amoganwang ka Bukakgolo ya mokwalo o mogolo o dirisa mokgwa o o matsetseleko wa ga ruta puiso e e amoganwang gonne bana ba kgona go bona mafoko le ditshwantsho, sentle, le go go sala morago fa o buisa ka mokgwa o bana ba tlotelewang dinaane ka ona. Go botlhokwa gore bana ba dule ba dikaganyeditse Bukakgolo, gore bana bottle ba kgone go bona le go buisa temana. Mokwalo o mogolo wa dibukakgolo o go kgontsha go buisetsa bana ba le mimalwa kwa godimo ka nako e le nngwe o repile e bile o sa tshose barutwana.

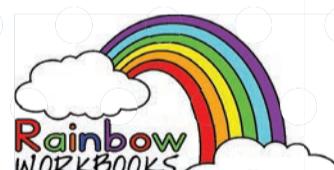
Dibukakgolo mo metselseteng e di tlaa itsise barutwana ba gago ka ga mefuta ya dikgang, maboko, dipina le metshameko gammogo le dikwalo tsa tshedimosetso le tsa dikerafo.

Ke tiro ya gago, go dira gore dikgang di tshele le go nafefela bana le go dira gore barutwana ba itumele ba bo ba je monate. Fa o dirisa Dibukakgolo o kgona go motlela maitemogelo a puiso ka mokgwa o o nafeflang wena le barutwana ba gago. Re solo fela gore buka e e tlaa go thusa go dira se.

Dikakanyo tse dingwe tsa go dirisa Bukakgolo

- Dirisa tsebe ya polasetiki mme o e beye mo godimo ga Bukakgolo. Go ka nna mosola gore bana le morutabana ba kwale mo polasetiking.
- Kwala mo polasetiking ka kheraeyone ya metsi e e phimolegang.
- Dirisa tlelipi e kgolo go tshwaraganya polasetiki le bukagolo.

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Author: V McKay



Itirele setene sa gago sa Bukakgolo

O tlaa tlhoka:

1. Khateboto ya bophara jo bo tshwanang le Bukakgolo e e bulegileng (594 mm) ka bolele jo bo gararo (1360 mm).
2. Masekintheipi
3. Ditlelipi tse pedi kgotsa dipekeso go tshwaraganya khateboto.

Dirisa masekintheipi go tshwaraganya manathwana a khateboto.

Mena khateboto go dira Foreimi mme o tlanye marago le lepele go nna mmogo jaaka go bontshiwa mo setshwantshong se se fa tlase.

