



Mophato **3**

Bukakgolo ya dikgang tse dikhutshwane

SETSWANA



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Buka

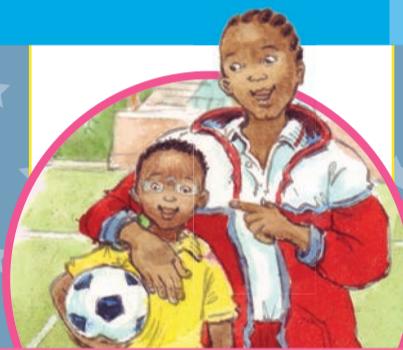
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Dikgang tse di mo bukeng e:



1 Seotlwana sa Mary-Ann



2 Jojo o ya sekolong se sešwa

1

14



Ka moo o ka dirisang Bukakgolo:

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 phaposiborutelang, 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 bolelelapela 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 kgona 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 'letlhhabaphefо la metlholo'. 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 matlho 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 bolelelapela 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 tlotlofoko e ntšhwatso.
- 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 ditlhaka fa o ntse o buisa ka go supa mafoko ka thobane kgotsa rulara gore bana ba bone se o se buisang gore ba nyalanye modumo le ditlhaka 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 kganneng ka go kopanya polelwana e e ipoletsang (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 leitlho le tsepamisiwa mo go nneng le seabe mo puisong le morutabana o dirisa metlotlo e e diragalang go godisa tlotlofoko ya go tlhaloganya, dikgono tsa go bona bokao le dipopego tsa sekwalwa (thutapuo, matshwaopuiso, jalojalo).
- Go tswa mo go wena, morutabana, go tsepamisa matlho 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 tlhamaletseng, tsa thulaganyosešwa, phopholetso, tshekatsheko le tsa go itumelela setlhawngwa).

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 tlhamaletseng, tsa thulaganyosešwa, phopholetso, tshekatsheko le tsa go itumelela setlhawngwa.

