

DITHULAGANYO TSA GO RUTA TSE DI TLHABOLOTSEWENG (COVID 19)

MOPHATO 4 KGWEDITHARO 2				
DIKGONO	GO REETSA LE GO BUA (TIRO MOLOMO)	GO BUISA LE GO LEBELELA	GO KWALA LE GO TLHAGISA	DIPOPEGO TSA PUO LE MELAWANA
BEKE 1 - 2	<p>Go reetsa le go tseletsisa ditaelo, Sk sekao resipe/ditaelo tsa go dira sengwe (go tlhapa matsogo)</p> <p>Ditirwana tsa matseno: ponelopele</p> <ul style="list-style-type: none"> • Gakologelwa tsamaiso • Supa diponagalo tsa setlhangwa sa ditaelo • Tlhokomela ditlhogo tse di botlhokwa • Neela ditaelo tse di tlhamaletseng, sekao, ka mokgwa o samentshise e dirwang ka gona • Dira dintlha le go dirisa ditaelo tse di buisitsweng • Go botsa dipotso go bona tlhaloso • Tshwaela ka ga go thaloganyega ga ditaelo 	<p>Go buisa setlhangwa sa ditaelo (Se se tsamaelanag le covid 19)</p> <p>Setlhangwa go tswa mo bukakgakololong/ Faele ya Metswedi ya Morutabana</p> <ul style="list-style-type: none"> • Pele ga puiso: ponelopele go tswa mo setlhogong le ditshwantshong • Dirisa ditogamaano tsa puiso: ponelopele, methala ya tiriso • Buisanang ka dintlha tse di kgethegileng tsa setlhangwa • Buisanang ka tatelano ya ditaelo • Dirisa thanodi go netefatsa mopeleto le bokao jwa mafoko 	<p>Go kwala setlhangwa sa ditaelo (sk, go dira sesepa sa go tlhapa matsogo)</p> <p>Setlhangwa go tswa mo bukakgakololong/ Faele ya Metswedi ya Morutabana</p> <p>Tlhopha diteng tse di maleba le setlhogo</p> <ul style="list-style-type: none"> • Dirisa popego e e maleba jaaka foreimi/letlhomeso • Rulaganya tshedimosetso e e kgodisang • Dirisa setlhogo le dipolelo tse di tshegetsang go bopa ditemana tse di lomaganeng • Dirisa thutapuo, mopeleto le matshwao a puiso a a maleba • Tlhagisa tiro e e phepa o dirisa ditlhogo, diphatla tsa ditemana (sekgala) • Rekota mafoko le bokao jwa ona mo thanoding ya gago <p>Dirisa dikgato tsa go kwala</p> <p>Go dira paakanyetsotiro /Pele ga go kwala Go kwala dikwalo tsa ntlha, Go boeletsa, Go tseleganya, Go tlhotlha diphoso le Go tlhagisa</p>	<p>Kgato ya go dira ka mafoko:</p> <p>Madirithusi, madiri, mediriso, sekao: ke tla</p> <p>Kgato ya go dira ka dipolelo:</p> <p>Pakaisago/pakatlang</p> <p>Mopeleto le matshwao a puiso:</p> <p>Kgaoganyo ya mafoko, go dirisa thanodi</p>

MOPHATO 4 KGWEDITHARO 3				
DIKGONO	GO REETSA LE GO BUA (TIRO MOLOMO)	GO BUISA LE GO LEBELELA	GO KWALA LE GO TLHAGISA	DIPOPEGO TSA PUO LE MELAWANA
Beke 1-2	<p>Go reetsa kgangkhuswe</p> <ul style="list-style-type: none"> • Setlhangwa go tswa mo bukakgakololong kgotsa Faele ya Metswedi ya Morutabana • Ditirwana tsa matseno: ponelopele • Supa baneelwa • Gakologelwa dintlhakgolo • Araba dipotso tsa molomo <p>(tekatlhaloganyo ya theetso)</p>	<p>Buisa kgangkhuswe</p> <ul style="list-style-type: none"> • Setlhangwa go tswa mo bukakgakololong kgotsa Faele ya Metswedi ya Morutabana <p>Pele ga puiso: Ponelopele go tswa mo setlhogong le ditshwantsho</p> <ul style="list-style-type: none"> • Dirisa ditogamaano tsa go buisa: go dira ponelopele le go dirisa