

Choose a glass of water rather than having a sugary drink



Always carry water with you



Keep a reusable water bottle with you and make sure to refill it regularly



water to school



Try setting reminders using your cellphone or notes at your desk to drink water regularly



Make it a habit to drink water with meals



Increase daily water intake when the weather is hot



Drink one to two glasses of water 30 minutes before exercising and sip extra water for the next few hours afterwards

FIRST ADDITIONAL LANGUAGE - ENGLISH **GRADE 1 - TERM 3 - 4** 

ISBN 978-1-4315-0196-0 15th Edition

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- Mathematics Grades 4 to 9 (in Afrikaans and English);
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Paste the stickers in the correct spaces.





ENGLISH



Ms Siviwe Gwarube, Minister of Basic Education



Dr Reginah Mhaule, Deputy Minister of Basic Education

These workbooks have been developed for the children of South Africa under the leadership of the Minister of Basic Education, Ms Siviwe Gwarube, and the Deputy Minister of Basic Education, Dr Reginah Mhaule.

The Rainbow Workbooks form part of the Department of Basic Education's range of interventions aimed at improving the performance of South African learners in the first six grades. As one of the priorities of the Government's Plan of Action, this project has been made possible by the generous funding of the National Treasury. This has enabled the Department to make these workbooks, in all the official languages, available at no cost.

We hope that teachers will find these workbooks useful in their everyday teaching and in ensuring that their learners cover the curriculum. We have taken care to guide the teacher through each of the activities by the inclusion of icons that indicate what it is that the learner should do.

We sincerely hope that children will enjoy working through the book as they grow and learn, and that you, the teacher, will share their pleasure.

We wish you and your learners every success in using these workbooks.

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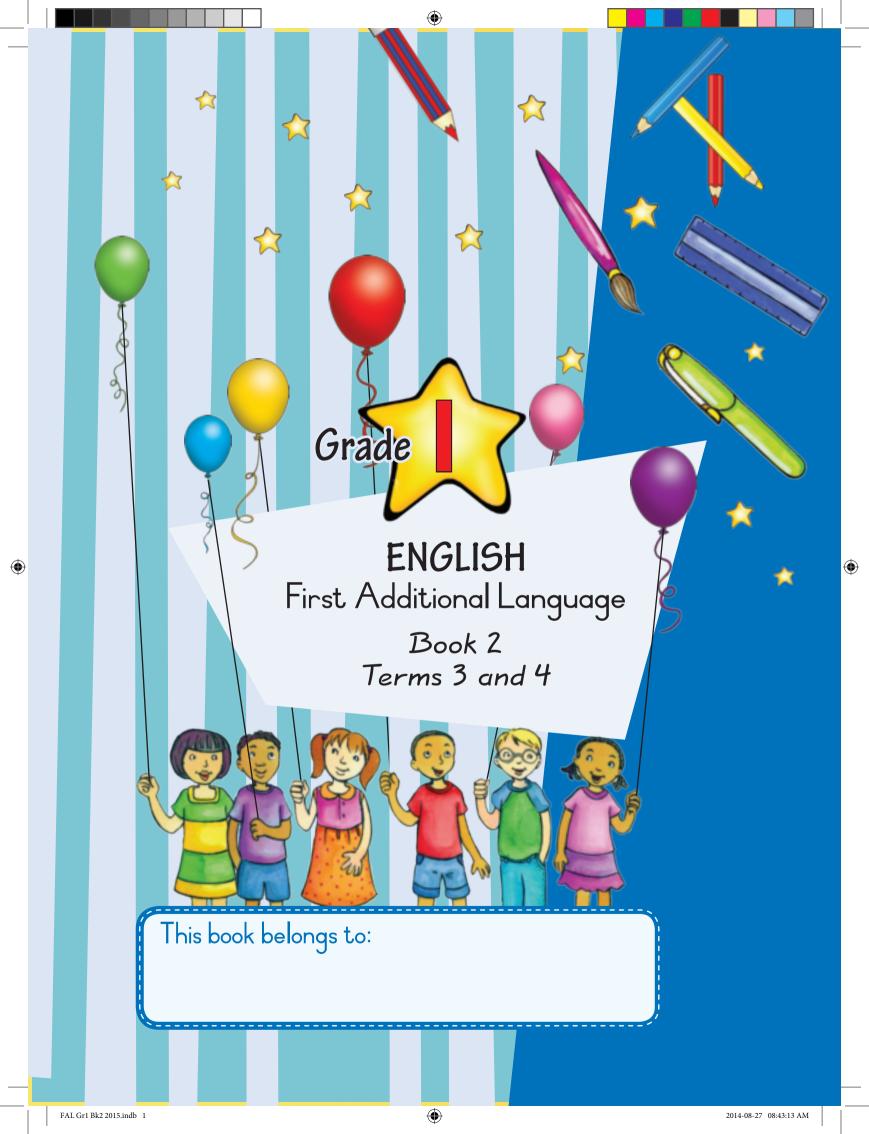












#### 

#### Theme 9: Friends

#### 1 A new girl at school

Listen & Speak: Talk about the picture. Paste the word cards to Reading:

match the sentence.

Writing: The letter s Trace and copy the

sentence.

#### 2 Sisi and Sam

Listen & Speak: Ask "what is this?" Sounds: Read the words (the S

sound)

Paste the word cards to Reading:

match the sentence.

Writing: Trace and find.

#### 3 Sam is sick

Listen & Speak: Look at the pictures.

Tell your friend the story. Ask "What is this?"

Reading: Paste the word cards to match the sentence.

Writing: The letter a.

Trace and copy a sentence.

#### 4 Sam has an apple

Sounds:

Reading:

Paste the word cards to match the sentence. Read the words (the a

sound)

Track the letter a to the

nest.

#### Writing: Trace the letter a

Match the words with pictures.

#### 5 Greeting friends

Listen & Speak: Hello, how old are you? Sounds: Paste animal stickers to

show small and big Clap the names of the

animals.

Writing: Trace the letters (a and s).

### 6 Friends go shopping

Listen & speak: Sounds:

Talk about the picture. Paste the word cards to match the sentence.

The letter t

Trace and then copy the sentence.

#### 7 Big and small

Reading:

Listen & speak: Identify big and small. Paste the word cards to match the sentence.

Sounds: Read the words (the t

sound).

Writing: Write captions for

pictures. Trace the words and then

#### draw pictures to match.

30

#### Term 3: weeks 1-5

#### 8 Friends at the farm

Listen & speak: Talk about the picture. Paste the word cards in Writing: the correct spaces.

The letter p

Trace and then copy the

sentence.

#### 9 The pink pig

Reading:

Writing:

Paste the word cards to

match the sentence. Sounds: Clap the words.

Read the words (the p

sound).

Identify the pictures that

have the p sound.

Match the words with

pictures.

#### 10 Colours and Numbers

Writing: Circle the correct colours

and numbers. Listen & speak:

Say the names of the

days of the week. Count the numbers on the



### Theme 10: It is good to exercise

#### (11) We learn to swim

Listen & Speak: Speak about the picture. Writing: The letter i. Copy a sentence.

12 The i-sound

24 Reading: Paste the word cards to match the sentence. Sounds: Read the words (the i

sound)

Identify pictures with the i sound.

Writing: Fill in the letter i to complete words

Listen & Speak: What is this? What colour is this? I like ...

(13) We play

Listen & Speak: Talk about the picture.

Writing: The letter n Trace and copy the sentence.

(14) Night walks

Listen & Speak: Talk about the picture. Twinkle twinkle little star. Sing: Sounds: Read the words (the n sound)

Reading: Paste the word cards to match the sentence. Writing: Match the words with

pictures.

#### 15 Day and Night

Listen & speak: Discuss the picture. Identify night and day activities

Singular and plural. Draw yourself.

Writing:

Writing:

#### 16) It's cold

Listen & Speak: Talk about the picture. Writing: Trace and copy the sentence.

The letter n

#### 17 The b-sound

Reading: Paste the word cards to match the sentence

Sounds: Read the words (the b

> Match the words with pictures.

Write captions for Writing: pictures.

#### 18) It's rainy

Listen & Speak: Talk about the picture

Practise the letter m. Trace the sentence and then copy it.

(19) The m-sound

Reading: Paste the stickers to match the sentence.

Sounds: Read the words (the m

Term 3: weeks 6-10

sounds).

Fill in the letter m so Writing: that the words match the

pictures

Track and trace activity.

40

#### 20 Weather

Writing:

Listen & speak: Talk about weather

pictures.

Match the pictures to the

weather symbol. Copy the names of the week.



ii

### **Theme 11: Animals**

### Term 4: weeks 1-5

#### 21) A goat eats my garden

Writing:

The letter g. Copy the sentence.

Listen & Speak: Saying no.

#### 22 The g-sound

Sounds:

The g sound.

Writing: The letter o. Trace and copy a sentence.

23 Sea animals 46

Listen & Speak: Talk about the picture. Name the sea animals.

Writing: The letter o.

Trace and copy the

sentence.

#### 24 The o-sound

Reading: Paste the word cards to match the sentence.

Sounds: The o sound Writing:

Match words with pictures. Draw a happy and angry

#### 25 Five little elephants balancing 50

Listen & Speak: Talk about the picture.

Sing a song. Count to five.

Writing: The letter e. Trace and copy a

sentence

#### 26 Who helps us

Listen & Speak: Talk about the picture.

Say what work they do.

Writing: The letter h

Trace and copy the

sentence.

#### 27 The h-sound

Reading: Paste the word cards to

match sentence.

Read the words (the h Sounds:

sound).

Writing: Complete the words.

> Match words with pictures. Identify pictures that have

> > 56

70

the h sound.

Listen & Speak: Sort animals.

#### Fetch my cat

Listen & Speak: Look at the pictures and

tell the story.

Answer questions about

the story. The letter f

Writing: Trace and copy the

sentence.

#### 29 The f-sound

Reading: Paste in the word cards to

match the sentence.

Sounds: Read the words (the f

sound).

Writing: Match words and pictures.

Trace and find.

#### 30 Opposites

**(** 

Listen & Speak: Look at the opposites in

the pictures.

Term 4: weeks 6-10

Identify the pictures that

Match words and pictures.

have the c sound.

The letters c and w

39 The c- and w-sounds

Reading:

Writing:

#### Theme 12: About town

#### 31 Shopping

Listen & Speak: Talk about the picture.

Talk about shopping.

Writing: The letter u.

Trace the sentence and

62

64

66

68

then copy it.

#### 32) The u- and r-sounds

Listen & Speak: Shopping vocabulary.

Writing: The letter u. Writing: Trace and copy a

sentence.

#### 33 We go to town

Listen & Speak: Talk about the picture. Writing: Trace and copy a

sentence.

The letters **u** and **r**.

#### 34) The library

Listen & Speak: Talk about the picture. Sounds:

Writing:

The alphabet. The letter k

Trace and copy the

sentence.

#### 35 The k-and d-sounds

The k and d sounds. Sounds:

Reading: Paste the word cards to match the sentence.

Writing: Identify the first letters (k

and d)

Match words and pictures.

#### 36) The months of the year

Listen & Speak: Talk about the calendar.

The letter j. Writing:

#### 37 The j- and l-sounds

Writing: Answer questions about

the calendar. The letters i and I

Match words and pictures.