Seotlwana sa Mary-Ann



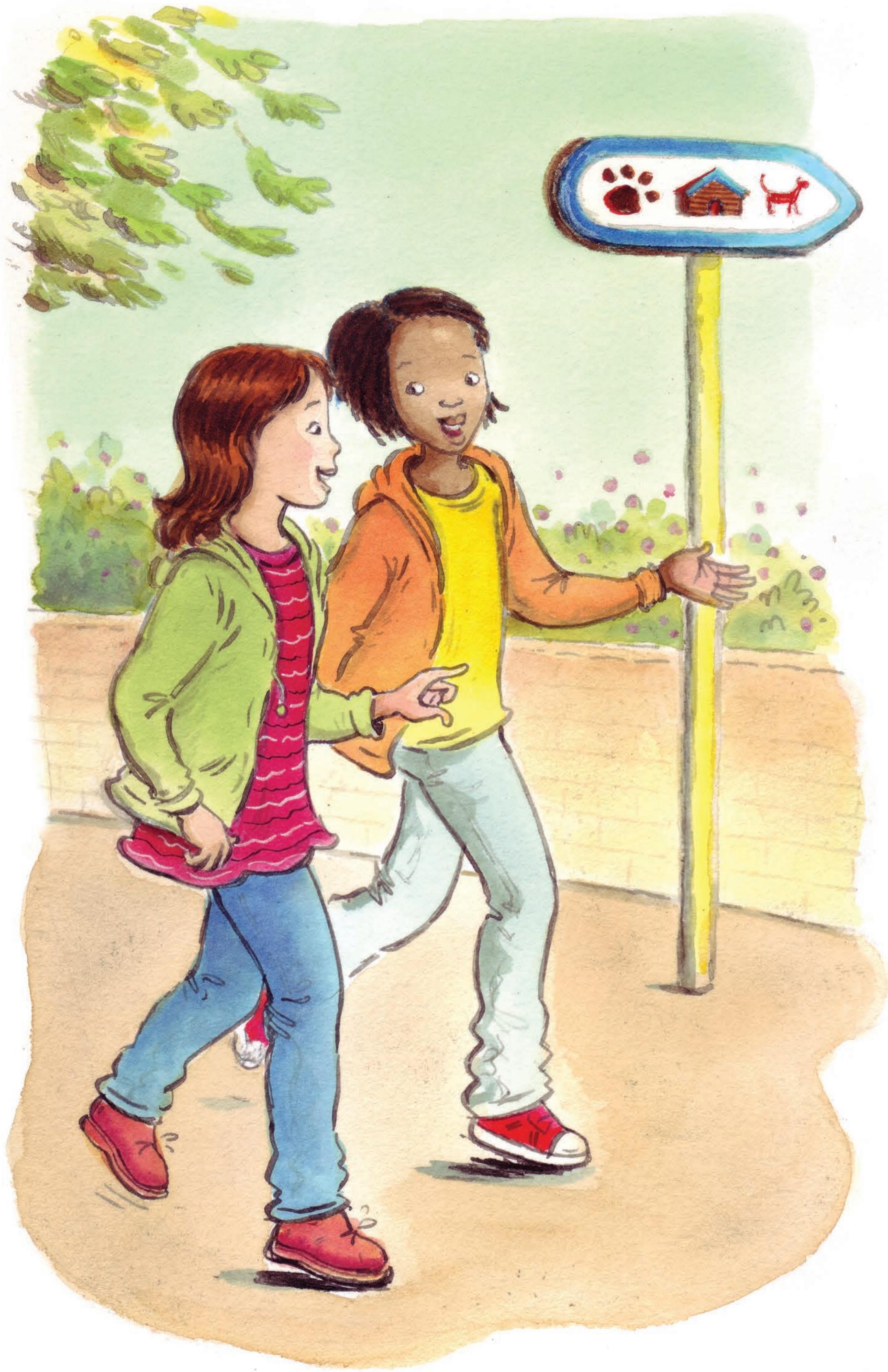
Ngwedi e ne e galalela. E ne e le ka
Labotlhano fela morago ga bosigogare fa
Mary-Ann a phaphame mo bolaong jwa
gagwe. O ne a nagana ka ga ntšwanyana
e a tlileng go e reka fa ena le Nomsa ba
ya kwa tshireletsong ya diphologolo mo
mosong.

Mary-Ann e ne e le mosetsana a le mongwe fela mo phaposing yo o neng a se na seotlwana ka gonne o ne a dula kwa foleteng. Fa balelapa ba fudugela kwa ntlong, Mary-Ann o ne a simolola go boloka madi a go kgwatlha go reka ntšwanyana. Jaanong o na le madi a a lekanetseng go duelela ntšwanyana.

Kwa bokhutlong go ne gaa sa, mme Mary-Ann o ne a tlola mo bolaong, a tlhapa a apara mme a leta tsala ya gagwe, Nomsa, a fela pelo.

Nomsa o ne a solo feditse Mary-Ann gore o tlaa mo felegetsa kwa tshireletsong ya diphologolo go mo thusa go tlhophla seotlwana.

Kwa bofelong Nomsa a goroga.



Basetsana ba babedi ba simolola go
tsamaya ka phisego go ya tshireletsong ya
diphologolo, ba tlhagafetse, ba tlotla mme
ba tshegela godimo fa ba ntse ba tsamaya.



Mary Ann o ne a lapile mme a
dula godimo ga mokoa wa dijo
tsa dintšwa go ikhutsa. A bona
dintšwanyana di le thataro
di robetse mo mmanking.

Basetsana ba inama mme ba
sola dintšwanyana ka bonolo, ba
ipotsa gore ba tlhophe efe.

"A o batla go reka
ntšwanyana?" ga botsa
molaodi."

"Ee, e tlaabo e le seotlwana sa
me sa ntlha," a araba molaodi
ka boitumelo.



"Go siame, nte ke go bolelele ka ga dintšwanyana tse," ga rialo molaodi.

