

E tihabolotswe e
bile e tsamaelana
le PPKT

Mophato

3



Dikgono tsa Botshelo ka SETSWANA

Buka 1
Kgweditsharo 1 & 2

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LIFE SKILLS IN SETSWANA
GRADE 3 – BOOK 1
TERMS 1 & 2
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Mme Angie Motshekga,
Tona ya Lefapha la
Thutotheo



Ng. Reginah Mhaule,
Motlatsatona wa Lefapha
la Thutotheo

Dibukatiro tse di kwaletswe bana ba Aforikaborwa ka fa tlase ga boeteledipele jwa Tona ya Lefapha la Thutotheo. Mme Angie Motshekga le Motlatsatona wa Lefapha la Thutotheo, Ng. Reginah Mhaule.

Dibukatiro tsa Rainbow ke phitlhelelo nngwe ya Lefapha la Thutotheo e e lebisitsweng mo go tokafatseng bokgoni jwa barutwana ba Aforikaborwa ba mephato e merataro ya ntlha jaaka e le maikaelelomagolo a Lenaneotiro la Puso. Porojeke e, e etleeditswe ke Lefapha la matlotlo la Bosetshaba. Ketleetso e, e kgontshitse Lefapha go kwala le go rebola dibukatiro tse mo dipuong tsotlhe tsa semmuso kwa ntle go tuelo epe.

Re solofela gore dibukatiro tse di tlaa tswela barutabana mosola mo go ruteng ga bona ga letsatsi le letsatsi, le mo go netefatseng gore barutwana ba digela kharikhulamo ya bona. Re netefaditse gore re kaela morutabana sentle mo tirong nngwe le nngwe ka go tsenyeletsa mesupatsela go bontsha gore ke eng se morutwana a tshwanetseng go se dira.

Re solofela gore bana ba tlaa itumelela go dira mo bukeng e fa ba ntse ba gola e bile ba ithuta, le gore wena jaaka morutabana, o tlaa abelana le bona boitumelo jwa bona o tlaa e itumelela mmogo le bona.

Re go eleletsa katlego e kgolo mo tirisong ya dibukatiro tse, wena le barutwana ba gago.



Mophato

3



Dikgono tsa Botshelo
ka **Setswana**
Buka I



Buka e, ke ya ga:



Ka ga me



A re kwaleng

Mongwe le mongwe wa rona o farologane e bile rotlhe re kgethegile. Tlatsa lokwaloitshupo le le fa tlase ka ga gago. Tlhamamisa setempe sa lokwaloitshupo. Fa o sena go dira jalo, bontsha tsala ya gago lokwaloitshupo la gago.

Wena le tsala ya gago le tshwana le go farologana ka eng?



Lokwaloitshupo

Leina: _____

Dingwaga: _____

Letlha la Botsalo: _____

_____ ngwaga

_____ kgwedi

_____ letsatsi

Lefelo la botsalo: _____

Mosetsana kgotsa mosimane: _____

Puogae: _____

Mmala wa moriri: _____

Bogodimo: _____ cm

Mmala wa matlho: _____

Tshaeno _____

Thala setshwantsho sa gago.

Letlha:



A re bueng

Jaanong akanya ka ga botshelo jwa gago go fitlha fa.

O kgona go gakologelwa bokgakaleng jo bokaie kwa morago?

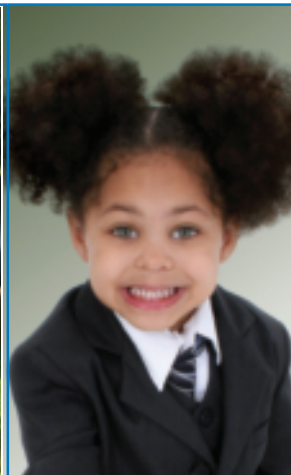
A o kgona go gakologelwa ngwaga wa bobedi wa botsalo?

A o kgona go gakologelwa gore o simolotse sekolo leng?



A re kwaleng

Tlatsa molanako o ka ga botshelo jwa gago.



Ke belegwe ka
kgwedi

Ke simolotse go
bua ka

Ke simolotse
sekolo ka

Ke dirile
Mophato wa
boraro ka

ngwaga

20 _____

20 _____

20 _____

20 _____

Morutabana:
Saena fa:
Letlha:



Sekolo sa me



A re kwaleng

Morutabana wa gago o tlaa go thusa go thalela sekolo sa gago molanako. Re go simoletse ona. Morutabana wa gago o tlaa go bolelela ditiragalo tse dingwe tsa botlhokwa tse o ka tlatsang ka tsona.

Sekolo sa gago se butswe ka ngwaga ofe?	Mogokgo wa gago o tlile mo sekolong ka ngwaga ofe?	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



A re kwaleng

Hisetori ya sekolo sa gago ke eng? Bona dikarabo mme o di kwale mo diphatlheng tsa kholomo ya ntlha. Morago o thale ditshwantsho go bontsha hisetori.

Sekolo se butswe ka ngwaga ofe?	Thala setshwantsho sa sekolo sa gago.

Mogokgo wa ntlha e ne e le mang?	

Letlha:



Seikao sa sekolo ke eng? A se
santse se tshwana le gompieno?

Thala betšhe ya sekolo.

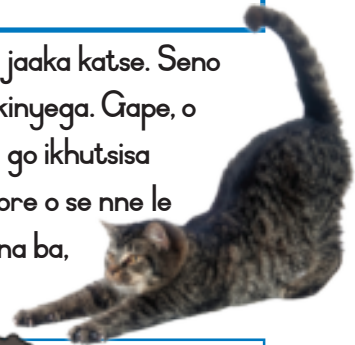
Kaela ka ga sengwe se se botlhokwa
ka ga sekolo. (Gongwe go ne go na
le morutwana kgotsa boiphitlhelelo
bongwe jo bo kgethegileng.)

Thala setshwantsho go bontsha
sengwe se se kgethegileng ka ga
sekolo.



A re diragatseng

Pele o ka dira tirwana kwa ntle, ikotlolole jaaka katse. Seno
se tlaa kgontsha mmele wa gago go tshikinyega. Gape, o
ikotlolole morago ga tirwana go repisa le go ikhutsisa
mmele wa gago. Seno se tlaa go thusa gore o se nne le
mesifa e e botlhoko. Jaanong dira se bana ba,
ba se dirang.



Morutabana wa gago o tlaa bitsa leina
la gago mme a go latlhelele bolo. O kape
bolo pele e ka wela fa fatshe.

Jaanong leka go kapa bolo ka kgetsana fa
tsala ya gago e e go latlhelela.

Latlhelela tsala ya gago bolo mme o bone
gore a o tlaa kgona go e kapa
ka kgetsana.

Phutholola mmele wa gago jaaka
katse e itshidila.



Morutabana:
Saena fa:
Letlha:



Gotlhe ka ga me



A re bueng

Akanya ka ga sengwe se se itumedisang se se go diragaletseng mo bogologolong mme o tlotlele tsala ya gago gore a tle a go tlhaloganye botoka.



Fa ke ne ke le dingwaga di le tlhano ke ne ka ya kwa lewatleng.

Fa ke ne ke le dingwaga di le nne ke ne ka wa go tswa mo leboteng.



A re bueng

Bolelela tsala ya gago ka moo motho yo a fetogile go tswa mo go nneng lesea go ya kwa go nneng motsofe.

		
lesea	lesea le le gagabang	ngwana wa sekolo
		
mošwa	mogolo	motsofe



A re opeleng

Dirang ka setlhopha. Itlhameleng pina le bine.

Mo setlhopheng sa gago, kwalang mafoko a pina mo phatlheng
e e fa tlase. Morago le bontsheng phaposi ya lona gore le opela
pina jang le ntse le bina.



Kgolwane le bogolwane



A re bueng

Bua gore bana ba bagolwane le batsadi ba bogolwane ba farologana le wena jang.

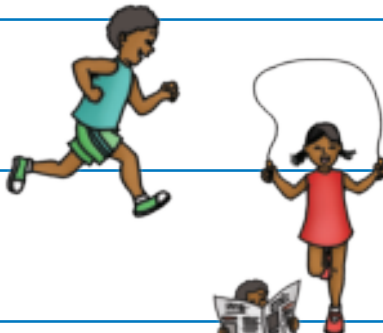
Fa nako e ntse e feta batho ba a tsofala. Mmala wa moriri wa bona o a fetoga, mantswe a bona a a fetoga, ba nna mesifa e bile ba nna botlhalenyana.

Batho ba fetoga jang fa ba tsofala?



A re kwaleng

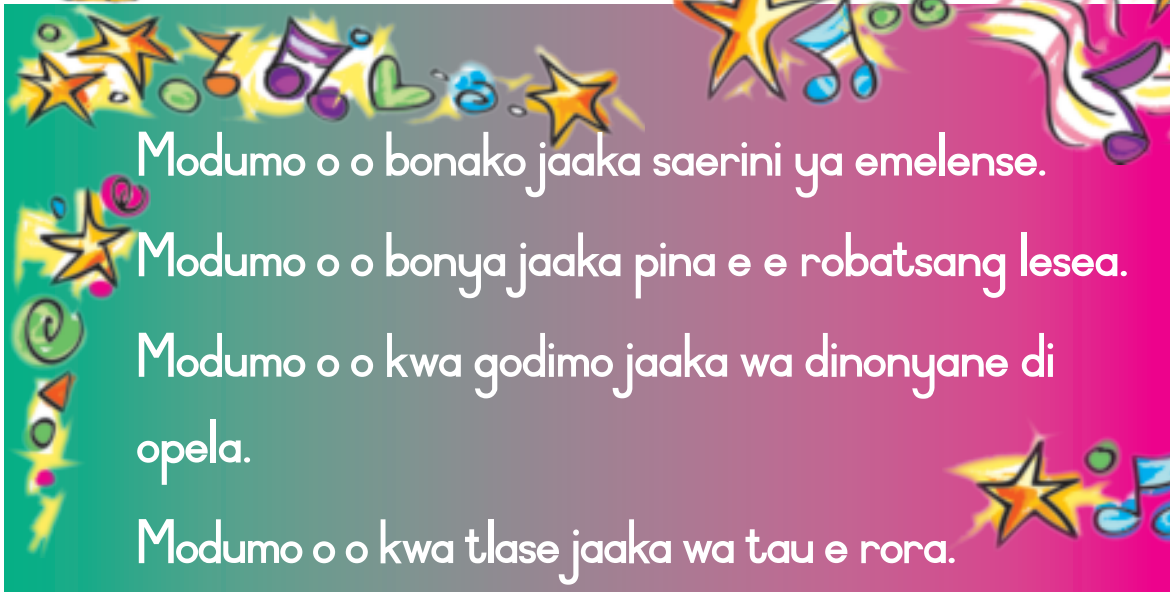
Ke dife tsa dilo tse, tse o di dirang go farologana le ka moo batsadi ba gago ba di dirang ka teng? Tshwaya (✓) sefatlhego se se nepagetseng.