Reading: Paste in the word cards to

match the sentence Writing: Cut out cards and write on

them

#### (38) Christmas time 76

Listen & Speak: Sing a song

Talk about the picture.

The letters x, y and z. Writing:

Trace and copy the sentence.





1

## THEME 9. Friends

## A new girl at school

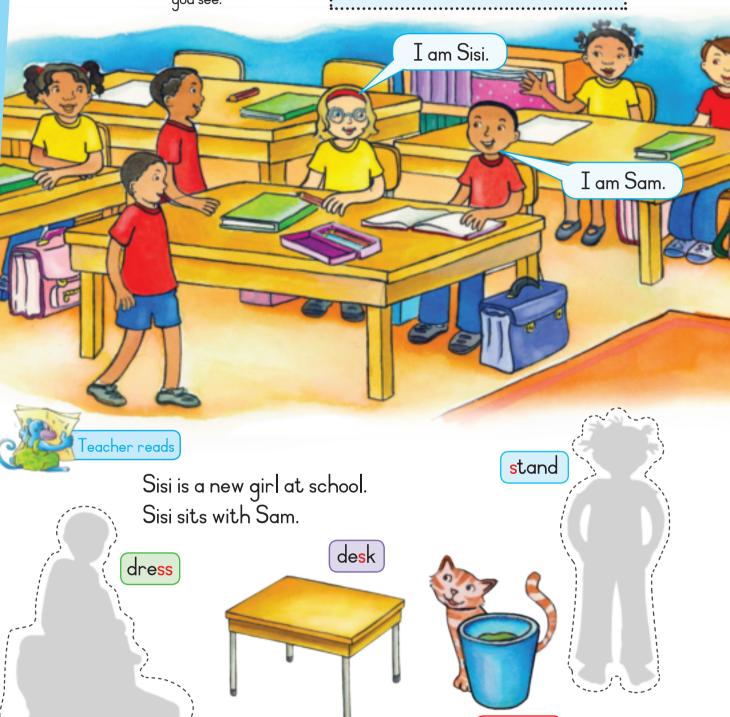




Look at the picture and talk about what you see. How do you think Sisi feels on her first day at a new school?

How did you feel when you started school?

dustbin



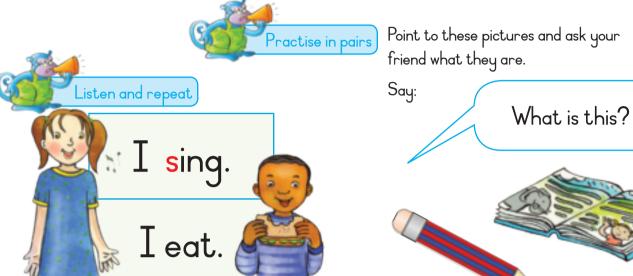
2



**(** 

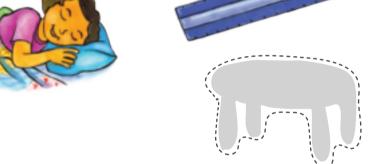
## Sisi and Sam





I sleep.

I sit.



Let's speak

Say the words and listen to the S-sound.



sit



socks



sun

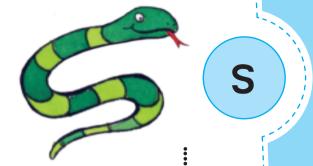
4





Read the words and listen to the sounds.

Sam	sits	sat
sad	sit	sun





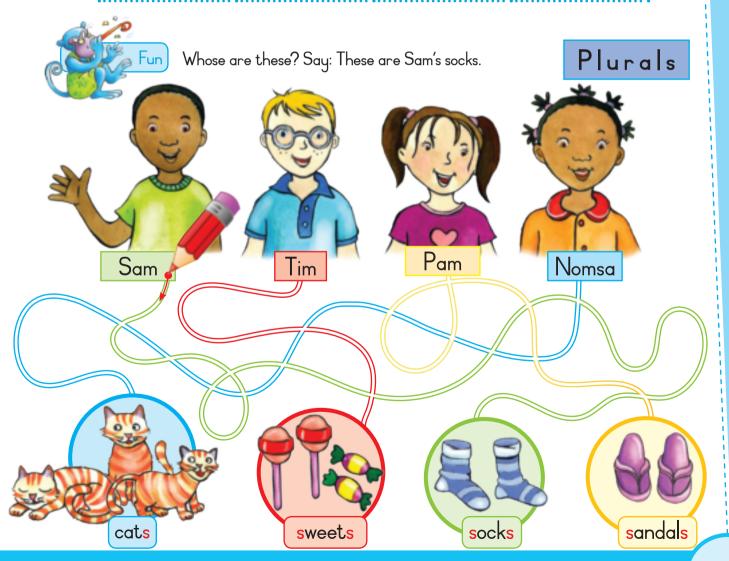
Cut out the word cards at the back of the book and match them to form this sentence.

Sisi

sits.

Sam

sits.







Sam is sick.
Sam has spots.

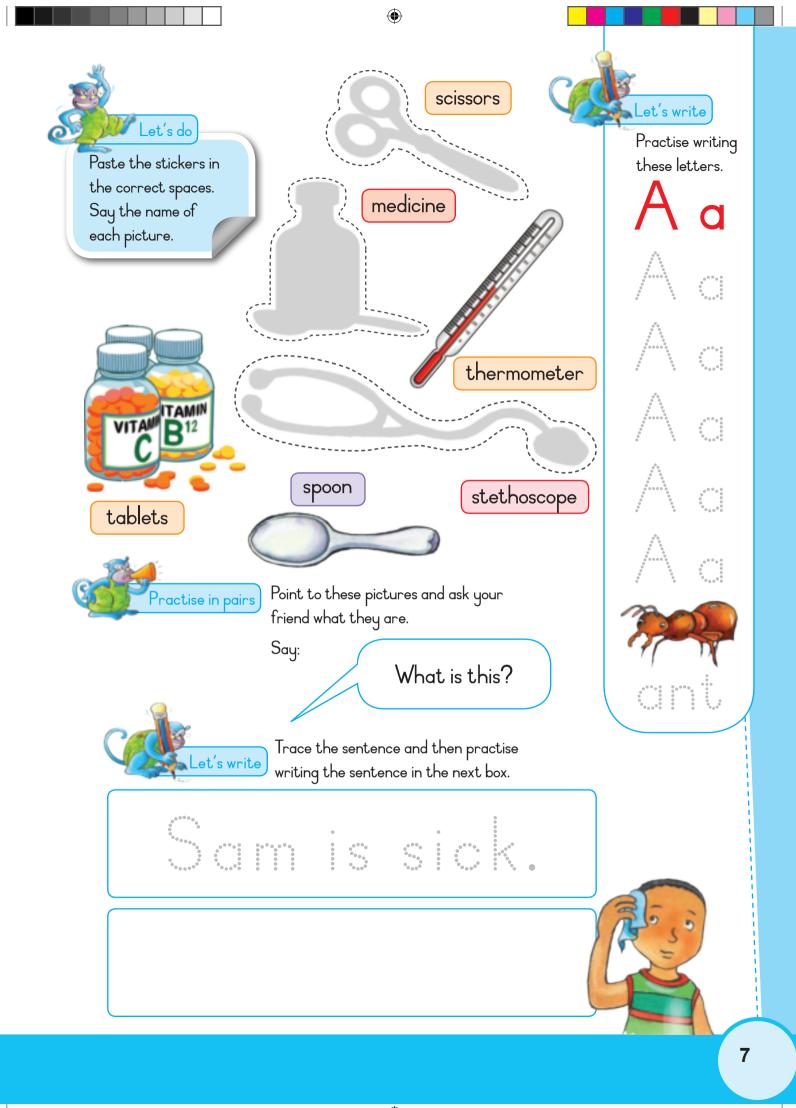
eacher reads

sits

Sam is at the doctor.

**(** 

injection

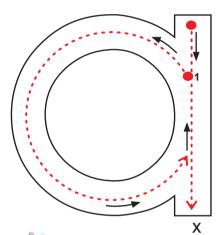








Trace the letters with your finger and then with a crayon. Start at the first dot.



Find and circle the letter  $\mathbf{Q}$  in the box.

a	0	a
0	İ	a
0	a	С



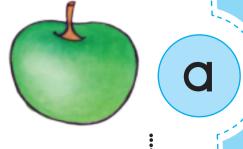
•





Word work Read the words and listen to the sounds.

an	ant	Ann
as	Sam	apple







Cut out the word cards at the back of the book and match them to form this sentence.

Sam



Fill in the letter  ${f C}$  in the spaces so that the words match the pictures.











ambul ance

Can you remember?

### Greeting friends



5

Hello, what is your name?

**(** 

My name is \_

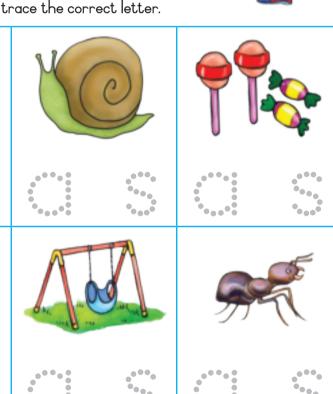


Say:

Hello, how old are you? I am \_\_\_\_ years old. See you tomorrow. Good bye.



Do these words start with an S or with an Q? Say the word and then trace the correct letter.







Paste the animal stickers and say which animals are small and which are big. Clap their names.

Say:

The mouse is small. The elephant is big.

small

big



mouse



elephant



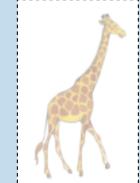
butterfly



hippopotamus



chick



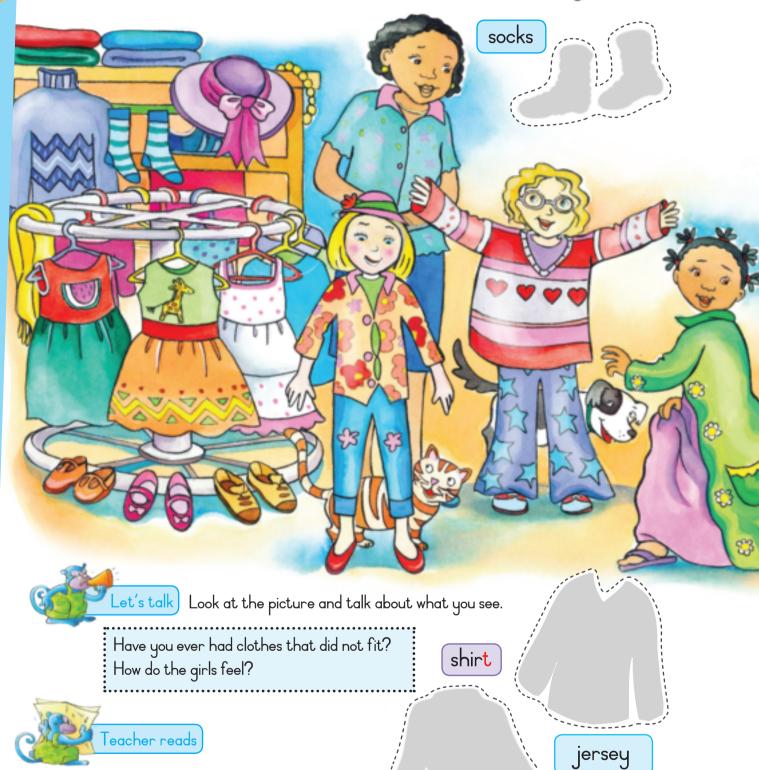


**(** 

giraffe

# Friends go shopping





12

Sisi needs new clothes.