"Dintšwanyana tsa dikholoro tse dikhibidu, tala le serolwana di setse di rekisitswe. Jaanong o na fela le tlhopho ya dintšwanyana di le pedi. O tlaa tshwanelwa ke go tlhophha gareng ga ntšwanyana ya kholoro e pinki le ya kholoro e talalegodimo."

"Oo," ga rialo Mary Ann. "Ntšwanyana ya kholoro e phepole yona? A le yona e rekilwe?"

"Oo, ntšwanyana eo," ga araba motsamaisi.
"O ka se ka wa batla go e reka," a rialo."

E tshotswe ka letheka le le gobetseng ka jalo ga e kitla e kgon a go siana kgotsa go tshameka ka bolo."

Matlho a ga Mary-Ann a phuruphutsha diketšhe.



A leba ntšwa e e boboa bo bosweu, ntšwa e nnye e e borokwa, ntšwa e kgolo e e botsalano, ntšwa e e serolwana le kwa dikatseng le dikatsana.

Mary-Ann o sola ntšwanyana ya kholoro e phepole. Ya emisa ditsebe, ya tshikhinya mogatla mme ya leba Mary Ann ka matlho a a borokwa a a gogelang. Mary Ann o ne a leba gotlhé kwa diphologolong tse dingwe mo lebenkeleng. O ne a leba kwa dintšwanyaneng di le thataro tse di mo mmanking.

Morago o ne a khubama mme ka kelotlhoko a tsholetsa ntšwanyana ka kholoro e e phepole mme a e baya mosehubeng.



O ne a e solasola ka bonolo, mme
aretologela go molaodi.

"Ga go kgathalasege le fa a sa kgone go
tshameka bolo kgotsa go siana," a rialo.

A goga leoto la borokgwe jwa bokhate go
bontsha molaodi ditshipi tsa maitirelo mo
leotong la gagwe.

"Ke tshotswe ka bogole ba leoto", a rialo.

"Gape ke sokola go siana mme ga ke kgone
go tshameka bolo. Fela ke na le balosika le
ditsala tse dintsi tse di nthatang, mme seo
se a itumedisa."

A retologela go Nomsa mme a botsa,
"O akanya jang Nomsa?"

Nomsa a dumela ka tlhogo a go supa go
amogela a ntse a solasola ntšwanyana ya
kholoro e phepole ka bonolo.