	Nna		Batsadi ba me	
Taboga ntle le go lapa. 				
Tlola kgati. 				
Buisa lekwalodikgang. 				
Kgweetsa kolo. 				
Tshameka mo setlhareng.				



A re opeleng

A re ipaakanyetseng go opela.
Dirang modumo e.



A re ikatiseng

A o kgona go kapa bolo?

Latlhela bolo ya thenese mo moweng mme o e kape ka matsogo a mabedi.

E latlhele kwa godimo mme morago o ope diatla tsa gago pele o kapa bolo ya thenese.

Betsabetsa bolo ya thenese fa fatshe.

Jaanong dira bête o dirisa pampiri e e menilweng kgotsa setokwana sa legong. E dirise go betsabetsa bolo ya thenese fa fatshe.

Jaanong phutholola mmele wa gago jaaka katse.



Morutabana:
Saena fa:
Letlha:

Maikutlo



A re bueng

Lebelele ditshwantsho tse mme o bue ka moo bana ba ba ikutlwang ka teng.

A o setse o kile wa ikutlwa jaana? Tlatsa gore ngwana mongwe le mongwe o ikutlwa jang. Dirisa mafoko a go go thusa.

lela

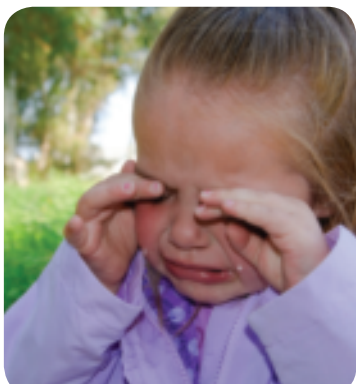
itumetse

ikwatlhaya

tshogile

motlotlo

tenegile















A re diragatseng

Tshameka motshameko wa thenese o ikatisetsa go konopela kwa pele le kwa morago.





A re bueng

Ke eng se se go itumedisang?

Ke eng se se go hutsafatsang?

Ke eng se se go tshosang?



A re kwaleng

Ke eng se se go tenang?



Kwala mo bukanatsatsing ka ga letsatsi le o neng o itumetse. Tlhalosa gore o ne wa diragalelwa ke eng.

Bukanatsatsi e e rategang

Kwala mo bukanatsatsing ka ga letsatsi le o neng o hutsafetse. Bua gore o ne o hutsafaditswe ke eng.

Bukanatsatsi e e rategang



Dilo tse ke di ratang



A re kwaleng

Bolelela setlhopha sa gago gore ke ditirwana dife tse o ratang go di dira segolo. Morago o kwale maina a ditirwana tseo mo diphatlhaneng tse di mo mmapeng wa dikakanyo.

Blank space for writing (pink background).



Blank space for writing (yellow background).



Blank space for writing (purple background).

SE KE
ITUMELE-
LANG GO
SE DIRA

Blank space for writing (light green background).



Blank space for writing (light blue background).



Blank space for writing (light blue background).



A re thaleng

Jaanong dirisa mmepekakangwa wa gago go kwala temana ka ga se o itumelelang go se dira le gore goreng o itumelela ditirwana tseno.

Se ke se itumelelang go feta



A re direng

Dirisa tege ya go tshameka go bopa sefatlhego se se itumetseng le se se tlhontseng.



A re bueng

Botsa ditsala di le tlhano gore di rata go dira eng. Khalara mmala mo bolokong e le nngwe fa ba rata tirwana.



5					
4					
3					
2					
1					
	go opela	go buisa	go penta	motshameko	Dipalo

Ke tirwana efe e e rategang?



Maikutlo



A re bueng

Lebelela sengwe le sengwe sa ditshwantsho tse mme o bue ka moo o ka thusang bana ba go dira selo se se siameng. Tshwaya karabo e e nepagetseng.

	A ga o kgone go lebelela kwa o yang teng!	
	Ooo, intshwarele! E re ke go thuse go sela dilo tse!	
	Uuu! Bolo ya gago ke e.	
	Uuu! Tsamaya o ye go tshameka felo gongwe!	
	Ke ya me mme o ka se ka wa bona sepe.	
	Tlaya, a re kgaogane ditshokoletse.	



A re kwaleng

Ditsala tse di siameng di dira eng?

Fa ke dirile sengwe se se sa siamang, ke ikopa maitshwarelo.

Fa ke bona tsala ya me e palelwa, ke a e thusa.





Kwala dilo di le nne gape tse ditsala tse di siameng di di dirang.





A re bueng

Lebelele ditshwantsho tse. Bua gore o bona eng mo go sengwe le sengwe. Morago tsaya setshwantsho se le sengwe mme le diragatse motshameko ka ga sona. Nayang kgang ya lona bokhutlo.



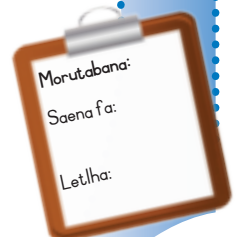
Jaanong kwala tiragatso ka ga setshwantsho se o se tlhophileng. Tlatsa maina a badiragatsi mo kholomong ya ntlha.



A re ikatiseng

Leka go dira dilo tse.

- Taboga go dikologa patlelo. Fa morutabana wa gago a re, "fetola" o tshwanetse go retologa mme o tabogele kwa gongwe.
- Jaanong betsabetsa bolo mme o tsamaele kwa pele ka nako e le nngwe.



Go tlhola fela



A re kwaleng

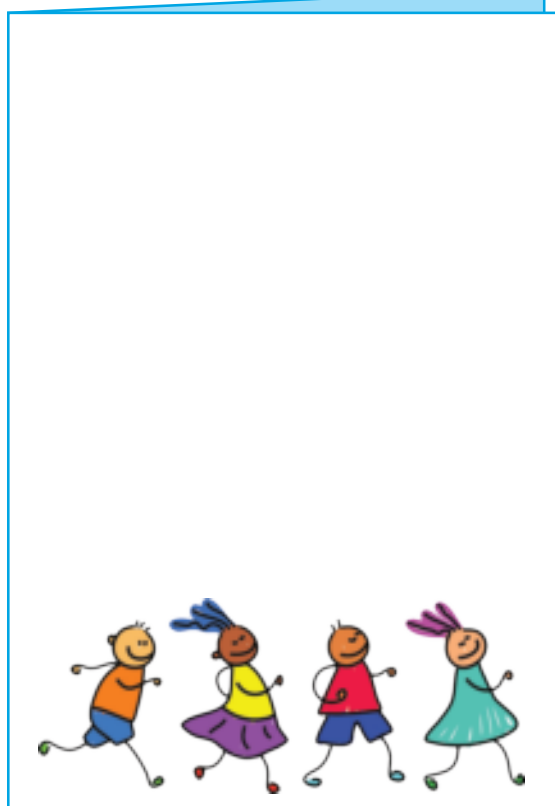
Itlhole

	✓	✗
Ke tsala e e siameng.		
Ke kgathalela ditsala tsa me.		
Ke botsalano mo baneng ba phaposi ya me.		
Bana ba bantsi ba a nthata.		
Ke aga ke le bonolo mo bathong.		



A re kwaleng

Direla mongwe yo o mo ratang karata. Thala setshwantsho ka fa pele mme morago o kwale molaetsa o o kgethegileng ka fa gare.





A re kwaleng

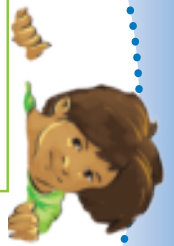
Thala setshwantsho sa ditsala, kgotsa morutabana wa gago,
kgotsa ditokololo tsa lelapa la gaeno ba ba kgethegileng mo go
wena. Kwala maina a bona.



Batho ba ba kgethegileng mo botshelong jwa me



Jaanong kwala ditlhaloso ka ga batho bano le gore goreng ba kgethegile jaana.



Murutabana:
Saena fa:
Letlha:



Boitekanelo le thusopotlako



A re bueng

Bua gore go diragala eng mo setshwantshong se.



A o itse gore lebokoso la sekolo sa lona la Thusopotlako le fa kae? Bua gore le fa kae. Le mo

A o setse o kile wa tswa mokola?

O tshwanetse go dira eng fa o tswa mokola?

O tshwanetse go dira eng fa o tswa mokola

1 Nnela kwa pele o inamisitse tlhogo ya gago.

2 Tswala nko ya gago ka menwana sebaka sa metsotso e le mebedi mme o heme ka molomo.

3 Baya sengwe se se tsididi ka fa morago ga molala wa gago se se tshwanang le toulo e e metsi kgotsa dikgapetlana tse di phuthetsweng ka toulo.

4 O se ka wa ethimola morago ga gore mokola o emise.

5 Fa go tswa ga madi go sa emise morago ga metsotso e le sometlhano, bona ngaka kgotsa mooki.

Ritibala maikutlo.
Gantsi ga go na lebaka la go tshoga. Gakologelwa gore o se ka wa tshwara madi a motho yo mongwe.





Go alafa go kgoboga kana go segega



Ga re kgone go bona megare mme e gotlhe. Fa re itshega re tshwanetse go tshola ntho e le phepa gore re se ka ra tshelwa ke megare.



A re bueng

Tlhalosetsa ditsala tsa gago gore mosego o phepafadiwa jang. Bontsha gore o tshwanetse go dira eng.

Ka moo o ka emisang go dutla ga madi go tswa mo mosegong

O se ka wa ama madi a motho yo mongwe.

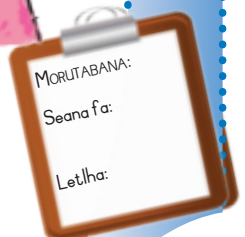
Fa o thusa motho o rwala ditlelafo kana diatlana ka dinako tsotlhe.