medumo ya ditlhaka le metlhala ya tiriso • Go buisana ka tlotlofoko e ntšhwa go tswa mo setlhangweng se se buisitsweng • Go /supa le go tshwaela ka baneelwa • Neela le go tlhaloso maikutlo a gago ka ga setlhangwa • Go buisetsa kwa godimo ka kapodiso e e tlhapileng, dipolelwana, le lebelo la go buisa le le siameng • Dirisa thanodi <p>Akanya/neela dintlha ka setlhangwa se se ipuiseditsweng</p>	<p>Gokwala kgang o ikaegile ka maitemogelo kgotsa tiragalo ka ga gago</p> <ul style="list-style-type: none"> • Tlhopho diteng tse di maleba le setlhogo • Dirisa sebopego/popego ya kgang jaaka foreimi/lethomeso • Akaretsa baanelwa • Dirisa thutapuo, mopeleto le matshwao a puiso a a maleba • Dirisa tlotlofoko e e farologaneng e e tsamaelanang le setlhogo • Itlhamele thanodi <p>Dirisa dikgato tsa go kwala Go dira paakanetsotiro /Pele ga go kwala</p> <p>Go kwala ditlhangwa tsa ntlha Go boeletsa Go tseleganya Go tlhotlha diphoso Go tlhagisa</p>	<p>Kgato ya go dira ka mafoko: matlhaodi, madiri – madiritota, lediri lefetedi le lefeledi,</p> <p>Kgato ya go dira ka dipolelo: sediri, sedirwa, thuanzi-sediri, pakajaanong</p> <p>Mopeleto le matshwao a puiso: Khutlo, letshwao la potso, letshwao la tsiboso, jalo jalo</p>
BEKE3-4	<p>Go reetsa le go buisana ka setlhangwa sa tshedimosetso</p> <p>Setlhangwa go tswa mo bukakgakololong/ Faele ya Metswedi ya Morutabana</p> <ul style="list-style-type: none"> • Ditirwana tsa matseno: ponelopele 	<p>Go buisa setlhangwa sa tshedimosetso, sekao: ka dintlha tsa loago</p> <p>Setlhangwa go tswa mo bukakgakololong/ Faele ya Metswedi ya Morutabana</p>	<p>Sosobanya setlhangwa sa tshedimosetso ka tshegetso</p> <ul style="list-style-type: none"> • Tlatsa mafoko a a tlogetsweng mo setlhangweng sa tshosobanyo 	<p>Kgato ya go dira ka mafoko: Makpanyi, matlama</p> <p>Kgato ya go dira ka dipolelo:</p>

	<ul style="list-style-type: none"> Buisanang ka dintlha tse di totobetseng/kgethegileng Botsa dipotso go bona tshedimosetso Reetsa le go tsiboga sentle Araba dipotso tsa molomo E amanye le maitemogelo a gago <p>(Tekatlhologanyo ya theetso)</p>	<p>Pele ga puiso: ponenelopele go tswa mo setlhogong le ditshwantsho</p> <ul style="list-style-type: none"> Dirisa ditogamaano tsa puiso, go tlodisa matlho go bona dintlha tse di totobetseng/kgethegileng go bona kakanyokgolo/kakar etso Buisa metswedi e mekhutshwane ya kgatiso Batla tshedimosetso go tswa mo metswedding e e farologaneng Tlhaola dikakanyo tse di maleba Supa maitlhamo a a farologaneng a ditlhangwa Supa/tlhaola le go buisana ka boleng mo setlhangweng <p>Go tshwaela ka setlhangwa se se ipuseditsweng Bapisa dibuka/ditlhangwa tse di buisitsweng</p>	<ul style="list-style-type: none"> Dirisa tlotlofoko e e nepagetseng Dirisa thutapuo, mopeleto, matshwao a puiso le dibaka tse di maleba mo gare ga ditemana Dirisa thanodi go netefatsa mopeleto le bokao jwa mafoko <p>Kwala tlhamo</p> <p>Tlhaloso (ditemana di le pedi) Tlhopha diteng tse di maleba le setlhogo</p> <ul