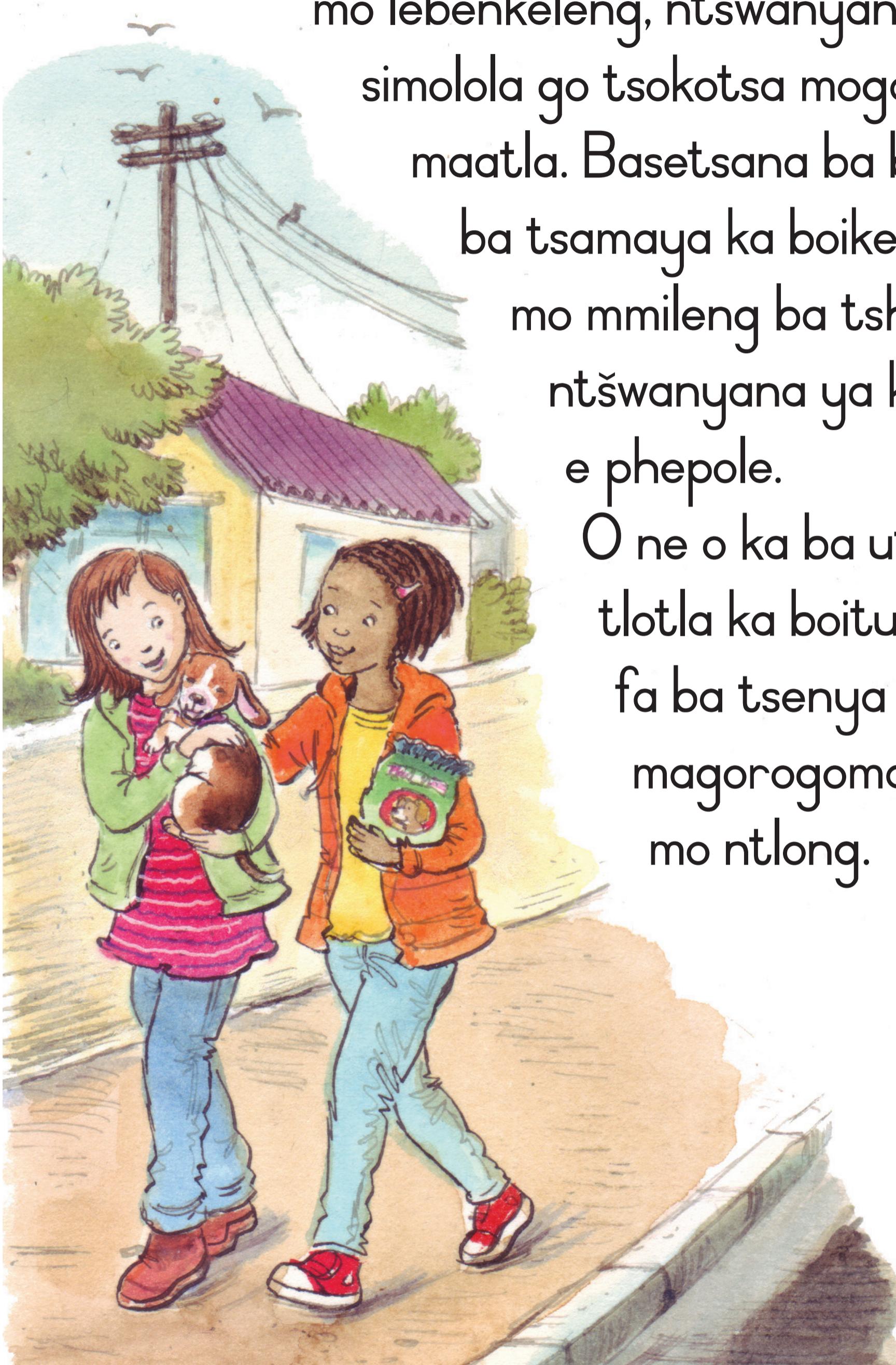


"Tsweetswee, mma a nka e duelela?"

Mary Ann a botsa. "Ke batla go reka ntšwanyana e ya kholoro e phepole. E ke ntšwanyana e ke e batlang!"

"O tlide go nna le legae le le go tlhokomelang, ntšwanyana," a sebaseba a ntse a neela molaodi madi.