Emisa go tswa ga madi ka go tsholeletsa ntho kwa godimo ga pelo.

Leka go emisa go tswa ga madi ka go gatelela sebofadintho se se phepa mo nthong.

Fa ntho e le boteng mme e tswelela go tswa madi, bona ngaka kgotsa o ye kwa tleliniking.

Batlisisa gore ke mogala ofe wa tshoganyetso o o ka o leletsang. Mogala:



MORUTABANA:
Seana fa:
Letlha:

Go ša



A re buiseng

Fa o tshwara selo se se mogote, o ya go iphisa.
O tshwanetse go dira eng fa mongwe a šele?

1

Tshela ntho ya molelo ka metsi a a tsididi sebaka sa metsotso e le lesome. Se se thusa go tsidifatsa letlalo.

2

Tlosa seaparo mo karolong e e šeleng. Fa seaparo se kgomaretse mo letlalong, o se ka wa se tlosa.

3

Tlogela ntho ya molelo e bulegile mme o tlhokomele gore e se ka ya etegela.

4

Fa karolo e e šweleng e le boteng kgotsa e le kgolwane go na le bogare jwa seatla sa gago, bona ngaka ka bonako.



A re ikatiseng

Dira tlotelele.

Tsaya dithobane di le tharo kgotsa ditokana di le tharo tsa mogala. Morago ga go tlola fa gare ga tsona, di katolose go feta mme o bone yo o tlaa tlolelang kgakajana go feta.

Tshwaya gore o ka tlola bokgakala jo bo kae.

Bona gore a tsala ya gago e ka tlolela kgakala go go gaisa.



A re ikatiseng

Dira kiribane.

Refosana le tsala ya gago go nna kiribane.



Morago le refosaneleng go dikolosa kgati gore tsala ya lona e kgone go tlola.



A re bueng

Go diragala eng mo ditshwantshong tse?
Batho ba ka ša jang gape?



Kwala melao e e botlhokwa go gopolwa fa o tlhoka go thusa ka:

Mokola

Mesego

Dintho tsa go ša



Go tshola mmele wa me o babalesegile



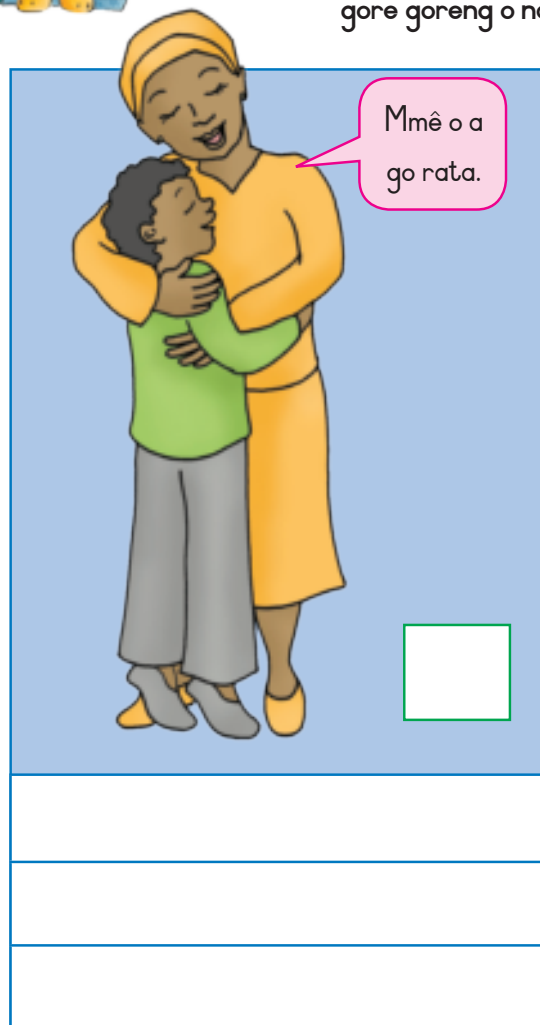
A re bueng

Re tshwanetse go tlhokomela mebele ya rona.
Re nna le maikutlo a siameng fa re rata
sengwe mme re rata gore se tswelele pele.
Re nna le maikutlo a sa siamang fa selo se sa
re kgotsofatse mme re batla gore se se ka sa
tswelela pele.



A re kwalleng

Tshwaya (✓) fa setshwantso se bontsha tirwana e e bolokegileng
kgotsa ka (✗) fa se bontsha tirwana e e sa bolokegang. Morago
o kwale polelo fa tlase ga setshwantsho sengwe le sengwe go bua
gore goreng o nagana gore se bolokegile kgotsa ga se a bolokega.





Ga ke go rate.



Jaanong o montle.



Go re nnyaya

Ga go bonolo go aga o re nnyaya, mme gona o tshwanetse go re nnyaya fa mongwe a dira gore o se ka wa ikutlwa sentle.

Fa mongwe a dira gore o nne le maikutlo a a sa siamang mme a dira gore o se ka wa ikutlwa sentle, bolelela mogolo yo o mo tshepang.



A re kwaleng

Tlhophla batho ba le bararo ba o ba tshepang mme o tlhalose gore goreng o ba tshepa.

Kwala gore o ka bega jang maitemogelo a a maswe go mongwe yo o mo tshepang.



Morutabana:

Saena fa:

Letlha:

Go itlhokomela



Are bueng

Lebelele ditshwantsho tse ka kelotlhoko. Bona gore a o ka se ka wa tlotla kgang ka ga tsona. Tlatsa pudula ya bofelo.



Tlanya, ke tlaa go isa
kwa marekelong.



Nnyaya, ntlogele!



Go diragetse
eng?



A re bueng

Tlotla ka moo mosetsana a ikutl'wileng ka teng, seo a se dirileng le seo o ka se dirang mo maemong a a tshwanang le a.



A re kwaleng

Kwala melawana e le metlhano ya pabalesego.
Simolola mongwe le mongwe ka:

Bana ga ba a tshwanela go ...



A re direng

Dira maseke go bontsha maikutlo.

Swetsa gore ke maikutlo afe a o batlang gore maseke wa gago o a bontshe.

E thale mo pampiring e e magwata.

E sege.

Sega matlho.

E kgabise ka pampiri ya mebala.



A re ikatiseng

Ipaakanyetse go taboga.

Ema ka maemo a a nepagetseng a go simolola.

Reetsa morutabana wa gago a re:

"Tlhomang ka menwana! Ipaakanyeng! Ragogang!"

Morago lo dire leparego.



Go tshola mmele wa me o



A re bueng

Rotlhe re na le maikarabelo a go tshola mebele ya rona e itekanetse.
Ke eng se bana ba ba se dirang se se siametseng mebele ya bona?



Ke dilo dingwe dife tse di sa itekanelang tse batho ba di dirang?

A o ntse o itse gore go goga ga go a siamela mebele ya rona?

A o ntse o itse gore ga go a siama gore motho a goge gaufi le wena?

Go goga go senya mebele ya rona jang?



A re kwaleng

Tshwaya (✓) kgotsa (✗) mopololong nngwe le nngwe go supa gore a ke **nnete** kgotsa **ga se nnete**.

	Disakarete di latswega monate.
	Go dula gaufi le motho yo o gogang go ka koafatsa mmele wa me.
	Go goga go dira meno serolwana.
	Go goga go baka malwetse a molomo.
	O kgona go gotlholola botlhoko ka ntlha ya go goga.
	Go goga go baka kankere.



Melawana ya boitekanelo



Ke tshwanetse go gotlha meno a me morago ga go ja le pele ke ya go robala. Ke tshwanetse go kama moriri wa me pele ke ya kwa sekolong.

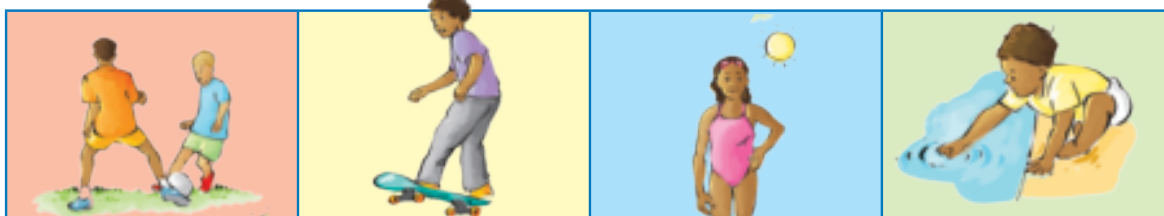


Ke tshwanetse go phimola dinala tsa me morago ga go tshamekela mo motlhabeng. Ke tshwanetse go tshola dinala tsa me di le dikhutshwane e bile di le phepa. Ke tshwanetse go tlhapa diatla tsa me morago ga go ya kwa ntlwanaboithusetsong le pele ke tshwara dijo. Ke tshwanetse go latlhela thišu ya me ka fa motomong wa matlakala.



Boithabiso

Ba tshwanetse go apara eng go nna ba babalesegile? Golaganya ditshwantsho ka go thala mola go tloga mo ditshwantshong tse di ka fa molemeng go ya kwa ditshwantshong tse di ka fa mojang.

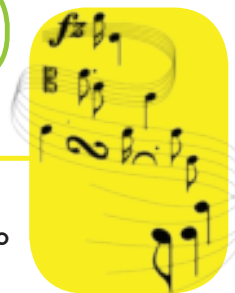


Boithabiso



Nna matlhagatlhaga mme o tshameke motshameko wa kherikete.

Morutabana wa gago o tlaa tshameka mminonyana. O reetse mme morago ga moo o tshameke moribo wa mmimo o ka menwana ya gago mo tafoleng ya gago.



Morutabana:
Saena fa:
Letlha:

Ditshwanelo le maikarabelo



A re buiseng

Nako nngwe bana ba tshwanetse go thusa malapa a bona ka ditiro.

Mme bana ga ba a tshwanela go dira jaaka bagolo.

Bana ba tshwanetse go nna le nako ya go tshameka le ya go ya kwa sekolong.



Lebelela ditshwantsho tse. Tshwaya (✓) ditiro tse di siametseng bana. Kwala polelo fa tlase ga setshwantsho gore ke goreng o re ditiro di siame kgotsa ga di a siama



Anna o rekisa merogo letsatsi lotlhe mme ka jalo ga a kgone go ya kwa sekolong.



