

Ibuyekeziwe –
Ihambisana
ne-CAPS

Ibanga lesi-

3



Amakhono Empilo
ISIZULU

Incwadi yoku-
Ithemu 1 & 2

Workbooks available in this series:

- Grade R
(in all official Languages);
- Literacy/Home Language Grades 1 to 6
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- Mathematics Grades 1 to 3
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LIFE SKILLS IN ISIZULU
GRADE 3 – BOOK 1
TERMS 1 & 2

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THIS BOOK MAY NOT BE SOLD.

15th Edition

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UNkk Angie Motshekga,
uNgqongqoshe weMfundo
Eyisisekelo



UDkt Reginah Mhaule,
iSekela loMnyango
weMfundo Eyisisekelo

Lezi zincwadi zokusebenzela zenzelwe abantwana baseNingizimu Afrika ngaphansi kwesandla sikaNgqongqoshe weMfundo Eyisisekelo, uNkk Angie Motshekga, neSekela likaNgqongqoshe weMfundo Eyisisekelo, uDkt Reginah Mhaule.

Lezi zincwadi ezibizwa ngeRainbow Workbooks ziyinxenye yoMnyango weMfundo Eyisisekelo lapho uMnyango uzama khona ukungenelela ukuze kuthuthukiswe imfundo yabantwana bamabanga asuka kwelokuqala kuya kwelesithupha eNingizimu Afrika. UMnyango weZimali uxhase lo mkhankaso kaHulumeni njengento yokuqala uHulumeni azibekela yona ukuthi ayisukumele. Uxhaso loMnyango weZimali lusize uMnyango wezeMfundo ukuthi ukwazi ukukhiqiza uphinde usabalalise ngaphandle kwenkokhelo lezi zincwadi zokusebenzela ngazo zonke izilimi zaseNingizimu Afrika ezisemthethweni.

Sinethemba lokuthi othisha bazozithanda basebenze kangcono ngazo lezi zincwadi ekufundiseni kwabo kwansuku zonke, baphinde bathole futhi isiqiniseko sokuthi abafundi babo bafundiswa konke abamelwe ukufundiswa khona njengoba kuvela kusilabhasi yabo. Sizamile ukuqiniseka ukuthi sifaka izithonjana (ama-icon) emisebenzini yokwenziwa ukuze uthisha akuthole kulula ukuyilandela nokuqonda ukuthi umfundi yini alindeleke ukuyenza.

Sinethemba futhi lokuthi abantwana uqobo lwabo bazokujabulela ukusebenzisa lezi zincwadi ekukhuleni kwabo bakhule nolwazi ezilukethe, bese kuthi wena njengothisha wabo uthokoze kanye nabo ekugcineni.

Sifisela wena nomfundi omfundisayo impumelelo ngenkathi usebenzisa lezi zincwadi.



Ibanga lesi- 3

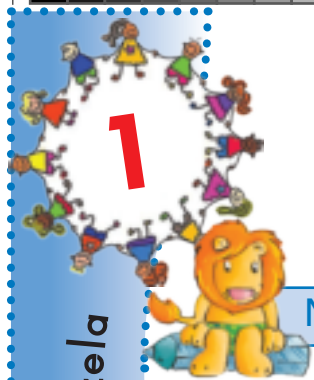


Amakhono Empilo
NGESIZULU
Incwadi yoku-1



Le ncwadi ngeka-





Masibhale

Impilo yami

Sonke sehlukile komunye nomunye futhi sibalulekile.

Gcwalisa lo mazisi ngempilo yakho. Zakhele isitembu sakho sikamazisi.

Uma usukwenzile lokhu bese utshengisa umngani wakho ikhadi lakho.

Yikuphi okufanayo futhi yikuphi owehluke
ngakho kumngani wakho?



Umazisi

Igama: _____

Iminyaka yokuzalwa: _____

Usuku lokuzalwa: _____

_____ unyaka

_____ inyanga

_____ usuku

Indawo owazalelwa kuyo: _____

Intombazana noma umfana: _____

Ulimi lwasekhaya: _____

Umbala wezinwele: _____

Ubude: _____ cm

Umbala wamehlo: _____

Ukusayina _____



Dweba isithombe sakho.



Masixoxe

Cabanga ngempilo yakho
yonke kuze kube manje.

Ukhumbula ufike kuphi?

Ingabe uyalukhumbula yini usuku
lwakho lokuzalwa lonyaka wesibili?

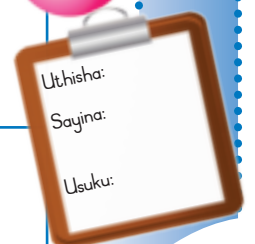
Usakhumbula usaqala isikole?



Masibhale

Gcwalisa lo mlendo wempilo
yakho.

Ngazalelwa e-	Ngaqala ukukhuluma ngo-	Ngaqala isikole e-	Ngaqala ibanga lesibili -3
inyanga			
unyaka 20 _____	20 _____	20 _____	20 _____



Uthisha:
Sayina:
Usuku:





2

IThemu 1 – ISonto 1 – Ikhasi Lokusebenzela



Masenze loku

Isikole sami

Uthisha wakho uzokusiza ukudweba umlando wesikole sakho .
Sikuqalele. Uthisha wakho uzokutshela ngezinye zezehlakalo ezisemqoka angazengeza.

Savulwa ngamuphi unyaka isikole sakho?	Wafika ngamuphi unyaka uthishomkhulu wakho?		



Masibhale

Uthini umlando wesikole sakho? Thola izimpendulo zemibuzo ebuziwe bese uzibhala ezikhaleni kukholamu yokuqala. Dweba isithombe ukhombise umlando.

Savulwa ngamuphi unyaka isikole sakho? 	Dweba isithombe sesikole sakho.
Kwakungubani uthishomkhulu wokuqala? 	

4

Usuku:





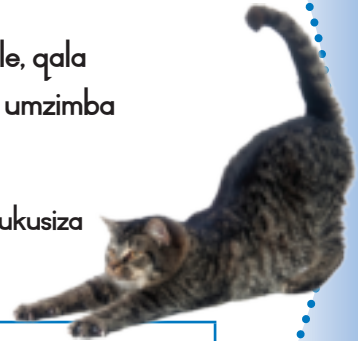
Sasithini isiqubulo sesikole? Ngabe sisenjalo namanje? _____	Dweba ibheji lesikole.
Yisho okuthile okukhethekile ngesikole. (Mhlawumbe kwakunomfundi noma impumelelo ekhethekile.) _____ _____ _____	Dweba isithombe ukhombise okukodwa okukhethekile ngesikole.



Masiphumele ngaphandle

Ngaphambi kokwenza noma yini ngaphandle, qala ngokuzelula njengekati. Lokhu kuzokwenza umzimba unyakaze kalula.

Zelule nangemva kokwenza okuthile ngokuthi uphumule uphole. Lokhu khona kukusiza ukuthi ungabi nobuhlungu bezicubu. Yenza-ke manje lokhu okwenziwa yilezi zingane.



Uthisha wakho uzobiza igama lakho bese ejikijela ibhola kuwena. Ngaka ibhola ngaphambi kokuba liwe.

Manje zama ukunqaka ibhola ngesikhwama uma umngani wakho eliphonsa.

Phonsela umngani wakho ibhola bese ubheka ukuthi angalingqaka yini ngesikhwama.

Zinwebe njengekati ukuze ukhululeke.



Konke ngami

Masixoxe

Cabanga ngento ejabulisayo eyake yakwehlela ngaphambilini.
Xoxela umngani wakho ukuze akwazi kangcono.

Ngenkathi
ngineminyaka emi-5
ngavakashela olwandle.

Ngenkathi ngineminyaka
emi-4 ngawa
odongeni.



Masenze loku

Tshela umngani wakho ukuthi lo muntu ushintshe kanjani esuka
ebuntwaneni eba yinkosikazi endala.



Usana



Umntwana



Umntwana wesikole



ijongosi



Umntu omdala



Isalukazi

Usuku:



Masicule



Akhani iqembu bese nisebenza. Qambani iculo nidanse.
Egenjini lakho, bhala amagama eculo esikhaleni esingezansi.
Khombisa ikilasi lakho ukuthi ulicula kanjani iculo ngenkathi udansa.

Large empty rectangular box for drawing or writing.



Clipboard with text:

Uthisha:
Sayina:
Usuku:





4

Okukhulu nokudala

Masixoxe

Xoxa ngokuthi abantwana abadala nabantu abadala bahluke kanjani kuwena?

Ngokuhamba kwesikhathi

abantu bayakhula.

Umbala wezinwele zabo

uyashintsha, amazwi abo

ashintshe, izicubu zabo

ziyanda bese behlakanipha

kakhulu.

Bashintsha kanjani abantu ngenkathi bekhula.



Masibhale

Yikuphi kokulandelayo okwenza ngendlela eyahlukile kuleyo abazali bakho abakwenza ngayo (✓).