This is too big.



**(** 

## Big and small





Say which of these are big and which are small.

Then circle the correct word.



man



mouse



ant

small

big

small

big

small

big

small



Say what each of these pictures is. Now write the letter that the words in each row start with.

















































Word work Read the words and listen to the sounds.

top	tip	tap
tub	tin	ten





Cut out the word cards at the back of the book and match them to form this sentence.



. IS

too

big.



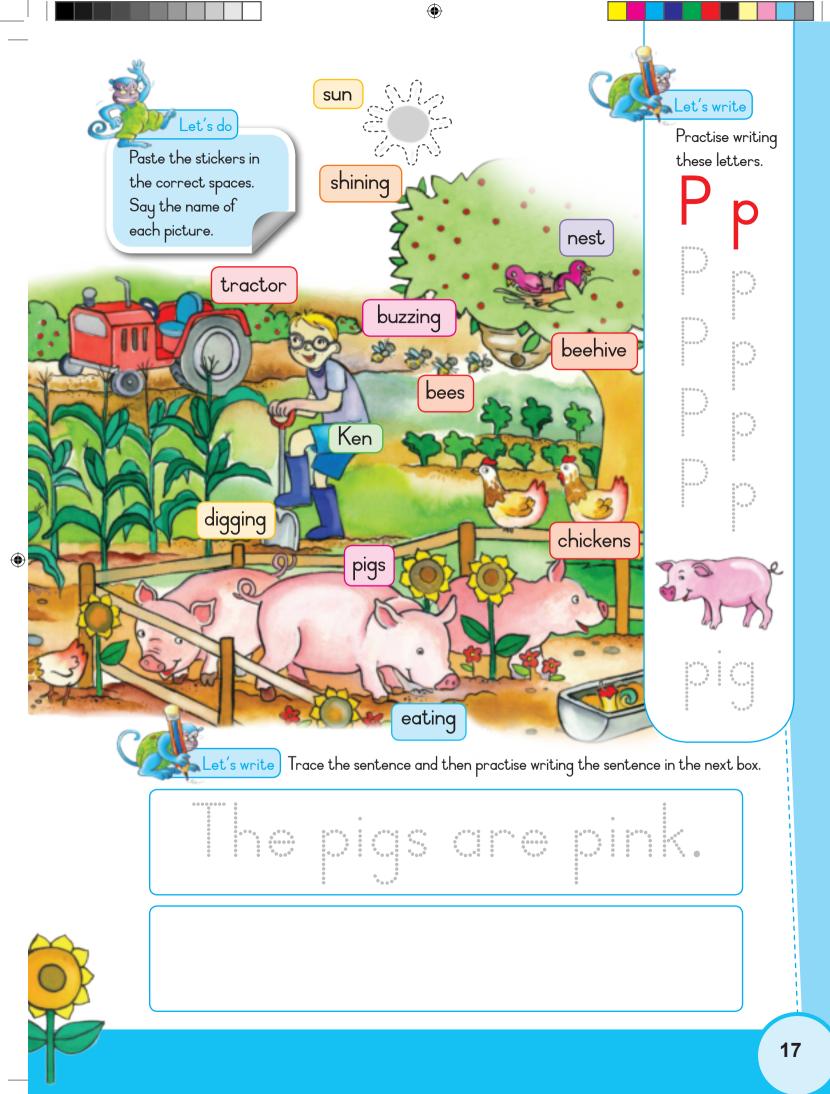
Trace the words. Draw a picture of something big and something small.















**Term 3 – Week 1-5** 

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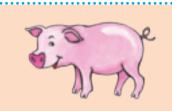
# The pink pig



Let's write Fill in the letter P in the spaces so that the words match the pictures.



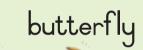




pluo



Let's do Clap these words.



but ter fly



o ma

to

nippopotamus hippopotamus

hip

pot

a

mus

parrot

par

-

rot

penguin

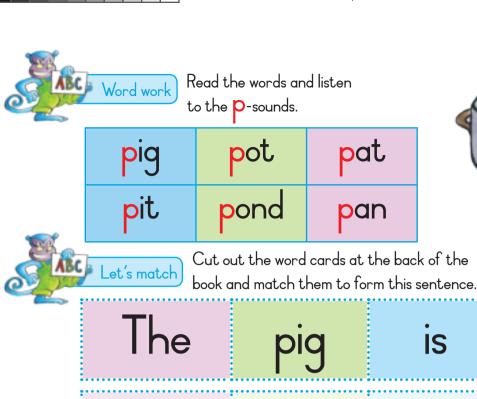
pen guin

•

pencil

pen cil







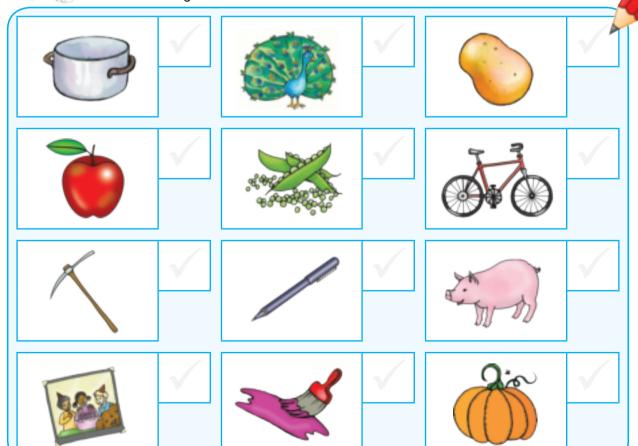
pig is

pat

pan

Let's write

Tick the pictures that have the  ${\color{red}p}$ -sound in them. Say the words and listen to the sounds.



•

10

### Can you remember?

### Colours and numbers

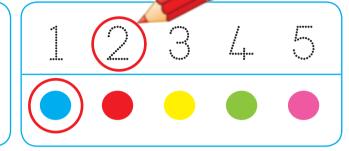




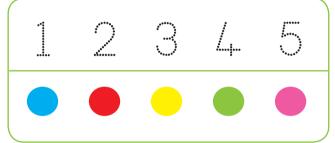
Look at the pictures. Say what they are. Circle the correct number and colour in each row. Then say the name of the number and the colour.



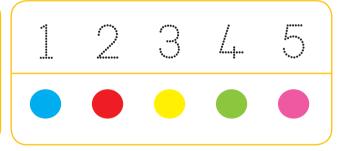
2 blue jerseys



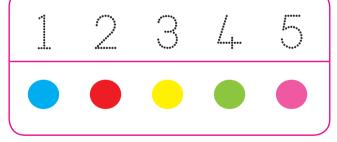




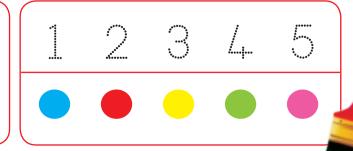
















I go to school on:

Tuesday

Wednesday

Thursday

I stay at home on:

Friday

Sunday

14

21

28

Saturday

6

13

20

27

Saturday

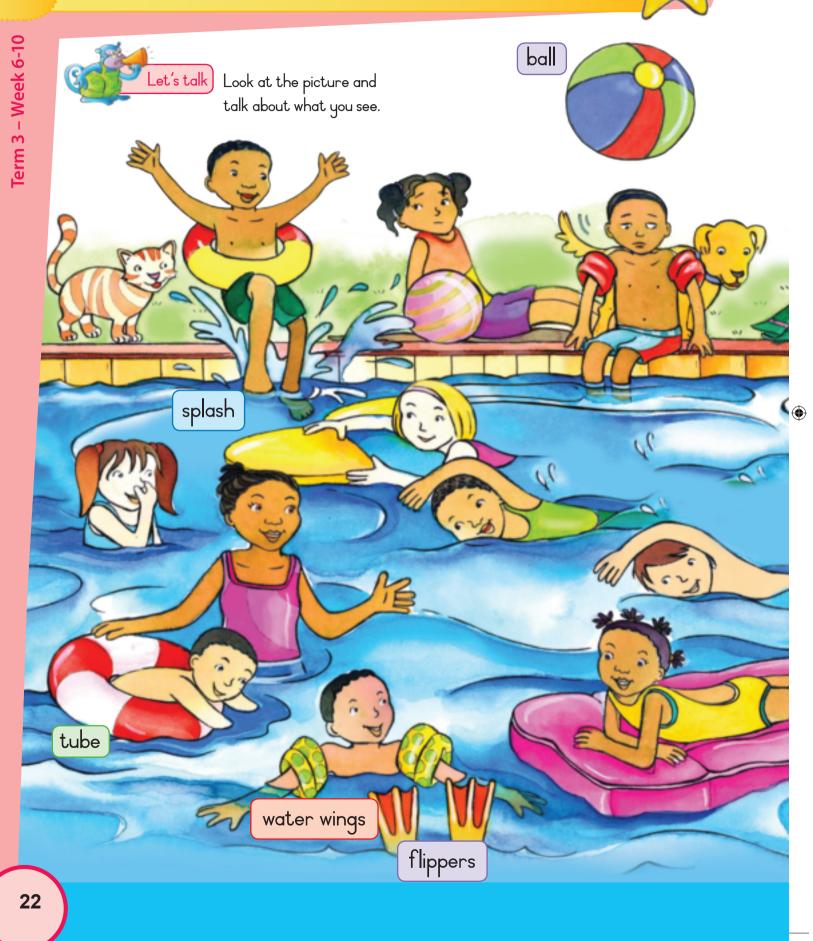
Sunday

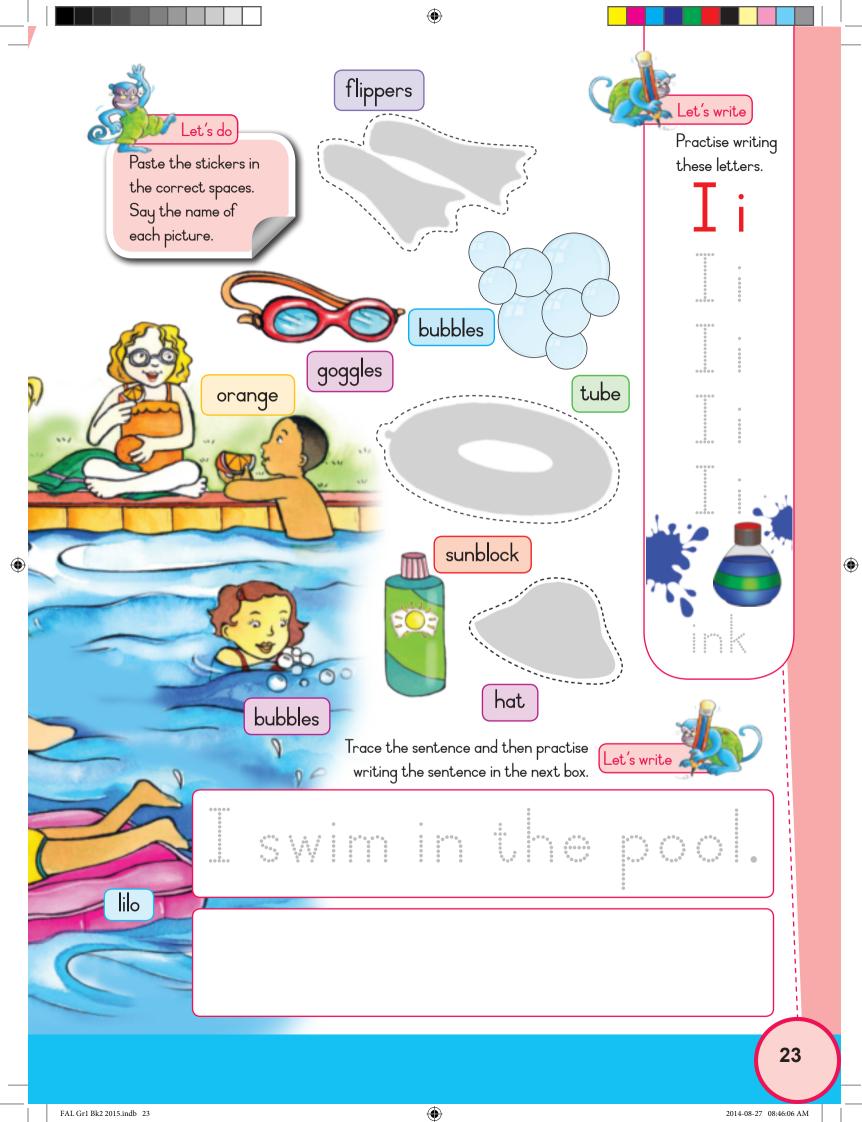
21

# THEME IO. IT IS GOOD TO EXERCISE

II

We learn to swim





FAL Gr1 Bk2 2015.indb 23

### The i-sound



Let's write

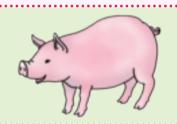
Fill in the letter in the spaces so that the words match the pictures. Listen to the i-sound.



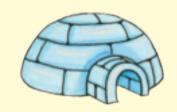




sit







p<u>i</u>g

dig

\_gloo

### Walk and talk

Ask your friend what sports he/she likes. Say:

What sports do you like?



I like netball.

I like soccer.

I like swimming.

I like rugby.

I like tennis.



24



Read the words and listen to the sounds.

in	ink	sit
is	it	tin



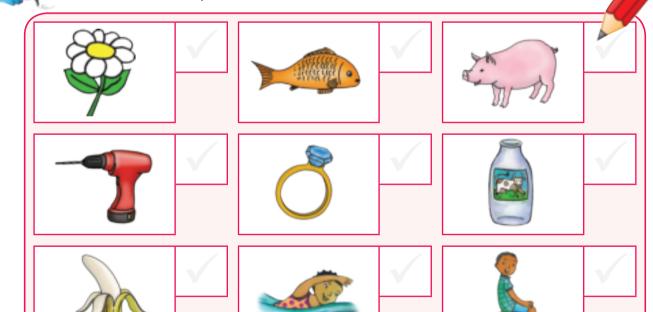
Let's match book o

Cut out the word cards at the back of the book and match them to form this sentence.

I swim in the pool.

Let's write

Tick the pictures that have the i-sound in them.

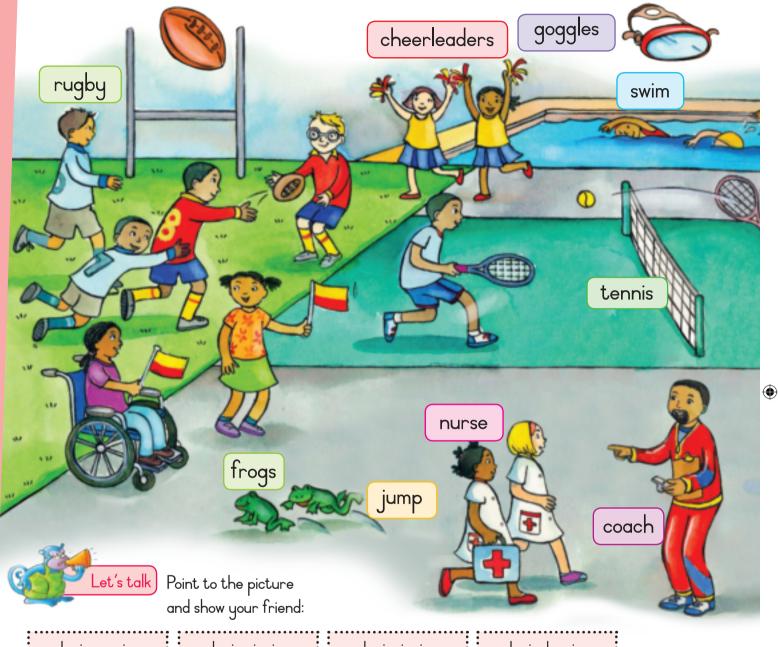




Point to the pictures and ask your friend:

What is this? It is a \_\_\_\_\_.
What colour is it? It is \_\_\_\_\_.





**(** 

who is running.

who is winning.

who is singing.

who is dancing.

Say:

He is ...

She is ...

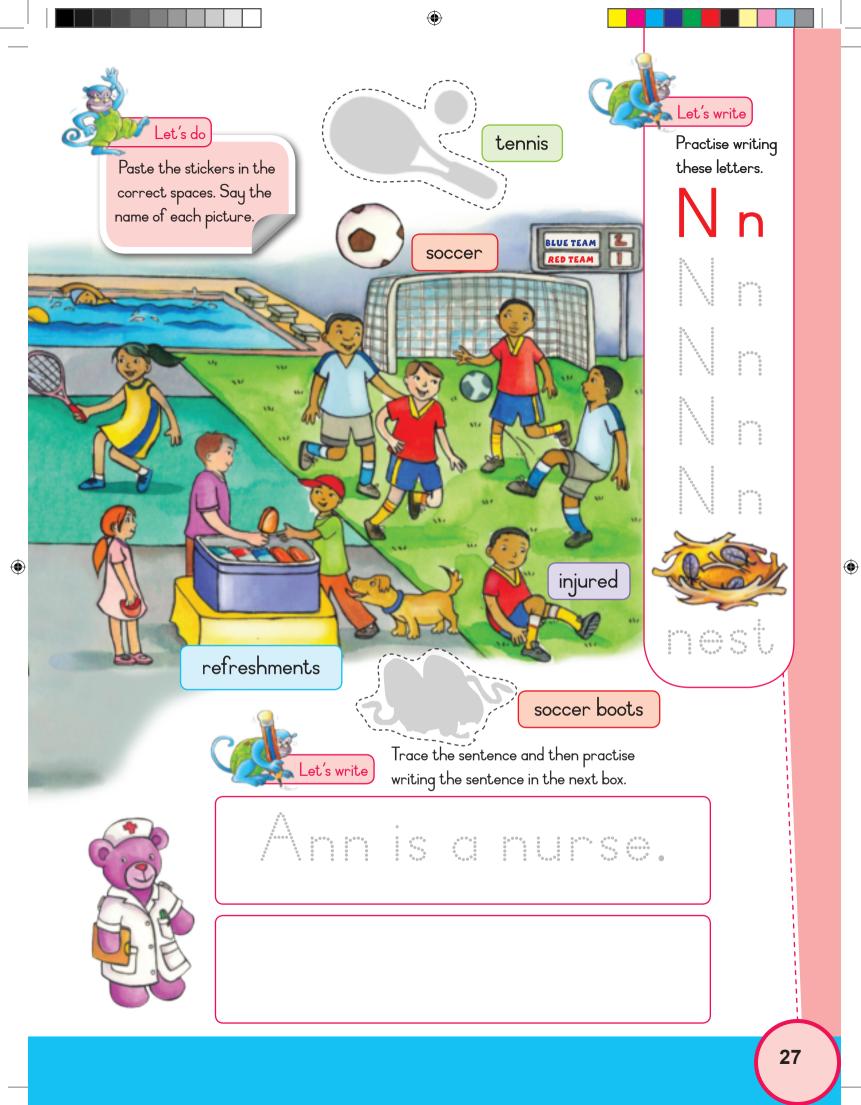
**(** 

They are ...

Teacher reads

We swim and run. Ann is a nurse.







Term 3 – Week 6-10



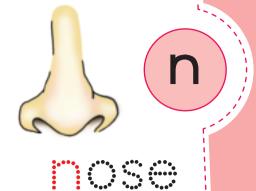
28





Word work Read the words and listen to the sounds.

no	new	name
not	nest	net





Cut out the word cards at the back of the book and match them to form this sentence.

Λ	•		
/\nn	IS	a	nurse.



Fill in the letter  ${f n}$  in the spaces so that the words match the pictures.



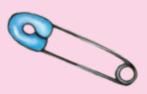




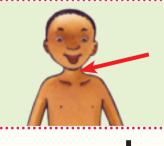
nest

met

<u> u</u>t







pi<u></u>

pa<u>n</u>

<u>n</u>eck

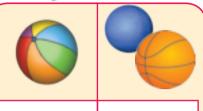
### Can you remember?

### Day and night



15

Let's talk Tell your friend what you see in each picture.



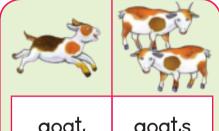
ball balls



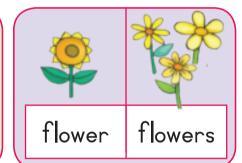




hat hats



goats goat





I like

I don't like

30

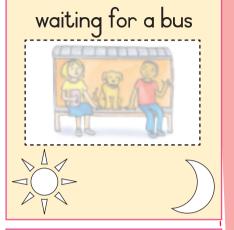


Look at the picture and say what these children are doing. Say whether we do this in the day or night time.

Now colour in the sun if you do it in the day and the moon if you do this at night.

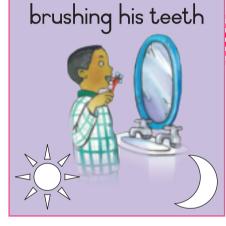


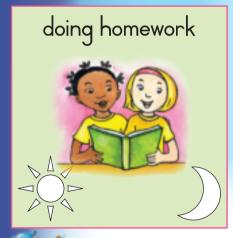


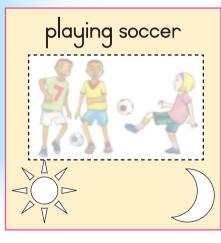














Let's talk

Then say what time you do these things. Say:

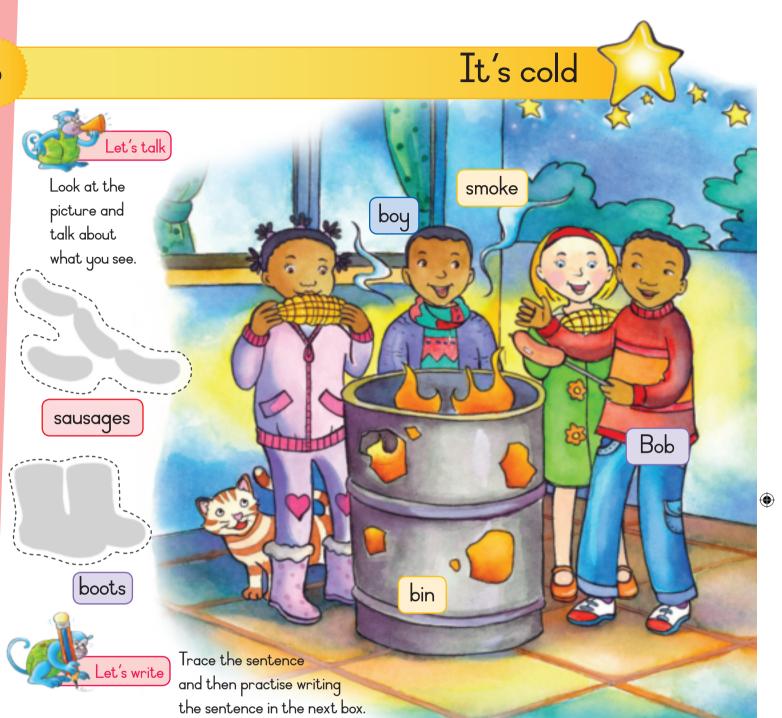
I do it in the ...





night )

31



**(** 



**(** 

#### The b-sound



Let's write

Fill in the letter of in the spaces to make a word that matches the picture.