Lisa o nosetsa tshingwana ya merogo fa sekolo se dule.



 	 
Pule o rwala ditena gonne o direla moagi.	Jabu le Bongji ba thusa ka go tlhatswa.



A re bueng

Ke ditiro dife tse o di dirang kwa gae?

Ke ditiro dife tse o di dirang kwa sekolong go thusa morutabana wa gago?



A re ikatiseng

Itire yo o dirang ditiro tse di farologaneng.

Setlhophsa sa gago se tshwanetse go fopholetsa gore o dira ditiro tse dife?



Bofang maoto a lona mme morago le taboge.



Ikatisa go raga kgwele ya dinao. Bona gore o ka ragela bolo kwa bokgakaleng jo bo kae.



Murutabana:
Saena fa:
Letlha:

Ditshwanelo le maikarabelo



A re bueng

Bolelela tsala ya gago gore bana ba,
ba roba melawana efe.

Sekolo sengwe le sengwe

se na le melawana gore se

kgone go tsamaisiwa sentle.

Phaposiborutelo nngwe le

nngwe le yona e na le melawana

e re tshwanetseng go e sala

morago.



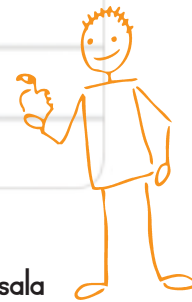


A re kwaleng

Kwalela phaposi ya gago
melawana e le mene.

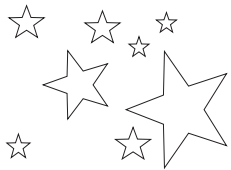


A large rectangular area with a spiral binding on the left side, intended for writing or drawing.



A re bueng

Buisa ditshwanelo tse, le maikarabelo a, mme o bue le tsala
ya gago gore nngwe le nngwe e kaya eng.



MAIKARABELO A BAŠWA BA AFORIKABORWA



Tekatekano  Tshola motho mongwe le mongwe sentle le ka go lekalekana. O se ka wa kgetholola.	Seriti sa botho  Tlotla mongwe le mongwe. Nna bonolo le pelonomi.	Botshelo  Botshelo jothle bo bothokwa. Tlotla botshelo bongwe le bongwe.	Lelapa  Tlotla batsadi ba gago. Nna bonolo le boikanyego mo lelapeng la gago.
Thuto  Tsena sekolo, o ithute mme o dire ka natla. Obamela melao ya sekolo.	Tiro  Thusa lelapa la gago ka tiro kwa gae. Bana ba se ka ba patelediwa go batla tiro.	Kgololosego le pabalesego  O se ka wa gobatsa, wa dipisa kgotsa wa tshosetsa ba bangwe, gape o se ka wa letla ba bangwe go dira jalo. Rarabolola go thoka kutlwisano ka mokgwa wa kagiso.	Dithoto  Tlotla dithoto tsa batho ba bangwe. O se ka wa senya dithoto e bile o se ka wa utswa.
Bodumedidi. Tumelo le Dikakanyo  Tlotla ditumelo le dikakanyo tsa batho ba bangwe.	Tshireletsego  Tihokomela lefatsho. O se ka wa senya metsi le motlakase. Tihokomela diphologolo le dijwalo. Tshola legae le tikologo ya gago di le phepa e bile di babalesegile.	Boagi  Nna Moaforikaborwa yo o siameng e bile a le boikanyego. Obamela melao, mme o netefatse gore batho ba bangwe ba dira jalo le bona.	Kgololosego ya puo  O se ka wa gasagasa maaka le lethoo. Netefatsa gore batho ba bangwe ga ba rogakiwe e bile ga ba utlwiwiwe bothoko.

Clipboard with a checklist:

- Morutabana:
- Saena fa:
- Letlha:



A re bueng

Malatsi a sedumedi le a a kgethegileng

Tlhopha nngwe ya ditumelo tseno. Batlisisa go le gontsi ka ga tsona. Baakanya pontsho mo phaposing. Leka go tla ka dibuka kgotsa ditshwantsho go tlhalosa pontsho ya gago.)



Sehindu



Seiselamo



Sejuta



Sekeresete

Re tshwanetse go tlotla batho ba ditumelo tsotlhe.

Tumelo ya gago ke efe? _____

Tumelo ya tsala ya gago ya botlhokwa ke efe? _____

Letlha:



Go tlhola fela



A re kwaleng

Tlatsa karata e ka ga gago.

16b

Beke 8 – Papetlanatiro
Kgweitharo 1

Leina la me _____

Sefane sa me _____

Letsatsi la me la botsalo _____

Mophato wa me _____

Sekolo sa me _____

Nomoro ya me ya mogala _____

Aterese ya me _____

Nomoro ya tshoganyetso _____

Motshameko wa me o ke o ratang _____

Mmala wa me o ke o ratang _____

Tsala ya me ya botlhokwa _____

Ke eng se se intumedisang _____

Ke eng se se dirang gore ke nne ke tlhontse _____

Ke eng se se ntenang _____

Se ke se kgonang _____

Morutabana:
Saena fa:
Letlha:

Mekgwa e e itekanetseng ya go ja



A re bueng

Lebelela setlhopha sengwe le sengwe sa dijo mme o bue le tsala ya gago ka ga: Ke dijo dife tse di mo setlhopheng sengwe le sengwe? Ke goreng setlhopha sengwe le sengwe se re siametse?

Diporoteine

Diporoteine di aga disele tse dišwa gore mebele ya rona e gole.



Divithamini

Divithamini le diminerale di thusa mebele ya rona go lwantsha malwetse le go nna e itekanetse.



A re ikatiseng

Kopa morutabana wa gago gore a go bontshe ka moo o ka tshamekang "founu e robegile" ka teng. Morago ga moo ikatise go latlhela bolo.

Dikhabohaetereiti

Dijo tse di re naya maatla.



Dikungo tsa maši

Dijo tsa maši di tiisa marapo a rona, bogolosegolo fa re sa ntse re le bašwa mme marapo a sa ntse a gola.



A re kwaleng

Dira lenaane la dijo tse o di jeleng maabane. Mo kholomong ya bofelo, bua gore a dijo ke poroteine, khabohaetereite, maungo kgotsa merogo.

Dijo tse ke di jeleng maabane	Mofuta wa dijo





18

Kgweditharo 2 – Beke I – Papetlanatiro

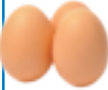
Mekgwa ya rona ya go ja



A re bueng

Botsa ditsala di le nne gore ba rata go ja eng. Lebelela dijo tse di farologaneng mme o tshwaye (✓) fa o rata dijo tseo, o bo o tshwaya (✗) fa o sa rate dijo tseo.

Tlatsa maina a ditsala tsa gago.



A re kwaleng

Lebelela theibole e o e tladitseng mme morago o arabe dipotso tse.

Ke dijo dife tse ditsala tsa gago di sa di rateng thata?

A o akanya gore ditsala tsa gago ba na le mekgwa e e itekanetseng ya go ja?

Ke eng o akanya jalo?



Boithabiso

Kopa morutabana wa gago gore a go bontshe ka moo o ka tshamekang founu e robegile ka teng.





A re kwaleng

Dira lenaane la mefuta ya dijo tse re tshwanetseng go di ja letsatsi lengwe le lengwe.

Re tshwanetse go fokotsa eng?

Letswai le lentsi gonne le ka re bakela kgatelelo e e kwa godimo ya madi fa re gola.

Sukiri e ntsi gonne e kgona go re bakela bolwetse jwa sukiri fa re gola.

Sukiri e ntsi gape e baka koketsego ya boima jwa mmele. Dinotsididi tse dintsi, dikuku le ditshipisi le tsone di oketsa boima jwa mmele.



A re kwaleng

Kwala risepe ya dijo tse o di ratang.

Risepe ya _____

Ke tlhoka ditsompelo dife?

Ke dirise mkgwa ofe?

Morutabana:
Saena fa:
Letlha:

Mekgwa e e itekanetseng ya go ja



A re kwaleng

Thabo le Nomsa ba mo tseleng ya go ya kwa lebenkeleng la Sunshine. Ba batla go reka dijo dingwe go apeela dilalelo. Ba thuse go dira lenaane la dijo tse di siameng.



A re ikatiseng

Refosanelang go betsa kgati gore tsala ya lona e kgone go tlola.





A re kwaleng

Kwala dijo tse ba tshwanetseng go di reka le ditlhotlha tsa tsona mo lenaneothekong le le fa tlase. Thabo le Nomsa ba dueletse dijo tse ba di rekileng bokae?

LENANEOTHEKO	TLHOTLHWA



A re kwaleng

Mekgwa ya gago ya go ja e itekanetse go le go kae? Khalara sefatlhego se se tshegang go lebagana le mekgwa o o itekanetseng.

Mekgwa ya me ya go ja

	Ee	Nnyaya
Go le gantsi ke ja ke bogetse thelebišene.		
Ke rata maungo le merogo.		
Ke rata dijo tse di mafura di tshwana le ditšhipisi.		
Ga ke rate metsi, ke rata dinotsididi.		
Ga ke je merogo.		
Ke tšhotlha dijo tsa me sentle.		
Ke ja difitlholo tsa sa me pele ke ya kwa sekolong.		

Bala gore o khalarile difatlhego tse di tshegang di le kae. _____



20

Kgweditharo 2 – Beke 2 – Papetlanatiro



A re kwaleng

Go ja sentle

Thala kgotsa o kgomaretse ditshwantsho tsa dijo go bontsha dijo tse di itekanetseng.

40

Letlha:



Melawana ya go ja sentle



A re buiseng

Tlhapa diatla tsa gago ka dinako tsotlhe pele
o tshwara dijo.

O se ka wa tlogela dijo di sa khurumelwa.

O se ka wa ja dijo tse di bodileng kgotsa tsa
bogologolo.