style="list-style-type: none"> Dirisa popego e e maleba jaaka foreimi/lethomeso Dirisa setlhogo le dipolelo tse di tshegetsang go godisa ditemana tse lomaganeng (ditemana di le 2) Tlhama dithusathuto tsa pono go go thusa fa o tlhagisa Dirisa thanodi go netefatsa mopeleto le bokao jwa mafoko 	<p>Pakapheti-tsweledi, pakaisago/ pakatlang tsweledi</p> <p>Bokao jwa mafoko: Dikapuo, tshwantshanyo, tshwantshiso</p> <p>Mopeleto le matshwao a puiso: Ditlhakgolo le ditlhakanye, khutlo, phegelwana</p>
<p>BEKE5-6</p>	<p>Go reetsa leboko Ditirwana tsa matseno: ponelopele</p> <ul style="list-style-type: none"> Bontsha kgatlhego le go tsibogela tlhotlheletso ya medumo e e tsosolositsweng ke leboko Buisanang ka kakanyokgolo/thitokgang ya leboko Le amanye le maitemogelo a gago 	<p>Go buisa leboko Pele ga puiso: ponelopele go tswa mo setlhogong</p> <ul style="list-style-type: none"> Tlhalosa le go sekaseka maikutlo a go tsibogela ditlhangwa Supa/tlhaola morumo, poeletsomodumo le maetsi le 	<p>Go kwala leboko</p> <ul style="list-style-type: none"> Tlhopha diteng tse di maleba Dirisa popego/kagego e e nepagetseng Dirisa puo ya boikakanyetsi le boitlhamedi Dirisa poeletsomodumo, poapoeletso, 	<p>Kgato ya go dira ka mafoko: Makopanyi Kgato ya go dira ka dipolelo: Dipegelo, dipolelonolo</p> <p>Bokao jwa lefoko: Mothofatso, poeletsomodumo, tshwantshanyo, tshwantshiso,</p>

	<ul style="list-style-type: none"> Supa/tlhaola morumo, moribo/morethetho le go tshwaela ka tlhotlheletso ya tsona mo moreetsing Tlhagisa maikutlo a a tlhotlheleditsweng ke leboko Supa/tlhaola mowa o o renang mo lebokong/maikutlo <p>(Tekatlhaloganyo ya theetso)</p>	<p>tlhotlheletso ya tsona</p> <ul style="list-style-type: none"> Tlhaola le go tlhalosa tshwantshanyo le tshwantshiso Dirisa thanodi go netefatsa bokao jwa mafoko <p>(Tekatlhaloganyo ya puiso)</p>	<p>tumanosi, tumammogo</p> <ul style="list-style-type: none"> Dirisa tlotlofoko e e farologang Dirisa dikapuo/puo ya papiso, sekao: tshwantshanyo, tshwantshiso Dirisa moribo/morethetho le morumo o o maleba <p>Dirisa dikgato tsa go kwala Neela dikakanyo o dirisa mmepe wa tlhaloganyo Go kwala ditlhangwa tsa ntlha, Go boeletsa, Go tlhotlha diphoso, Go kwala setlhangwa sa bofelo le Go tlhagisa setlhangwa sa bofelo se se phepa se se buisegang/bonalang</p> <p>Kwala leboko</p>	<p>moribo/morethetho, morumo Mopeleto le matshwao a puiso: Tiriso ya thanodi, khutshwafatso tlhakaina – akeronime</p>
	<p>TEKANYETSO E E TLHOMAMENG TIRO 6 TIRO YA MOLOMO [Maduo otlhe 20]</p> <ul style="list-style-type: none"> Puo e e sa ipakanyediwang Tekatlhaloganyo ya theetso (E lekanyediwe mo tsamaong ya kgweditharo) 			