Draw a line from the word to the correct picture.



**(** 

oots

\_oy

\_\_ag

anana

a

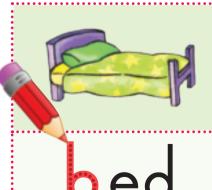






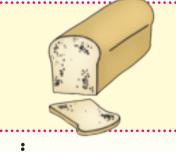


Fill in the letters **b** to complete these words so they match the pictures.





ird



read





**(** 

# It's rainy

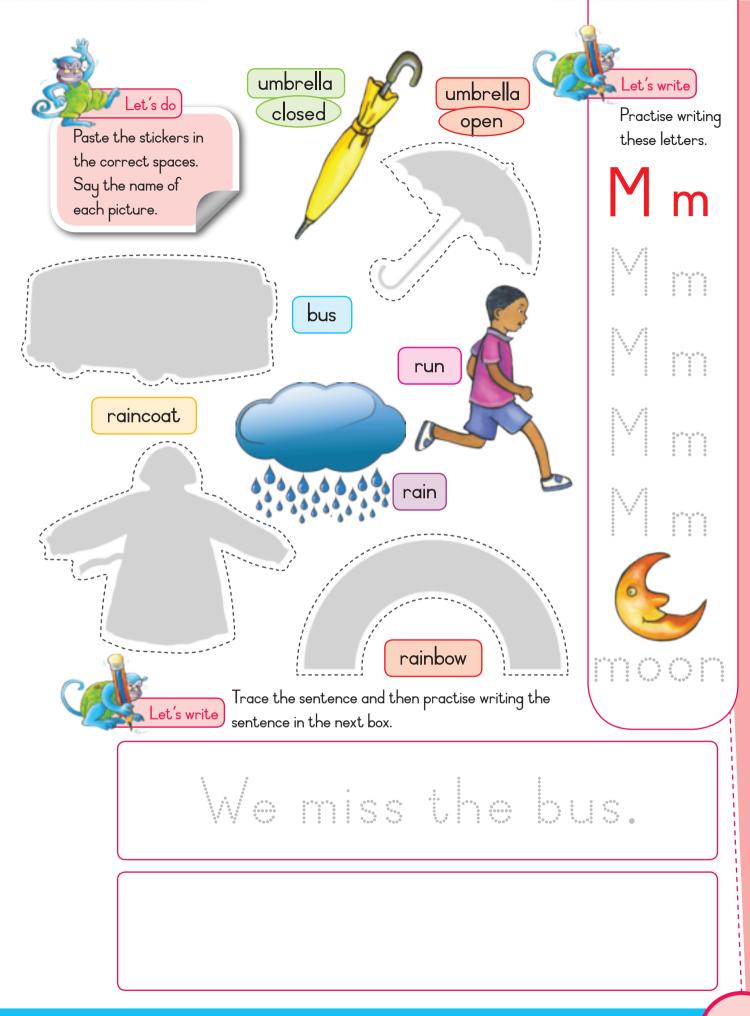




**(** 

Stop please! Wait for us.





**(** 

### The m-sound



Let's write

Fill in the letter  ${f m}$  in the spaces so that the words match the pictures. Draw a line from the word to the correct picture.

<u>m</u>ealie

oon

an

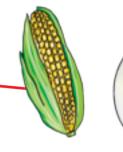
outh

\_\_ouse

ountain 6

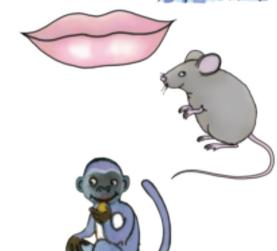
\_onkey

\_\_ilk

















Word work Read the words and listen to the sounds.

men	mat	mad
mop	mix	met



Let's match

Cut out the word cards at the back of the book and match them to form this sentence.

The moon and the stars.

20

# Can you remember?

Weather





Say the names of the week. What's the weather like this week? Paste a sticker in the correct space to show what the weather is like each day this week. Then, in the space below the picture, write a word to describe the weather. Use the words on the right.

hot

cloudy

sunny

windy

rainy

cold

	Monday	Tuesday	Wednesday	Thursday	Friday
-	\ <u></u>	\\	\\	!	!
5					



Draw a line to match the sentence with the picture. Point to the pictures and tell your friend what you do on each day of the week.



I iron my clothes on Tuesday.

I sweep the floor on Wednesday.

I wash the pots on Thursday.

I dust the house on Friday.

I bake a cake on Saturday.

I go to church on Sunday.









Look at these pictures. Tell your friend what weather you see. Then say what each weather symbol means. Draw a line to match the picture to the weather symbol.

Paste the stickers in the correct spaces.

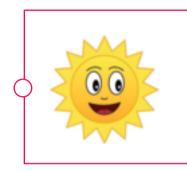




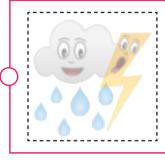




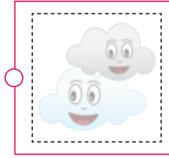




hot

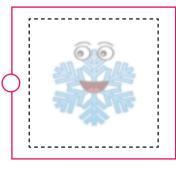


rain

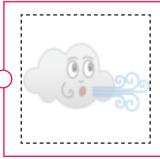


clouds

**(** 



snow



**(** 

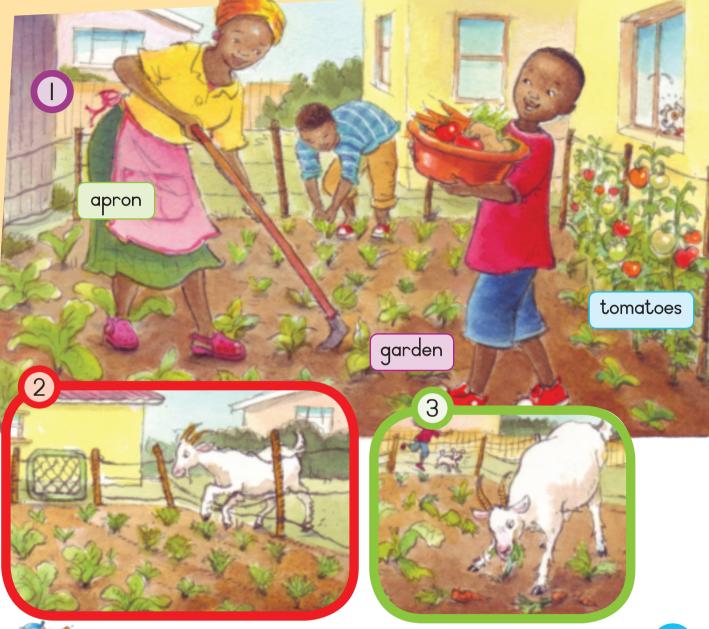
wind

21

Term 4 – Week 1-5

A goat eats my garden

**(** 



Let's talk

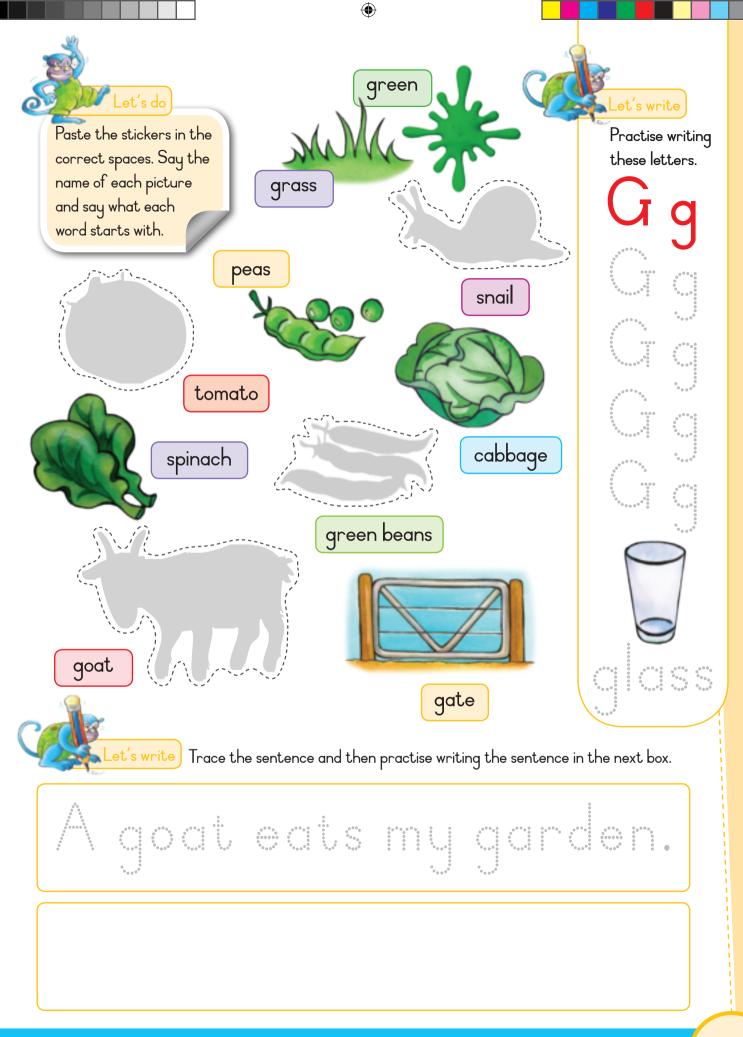
Look at the pictures and tell your friend the story.



Say:

Stop it! Go away! No! Don't do that!





# The g-sound



Let's write

Fill in the letter  ${\bf g}$  in the spaces so that the words match the pictures. Draw a line from the word to the correct picture.

**(** 

<u>q</u>lass

\_rapes

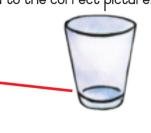
ate

ift

oal

\_\_lue

oat



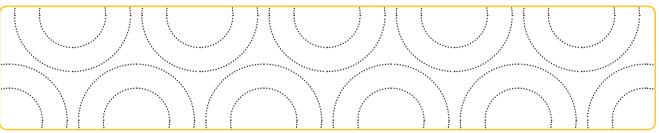






Let's write

Trace the pattern and then repeat the pattern below.