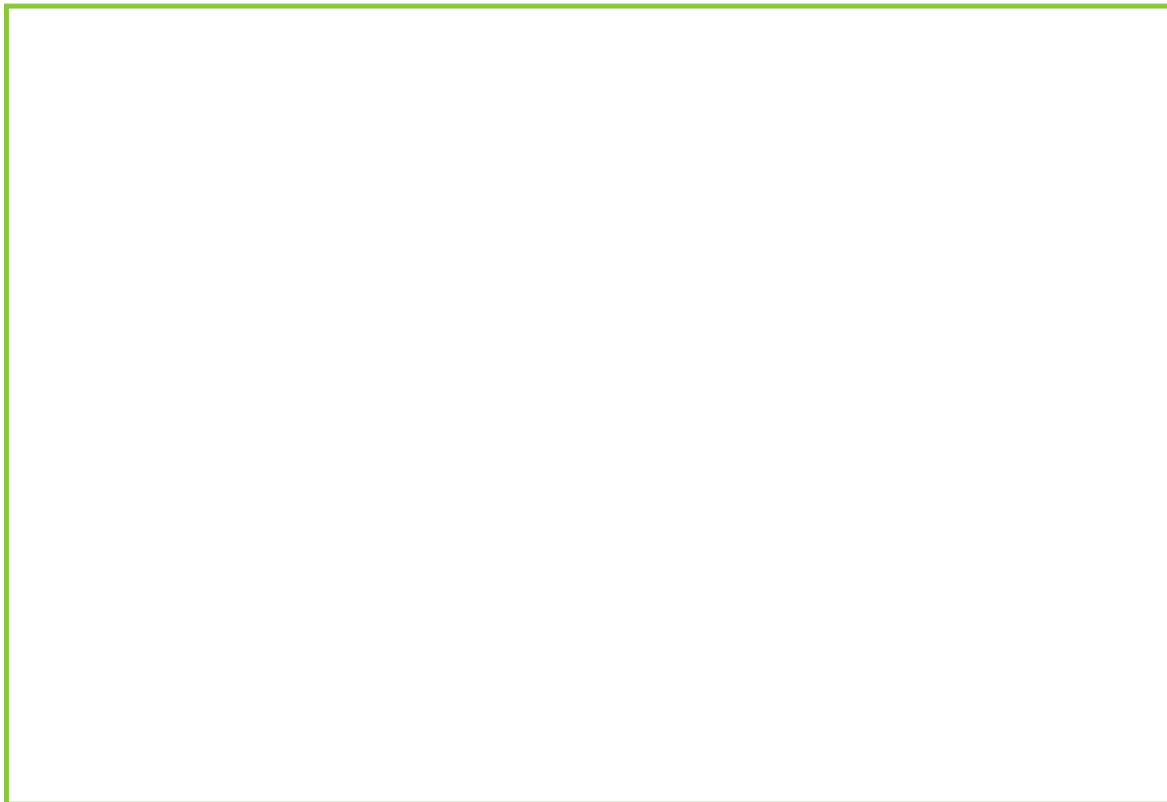
Dirisa matlapi a merogo go direla
tshingwana motshotelo.

Ijalele merogo.



A re direng

Thala setshwantsho go bontsha mongwe wa melawana e.



Morutabana:
Saena fa:
Letlha:



Ditshenekegi



A re bueng

Bua ka ga dikarolo tse di farologaneng tsa mmele wa tshenekegi.

Ditshenekegi di na le dikarolo di le tharo tsa mmele: tlhogo, mmele o o kwa godimo le mmele o o kwa tlase.

Gape di na le maoto a le marataro le dinakana tse pedi.



A re kwaleng

Tsenya maina a dikarolo tsa tshenekegi. Thala mola go tswa mo leineng go ya kwa karolong e e nepagetseng ya tshenekegi.

mmele o o kwa
godimo

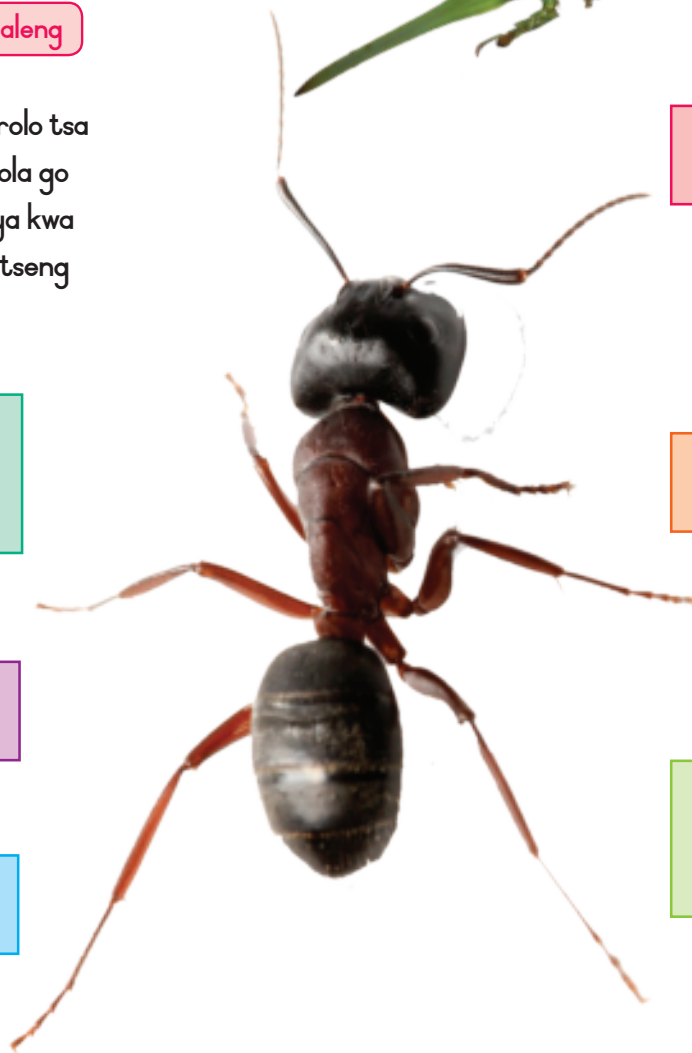
tlhogo

leoto

lenakana

leitlho

mmele o o kwa
tlase



A re ikatiseng

Bobora jaaka notshe, fofa jaaka serurbele mme morago o tlole jaaka tsie.

Jaanong a o ipaakanyeditse motshameko wa kgwele ya dinao?

Letlha:



A re kwaleng

Thala mola go golaganya leina lengwe le lengwe le tshenekegi e e nepagetseng. Bua gore ke ditshenekegi dife tse di kotsi le gore ke dife tse di thusang.



notshe



monang



ntsi

tshoswane



tsie

serurubele



ntsi ya moretologa



mota



A re kwaleng

Jaanong tlatša mafoko a a tlogetsweng.

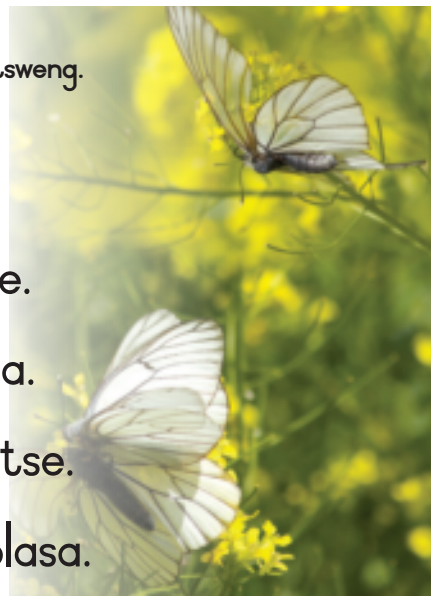
_____ e dira tswina.

_____ se talafatsa ditšheše.

_____ o phatlalatsa malaria.

_____ e phatlalatsa malwetse.

_____ e ja dijalo tsa borapolasa.



Morutabana:
Saena fa:
Letlha:



A re bueng

Go gongwe ka ga ditshenekegi

Lebelela ditshwantsho tse mme o bolelele tsala ya gago gore ke eng dinotshe di le mosola mo go rona.



Dinotshe di phatlalatsa mmudula. Se se botlhokwa gore maungo a tlhoge.



Dinotshe di ntsha tswina.



A re kwaleng

Kwala maina a tshenekegi nngwe le nngwe e e mo phatlheng e e filweng.



_____ e tsuntsunyetsa matute go tswa mo ditšhešeng.



_____ e na le maoto a kwa morago a a maatla go tlola.

Letlha:



dirisa manakana
a tsona go buisana.



se phatlalatsa mmudula go
tswa mo sejwalong go ya go
se sengwe.

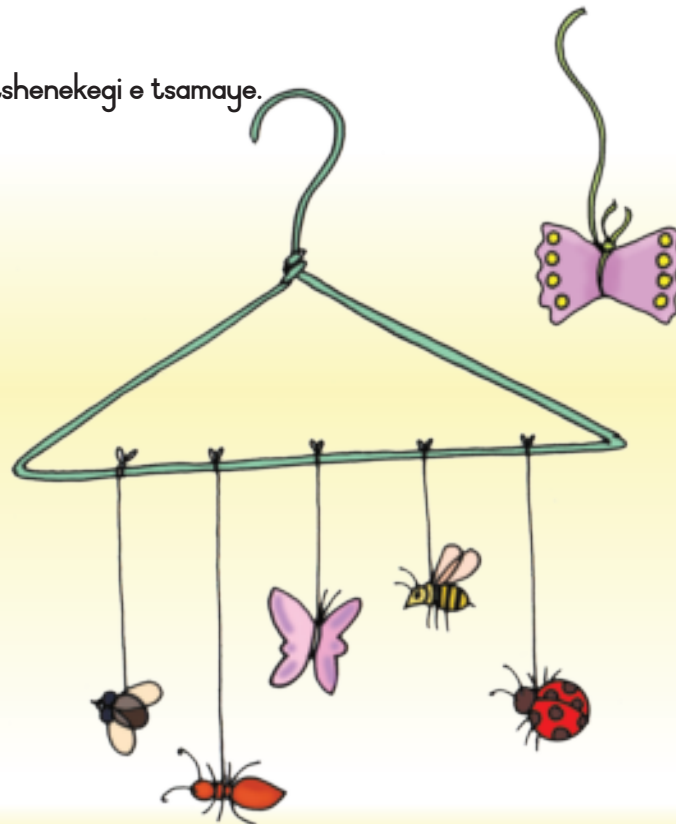
e phatlalatsa megare.



A re direng

Dira gore tshenekegi e tsamaye.

- Tlisa hangere go tswa kwa gae.
- Sega ditshenekegi go tswa mo tsebeng ya tse di segilweng kwa morago ga buka.
- Di kgwagetse mo hangareng ya dibaki.