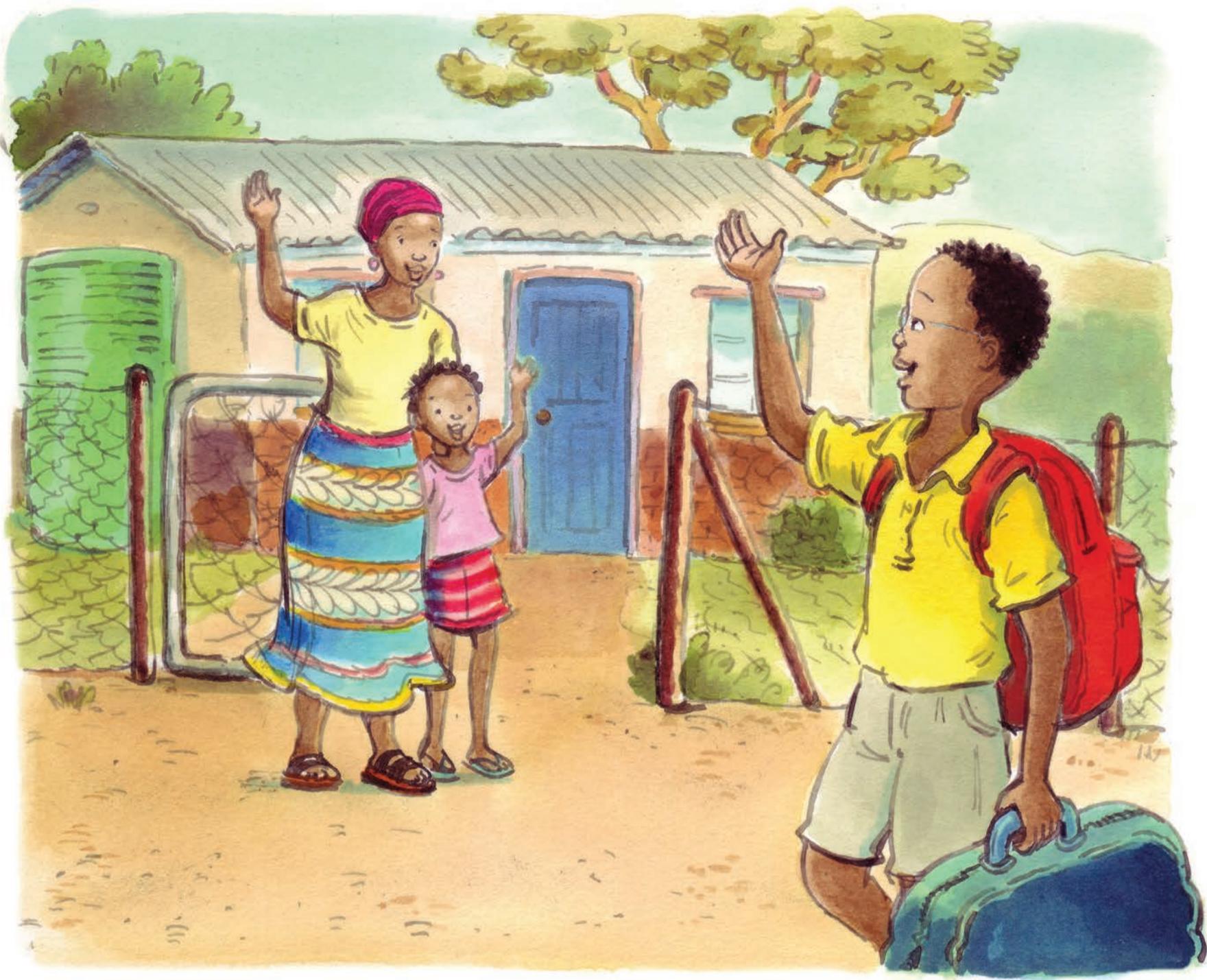
Fa Nomsa le Mary-Ann ba tswa
mo lebenkeleng, ntšwanyana ya
simolola go tsokotsa mogatla ka
maatla. Basetsana ba babedi
ba tsamaya ka boiketlo
mo mmileng ba tshotse
ntšwanyana ya kholoro
e phepole.

O ne o ka ba utlwa ba
tlotla ka boitumelo
fa ba tsenya
magorogomašwa
mo ntlong.

Jojo o ya sekolong se sešwa



Jojo o ne a tshwere bothata kwa sekolong.
“Goreng ke tshwanetse go tla sekolong
se?” a ngunaguna a tsentse sefatlhego
diatleng. “Bana ba ba setlhogo tota!”



Ngogola Jojo o ne a tshwanelo go ya go dula le rraagwe kwa Gauteng. A tshwanelwa ke go tlogela mmaagwe le kgaitصادie kwa Limpopo. A tlogela le sekolo sa gagwe se sennye kwa motseng, le ditsala tsa gagwe. Jaanong o ne a dula kwa Johannesburg mme a tsena sekolo se segolo sa bana ba ka nna sekete.

Thapama nngwe fa bana botlhe ba ya patlelong ya metshameko, Jojo o ne a ema a ba bogela a eletsa e kete a ka nna mongwe wa bona. Le gale o ne a ikela gae a le esi.

A tsamaya ka tsel a ya gagwe ya gale, e bong go tlolaganya ka borogo, go feta benkele la dilo tsa metshameko, go feta Wimpy le go kgabaganya patlelo.

Jojo o ne a sena go tlolaganya ka borogo fa setlhophha sa badipa se mo emisa.