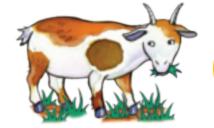
•





Read the words and listen to the sounds.

got	go	mug
get	gum	jug



9



Cut out the word cards at the back of the book and match them to form this sentence.

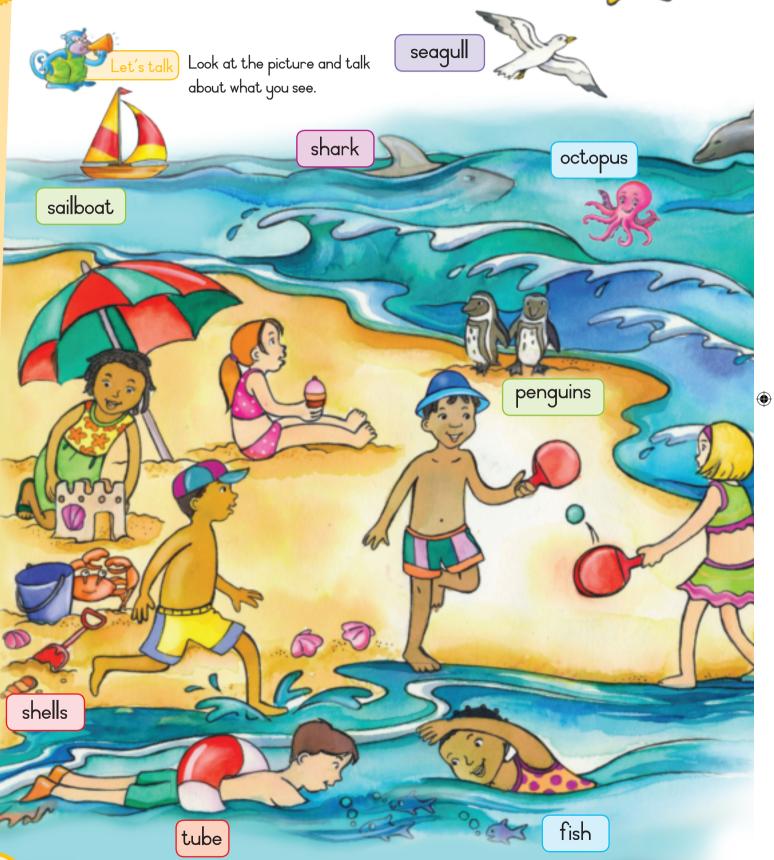
A goat eats my garden.



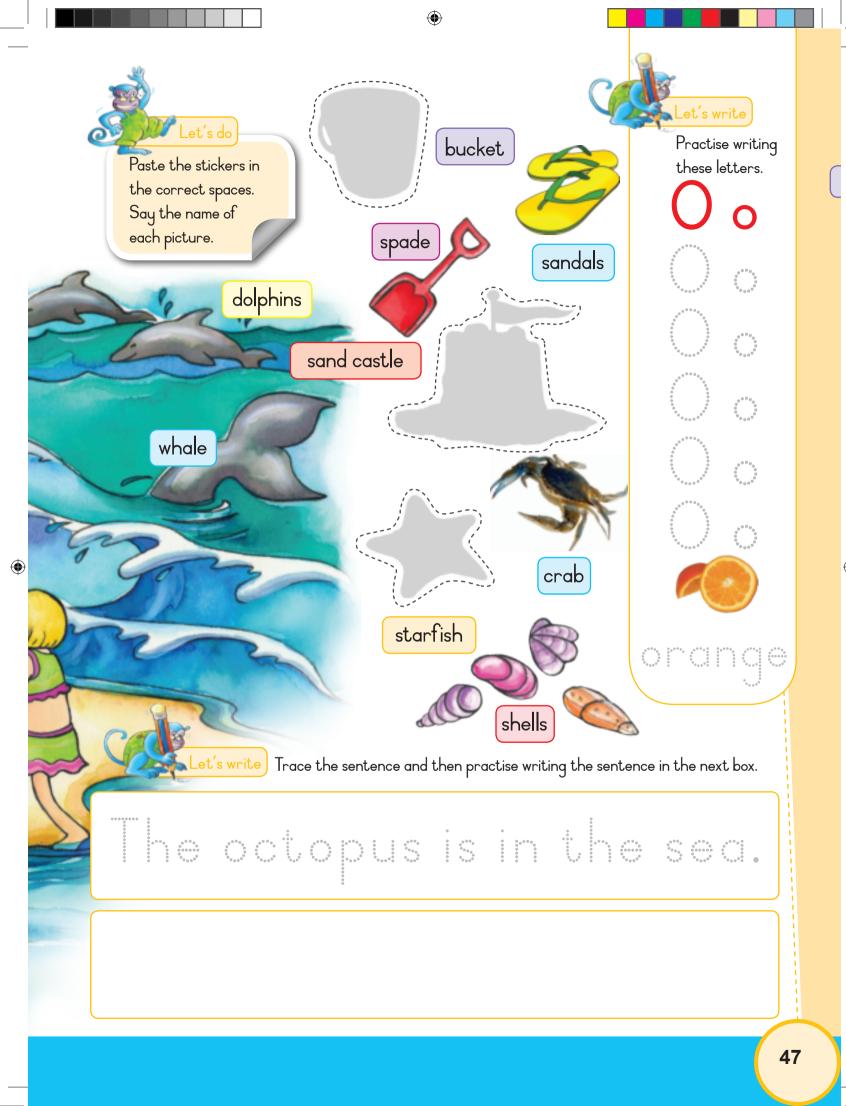
Trace the words. Draw a picture for each word.







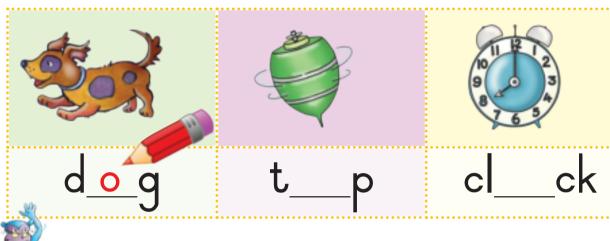
•



### The o-sound

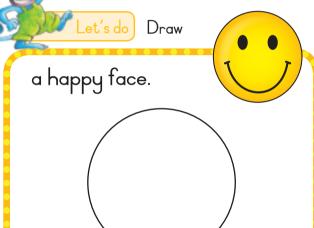


Fill in the letter  ${\bf O}$  in the spaces so that the words match the pictures.

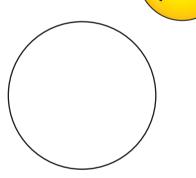


**(** 

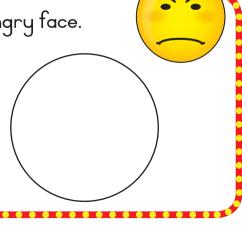
•



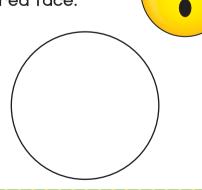
a sad face.



an angry face.



a scared face.

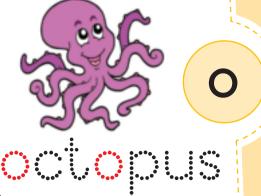






Read the words and listen to the sounds.

hot	top	of
not	dog	on

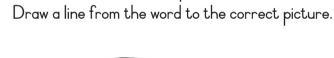


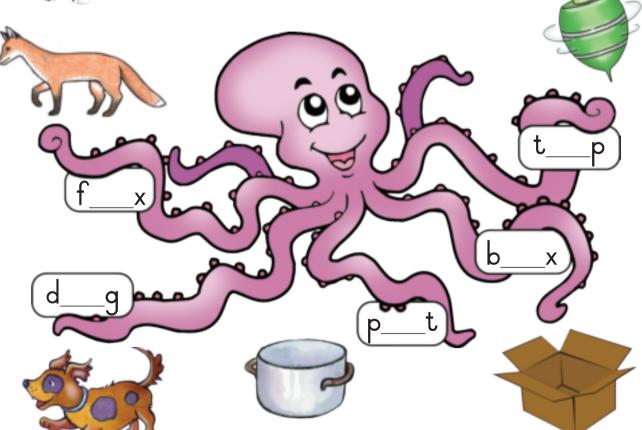
Cut out the word cards at the back of the book and match them to form this sentence.

on Monday. hot was



Fill in the letter  ${\bf O}$  in the spaces so that the words match the pictures.





#### Five little elephants balancing

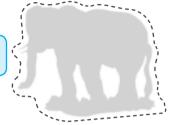




Look at the picture and talk about what you see.

Count the elephants in each row.

elephant



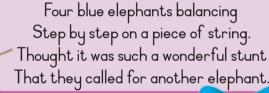
One blue elephant balancing Step by step on a piece of string. Thought it was such a wonderful stunt That he called for another elephant.



Two blue elephants balancing Step by step on a piece of string. Thought it was such a wonderful stunt That they called for another elephant.

Three blue elephants balancing Step by step on a piece of string. Thought it was such a wonderful stunt That they called for another elephant.





Five blue elephants balancing Step by step on a piece of string. All of a sudden the piece of string broke And down came all the elephant folk.



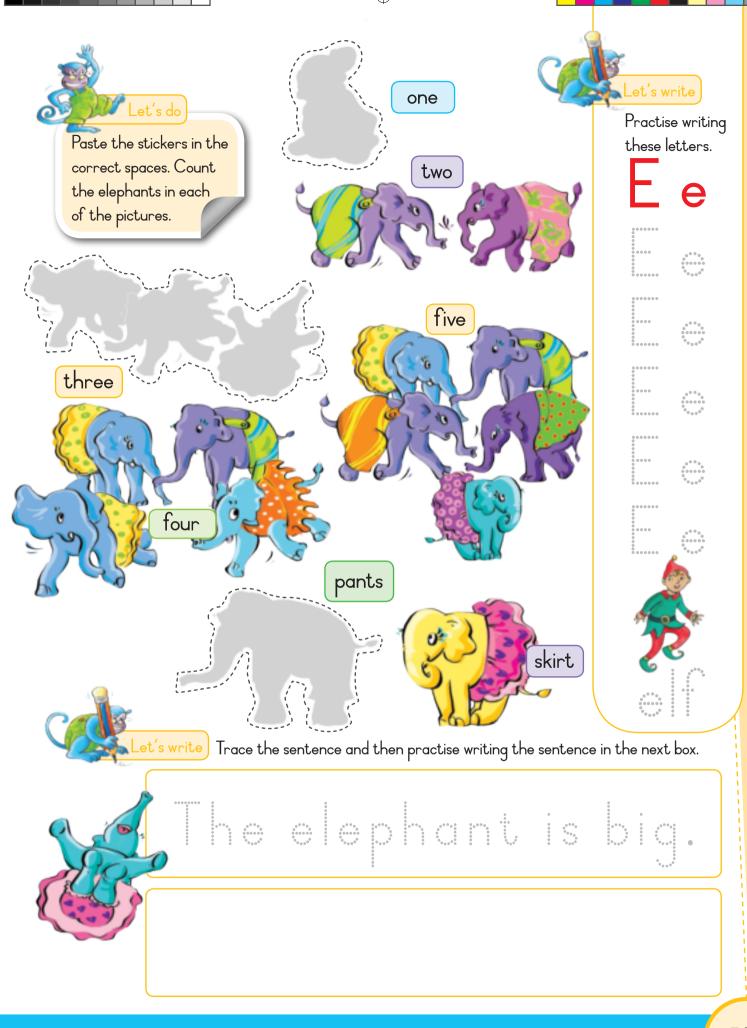




eacher reads

The elephant is big.