23

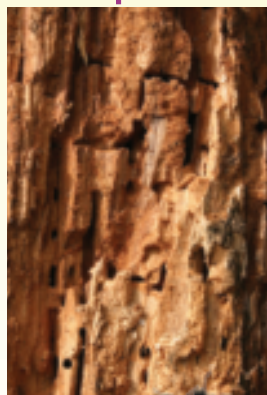
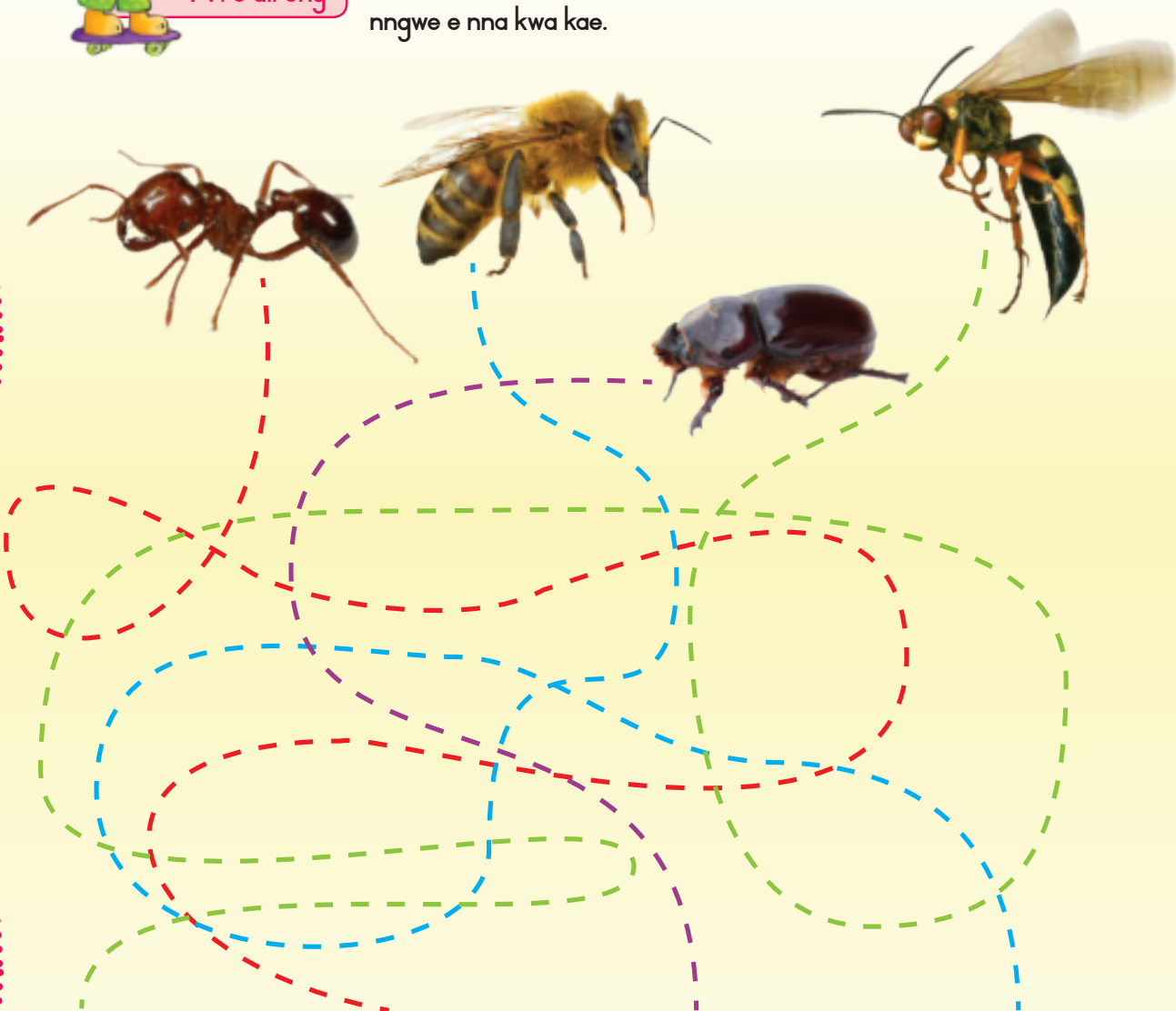
Magae a ditshenekegi

Kgweditsharo 2 – Beke 4 – Papetlanatiro



A re direng

Sala mogala morago go bona gore tshenekegi nngwe le nngwe e nna kwa kae.





A re direng

Tsamaya mo patlelong ya sekolo gore o tle o bone
gore o ka bona mefuta e mekae ya ditshenekegi.



A re kwaleng



O bone ditshenekegi dife kwa ntle? Tlhophha e le nngwe mme o kwale
leina la yona fa.

Tshenekegi e, e ja dijo tsa mofuta ofe?



A tshenekegi ya gago e tsamaya ka bonya kgotsa ka bonako?

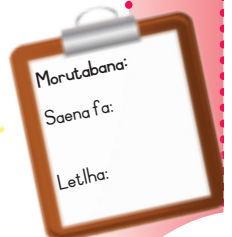
A tshenekegi ya gago e mosola? Ke goreng o rialo?

Tshenekegi ya gago e kotsi ka mokgwa ofe? o ka dira eng fa e go gobatsa?



Boitumediso

Jaanong tlhama
o bo o thale
tshenekegi ya
gago mme o e
neye leina.



Morutabana:
Saena fa:
Letlha:

Bontsha boithamedi jwa gago



A re direng

Itirele serurubele

O tlaa tlhoka:

Pampiri ya A4

Dikheraeyone tsa mafura

Sekere

Sekgomaretsi

Sephepafatsi sa
diphaepe

Rolo e e fedileng ya pampiri ya ntlwanaboithusetso



Thala serurubele, mme o bontshe mmele wa sona o moleele,
le diphuka tse pedi. Kgabisa diphuka tsa serurubele sa gago ka
dipaterone tsa mebala e e farologaneng.
Netefatsa gore diphuka tse pedi di a
tshwana. Sega serurubele.

Kgomaretsa mmele wa
serurubele mo rolong ya
ntlwanaboithusetso. Mena
sephepafatsi sa diphaepe
gabedi go dira dinaka. Di
kgomaretse mo tlhogong
ya serurubele.





A re diragatseng

Leka go tshameka metshameko e.



Setešene 1:

Baseketebolo: Betsabetsa kgwele o ntse o taboga ka mokgwa wa manyokenyoke.



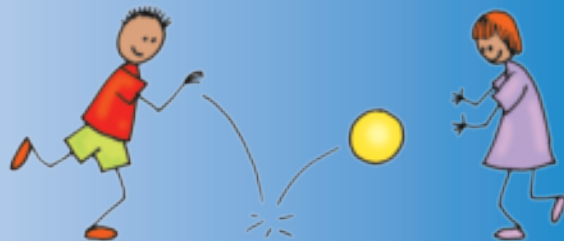
Setešene 2:

Hoki: Dirisa thobane ya hoki go tsamaisetsa bolo kwa dinong.



Setešene 3:

Bolotloa: Beletsa bolo kwa tsaleng ya gago o ntse o taboga.



Setešene 4:

Rakabi: Taboga ka bolo mme o e fetise.



Setešene 5:

Kgwele ya dinao: Tiribola bolo kwa dinong.



Morutabana:
Saena fa:
Letlha:



A re bueng

Tshekatshelo

Tshekatshelo e bontsha dikgato tse di farologaneng tsa kgolo. Dikgato di sala tatelano e e rileng. Lebelela tshekatshelo ya segwagwa le serurubele mme le bue ka dikgato tse di farologaneng.

Tshekatshelo ya segwagwa



A re bueng

Lebelela ditshwantsho mme o bolelele tsala ya gago ka moo segwagwa se fetogang ka teng mo tshekatshelong ya sona.

- 1 Digwagwa tse pedi di a feka gore di nontshe mae.
- 2 Segwagwa sa mosadi se beela mae.
- 3 Koduntwane e na le serwe sa go hema se se kwa ntle le mogatla wa motsu.
- 4 Koduntwane e tlhoga maoto.
- 5 Mogatla o simolola go nyelela.
- 6 Segwagwa se segolo se nna le makgwafo e bile se latlhelgelwa ke dihuba.