BEKE 7-8	<p>Go reetsa terama go tswa mo seyalemoyeng, thelebišene, kgotsa setlhangwa se se kwadilweng</p> <ul style="list-style-type: none"> Ditirwana tsa matseno: ponelopele go tswa mo setlhogong Boeletsa pono ya terama ka go e tlotla ka tatelano Neela maina a badiragatsi ka nepagalo Reetsa dintlha tse di totobetseng/ kgethegileng 	<p>Go buisa terama Setlhangwa go tswa mo bukakgakololong Kgotsa Faele ya Metswedi ya Morutabana</p> <ul style="list-style-type: none"> Pele ga puiso: ponelopele go tswa mo setlhogong Dirisa ditogamaano tsa puiso Buisanang ka badiragatsi, ntlhakgolo/ thitokgang 	<p>Dirisa dikgato tsa go kwala Go dira paakanyetsotiro /pele ga go kwala, Go kwala ditlhangwa tsa ntlha, Go boeletsa, Go tseleganya, Go tlhotlha diphoso le Go tlhagisa</p> <p>Kwala mmuisano</p>	<p>Kgato ya go dira ka mafoko: Makopanyi, madirimathusi Kgato ya go dira ka dipolelo: Sediri, sedirwa, thuanani sediri, dipaka Bokao jwa mafoko: Makaelagongwe, malatodi Mopeleto le matshwao a puiso: Tiriso ya thanodi, thulaganyo ya mafoko kgaoganyo ya mafoko</p>

	<ul style="list-style-type: none"> • Dirisa dintlha ka nepagalo • Tlhalosa dikakanyo le maikutlo ka ga setlhangwa • Dirisa popego ya puo e e nepagetseng 	<p>le maitshetlego (lefelokgang le nako)</p> <ul style="list-style-type: none"> • Tlhalosa dikakanyo le maikutlo a a tlhotlhelediwang ke setlhangwa • Dirisa thanodi go netefatsa bokao jwa mafoko <p>Tshwaela ka setlhangwa se se buisitsweng</p>		
<p>TIRO E E TLHOMAMENG TIRO 7 TSIBOGELO YA DITLHANGWA : TEKO [Maduo otlhe 40]</p> <ul style="list-style-type: none"> • Tekatthaloganyo ya puiso/ e e sa buisweng (Maduo: 15) • Setlhangwaponno (Maduo: 10) • Go kwala Tshosobanyo (Maduo: 05) • Dipopego tsa puo le melawana ya tiriso (Maduo: 10) 				

MOPHATO 4- KGWEDITHARO 4				
DIKGONO	GO REETSA LE GO BUA (TIRO MOLOMO)	GO BUISA LE GO LEBELELA	GO KWALA LE GO TLHAGISA	DIPOPEGO TSA PUO LE MELAWANA
BEKE 1-2	<p>Go reetsa athikele ya lokwalodikgang/makasine Sethangwa go tswa mo bukakgakololong/ Faele ya Metswedi ya Morutabana</p> <p>Ditirwana tsa matseno: ponelopele</p> <ul style="list-style-type: none"> • Reetsa dintlha tse di totobetseng/ kgethegileng • Supa/ tthaola molaetsamogolo • Amanya tshedimosetso le botshelo jwa gago • Buisanang ka dikakanyokgolo le dintlha tse di totobetseng/ kgethegileng • Buisanang ka boleng jwa setso, loago le setho mo sethangweng 	<p>Go buisa athikele ya lokwalodikgang/ makasine tse di tlhagisang ditlhagiso tsa loago</p> <p>Sethangwa go tswa mo bukakgakololong/ Faele ya Metswedi ya Morutabana</p> <ul style="list-style-type: none"> • Pele ga puiso: ponelopele go tswa mo setlhogong le ditshwantsho • Dirisa ditogamaano tsa go buisa • Inaganele mabaka a ditiragalotsa kgang • Tlhalosa mabaka le ditlamorago sa kgang • Tlhagisa maikutlo ka ga sethangwa o neela mabaka • Buisanang ka boleng jwa sethangwa • Buisanang ka tlhopho ya mafoko le go ikakanyetsa • Lemoga popego, tiriso ya puo, maitlomo le bareetsi ba kgang • Buisanang ka tlotlofoko e ntšhwa go tswa mo sethangweng se se buisitsweng • Dirisa thanodi <p>Tshwaela ka sethangwa se se ipuiseditsweng</p> <p>Bapisa dibuka/ditlhagwa tse di buisitsweng</p>	<p>Go kwala athikele ya lokwalodikgang/ makasine ka ga dintlha tsa loago</p> <ul style="list-style-type: none"> • Dirisa diteng tse di maleba le bareetsi le