Mongwe wa bona a phamola kgetsana ya ga Jojo. Ba simolola go e latlhela kwa le kwa.



Morago Bruce, mongwe wa basimane
ba ba goletseng godimo kwa sekolong, a
phamola digalase tsa matlho tsa ga Jojo
a sia ka tsona morago a di latlhela mo
mmileng.

Jojo a inama go di sela. A se dumele lesego la gagwe. O ne a itheile a re di tlaa bo di robegile, le gale ga se nne jalo. Ka lesego di ne di wetse mo lebokosong ka jalo tsa se robege.

Jojo a kuka kgetsana ya gagwe le digalase tsa matlho. Morago a kuka le lebokoso. Lebokoso le ne le imelanyana. A le tshikhinya. Go ne go le sengwe ka fa gare!

Jojo a tshikhinya lebokoso gape. A le pitikolosa go bona gore ke la ga mang.

A le bula ka kelotlhoko mme a gakgamala go fitlhela butshe e le nngwe ya kgwele ya dinao, ya leoto la moja.

A lebaleba go bona gore a mongwe o e tlogetse. A e rwala mme ya mo lekana sentle."

Le gale ga go thuse," a bua a le esi. "Go butshe e le nngwe fela!"



Ka motsotso o, rralebenkele la dilo tsa
metshameko a latlhela butshe e nngwe.

"Ga re kgone go di rekisa," a rialo go
Jojo. Re ne re di dirisetsa gore bareki ba
itekanye.

Jojo a kuka butshe. E ne e le ya molema go
tswa pareng e le nngwe. "Di a ntekana!"
A goa ka boitumelo a bofa marala.



“Gone ke tsa gago!” ga rialo rrablebenkele.
“Re amogela tse dintšhwa ka moso le ka ura
ya boraro gompijeno. Mogaka wa maloba,
Marks Maponyane, o tlile go rotloetsa theko.
Ke phepafatsa lebenkele.”

Motsotso ona oo, Marks Maponyane a
goroga.

“Heela monna!” a goa Jojo. “Ke ya go katisa
setlhophha sa sekolo mo mmileng o o latelang.
A o a tla?”

“Nka se kgone rra” ga rialo Jojo.
“Ga ke kgone go tshameka kgwele ya dinao.”

“Leina la gago ke mang monna?” Marks
Maponyane a botsa.

“Jojo rra”.

“Se tshwenyege Jojo, o tlāa siama!” Ya re Jojo a santse a gakgametse, Marks a bo a setse a mo gogela kwa patlelong ya kgwele ya dinao, go tlolaganya ka borogo.

“O dira’ng fa?”

“Ga botsa mokatisi a lebile Jojo.”

“Jojo o na le nna. O mo letlhakoreng la me.”
Ga rialo Marks Maponyane.

“A re ye Jojo, ke batla o tsene fa mme o tshameke jaaka mogaka.”