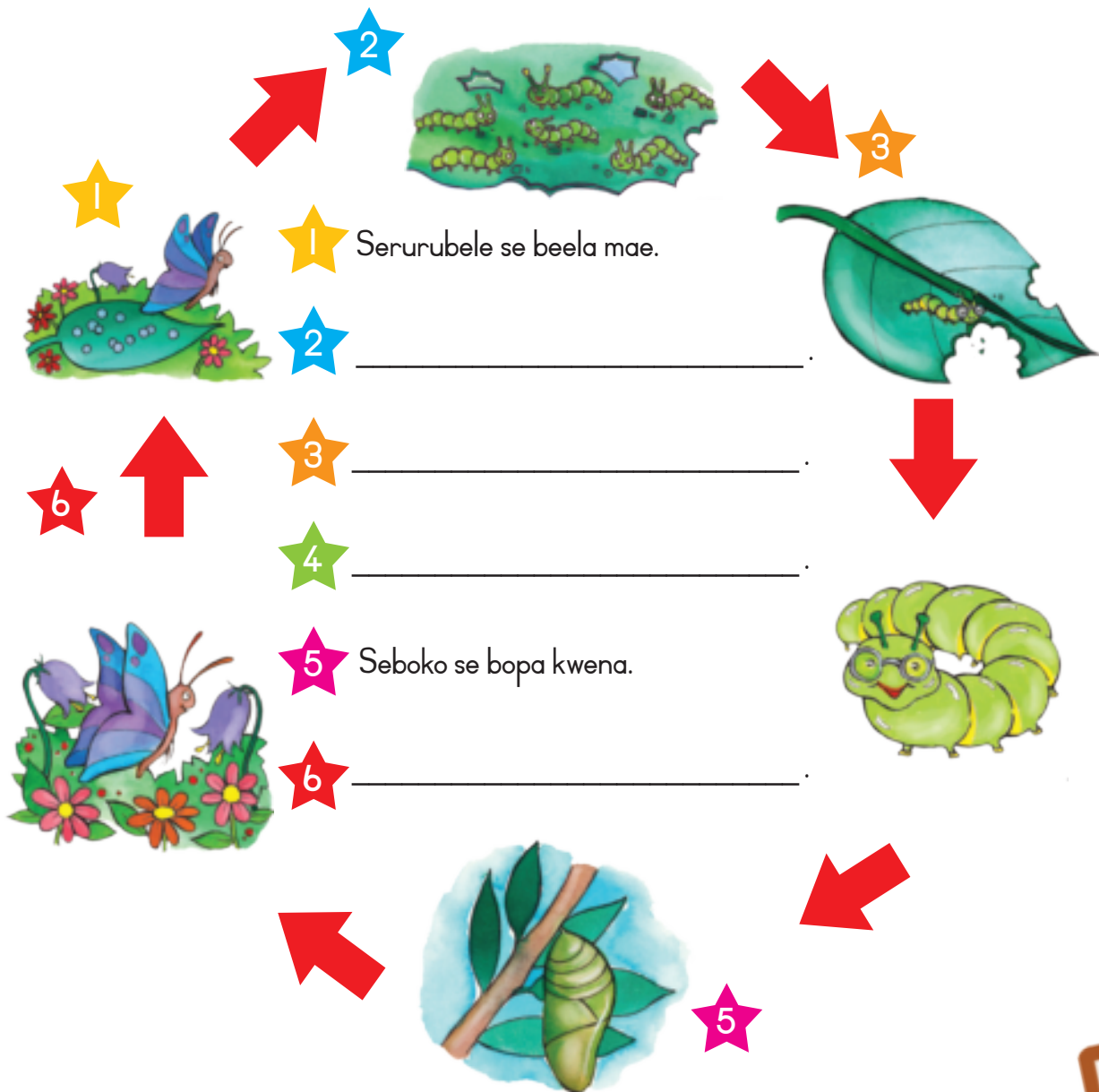
A re direng

Jaamong lebelela tshekatshelo ya serurubele.

Tlatsa se se diragalang mo kgatong nngwe le nngwe ya tshekatshelo. Re go thusitse ka dikgato di le pedi.



Tshekatshelo ya serurubele



Tshekatshelo



A re bueng

Lebelela ditshwantsho mme o bue le tsala ya gago ka ga tshekatshelo ya kgogo. Morago kwala se se diragalang mo kgatong nngwe le nngwe.

Tshekatshelo ya kgogo





A re kwaleng

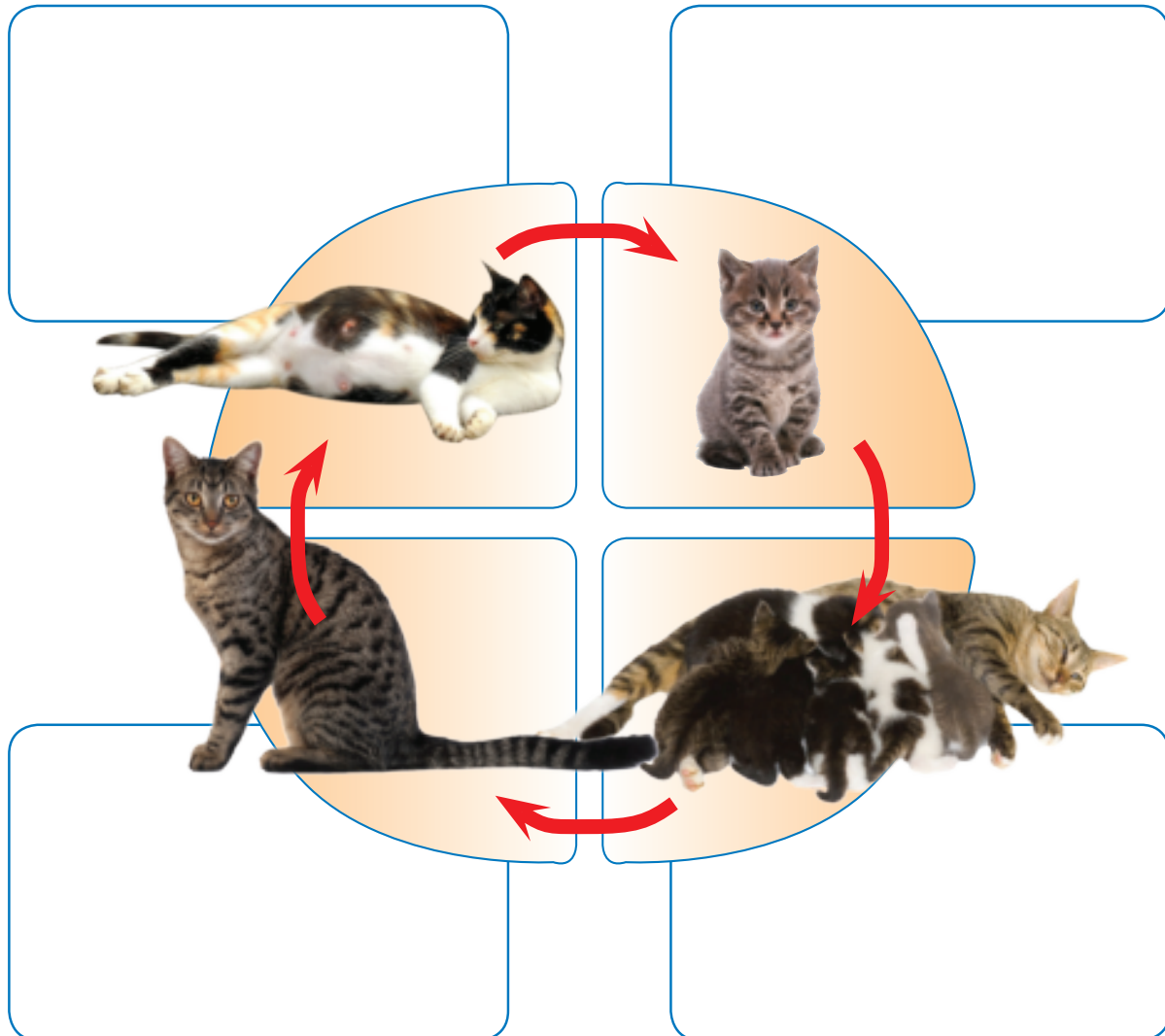
Jaanong itlhamele tshekatshelo ya gago.

Neela setshwantsho sengwe le sengwe se se mo leotwaneng la kgang leina go bontsha tshekatshelo ya katse. Dirisa ditlhogo tse di fa tlase go go thusa.

Kwala dikgato ka go latelana go tswa go nngwe go fitlha go nne mme o di dirise mo leotwaneng la kgang ya gago.

	Katsana e tsetswe.		Katse e e godileng.
	Mmaagwe katse o imile dibeke di le robongwe.		Mmaagwe katse o amusa dikatsana tsa gagwe.

Tshekatshelo ya katse



Seotlwana sa me



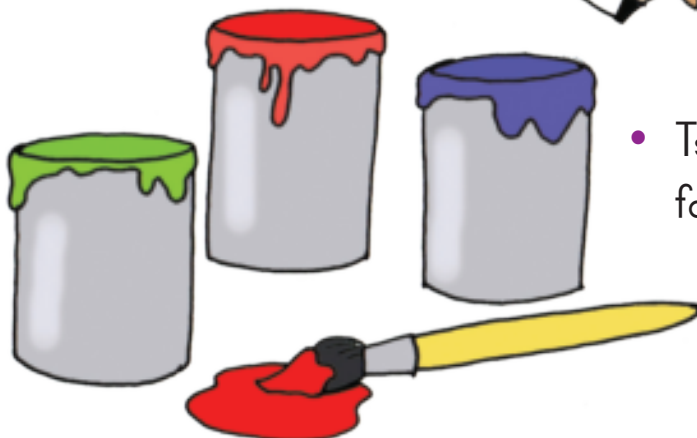
A re direng

Dira maseke wa seotlwana.

O tlaa tlhoka: pampiri ya A4
phensele
pente ya lerole le metsi
matseta a ditsebe

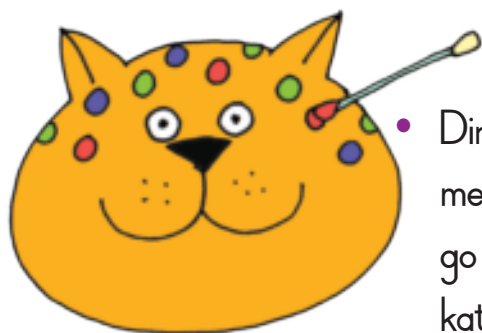


- Thalela bokwantle jwa sefatlhego sa katse mo pampiring.



- Tswaka pente go dira mebala e e farologaneng e le meraro.

- Dirisa letseta la ditsebe mo mmaleng mongwe le mongwe.



- Dira maronthorontho a mebala e e farologaneng go kgabisa sefatlhego sa katse.





A re bueng

Bolelela tsala ya gago ka ga seotswana sa gago
kgotsa seotswana sa mongwe yo o mo itseng
Bua ka moo o ratang go se tlhokomela ka teng.



A re kwaleng

Thala dilo di le nne tse o tshwanetseng go di
dira go tlhokomela seotswana sa gago. Morago
o kwale setlhogo ka fa tlase ga setshwantsho
sengwe le sengwe.



Morutabana:
Saena fa:
Letlha:

Go tlhokomela tikologo ya rona



A re bueng

Lebelela diphousetara tse mme o bue le
tsala ya gago ka ga gore di re bolelela eng.

Lebelela letshwao la poeletso-tiriso (risaekela).

O kile wa bona letshwao le la poeletso-tiriso kwa kae?



Re diriseng sešwa tswweetswee!



A re ikatiseng

A o kgona go dira mmno o dirisa
dihupu le diribone?





A re buiseng

Re ka thusa jang go tshola tikologo e le phepa?

Re tshwanetse go gakologelwa ditlhaka **FDD**:



Fokotsa: re tshwanetse go fokotsa go gasagasa matlakala.

Dirisa gantsinyana: re tshwanetse go dirisa dilo tse dintsi gantsinyana
pele re ka di latlha.

Boeletsa tiriso: re tshwanetse go batla mekgwa ya go dirisa pampiri,
mabotlolo le dithini.



A re kwaleng

Kwala maina a dilwana tse di ka
boeletswang go dirisiwa theiboleng e e fa
tlase. Re go simoletse lenaneo lengwe le
lengwe.