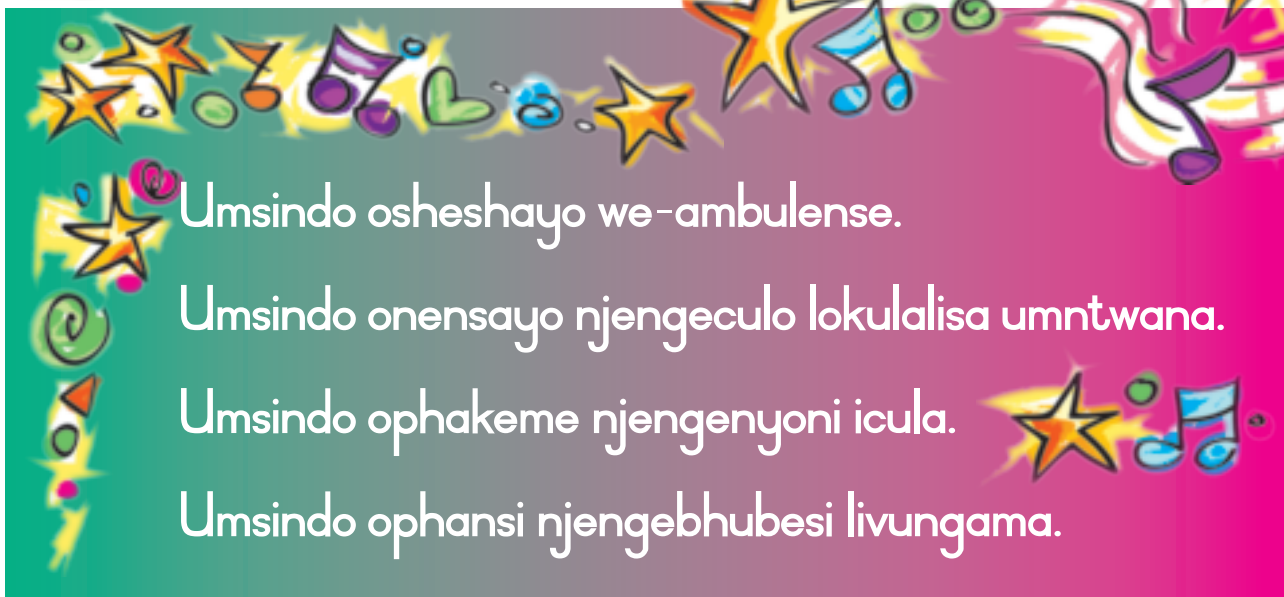
		Mina		Abazali bami	
Ukugijima ngaphandle kokukhathala					
Gxuma					
Funda iphephandaba					
Shayela imoto					
Dlala esihlahleni					

Usuku:



Masicule

Masizilungisele ukucula.
Yenza imisindo elandelayo.



Umsindo osheshayo we-ambulense.

Umsindo onensayo njengeculo lokulalisa umntwana.

Umsindo ophakeme njengenyoni icula.

Umsindo ophansi njengebhubesi livungama.



Masiphumele ngaphandle

Ungalingaka ibhola?



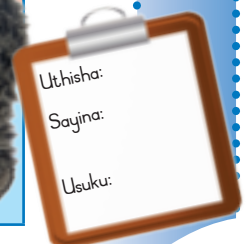
Phosa ibhola lomphebezo emoyeni uphinde ulinqake ngezandla zombili.

Liphose phezulu bese ushaya izandla zakho ngaphambi kokuba ulinqake ibhola.

Shaya ibhola lomphebezo phansi.

Manje yakha induku yokushaya ibhola usebenzise iphepha eligoqiwe noma ucezu lokhuni. Sebenzisa le nduku ukushaya ibhola phansi.

Manje zelule njengekati.



Uthisha:

Sayina:

Usuku:





5

Imizwa

IThemu 1 – ISonto 3 – Ikhasi Lokusebenzela



Masixoxe

Bheka lezi zithombe bese usho ukuthi izingane ziphatheke kanjani. Wake waphatheka kanje? Bhala usho ukuthi ingane ngayinye iphatheke kanjani. Sebenzisa amagama alandelayo ukuze akusize.

ujabhile

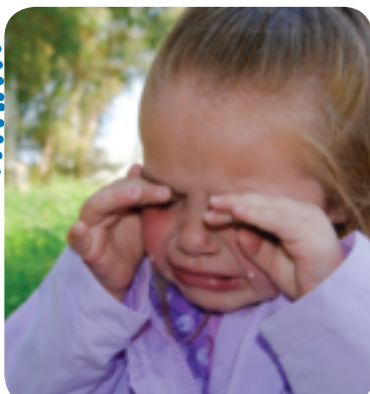
ujabulile

uyakhala

uyesaba

uyaziqhenya

ucasukile



Masiphumele ngaphandle

Dlala umdlalo webhola lomphebozo ulongxe ikhono lakho lokuphebeza ibhola isandla sibheke phambili futhi sibheke nangemuva.





Masixoxe

Yini ekujabulisayo?

Yini ekujabhisayo?

Yini ekwenza wesabe?



Masibhale

Yini ekucasulayo?



Bhala kudayari mayelana nosuku ozizwe ngalo ujabulile. Chaza ukuthi kwenzekeni.

Dayari ethandekayo

Bhala kwidayari ngosuku ozizwe ngalo ujabhile. Chaza ukuthi yini ekwenze wajabha.

Dayari ethandekayo





6

Izinto engizithandayo

IThemu 1 – ISonto 3 – Ikhasi Lokusebenzela

Masibhale

Tshela iqembu lakho ukuthi yimuphi umsebenzi ojabulela kakhulu ukuwenza, bese ubhala amagama emisebenzi ezikhaleni ozinikiwe.

Blank pink notepad for writing.



Blank yellow notepad for writing.



Blank purple notepad for writing.

ENGIJABULELA
UKUKWENZA



Blank green notepad for writing.



Blank light blue notepad for writing.



Blank light blue notepad for writing.





Masibhale

Manje sebenzisa amagama owabhale ezikhaleni ukubhala isigaba ngalokho ojabulela ukukwenza nokuthi kungani ukujabulela ukwenza le misebenzi.

Engijabula kakhulu uma ngikwenza



Masenze loku

Sebenzisa inhlama yokudlala ukubumba ubuso obujabulile nobuso obudangele.



Masixoxe

Buza abangani bakho aba-5 ngalokho abathanda ukukwenza. Hlikihla ngombala esikhaleni esifanele ngaso sonke isikhathi lapho besho umsebenzi abawuthandayo.

5					
4					
3					
2					
1					
	Ukucula	Ukufunda	Ukupenda	Umdlalo	Izibalo



Yimuphi umsebenzi othandwa kakhulu?

Uthisha:
 Sayina:
 Usuku:



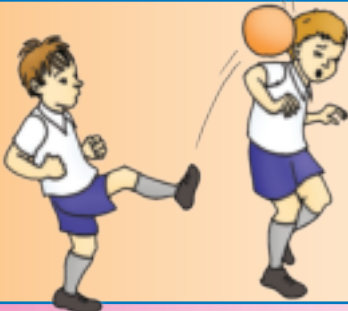
7

Imizwa

IThemu 1 – ISonto 4 – Ikhasi Lokusebenzela

Masixoxe

Bheka lezi zithombe bese usho ukuthi ungazisiza kanjani lezi zingane ukuthi zenze into efanele. Beka uphawu (✓) eduze kwempendulo efanele.

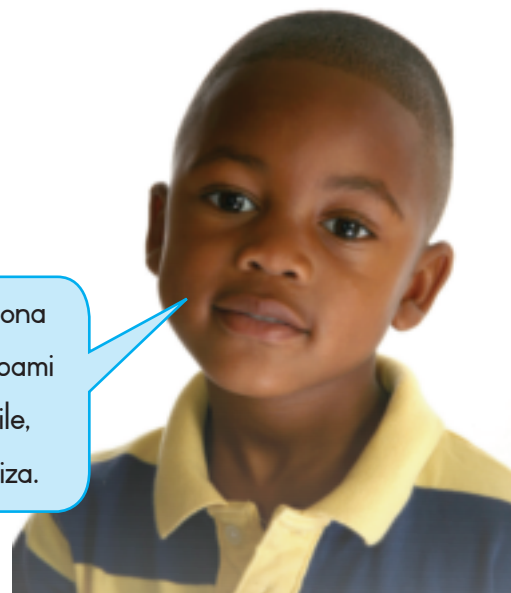
	Awukwazi yini ukubheka lapho uya khona?	
	O! Nxese! Awuthi ngikusize ukucosha lokhu!	
	Ohho! Nanti ibhola lakho!	
	Hamba uyodlalela kwenye indawo!	
	Okwami lokhu futhi ngeke ngikuphe.	
	Woza khona sizohlukaniselana ngoshokoledi.	

Masibhale

Benzani abangani abalungile?



Uma ngenza okungalungile, ngiyaxolisa.



Uma ngibona abangani bami bexakekile, ngiyabasiza.



Bhala okunye oku-4 abangani abalungile abakwenzayo.





Masixoxe

Buka lezi zithombe. Khuluma ngalokho okubona esithombeni ngasinye. Khetha sibe sinye usidlale njengomdlalo ukhombise okwenzekayo.



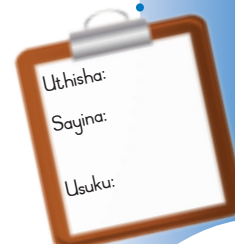
Manje bhala umdlalo ngesithombe osikhethile. Gcwalisa amagama abalingiswa kwikholamu lokuqala.



Masiphumele ngaphandle

Zama ukwenza okulandelayo.

- Gijima uzungeze inkundla. Uma uthisha wakho ethi "shintsha", jika bese ugijima ubheke ngakolunye uhlangothi.
- Manje shaya ibhola phansi futhi uhambe ubheke phambili.





Ngizazihlola



Masibhale

Beka uphawu (✓) noma (✗) eduze kwempendulo efanele.

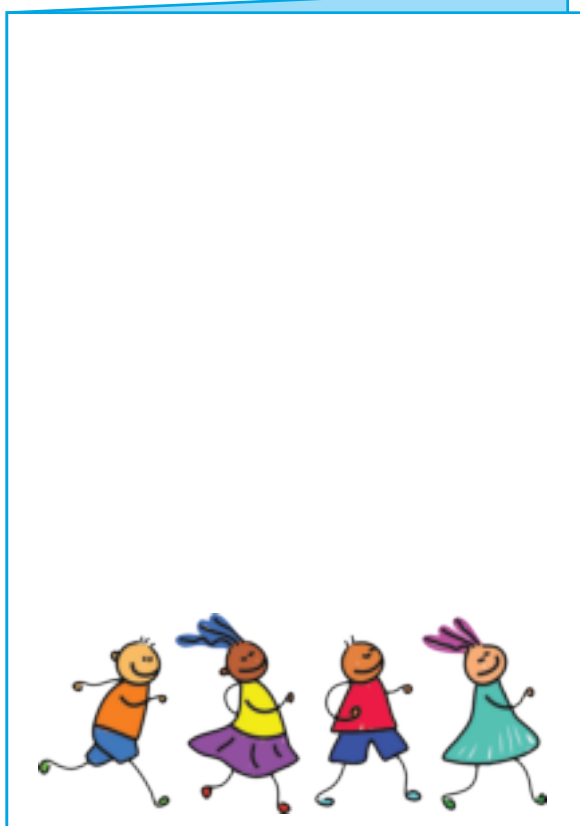
Yisho ukuthi wena unjani

	✓	✗
Ngingumngani olungile.		
Ngizabakhathalela abangani bami.		
Nginobungani ezinganeni engifunda nazo.		
Izingane eziningi ekilasini lami ziyangithanda.		
Ngikhuluma kahle nabanye abantu.		