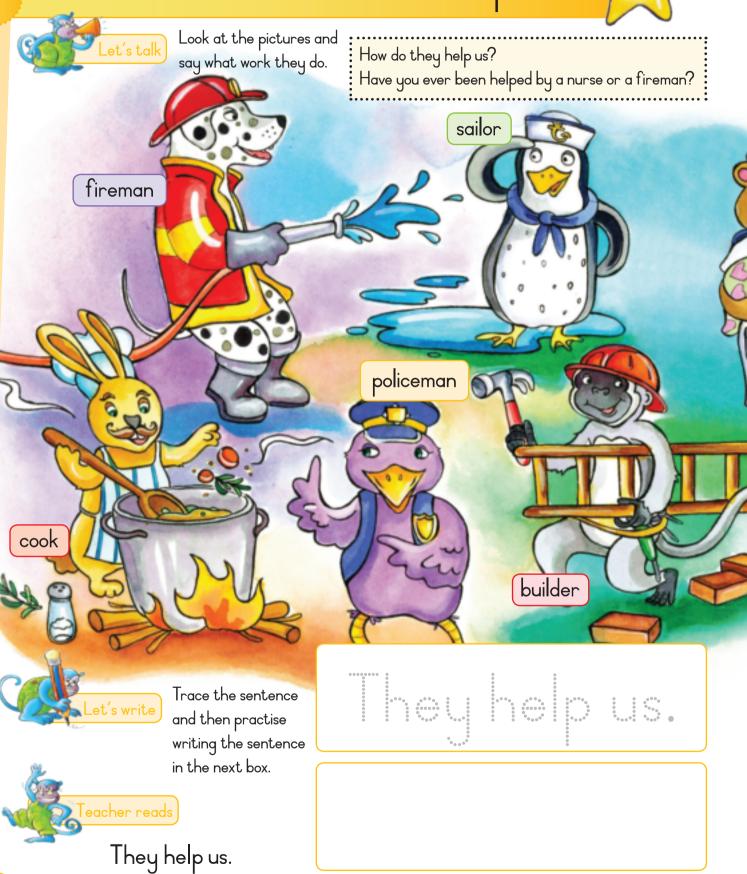




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#### Who helps us?





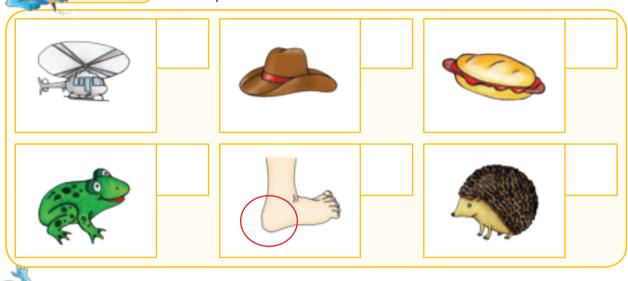


#### The h-sound



et's write Tick the pictures that have the h-sound in them.

**(** 

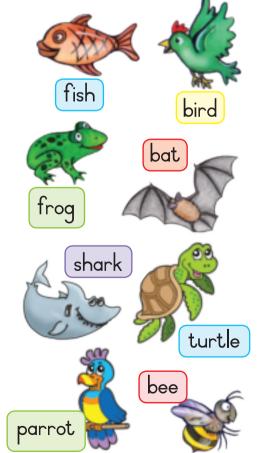


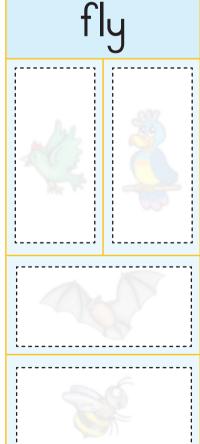
Talk about which animals can swim or fly.

Paste their stickers in the correct spaces.







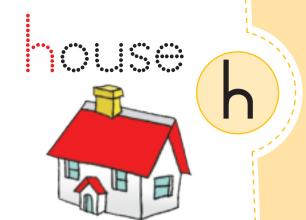






Read the words and listen to the sounds.

hat	hail	hard
hot	hole	hatch





et's match

Cut out the word cards at the back of the book and match them to form this sentence.

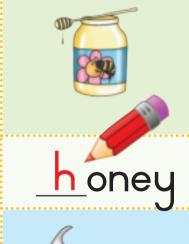
They

help

us.



Fill in the letter h in the spaces so that the words match the pictures.







iey \_\_\_ec

eart

ose



ammer



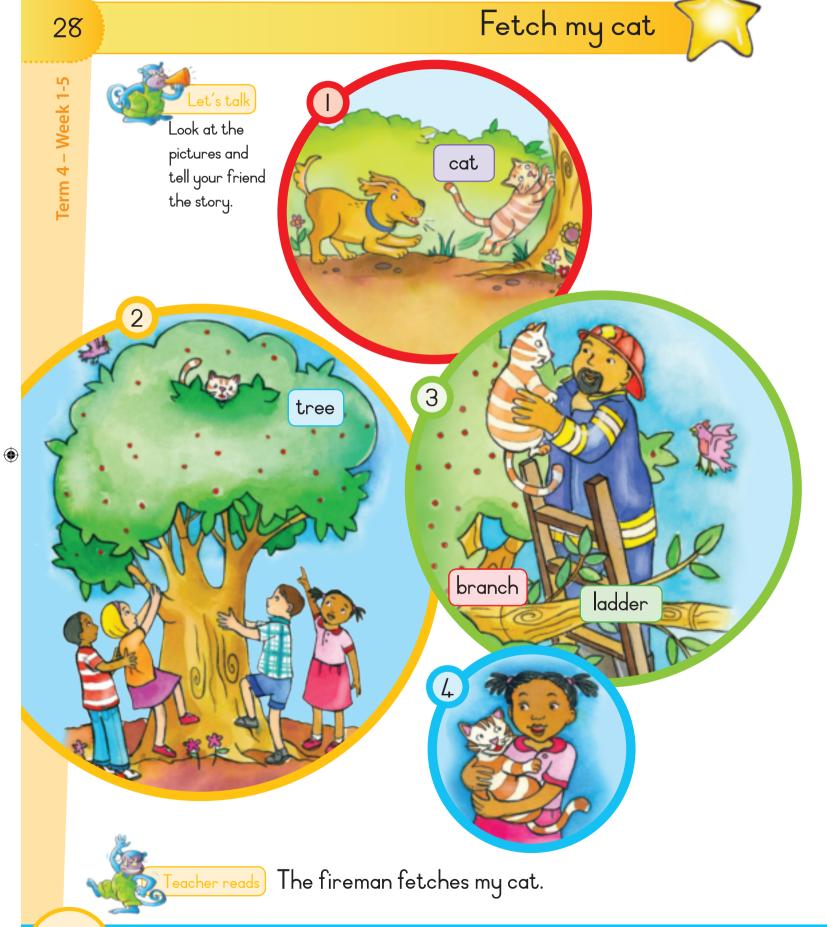
\_and

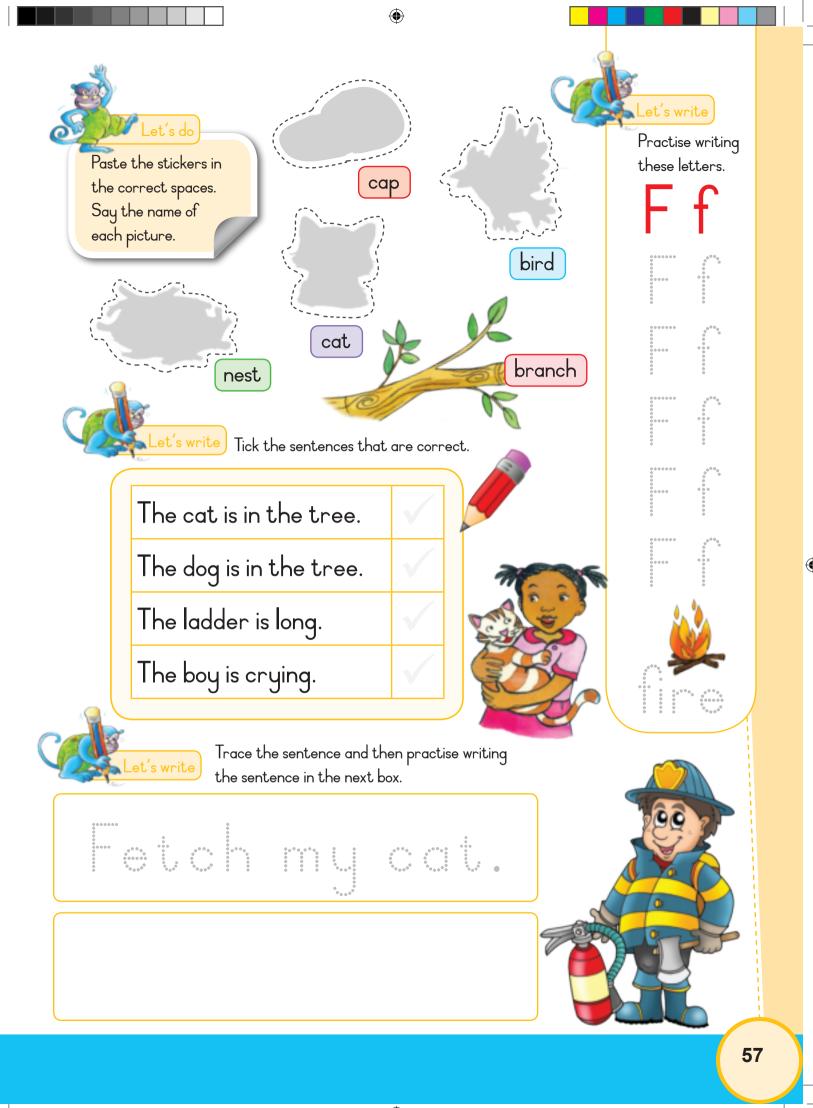
**(** 



orse









# The f-sound





Say who these people are. Then draw a line to show what each person uses. How do these people help us?



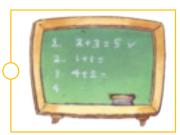


























Read the words and listen to the sounds.

fun	fin	frog
fat	fan	fit





Cut out the word cards at the back of the book and match them to form this sentence.

Please	fetch	my	cat



Fill in the letter f in the spaces so that the words match the picture.



<u>f</u>ingers



ence



ire



at

**(** 



all



\_laq

•

30

#### Opposites



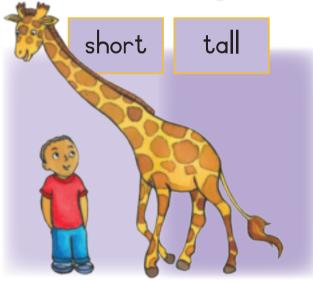
Term 4 – Week 1-5

Look at the picture and talk about what you see.
Can you think of more opposites?