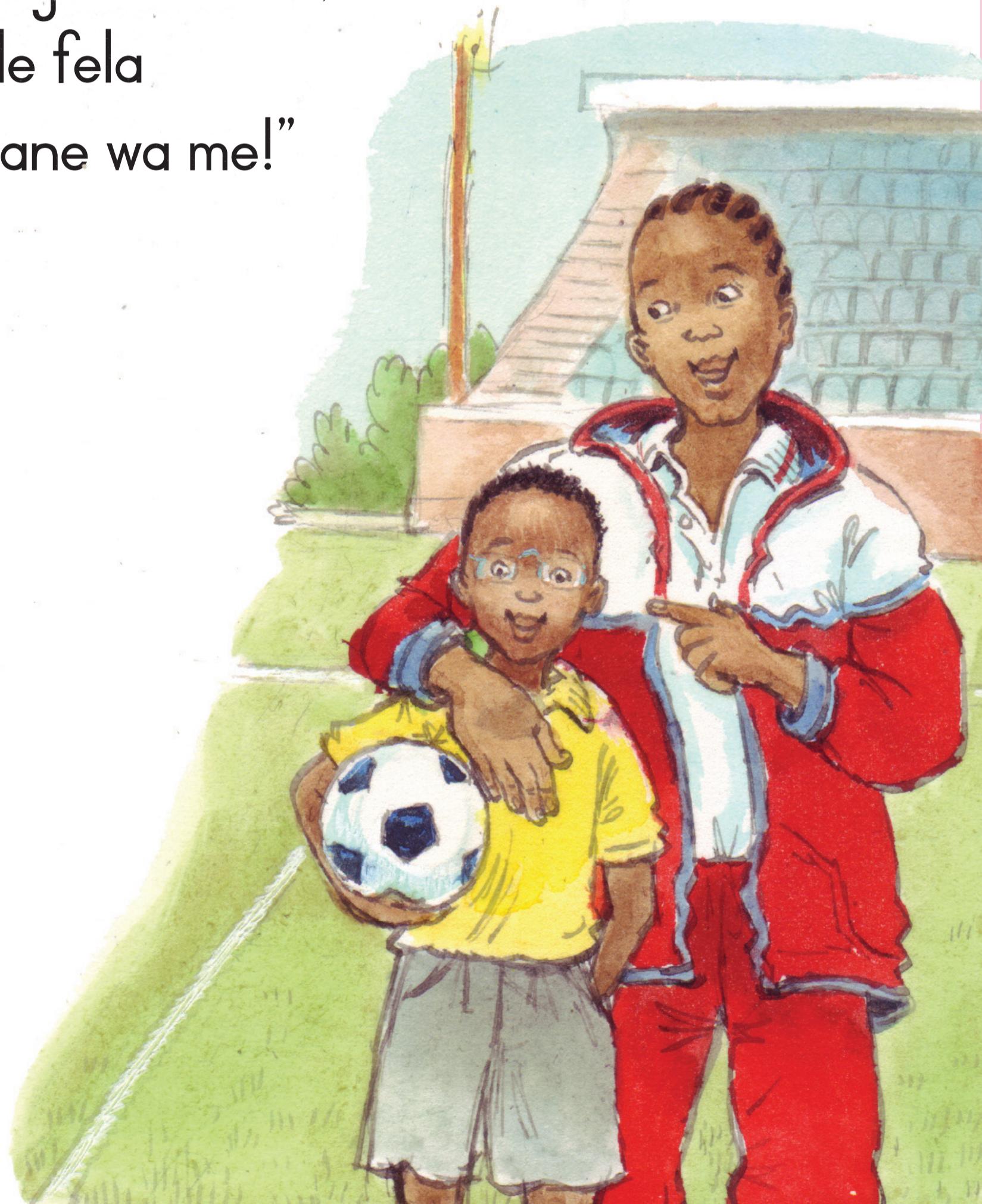
Jojo a sianela mo lebaleng mme a simolola go thala ka kgwele.