maitlomo a sethangwa • Dirisa foreimi/letlhomeso • Dirisa puo ka boikakanyetsi bogolo jang tlotlofoko e e farologaneng • Golaganya/kopanya dipolelo go bopa ditemana tse di lomaganeng o dirisamaemedi, makopanyi le matshwao a puiso a a nepagetseng • Dirisa dipaka tse di farologaneng ka tlhomamo • Dirisa thanodi go netefatsa mopeleto le bokao jwa mafoko <p>Dirisa dikgato tsa go kwala</p> <p>Go dira paakanyetsotiro /Pele ga go kwala, Go kwala sethangwa sa ntlha, Go boeletsa, Go tseleganya, Go tlhotlha diphoso le Go tlhagisa</p>	<ul style="list-style-type: none"> • Kgato ya go dira ka mafoko: Makopanyi, madirimathusi • Kgato ya go dira ka dipolelo: Sediri, sedirwa, thuanani sediri, dipaka <p>Bokao jwa mafoko: Makedlagongwe, malatodi</p> <p>Mopeleto le matshwao a puiso: Tiriso ya thanodi, thulaganyo ya mafoko kgaoganyo ya mafoko</p>

<p>BEKE 3-4</p>	<p>Go reetsa kgangkhutshwe Setlhangwa go tswa mo bukakgakolong/ Faele ya Metswedi ya Morutabana</p> <ul style="list-style-type: none"> • Ditirwana tsa matseno: ponelopele • Reetsa le go amanya maitemogelo a gago le kgang • Supa/tlhaola dintlha tse di totobetseng/kgethegileng • Tlhomama mo setlhogong • Supa/tlhaola poloto, maitshetlego (lefelokgang le nako) le baanelwa • Araba dipotso tsa kgang ka molomo • Boeletsang kgang ka go e tlotla <p>Tsaya karolo mo dipuisanong tsa setlhophha</p> <ul style="list-style-type: none"> • Refosanang go bua • Tlhomama mo setlhogong • Botsa dipotso tse di maleba • Tshegetsang puisano • Tsibogela dikakanyo tsa ba bangwe ka go bontsha boutlwelebotlhoko le tlotlo • Neela pegelo e e lekalekanang e bile e aga 	<p>Go buisa kgangkhutshwe Setlhangwa go tswa mo bukakgakolong/ Faele ya Metswedi ya Morutabana</p> <ul style="list-style-type: none"> • Pele ga puiso: ponelopele go tswa mo setlhogong le ditshwantsho • Dirisa ditogamaano tsa puiso: go okola dintlha le go tlotlisa matlho • Tlhaola le go tshwaela ka poloto, maitshetlego (lefelokgang le nako) le baanelwa • Neela mabaka a ditiro tsa baanelwa • Tlhaloganya tlotlofoko • Tlhaola dikakanyokgolo le tse di tshegetsang • Supa/tlhaola le go buisana ka boleng/ mosola wa setlhangwa • Buisanang ka tlotlofoko e ntšhwa go tswa mo setlhangweng se se buisitsweng • Dirisa thanodi <p>Tshwaela ka setlhangwa se se ipuseditsweng Boeletsang kgang kgotsa dikakanyokgolo ka go di tlotla ka dipolelo di le 3-5 Tlhagisa tsibogelo ya maikutlo a setlhangwa se se buisitsweng</p>	<p>Go kwala lekwalo la botsalano/ bukatsatsi</p> <ul style="list-style-type: none"> • Dirisa popego e e nepagetseng • Tlhopha diteng tse di maleba tsa setlhogo • Dirisa setlhogo le dipolelo tse di tshegetsang go bopa ditemana tse di lomaganeng/golaganeng • Golaganya ditemana o dirisa makopanyi le dipolelo • Dirisa tlotlofoko e e farologaneng • Dirisa thutapuo, mopeleto, matshwao a puiso le dibaka tse di maleba mo gare ga ditemana <i>Dirisa</i> thanodi go netefatsa mopeleto le bokao jwa mafoko <p>Dirisa dikgato tsa go kwala Neela dikakanyo o dirisa dimmepe