Masenze loku

Yenzela umuntu omthandayo ikhadi. Dwebisa isithombe ngemuva kwekhadi bese ubhala umyalezo ngaphakathi.





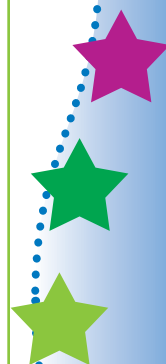


Masibhale

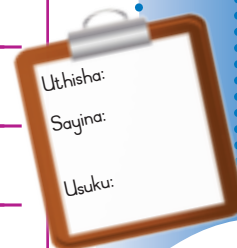
Dweba isithombe sabangani bakho noma sikathisha noma selungu lomndeni elibalulekile kuwena. Bhala amagama abo.



★ Abantu ababalulekile empilweni yami



Manje bhala incazelo yala bantu nokuthi kungani ucabanga ukuthi bakhethekile.



Uthisha:
Sayina:
Usuku:



Ezempilo nosizo lokuqala

Masixoxe

Xoxa ngalokho okwenzeka kulesi sithombe.



Ingabe uyalazi ukuthi lihlala kuphi ibhokisi lesikole sakho losizo lokuqala? Yisho ukuthi lihlala kuphi. Lihlala

Wake waba nomongozima? Kufanele wenzeni uma uqala ukuphuma umongozima?

Okufanele ukwenze uma uphuma umongozima

1

Hlalela maphambili ugobise ikhanda.

2

Vala amakhala akho imizuzu emibili bese uphefumula ngomlomo.

3

Beka into ebandayo ngemuva emqaleni wakho njengethawula elimanzi noma iqhwa elembozwe ngethawula.

4

Ungafinyi uma umongozima usumile ukuphuma.

5

Uma ukopha kunganqamuki emizuzwini eyi-15, kufanele ubone udokotela noma umhlengikazi.

Yehlisa umoya.
Asikho isidingo sokutatazela.
Ukhumbule ukuthi akufanele uthinte igazi lomunye umuntu.



Ukusikeka



Masifunde

Asikwazi ukuwabona amagciwane kodwa wona agcwele yonke indawo. Uma kwenzeka sizisika kufanele sigcine isilonda sihlanzekile ukuze singangenwa amagciwane.



Masixoxe

Chazela abangani bakho ukuthi ihlanzwa kanjani ingozi yokusikeka. Batshengise ukuthi kwenziwa kanjani.



Indlela okuvinjelwa ngayo ukopha kolimele

Ungalingi uthinte igazi lomunye umuntu.

Uma usiza umuntu olimele ubohlala njalo ufake amaglavu.

Nqamula ukopha ngokuphakamisa ingalo ibe ngenhla kwenhliziyo.

Zama ukumisa ukopha ngokubopha inxeba ngebhandishi elihlanzekile.

Uma inxeba lijulile futhi liqhubeka nokopha, kufanele ubone udokotela noma uye emtholampilo.

Bheka ukuthi iyiphi inombolo yocingo oluphuthumayo ongayishayela.

Inombolo yocingo: _____





10

Ukusha

IThemu 1 – ISonto 5 – Ikhasi Lokusebenzela



Masifunde

Uma uthinta into eshisayo, uzokusha.

Kufanele wenzeni uma kuba khona umuntu oshayo?



Vulela amanzi abandayo lapho eshe khona imizuzu engaba yi-10. Lokhu kusiza ukupholisa isikhumba.



Qaka amabhandishi abophe isilonda sokusha. Uma indwangu inamathele esikhumbeni, ungayisusi.



Kuyeke ukusha kuvulekile uqaphele ukuthi akubi sesimweni esibi.



Uma isilonda sokusha sijulile noma sisikhulu ukudlula intende yesandla sakho kumele ubonane nodokotela masinyane.

Gxumela phambili ibanga elide. Thatha izinti ezintathu noma izintambo ezintathu. Emva kokugxuma phakathi kwazo, vula izikhala ezibanzi wenzele ukuzehlukanisa ukubona ukuthi ubani ogxuma ibanga elide kunabanye.



Masiphumele ngaphandle

Beka uphawu lokuthi ujomba ubude obungakanani.

Bheka ukuthi angakwazi yini umngani wakho ukujomba akudlule.



Masiphumele ngaphandle

Yenza ibhala.

Shintshana nomngani wakho ngokuba yibhala.



Shintshanani ngokushwiba ingqathu ukuze abangane bakho nabo bagxume.



Masixoxe

Kwenzekani kulesi sithombe?

Yikuphi okunye okungenza ukuba abantu bashe?

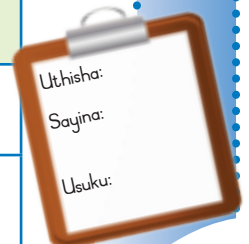


Bhala phansi imithetho ebalulekile uma kufanele usize:

Ukopha kwamakhala / Umongozima

Ukusikeka

Ukusha





11

Ukugcina umzimba uphephile

IThemu 1 – ISonto 6 – Ikhasi Lokusebenzela



Masixoxe

Kufanele sinakekele imizimba yethu.

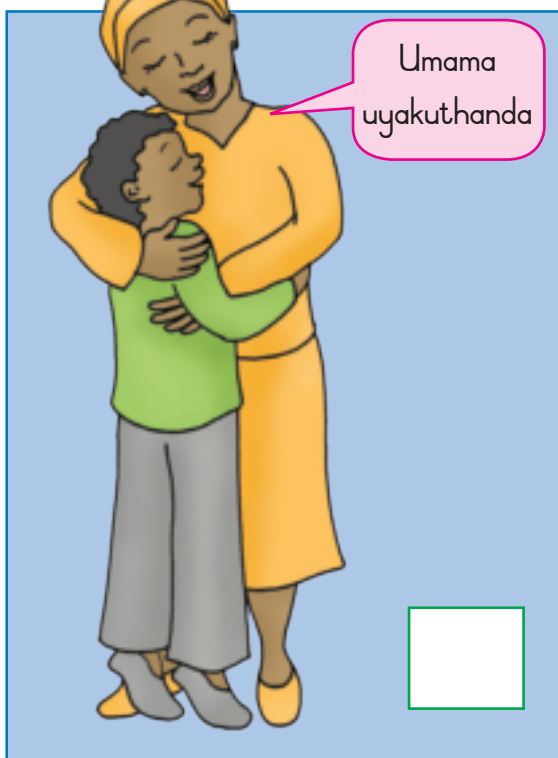
Siba nomuzwa wokuvuma uma sithanda okuthile futhi sifuna kuqhubeka.

Bese siba nomuzwa wokunqaba uma okuthile kungasijabulisi futhi sifuna kume kungaqhubeki.



Masibhale

Beka uphawu ✓ uma isithombe sibonisa umsebenzi wezokuphepha noma ubeke uphawu ✗ uma isithombe sibonisa umsebenzi ongenakuphepha. Manje bhala umusho ngezansi kwesithombe ngasinye ukusho ukuthi kungani isithombe siphephile noma singaphephile.







Angikuthandi.



Manje sewumuhle.



Ukuthi cha

Akuvamile ukuba lula ukuthi cha. Kodwa kufanele uthi cha uma omunye umuntu ekwenza ungakhululeki.

Uma kukhona umuntu owenza ube nomuzwa wokunqaba futhi ekwenza ungakhululeki, khulumisana nomuntu omdala omethembayo ngalokhu.



Masibhale

Khetha abantu aba-3 obathembayo bese uchaza ukuthi kungani ubathemba.







Bhala phansi uchaze ukuthi ungambikela kanjani umuntu omethembayo ngento embi ekwehlele.



Uthisha:
Sayina:
Usuku:





12

IThemu 1 – ISonto 6 – Ikhasi Lokusebenzela



Masixoxe

Ukuzinakekela

Bhekisisa lezi zithombe. Bheka ukuthi ungakwazi yini ukuxoxa ngendaba ekulesi sithombe. Cwimalisa ibhamuza lokugcina lenkulumo.

Woza, ngizokuyisa esitolo.



Cha, ngiyekele!



Kwenzekeni?



Masixoxe

Chaza ukuthi intombazana yaphatheka kanjani, yenzani, nokuthi ungenzanjani uma ungaba sesimweni esifanayo.

Usuku:





Masibhale

Bhala imithetho emihlanu yokuphepha,
iqale yonke ngokuthi:

Abantwana akumele nakanye ...

Handwriting practice area with a spiral binding on the left and five horizontal lines for writing.



Masenze loku

Yenza imaski ukutshengisa imizwa yakho.

Uthanda ukuthi imaski yakho ikhombise miphi imizwa?

Dweba ephepheni.

Sika.

Sika amehlo.

Hlobisa ngephepha elimibalabala.



Masiphumule ngaphandle

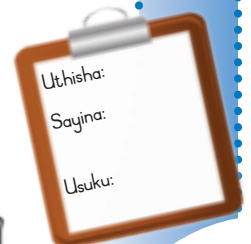
Zilungiselele umjaho.

Guqa endaweni efanele yokuqala.

Lalela uma uthisa ethi:

"Guqani! Lindani! Sukani-ke!"

Bese ubeka into ezophazamisa endleleni.



Uthisha:
Sayina:
Usuku:





13

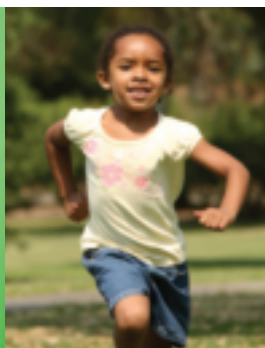
Ukugcina umzimba wami uphilile



Masixoxe

Sonke sifanele ukugcina imizimba yethu iphile kahle.