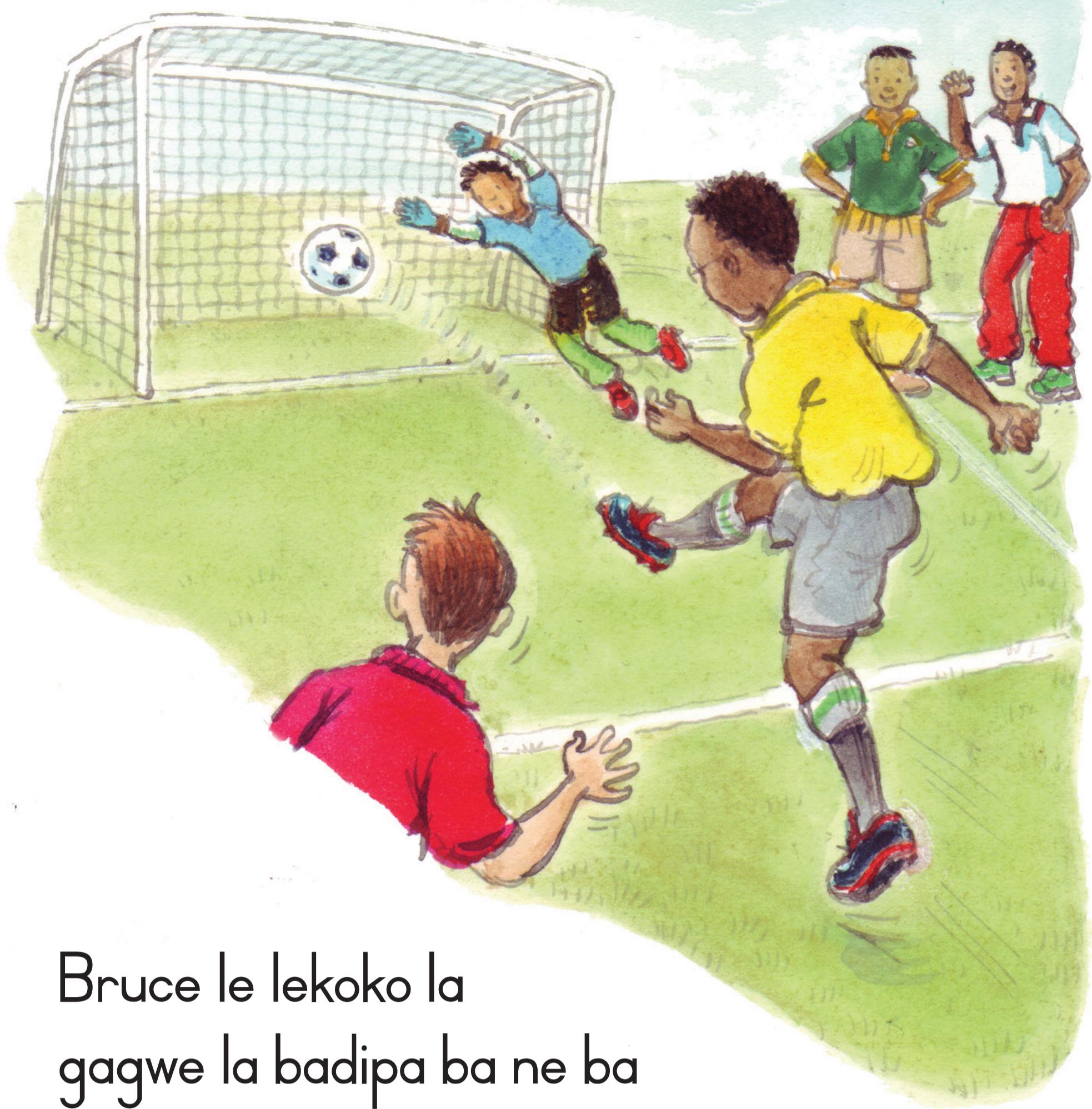
Ya nna jaaka e kete dibutshe ke tsona di mo laolang.

A thala, a raga, mme batho ba goa "Jojo!
Jojo!"

Jojo a nosa, a boa a nosa gape.

Marks a baa seatla se segolo mo legetleng
la ga Jojo mme are,
"Bontle fela
mosimane wa me!"





Bruce le lekoko la
gagwe la badipa ba ne ba
lebile ka kgamarego, ba sa dumele
matlho a bona.

"Jojo," ga rialo Marks, "Ga o tlhoke go
itsege, sa botlhokwa fela ke gore wena o
akanya jang ka ga gago."

Tota le mokatisi o ne a gakgametse.

"O dirile bontle Jojo. A o ya go tsenela setlhophha?"

"Nnyaya coach, ke a leboga," a araba.

"Ke siame rra."

"Ke ka ga gore nna ke akanya jang ka ga me," a itshebela.



O amogetswe mo Motseletseng wa Dibukakgolo. Bukakgolo e e bopa karolo ya Motselsetsele 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 tsenyeleditweng 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, gentle, 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 natefela 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 natefeling 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.

ISBN 978-1-4315-3084-7



ISBN 978-1-4315-3084-7

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basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Published by the Department of Basic Education
222 Struben Street, Pretoria
South Africa

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First edition 2016

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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.