tsa tlhaloganyo Go tlhagisa ditlhangwa tsa ntlhaGo boeletsang Go tlhotlha diphoso Go kwala setlhangwa sa bofelo Go tlhagisa setlhangwa sa bofelo se se phepa se bonala/buisega ka sebaka se se nepagetseng mo gare ga ditemana</p>	<p>Kgato ya go dira ka mafoko: Matlhalosi a felo, dipaka, makopanyi, maemedi (Tsepaniso mo dikarolopuung tse di di rutilweng)</p> <p>Kgato ya go dira ka dipolelo: Polelwanaina polelwana</p> <p>Mopeleto le matshwao a puiso: Ditlhakagolo, khutlo, phegelwana le kgaoganyo ya mafoko</p>
<p>BEKE 5-6</p>	<p>Go reetsa dipapatso Setlhangwa go tswa mo bukakgakolong/ Faele ya</p>	<p>Go buisa setlhangwa sa tshedimose tso, sekao, papatso</p>	<p>Go kwala papatso</p>	<p>Kgato ya go dira ka mafoko: Makopanyi</p> <p>Kgato ya go dira ka dipolelo Matlhaodi, matlhalosi</p>

	<p>Metswedi ya Morutabana le e mengwe</p> <ul style="list-style-type: none"> • Ditirwana tsa matseno: ponelopele • Ranola le go buisana ka molaetsa go akaretsa le mesola mo setlhangweng • Buisanang ka popego, tiriso ya puo, maitlomo le bareetsi/baamogedi ba setlhangwa <p>Tsaya karolo mo puisanong ya setlhopho ka dintlha tsa loago tse di amanang le dipapatso</p> <ul style="list-style-type: none"> • Buisanang ka mesola ya loago • Botsa dipotso tse di maleba, o dirisa mokgwa o o siameng wa go botsa dipotso, sekao, mang, efe, eng, leng, jang, goreng 	<p>Setlhangwa go tswa mo bukakgakololong/ Faele ya Metswedi ya Morutabana le e mengwe</p> <ul style="list-style-type: none"> • Ranola le go buisana ka molaetsa go akaretsa le boleng/mesola mo setlhangweng • Buisanang ka popego, maitlomo le bareetsi/baamogedi ba setlhangwa • Buisanang ka tiriso ya puo e e akaretsang puo ya tlhotlheletso le ya maikutlo le go dirisa puo ka go e somarela • Botsa dipotso tse di maleba tse di tseneletseng, o dirisa mofuta wa dipotso tse di maleba, sekao, mang, e fe, eng, leng, jang, goreng. • Tlhaola le go buisana ka puo e e tsayang lethakore • Tlhaola le go buisana ka dithegeniki tsa ditshwantsho jaaka, mmala, boago, tlhopho ya ditshwantsho, jalo le jalo le gore di tlhotlheletsa jang molaetsa o o fetisiwang <p>Tshwaela ka setlhangwa se se ipuseditsweng</p> <p>Tlhagisa tsibogelo ya maikutlo mo ditlhangweng tse di buisitsweng</p>	<ul style="list-style-type: none"> • Dirisa diteng tse di maleba le maitlomo le baamogedi • Dirisa dtlhangwaponole boalo jo bo maleba jwa maitlomo • Dirisa thutapuo le tlotlofoko e e maleba • Dirisa puo ka boithamede • Dirisa thanodi go netefatsa bokao jwa mafoko <p>Dirisa dikgato tsa go kwala</p> <p>Neela dikakanyo o dirisa dimmepe tsa tlhologanyo Go tlhagisa ditlhangwa tsa ntlha Go boeletsa Go tlhotlha diphoso Go kwala setlhangwa sa bofelo Go tlhagisa setlhangwa sa bofelo se se phepha se bonala/buisega</p>	<p>Mopeleto le matshwao a puiso:</p> <p>Letshwao la tsiboso, dikhutlwana, ditlhakagolo</p>
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	TIRO E E TLHOMAMENG 8: PAMPIRI 3 GO KWALA [Maduo otlhe 30] <ul style="list-style-type: none"> Setlhangwa sa tirisano (maduo 10) LE <ul style="list-style-type: none"> Tlhamo ya Kanelo / Tlhaloso (maduo 20) Ditemana di le 3 			