Yini eyenziwa yilezi zingane ukugcina imizimba yazo isesimweni esifanele?



Yiziphi ezinye zezinto ezingenampilo ezenziwa ngabantu?

Uthi bewazi nje ukuthi ukubhema kuyinto embi emizimbeni yethu?

Uthi bewazi ukuthi uma umuntu ebhema eduze kwakho akuwulungele umzimba wakho?

Kuyilimaza kanjani imizimba yethu ukubhema?



Masibhale

Beka uphawu ✓ eduze kwesitatimende ukutshengisa ukuthi yikuphi okuyiqiniso nophawu ✗ ukutshengisa ukuthi yikuphi okungesilo iqiniso.

	Ugwayi unambitheka kamnandi
	Uma ngihlala eduze komuntu obhemayo lokhu kungalimaza umzimba wami.
	Ukubhema kungenza amazinyo akho abe phuzi.
	Ukubhema kudala izifo zomlomo.
	Ungazithola unokukhwehlela okubi uma ubhema.
	Ukubhema kudala isifo somdlavuza.





Imithetho yezempilo

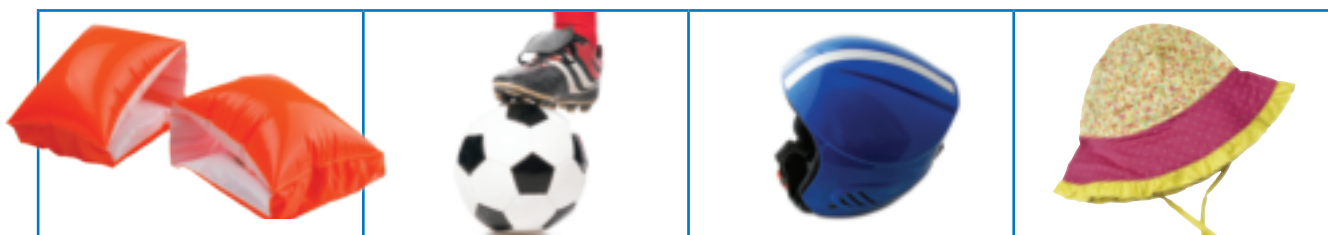


Kufanele ngixubhe amazinyo ami emva kokudla nangaphambili kokuba ngilale. Kufanele ngikame izinwele zami ngaphambi kokuya esikoleni. Kumele ngigcine izinzipho zami zimfushane futhi zihlanzekile. Kufanele ngigeze izandla emva kokuya endlini encane nangaphambili kokuthinta ukudla. Kufanele ngilahle amathishu angcolile emgqonyeni wezibi.



Ukuzijabulisa

Kufanele bagqokeni ukuzivikela? Qondanisa izithombe ngokudweba umugqa usuke ezithombeni ezisohlwini olungenhla uye ezithombeni ezifanele ohlwini lwezithombe ezingezansi.

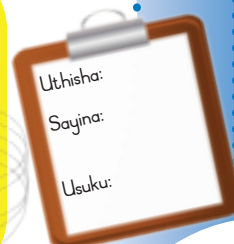


Ukuzijabulisa



Yiba nomdlandla udlale umdlalo wekhilikithi.

Uthisha wakho uzodlala umculo. Wulalele bese ngemva kwalokho udlala isigqi somculo ngomunwe edeskini lakho.





14

Amalungelo kanye nokulindeleke kimi



Masifunde

Ngesinye isikhathi izingane kufanele zisize imindeni yazo emisebenzini yasekhaya.

Kodwa akufanele ukuba izingane zisebenze kanzima njengabantu abadala.

Izingane kufanele zibe nesikhathi sokudlala nokuya esikoleni.



Buka lezi zithombe. Beka uphawu ✓ emisebenzini elungele izingane.

Bhala umusho ngezansi kwesithombe ngasinye bese usho ukuthi kungani ucabanga ukuthi umsebenzi uzilungele noma awuzilungele izingane.



UZinhle udayisa izitshalo usuku lonke, akakwazi ukuya esikoleni.



ULungi uchelela ingadi yezitshalo ngemuva kwesikole.





UThemba uthwala izitini ngoba
usebenzela umakhi.



UJabu noBongi basiza
ngokugeza izitsha.



Masixoxe

Yimiphi imisebenzi oyenza ekhaya?

Yiziphi izinto ozenza esikoleni ukusiza uthisha wakho?



Masiphumele ngaphandle

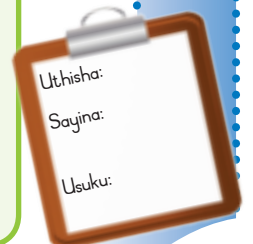
Yenza umdlalo wokulingisa ngaphandle
kokukhuluma kube wumdlalo olingisa ukwenza
imisebenzi eyehlukahlukeni. Iqembu lakho kumele
liqagele ukuthi wenza msebenzi muni.



Hlanganisani
imilenze
ngentambo,
bese nigijjima.



Zilolonge ngokukhahlela
ibhola lezinyawo. Bheka
ukuthi ungalikhahlela
ibanga elingakanani
ibhola.



Uthisha:
Sayina:
Usuku:





Masixoxe

Tshela umngani wakho ukuthi lezi zingane zephula miph i mithetho.

Zonke izikole zinemithetho ukuze zihambise ngendlela efanele. Igumbi lokufundela ngalinye linemithetho okufanele ilandelwe.



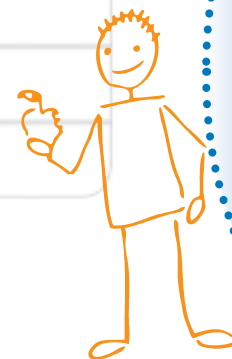


Masibhale

Bhala imithetho emine yekilasi lakho.



A large spiral-bound notebook with several blank lines for writing.

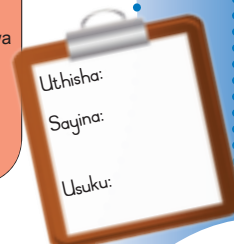


Masixoxe

Funda lawa malungelo nokulindekile bese uxoxa nomngani wakho ukuthi kusho ukuthini ngakunye.

AMALUNGELO KANYE NOKULINDELEKILE ENTSHENI YASENINGIZIMU AFRIKA

Ilungelo lokulingana Phatha bonke abantu ngokufanayo nangokwamukelekayo. Ungacwasi. 	Isithunzi sobuntu Kumele uhloniphe wonke umuntu. Yiba nomusa ube nokunakekela. 	Ilungelo lokuphila Impilo ibalulekile. Hlonipha konke okuphilayo. 	Umndeni Hlonipha abazali abakho. Yiba nomusa wethembeke emalungwini omndeni.
Imfundo Iya esikoleni ufunde futhi, usebenze kanzima ekufundeni kwakho. Hlonipha imithetho yesikole. 	Ilungelo lokusebenza Siza umndeni wakho ekhaya ngayo yonke imisebenzi. Abantwana kumele bavikeleke ekusetshenzisweni bebancale. 	Ilungelo lokukhululeka nokuvikeleka Ungalimazi, ungahlukumezi kumbe wesabise abanye abantu, ungabavumeli nabanye abantu ukuthi bakwenze lokhu. Xazulula ingxabano ngokuthula. 	Ilungelo lobunini-mpahla Hlonipha impahla yabanye abantu. Ungalimazi impahla futhi ungantshontshi.
Ilungelo leNkolo, ukuKholwa neMibono Hlonipha inkolo nemibono yabanye abantu. 	Ukuphepha Vikela umhlaba. Ungasaphazi amanzi umoshe ugesi. Vikela izilwane nezitshalo. Gcina ikhaya lakho namakhaya omphakathi ehlanzekile futhi ephaphile. 	Ilungelo lokuba yisakhamuzi Yiba yisakhamuzi saseNingizimu Afrika esethembekile. Hlonipha imithetho, uqiniseke ukuthi nabanye abantu benza kanjalo. 	Ukukhuluma ngokukhululeka Ungawandisi amanga nenzondo. Qiniseka ukuthi abanye bantu abedelelwa, ayilinyazwa futhi imizwa yabo.





16a

IThemu 1 – ISonto 8 – Ikhasi Lokusebenzela



Masixoxe

Izinsuku zenkolo nezinye ezibalulekile

Khetha eyodwa yezinkolo ezintathu. Thola ulwazi olwanele ngayo. Lungisa ingxoxo ozoyenza eklasini. Uzame futhi nokuletha izincwadi noma izithombe ukuchaza ingxoxo yakho.



amaHindu



ama-Islamu



Inkolo yobuJuda



amaKhrestu

Kufanele sihloniphe abantu bezinkolo ezahlukahlukeni.

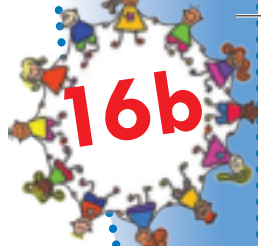
Iyiphi inkolo yakho? _____

Iyiphi inkolo yomngani wakho omkhulu? _____

Usuku:



Ngizazihlola



16b



Masibhale

Gcwalisa lolu qwembe ngawe.

Igama lami _____

Isibongo sami _____

Usuku lwami lokuzalwa _____

Ibanga lami lesikole _____

Isikole sami _____

Inombolo yami yocingo _____

Ikheli lami _____

Inombolo ephuthumayo _____

Umdlalo engiwuthandayo _____

Umbala engiwuthandayo _____

Umngani wami omkhulu _____

Okungijabulisayo _____

Okungijabhisayo _____

Okungicasulayo _____

Engikwazi ukukwenza kahle _____

IThemu 1 – ISonto 8 – Ikhasi Lokusebenzela

Uthisha:
Sayina:
Usuku:

Ukudla ngendlela enempilo



Masixoxe

Buka ukudla ngakunye kula maqoqo bese ukhuluma nomngani wakho ngalokhu okulandelayo:
Yikuphi ukudla okuseqoqweni ngalinye?
Kungani iqoqo ngalinye lokudla liyimpilo kithi?