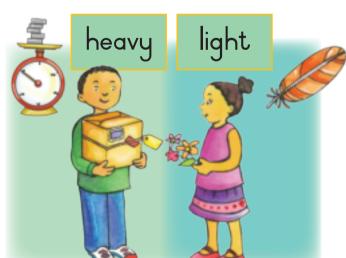










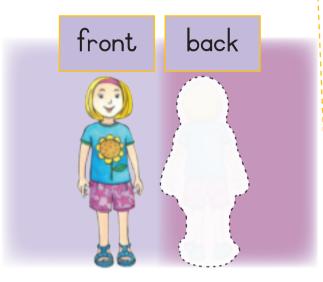


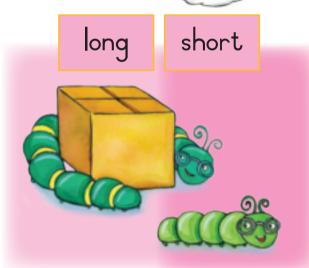


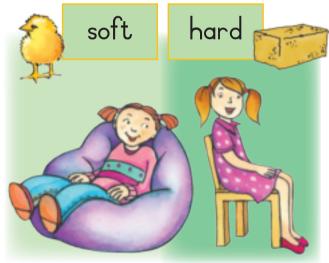


Paste the stickers in the correct spaces. Say the name of each picture.















# THEME 12. ABOUT TOWN

31

# Shopping



Term 4 – Week 6-10



Tell your friend what you buy at these shops.





greengrocer

clothing shop





We run to the bus.

We go to town.

What will we buy today?

pet shop







Sort the items in the shopping basket. et's write Write the names in the correct column. cabbage  $\mathsf{milk}$ tomato mealies bananas grapes orange carrots cheese yoghurt apple

**(** 

Fruit	Vegetables	Dairy
<u>d</u> :		

Fill in the letter  $\Gamma$  in the spaces so that the words match the pictures. \_et's write









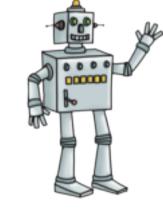






Read the words and listen to the sounds.

<b>u</b> p	c <mark>u</mark> p	cut
run	rat	robot





Cut out the word cards at the back of the book and match them to form this sentence.

We run to the bus.



Fill in the letters  $\ensuremath{\mathsf{U}}$  to complete these words so they match the pictures.







s<u>u</u>n

#### We go to town



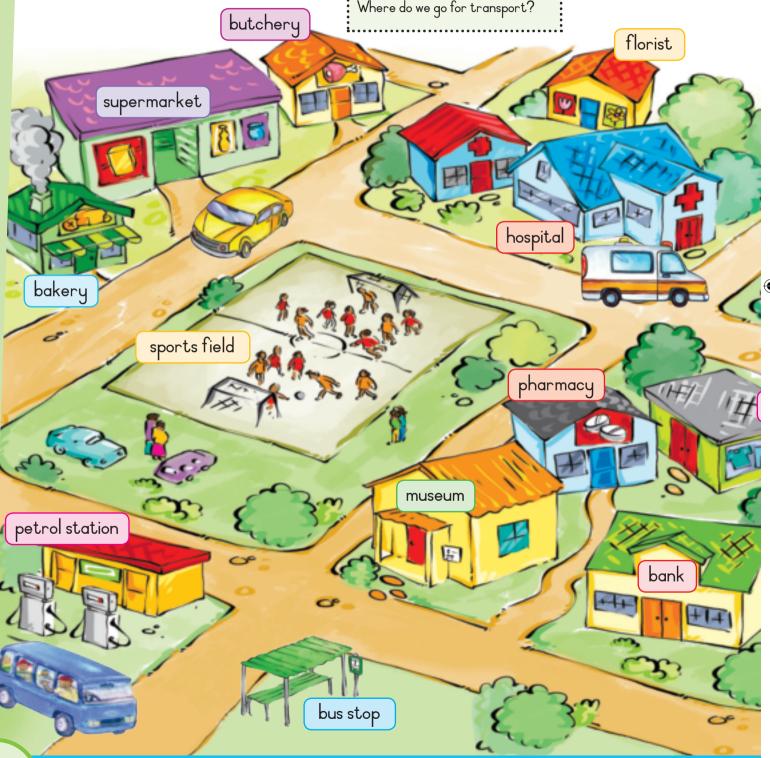


Look at the picture and talk about what you see. Where do we go if we are sick? Where do we get food?

**(** 

Where do we go for books? Where do we go for sports?

Where do we go for transport?







library

Trace the sentence and then practise

writing the sentence in the next box.

clinic

station





Let's write

Practise writing

these letters.

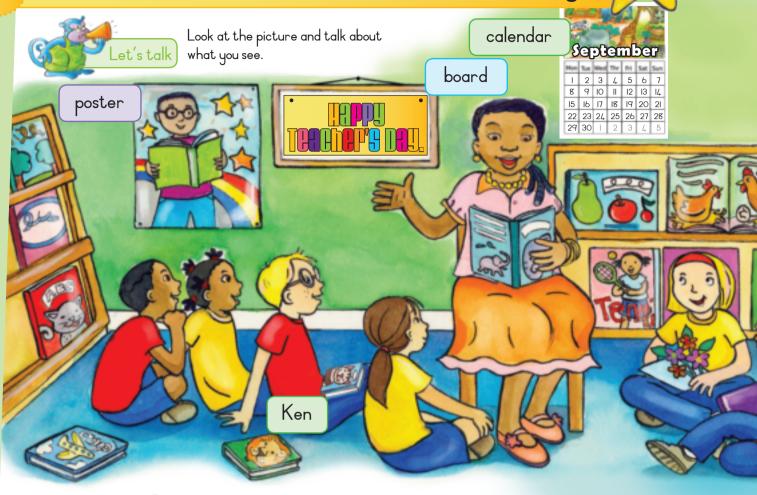
67

**(** 

00000

clothing shop





Teacher reads

We go to the library.
Our teacher reads to us.

vrite)

Trace the sentence and then practise writing the sentence in the next box.



\_isten and repeat ) Read the letters of the alphabet. books book newspaper Tick (✓) the sentences .et's write that are correct.

It is September.

There are 6 boys.

Teacher is a man.

Teacher reads.

Teacher sits on a chair.

There are many books.

Ken has a book.

Teacher has blue shoes.

Practise writing these letters.

Let's write











**(** 







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## The k-and d-sounds



Cut out the word cards at the back of the book and match them to form this sentence.

The

kids

read

books.



Fill in the letter K or C in the spaces so that the words match the pictures.







**k**ite

kettle

<u>k</u>angaroo



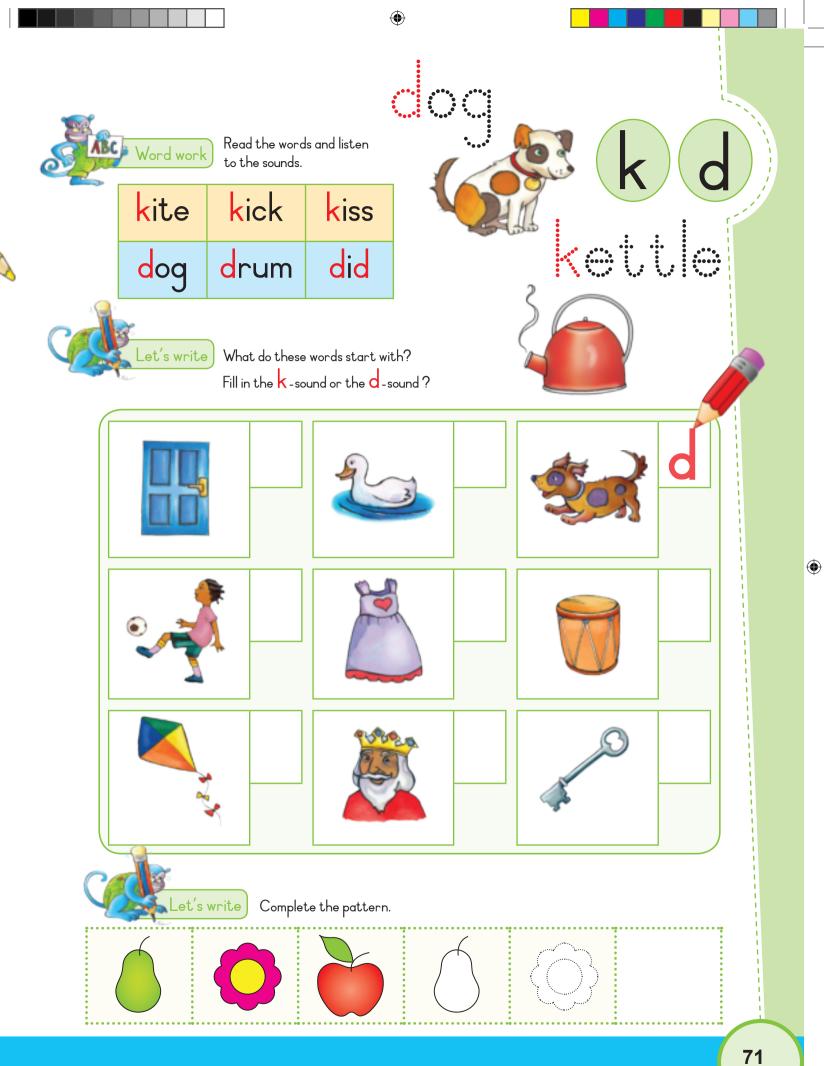




ା rum

duck

**70** 



## The j- and l-sounds



et's write

Look at the calendar on the back cover to help you answer these questions.

In which month is your birthday?

In which month is Christmas?

January

July

February

August

March

September

April

October

May

November

June

December

Which months are cold?

In which month is Easter?

Which months are hot?





\_et's write Fill in the letter in the spaces so that the words match the picture.



adder

John Smith

etter



**72** 



Read the words and listen to the sounds.

log	lip	lump
ot	let	lap

job	jog	jump
jet	joy	joke

Practise writing these letters.

Let's write





Fill in the letter j in the spaces so that the words match the picture.



From







Let's write

Cut out these cards and use it for christmas cards.





ersey









**(** 



## Christmas time



Dashing through the snow
In a one horse open sleigh
O'er the fields we go
Laughing all the way
Bells on bob tails ring
Making spirits bright
What fun it is to laugh and sing
A sleighing song tonight

Oh, jingle bells, jingle bells
Jingle all the way
Oh, what fun it is to ride
In a one horse open sleigh
Jingle bells, jingle bells
Jingle all the way
Oh, what fun it is to ride
In a one horse open sleigh

Let's talk

Look at the picture

Look at the picture and tell your friend what month it is. Tell your friend what they are doing.

refreshments

angel





christmas tree











Practise writing these letters.

\_et's write





















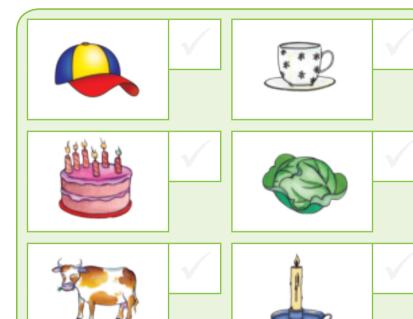
## The c-and w-sound



Let's write

Tick the pictures that have the C-sound in them.

•





Fill in the letter  $\mathbf{W}$  in the spaces so that the words match the picture.







hale allet







atch heel

eat

**76** 