BEKE 7-8	Go reetsa puisano Ditirwana tsa matseno: ponelopele Reetsa le go e amanya le maitemogelo a gago <ul style="list-style-type: none"> Tlhaola dintlha tse di totobetseng/ kgethegileng Tsaya karolo mo dipuisanong tsa setlhopha <ul style="list-style-type: none"> Refosana go bua Tlhomama mo setlhogong Botsa dipotso tse di maleba Tshegetsa dipuisano Tsibogela dikakanyo tsa ba bangwe ka go ba utlwelela le go ba tlotla Neela pegelo e e lekalekanang le e e agang 	Go buisa terama <ul style="list-style-type: none"> Pele ga puiso: ponelopele go tswa mo setlhogong le ditshwantsho Dirisa ditogamaano tsa puiso: go okola dintlha le go tlodisa matlho Supa/tlhaola le go tshwaela ka poloto Neela mabaka a ditiro Tlhaloganyana tlotlofoko Supa/tlhaola dikakanyo kgolo le tse di tshegetsang Supa/tlhaola le go buisana ka mosola wa setlhangwa Buisanang ka tlotlofoko e ntšhwa go tswa mo setlhangweng Dirisa thanodi Tshwaela ka setlhangwa se se ipuseditsweng <ul style="list-style-type: none"> Boeletsang kgang kgotsa dintlhakgolo ka dipolelo di le 3-5 Tlhagisa tsibogelo ya maikutlo a gago mabapi le setlhangwa se se buisitsweng 	Go kwala motshamekwane wa moanelwa <ul style="list-style-type: none"> Akanya ka boanedi Dirisa mafoko a a tlhalosang go bapisa/tshwantshanya baanelwa Rulaganya, kwala setlhangwa sa ntlha mme o se boeletse, o tsepame mo go tokafatseng mopeleto, dipaka le kgolaganyo ya dipolelo go bopa ditemana tse di lomaganeng/ kopaneng Bontsha go tlhaloganyana maitshetlego (lefelokgang le nako), poloto, baanelwa, kgotlhang le thitokgang/ ntlhakgolo/morero Tiriso e e nepagetseng ya dipaka Dirisa dikgato tsa go kwala Go dira paakanyetsotiro /pele ga go kwala, Go kwala ditlhangwa tsa ntlha, Go boeletsana, Go tseleganya, Go tlhotlha diphoso, le Go tlhagisa	Kgato ya go dira ka mafoko: Madiri mafetedi Kgato ya go dira ka dipolelo: Polelwanakutu, dipolelwana, sekao, polelwanaakala tlhaodi/tlhalosi, jalo jalo Bokao jwa mafoko: Tshwantshanyo, tshwantshiso, maele le diane

MOPHATO 4 KGWEDITHARO 4 DIPAMPIRI TSA TLHATLHOBO YA BOFELO JWA NGWAGA	
<p>TIRO E E TLHOMAMENG 9 PAMPIRI 1 TIRO YA MOLOMO: [Maduo otlhe 20]</p> <ul style="list-style-type: none"> • Puo e e sa ipaakanyediwang KGOTSA Tekatthaloganyo ya theetso • E lekanyediwe mo tsamaong ya kgweditharo <p>Tiro 9 (pampiri 1) e leng tiro ya molomo, e akareditse maduo a kgweditharo 4 fela.</p>	<p>TIRO E E TLHOMAMENG 10 PAMPIRI 2 TSIBOGELO YA DITLHANGWA: [MADUO OTLHE 40] 2 DIURA</p> <p>Potso 1:</p> <ul style="list-style-type: none"> • Tekatthaloganyo ya puiso/ e e sa buisiweng (Maduo 15) <p>Potso 2:</p> <ul style="list-style-type: none"> • Tshekatsheko ya setshwantsho (maduo 10) <p>Potso 3</p> <ul style="list-style-type: none"> • Go kwala tshosobanyo (maduo 5) <p>Potso 4: Dipopego tsa puo le melawana ya tiriso (maduo 10)</p> <p>Kamuso ka nako ya kwalo ya ditlathlho</p>