Amaphrotheni

Amaphrotheni akha izicubu zomzimba yethu ukuze imizimba yethu ikhule.



Amavithamini

Amavithamini kanye namaminerali kusiza imizimba yethu ukuthi ilwe nezifo futhi ihlale iphilile.



Masiphumele ngaphandle

Cela uthisha wakho ukuthi akukhombise ukudlala umdlalo wokudlulisa umlayezo (broken telephone)
Emva kwalokhu zilolonge ngokuphonsa ibhola.



Amakhabhohayidrethi

Lezi zinhlobo zokudla zisinika amandla.



Imikhiqizo yobisi

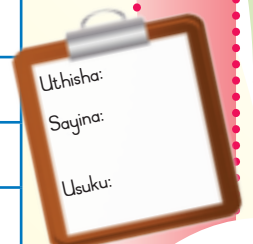
Imikhiqizo yobisi yenza amathambo ethu aqine ikakhulukazi uma sisebancane amathambo ethu esakhula.



Masibhale

Yenza uhlu lwakho konke ukudla okudle izolo. Ohlwini lokugcina, shono ukuthi ukudla kungabe kungamaprotheni, amakhabhohayidrethi, izithelo noma izitshalo.

Ukudla engikudle izolo	Uhlobo lokudla





Izindlela esidla ngazo



Masixoxe

Buza abangani bakho ukuthi badlani. Kubuke lokho kudla okwehlukahlukene bese ubeka uphawu (✓) kulokho okuthandayo, ubeke uphawu (✗) kulokho kudla ongakuthandi.

Gcwalisa amagama amalungu eqembu labangani bakho.





Masibhale

Buka ithebula oligcwalisile bese uphendula imibuzo elandelayo.

Yikuphi ukudla abangakuthandi kahle abangani bakho?

Ucabanga ukuthi abangani bakho badla ngendlela enempilo?

Ukusho ngani lokho?



Masizijabulise

Cela uthisha wakho ukuba akubonise ukuthi ungawudlala kanjani umdlalo wokudlulisa umyalezo (broken telephone)



Usuku:





Masibhale

Yenza uhla lwezinhlobo zokudla okumele sikudle nsuku zonke.

Yini esifanele ukuyigwema?

Ustawoti omningi ngoba ungenza ukuba sibe nokuphakama komfutsho wegazi uma sesibadala.

Ushukela omningi ngoba ungasibangela isifo sikashukela uma sesibadala.

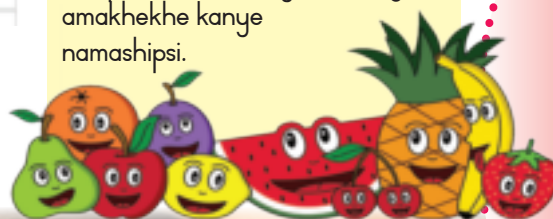
Ushukela omningi wenza futhi ukuba umuntu abe nesisindo somzimba eseqile kwesifanele.

Ukuphuza unemenayidi omningi, amakhekhe kanye namashipsi.



Masibhale

Bhala indlela yokupheka ukudla okuthanda kakhulu.



Indlela yokupheka _____

Ngidinga ziphi izithako?

Kufanele ngilandele yiphi indlela?

Uthisha:
Sayina:
Usuku:



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IThemu 2 – ISonto 2 – Ikhasi Lokusebenzela



Masibhale

Ukudla ngendlela enempilo

UThabo noNomsa baya esitolo sokudla esibizwa nge-Sunshine. Badinga ukudla abazokupheka ntambama. Basize bakhe uhlu lokudla okunempilo.



Masiphumele ngaphandle

Shintshanani ngokushwiba ingqathu ukuze abangani bakho nabo bagxume.





Masibhale

Bhala into ngayinye ulandelise ngenani lentengo yayo ohlwini lwezinto zokuthengwa ngezansi. Bakukhokhele malini oThabo benoNomsa ukudla abakuthengile?

**UHLU LWEZINTO
EZIZOTHENGWA**

AMANANI



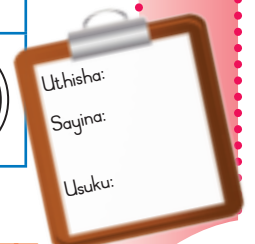
Masibhale

Kunempilo kangakanani ukudla okudlayo? Faka umbala ebusweni ngabunye obunokudla okunempilo.

Indlela engidla ngayo mina

	Yebo	Cha
Ngivame ukudlela phambi kweTV.		
Ngithanda izithelo nemifino.		
Ngithanda ukudla okunamafutha njengamashipsi.		
Angiwathandi amanzi, ngithanda iziphuzo ezibandayo.		
Angithandi ukudla imifino.		
Ngikuhlafuna ngendlela efanele ukudla.		
Ngidla isidlo sasekuseni ngaphambi kokuya esikoleni.		

Bala imidwebo yobuso obuhlekayo obufake imibala. _____





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IThemu 2 – ISonto 2 – Ikhasi Lokusebenzela



Masenze loku

Ukudla ngendlela efanele

Dweba noma unamathisele izithombe zokudla lapha ukukhombisa ukuthi yikuphi ukudla okunempilo.

40

Usuku:





Masifunde

Imithetho yokudla kahle

Hlanza izandla njalo ngaphambi kokuthinta ukudla.

Ungalingi ushiye ukudla kungamboziwe.

Akufanele udle ukudla okudala noma okubolile. Sebenzisa amakhasi emifino ukwakha imvundela yesivande.

Tshala imifino yakho.



Masenze loku

Dweba isithombe ukhombise owodwa wemithetho.



Uthisha:

Sayina:

Usuku:



21

Izinambuzane

IThemu 2 – ISonto 3 – Ikhasi Lokusebenzela



Masixoxe

Khuluma ngezingxenywe ezahlukene zomzimba wezinambuzane.

Izinambuzane zinezingxenywe ezintathu emizimbeni yazo: ikhanda, ingenhla lomzimba kanye nengezansi lomzimba.

Zinemilenze eyisithupha kanye nezimpondo ezimbili.



Masenze loku

Dweba umugqa usuke kulebuli uye engxenyeni efanele yomzimba wesinambuzane.



Ingezansi lomzimba

Umlenze

Ingenhla lomzimba

Ikhanda

Ihlo

Uphondo



Masiphumele ngaphandle

Yenza umsindo ofana nowenyosi, ndiza njengovemvane bese ugxuma njengentothoviyane. Manje usuwulungele umdlalo webhola lezinyawo!



Masibhale

Dweba umugqa ukuqondanisa igama ngalinye nesinambuzane esifanele.
Yisho ukuthi yiziphi izinambuzane eziyingozi neziwusizo.



Inyosi



Umiyane



Impukane

Intuthwane

Intethe

Uvemvane

Ibhungane

Ibhu



Masibhale

Gcwalisa izikhala ngamagama
ezinambuzane ezingenhla.

_____ zakha uju.

_____ zidlulisa imbewu ezimbalini.

_____ zandisa umalaleveva.

_____ zandisa izifo.

_____ zidla izitshalo.



Uthisha:
Sayina:
Usuku:





Masixoxe

Okunye ngezinambuzane

Buka lezi zithombe bese uxoxela umngani wakho ukuthi kungani izinyosi ziwusizo kithina.



Izinyosi zidlulisa imbewu ezimbalini. Lokhu kusiza izithelo ukuthi zikwazi ukukhula.



Izinyosi zakha uju.



Masibhale

Bhala igama lesinambuzane ngasinye esikhaleni esibekiwe.



Lokhu _____
kumunca inektha embalini.



_____ inemilenze yangemuva
eqinile eyenza ukuba ikwazi ukugxuma.

Usuku:



_____ zisebenzisa
izimpondo ukudlulisa umlayezo.



_____ luhambisa imbewu ezitshalweni.

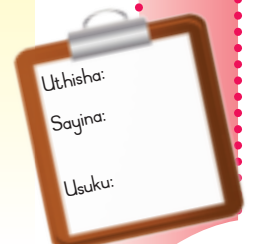
_____ yandisa amagciwane.



Masenze loku

Akha isinambuzane esinyakazayo.

- Sika izinambuzane ekhasini lezinto ezisikwayo ngemuva encwadini.
- Kulengise lokhu ehengeni yezingubo.



Uthisha:
Sayina:
Usuku:





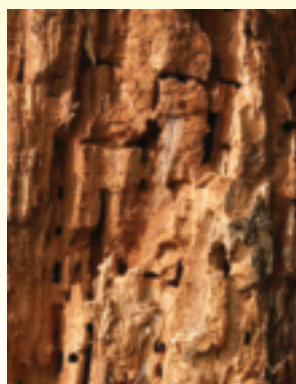
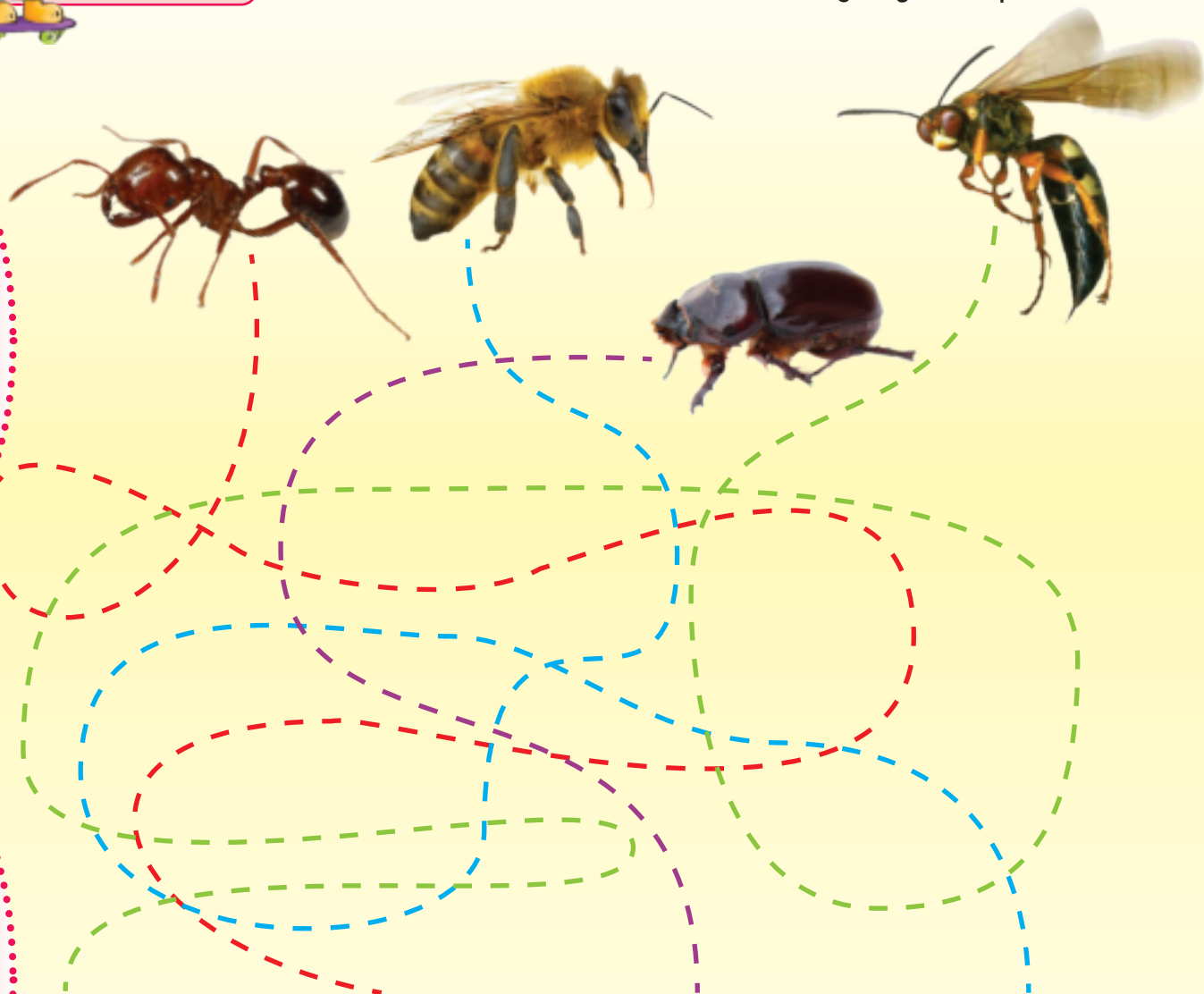
23

Amakhaya ezinambuzane

IThemu 2 – ISonto 4 – Ikhasi Lokusebenzela

Masenze loku

Landela intambo uze uthole ukuthi isinambuzane ngasinye sihlalaphi.



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Usuku:





Masenze loku

Zungeza isikole uthole ukuthi kunezinhlobo ezingaki zezinambuzane ongazithola.



Masibhale

Yiziphi izinambuzane ozibonile ngaphandle? Khetha esisodwa ubhale igama laso lapha.



Luhlobo luni lokudla okudliwa yizinambuzane leso?



Kungabe lesi sinambuzane sihamba kancane noma siyashesha?

Ingabe isinambuzane sakho sinosizo na? Kungani usho njalo?

Siyingozi kanjani isinambuzane sakho? Yini ongayenza uma sikulimaza?



Ukuzijabulisa

Manje zakhele
futhi udwebe
isinambuzane
sakho bese usipha
negama.





Masenze loku

Khombisa izinto ozenzile

Yakha uvenvane lwakho

Uzodinga: iphepha eliwu-A4
.Amakhilayoni anamafutha
Isikele
Okokunamathisela
Okokuhlanza ipayipi
Igobolondo lephepha lasendlini
encane



Dweba uvenvane ukhombise umzimba walo ozacile omude
onezimpiko ezimbili. Hlobisa izimpiko zovenvane lwakho
ngamaphethini emibala engafani. Qiniseka ukuthi zombili
izimpiko zihlobiseke ngendlela efanayo. Sika uvenvane
lwakho ulunamathisele
egobolondweni lwephepha
lasendlini encane. Gobisa
isihlanzi sepayipi wakhe ngaso
izimpondo zovenvane.
Namathisela izimpondo
ekhanda lovenvane.





Masiphumele ngaphandle

Zama ukudlala le midlalo.



Isiteshi soku-1:

Ibhola lomnqakiswano: Gxuma njengebhola ugijime uye le nale.



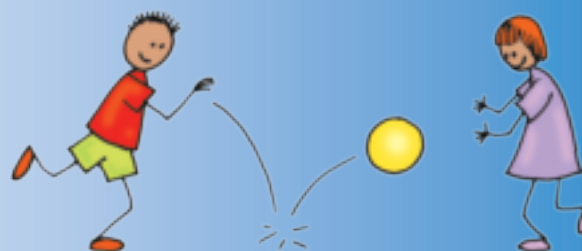
Isiteshi sesi-2:

Ihokhi: Sebenzisa induku yehokhi ukushaya ibhola uye nalo emapalini.



Isiteshi sesi-3:

Ibhola lomnqakiswano: Gxuma njengebhola uye kumngani wakho ugijima.



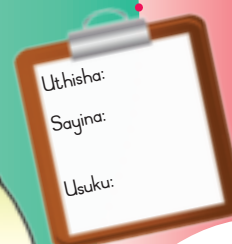
Isiteshi sesi-4:

Ibhola lombhoxo: Gijima nebhola uliphonsele omunye nomunye wenu.



Isiteshi sesi-5:

Ibhola lezinyawo: Enza sengathi udlulisa abadlali uye nebhola emapalini.



Ukuguquguquka kwempilo

Ukuguquguquka kwempilo kukhombisa izigaba ezahlukene zokukhula. Izigaba zilandela indlela ethile. Buka ukuguquguquka kwempilo yesele novemvane bese ukhuluma ngezigaba ezahlukene impilo edlula kuzo.

Ukuguquguquka kwempilo yesele



Masixoxe

Buka izithombe ezilandelayo bese uxoxela umngani wakho ukuthi isele liguquguquka kanjani empilweni yalo.

- 1 Amasele amabili ayahlangana ukuze kwakheke amaqanda.
- 2 Isele lesifazane lizalela amaqanda.
- 3 Onoshobishobi bayachanyiselwa. Unoshobishobi uba nezimbobo zokuphefumula kanye nesisila.
- 4 Unoshobishobi umila imilenze.
- 5 Umsila uyaqala ukunyamalala.
- 6 Isele eselikhulile limila amaphaphu zinyamalale nezimbobo zokuphefumula.

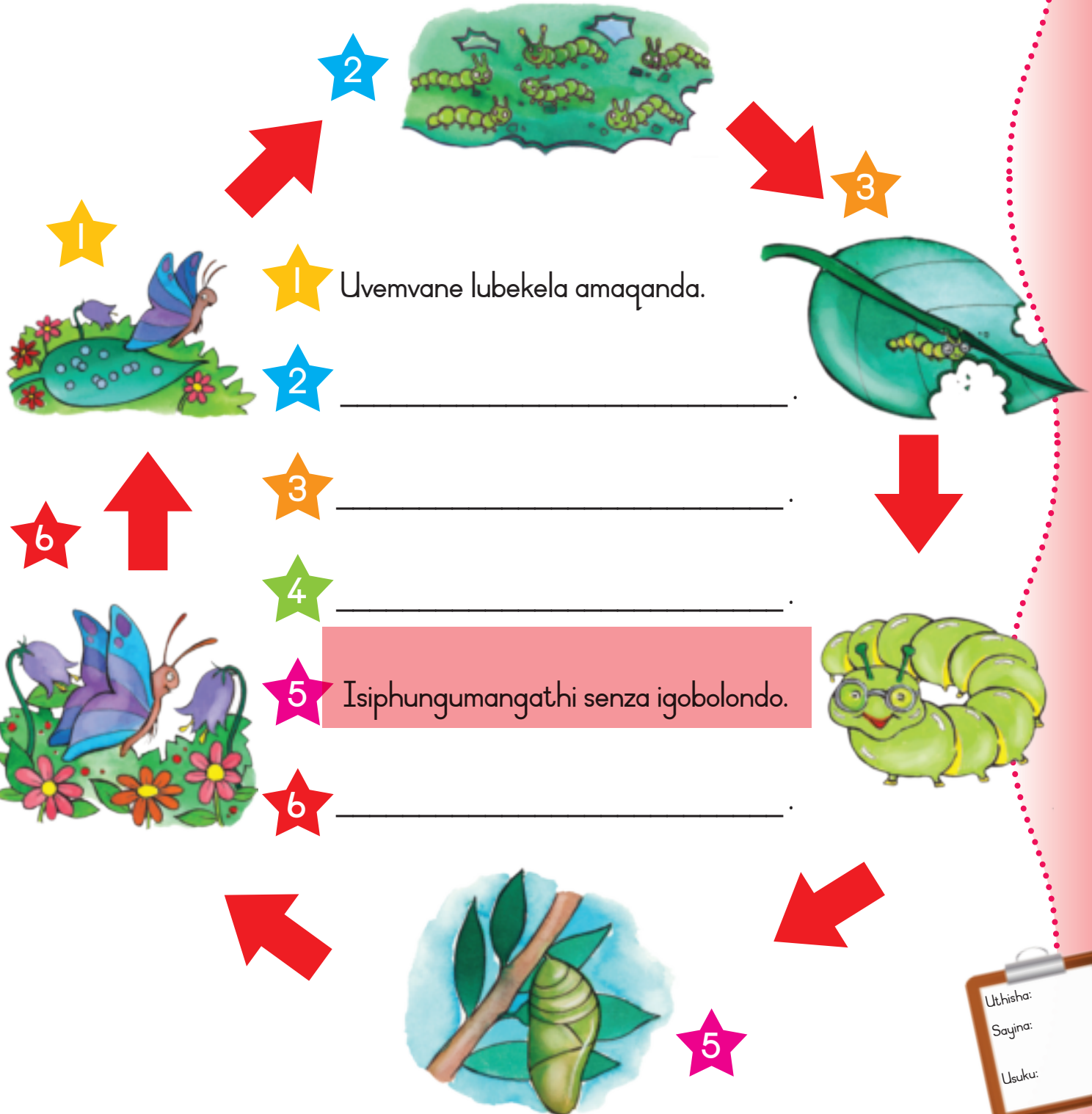


Masenze loku

Buka-ke manje izigaba zokukhula kovemvane.
Gcwalisa lokho okwenzekayo kwisimo ngasinye ezigabeni
zokukhula kwayo. Sikunikezile izibonelo zezigaba ezimbili.