Dirisa galase gape	Dirisa polasetiki gape	Dirisa pampiri gape	Dira motshetelo
Mabotlolo a a dirileng	Dikgetsana tsa polasetiki	Makwalodikgang	Matlapi a merogo



Morutabana:
Saena fa:
Letlha:





A re kwaleng

Poeletso-tiriso

Thala mola go tswa mo selong sengwe le sengwe se se ka fa molemeng go ya kwa selong se se ka fa mojeng go bontsha gore se ka dirisiwa sentle jang.



Jaanong bopa sengwe se o ka se dirang o dirisa dilo tse di kileng tsa dirisiwa mme o se neye leina.

Leina la selo

Se dirilwe go tswa go

Thala setshwantsho sa sengwe sa gago.



A re kwaleng

Akanya ka ga dilo tse di ka dirang motshetelo o montle. Kwala lengwe le lengwe la mafoko a a fa tlase mo kholomong e e nepagetseng go feleletsa theibole. O ka nna wa akanya ka ga dilwana dingwe tsa gago mme o di rulaganye go ya ka dikholomo tse di nepagetseng.

dikgetsana tsa polasetiki

matlapi a merogo

dipekere

meteme ya dinotsididi

dikgapetla tsa mae

Dilo tse di ka se boleng

Dilo tse di ka bolang



A re direng

Dira phousetara ya go thibela go leswafatsa. Thala setswantsho mme o kwale molaetsa.

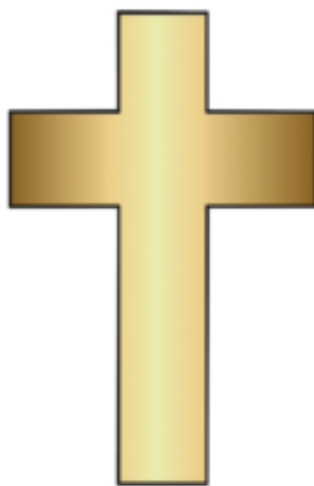


Malatsi a bodumedi le a mangwe a a kgethegileng



A re bueng

Bua le tsala ya gago ka ga gore ke ditumelo dife tse di dirisang matshwao a. Bua gore ke lefe le e leng la tumelo ya gago. Fa o sa bone letshwao la gago, le thalele tsala ya gago.



Sefapaano ke letshwao la Sekeresete.



Ngwedi o o lengete le naledi di bopa letshwao la Iselamo.



Letshwao la Sejuta ke Naledi ya ga Tafite. Kgosi Tafite e ne e le kgosi ya Baiseraele.



Letshwao la Sehindu le kwadilwe ka puo ya Devanagari ya Intia.



Mafelo a a farologaneng a kobamelo

31



A re direng

Thala mola go golaganya tumelo nngwe le nngwe le lefelo la yona la kobamelo. Kwala leina la kago ka fa tlase ga setshwantsho sengwe le sengwe.

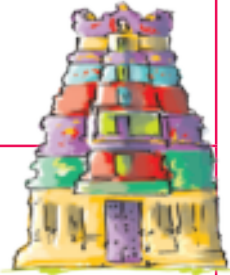
tempele

senagoge

mmoseke

kereke

Bodumedi
Iselamo
Sehindu
Bokeresete
Sejuta

Lefelo la kobamelo	
	
	



A re direng

Botsa ditsala di le nne gore ke letshwao lefe le le bontshang bodumedi jwa bona.

Leina la tsala	Matshwao a bona



2 – Beke 8 – Papetlanatiro
Kgweditharo



SETIFIKEITI!

Sa go digela Mophato 3

Dikgono tsa Botshelo

se neelwa

Tlatsa leina la gago

Letlha _____

Morutabana _____





Lenaanefoko la me

A
a

Handwriting practice lines for uppercase A and lowercase a.

G
g

Handwriting practice lines for uppercase G and lowercase g.

B
b

Handwriting practice lines for uppercase B and lowercase b.

H
h

Handwriting practice lines for uppercase H and lowercase h.

C
c

Handwriting practice lines for uppercase C and lowercase c.

I
i

Handwriting practice lines for uppercase I and lowercase i.

D
d

Handwriting practice lines for uppercase D and lowercase d.

J
j

Handwriting practice lines for uppercase J and lowercase j.

E
e

Handwriting practice lines for uppercase E and lowercase e.

K
k

Handwriting practice lines for uppercase K and lowercase k.

F
f

Handwriting practice lines for uppercase F and lowercase f.

L
l

Handwriting practice lines for uppercase L and lowercase l.



Lenaanefoko la me

M
m

Handwriting practice lines for the letter M.

S
s

Handwriting practice lines for the letter S.

N
n

Handwriting practice lines for the letter N.

T
t

Handwriting practice lines for the letter T.

O
o

Handwriting practice lines for the letter O.

U
u

Handwriting practice lines for the letter U.

P
p

Handwriting practice lines for the letter P.

V
v

Handwriting practice lines for the letter V.

Q
q

Handwriting practice lines for the letter Q.

W
w

Handwriting practice lines for the letter W.

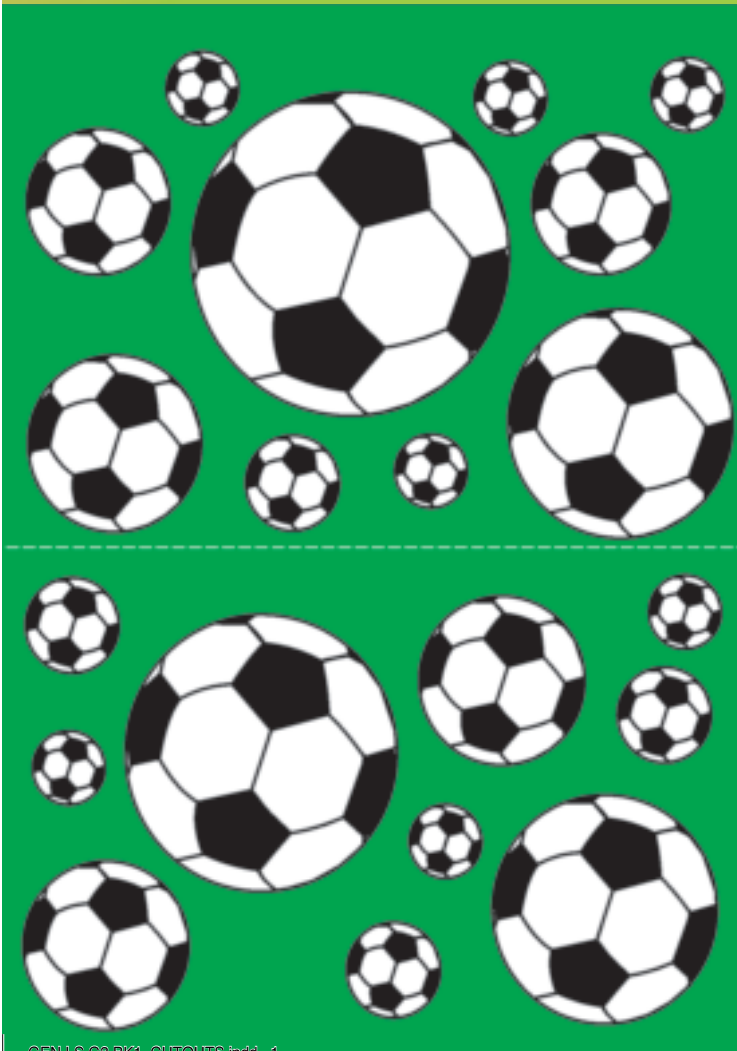
R
r

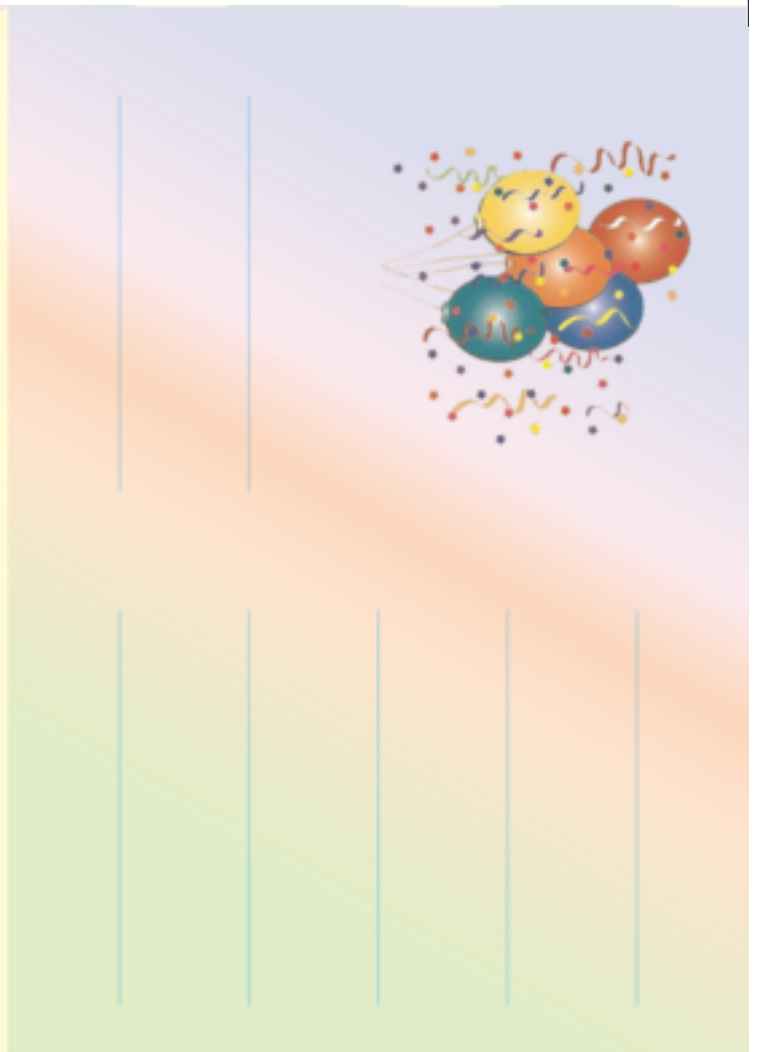
Handwriting practice lines for the letter R.

X-Z
x-z

Handwriting practice lines for the letters X, Y, and Z.







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