Ukuguquguquka kwempilo yovemvane





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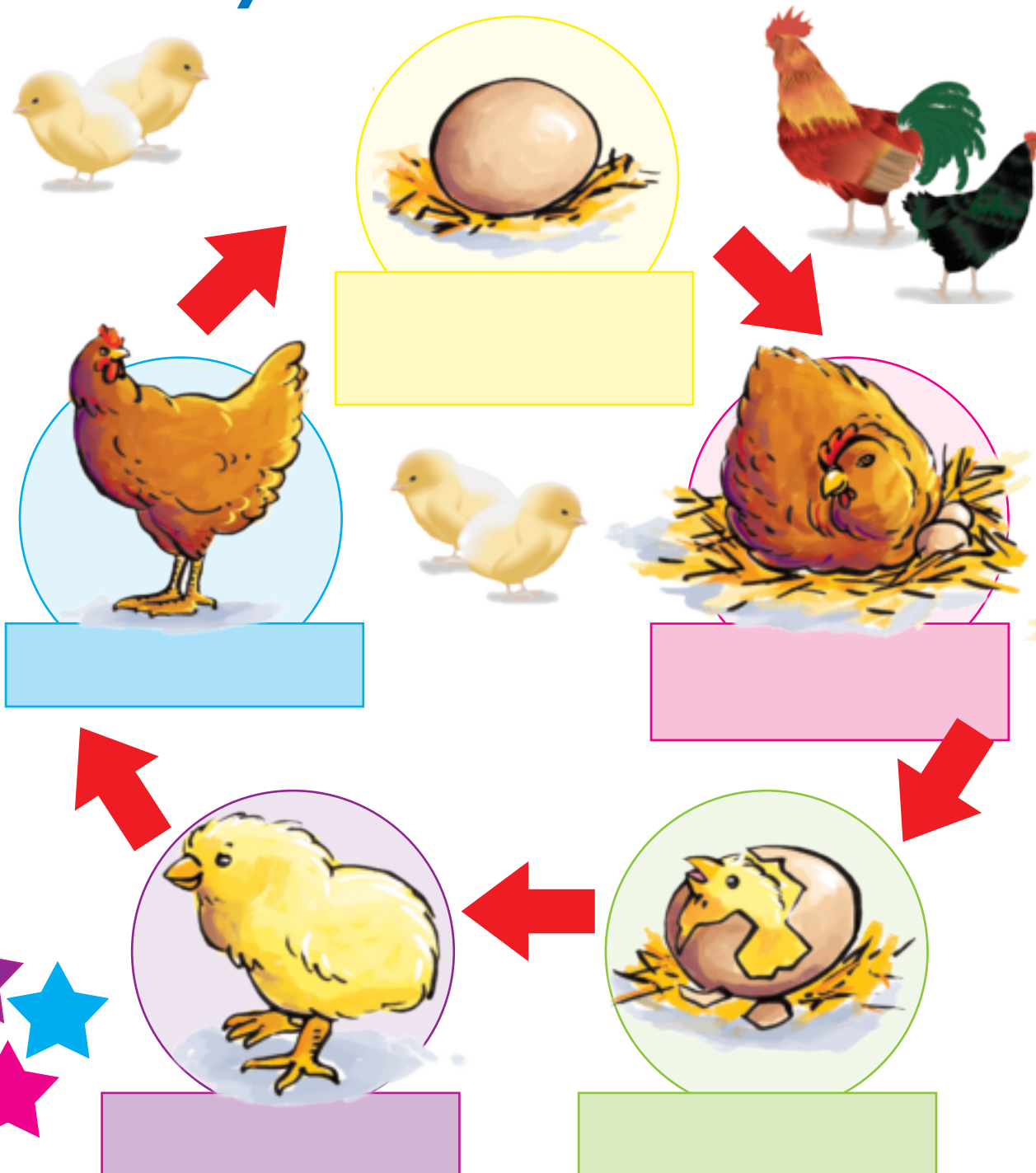
IThemu 2 – ISonto 5 – Ikhasi Lokusebenzela



Masixoxe

Buka izithombe ukhulume nomngani wakho mayelana nokuguquguquka kwempilo yechwane lenkukhu. Manje bhala usho ukuthi kwenzekani esigabeni ngasinye.

Ukuguquguquka kwempilo yechwane lenkukhu





Masenze loku

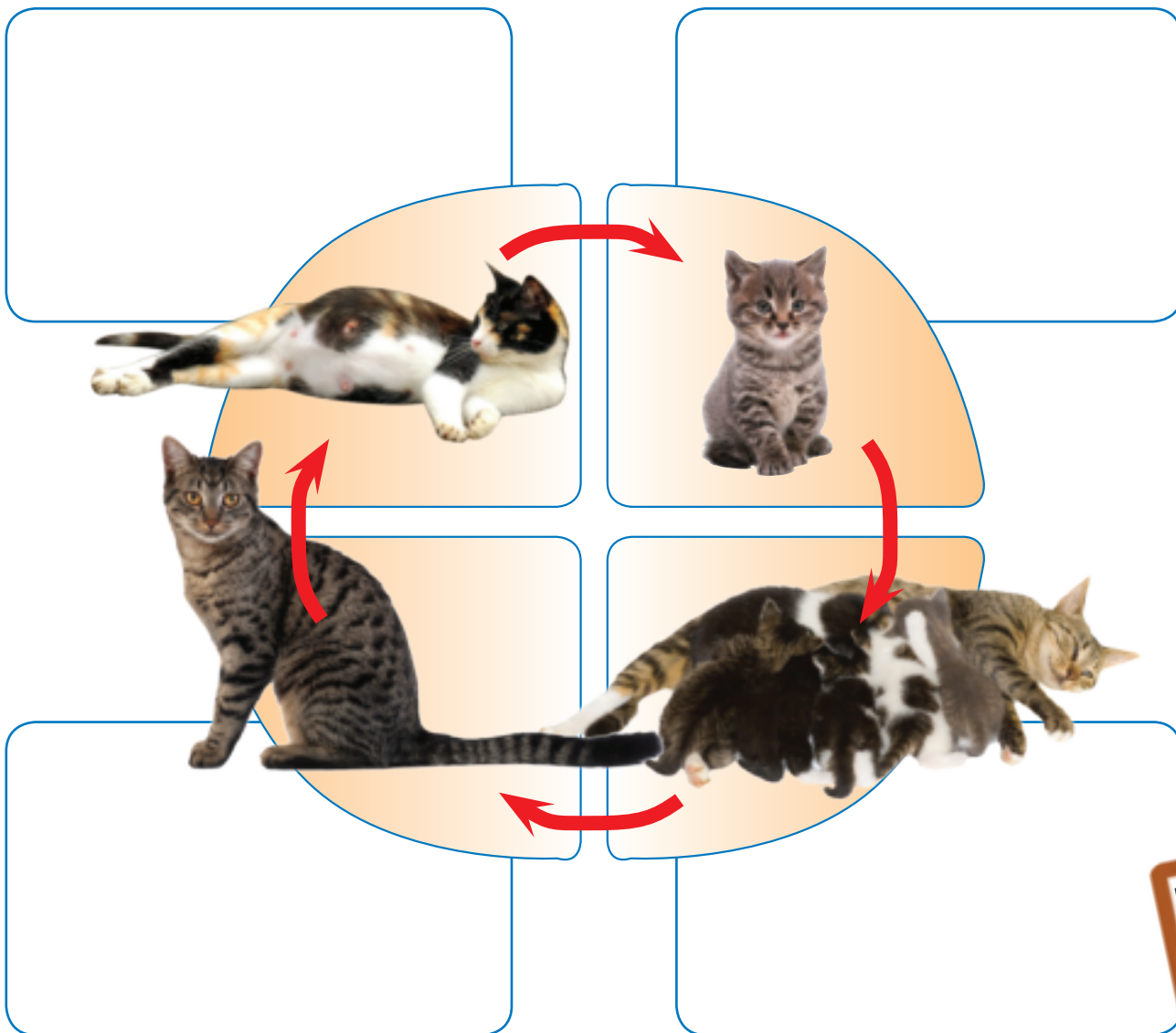
Yenza okwakho ukuguquguquka kwempilo.

Lebula isithombe ngasinye endabeni eyisondo ukuveza ukuguquguquka kwempilo yekati. Sebenzisa izihloko ezilandelayo.

Nikeza izigaba izinombolo 1 – 4 bese uzisebenzisa ukwakha isondo lalezi zigaba.

	Kuzalwa ikati elincane.		Ikati elikhulile.
	Umama wekati ukhulelwa amasonto ayisi-9.		Umama wekati uyabancelisa abantwana bakhe.

Ukuguquguquka kwempilo yekati





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Isilwane esingumngani wami

Masenze loku

Yenza imaski yesilwane sakho.

Udinga iphepha eliwu-A4

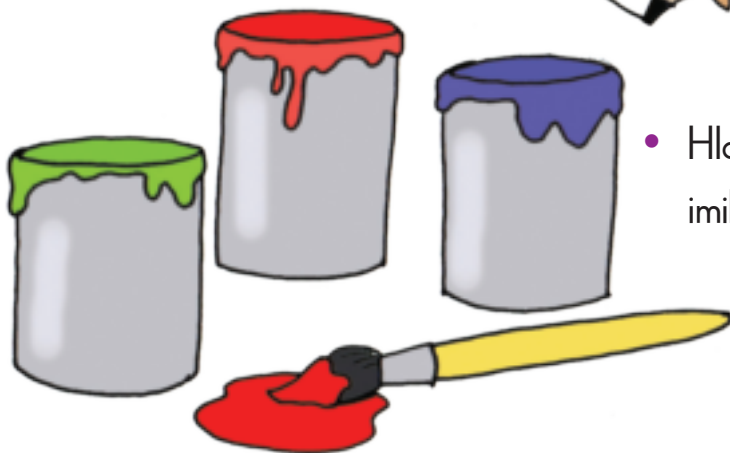
Ipensela

Upende oyimpuphu kanye namanzi

Okokuhlanza izindlebe



- Dweba ubuso bekati ephepheni.



- Hlanganisa uxube upende ukwenza imibala emithathu ehlukene.

- Sebenzisa lokhu esihlanza ngakho izindlebe ngombala ngamunye.



- Enza amachashazi ukuhlobisa ubuso bekati.





Masixoxe

Chazela umngani wakho ngesilwane esiwumngani wakho noma esiwumngani womunye umuntu omaziyo.



Masenze loku

Dweba izinto ezi-4 ozidinga ukunakekela isilwane sakho. Sewungabhala isihloko semidwebo yakho ngezansi.





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IThemu 2 – ISonto 6 – Ikhasi Lokusebenzela

Ukunakekela izindawo zethu



Masixoxe

Buka lawa maphosta ukhulume nabangani
bakho ngokuthi amaphosta athini.

Buka ilogo yokusetshenziswa kwezinto kabusha.
Uke wayibona kuphi ilogo efana nalena?



Sicela usisebenzise kabusha!



Yenza lokhu ngaphandle

Ungawuqamba yini umdanso
usebenzisa amahuphu
namaribhini?





Masifunde

Yini esingayenza ukugcina izindawo zethu zihlanzekile?

Sidinga ukukhumbula izinhlamvu ezi-3 ezibalulekile okungu-**NPS**.

Nciphisa: Kumele sinciphise izinto esizilahlayo.



Phindelela: Kumele sisebenzise ngokuphindelela izinto eziningi ngaphambi kokuthi sizilahle.

Sebenzisa kabusha: Sidinga ukuthola izindlela zokuphinde sisebenzise kabusha amaphepha, amabhodlela kanye namathini / ukwakha izinto ezintsha.



Masibhale

Ethebuleni ngezansi, bhala amagama ezinto ongaphinde uzisebenzise ukwakha izinto ezintsha.
Sikwenzele isiqalo sohlu.



Sebenzisa kabusha ingilazi	Sebenzisa kabusha iplastiki	Sebenzisa kabusha amaphepha	Yenza imvundela / umquba
Amabhodlela amadala	Izikhwama zeplastiki	Amaphephandaba	Amakhasi emifino

Uthisha:
Sayina:
Usuku:



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IThemu 2 – ISonto 7 – Ikhasi Lokusebenzela

Masibhale

Ukuphinde usebenzise izinto ukwakha okusha

Dweba umugqa usuke entweni ngayinye kwesokunxele uye entweni ekwesokudla ukukhombisa ukuthi zingasetshenziswa kanjani zibe wusizo.



Manje zakhele futhi udwebe okuthile ongakwenza ngezinto esezike zasebenza.

Dweba isithombe sento yakho.

Igama lokuthile / lento
Yenziwe nge



Masibhale

Zama ukukhumbula izinto ezingenza imvundela / umquba. Bhala amagama angezansi ezikhaleni ezifanele ukuqedela ithebula. Ungazicabangela ezinye izinto zakho uzilandelanise ngokwezikhala ezenziwe ngezansi.

amabhodlela amadala

izikhwama zeplastiki

izipikili

amathini eziphuzo

amagobolondo amaqanda

Izinto ezingaboli	Izinto ezibolayo



Masenze loku

Yenza iphosta
ukuvimbela
ukungcolisa
ngodoti.
Dweba isithombe
bese ubhala
umlayezo.

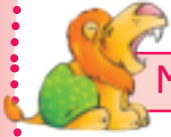




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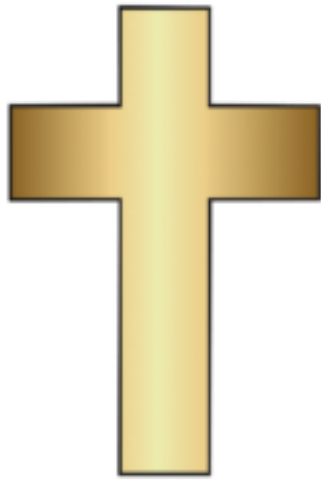
Izinsuku zenkolo nezinye ezibalulekile

IThemu 2 – ISonto 7 – Ikhasi Lokusebenzela



Masixoxe

Khuluma nomngani wakho mayelana nezimpawu ezisetshenziswa yizinkolo ezithile. Yisho ukuthi yiluphi uphawu olusetshenziswa yizinkolo ezahlukene. Uma ungaluboni uphawu, ludwebwe bese ukhombisa umngani wakho.



Isiphambano ngesamaKhrestu.
UKhrestu owasifela ezonweni.



Inyanga ewucezu kanye nenkanyezi
wuphawu lwamaSulumane.



Uphawu lwamaJuda yiNkanyezi
kaDavide. INkosi uDavide wayebusa
ama-Israyeli.



OlwamaHindu uphawu lubhalwe
ngolimi oludala lwaseNdiya olwaziwa
nge-Devanagari.



Izindawo zokukhonza



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Masenze loku

Dweba umugqa ukuqondanisa inkolo nendawo yayo yokukhonza.
Bhala igama lesakhiwa ngaphansi kwesithombe ngasinye.

ithempeli

isinagoge

imoskhi

isonto

Inkolo

Ubu-Islamu

UbuHindu

ubuKhrestu

UbuJuda

Indawo yokukhonza



Masenze loku

Buza abangani bakho aba-4 ukuthi yiluphi uphawu olukhombisa
uhlobo lwenkolo yabo. Lubhale eduze kwegama.

Igama lomngani

Uphawu lwenkolo yakhe

Uthisha:
Sayina:
Usuku:

Ikhasi Lokusebenzela
IThemu 2 – ISonto 8





ISITIFIKETI

Sokuphothula ibanga lesi-3

Incwadi yoku-1 Amakhono Empilo

siklonyeliswa u-

Gcwalisa igama lakho.

Usuku _____

Uthisha _____





Isichazamazwi sami

A
a

Handwriting practice lines for the letter A.

G
g

Handwriting practice lines for the letter G.

B
b

Handwriting practice lines for the letter B.

H
h

Handwriting practice lines for the letter H.

C
c

Handwriting practice lines for the letter C.

I
i

Handwriting practice lines for the letter I.

D
d

Handwriting practice lines for the letter D.

J
j

Handwriting practice lines for the letter J.

E
e

Handwriting practice lines for the letter E.

K
k

Handwriting practice lines for the letter K.

F
f

Handwriting practice lines for the letter F.

L
l

Handwriting practice lines for the letter L.





Isichazamazwi sami

M
m

Handwriting practice lines for the letter M/m.

S
s

Handwriting practice lines for the letter S/s.

N
n

Handwriting practice lines for the letter N/n.

T
t

Handwriting practice lines for the letter T/t.

O
o

Handwriting practice lines for the letter O/o.

U
u

Handwriting practice lines for the letter U/u.

P
p

Handwriting practice lines for the letter P/p.

V
v

Handwriting practice lines for the letter V/v.

Q
q

Handwriting practice lines for the letter Q/q.

W
w

Handwriting practice lines for the letter W/w.

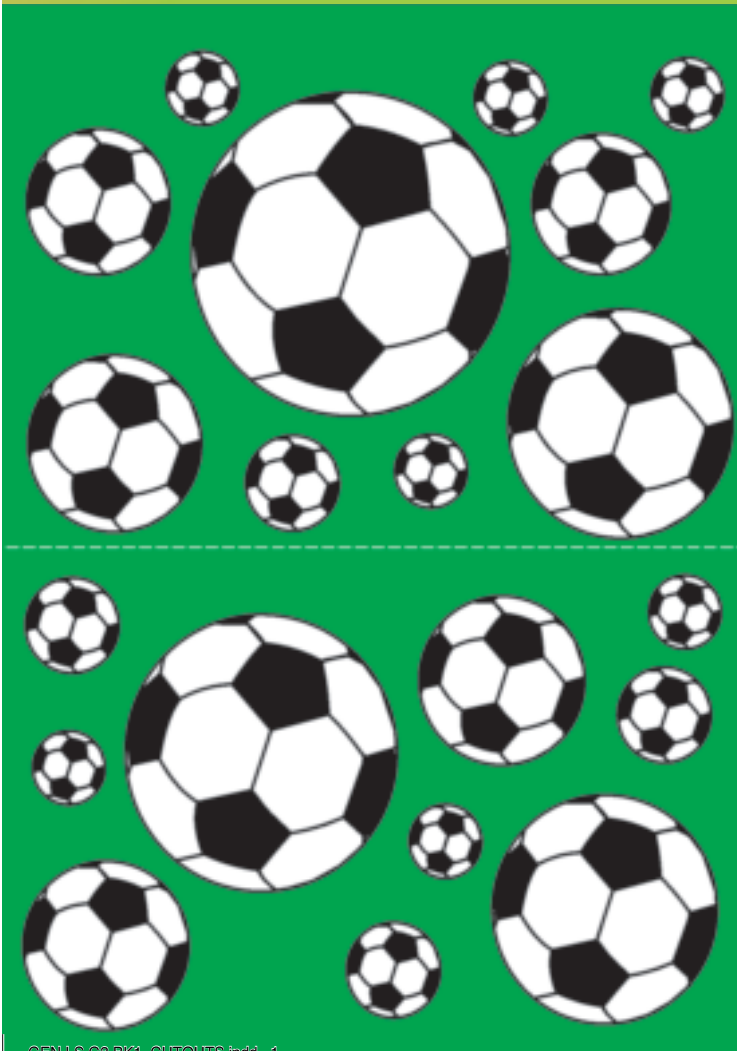
R
r

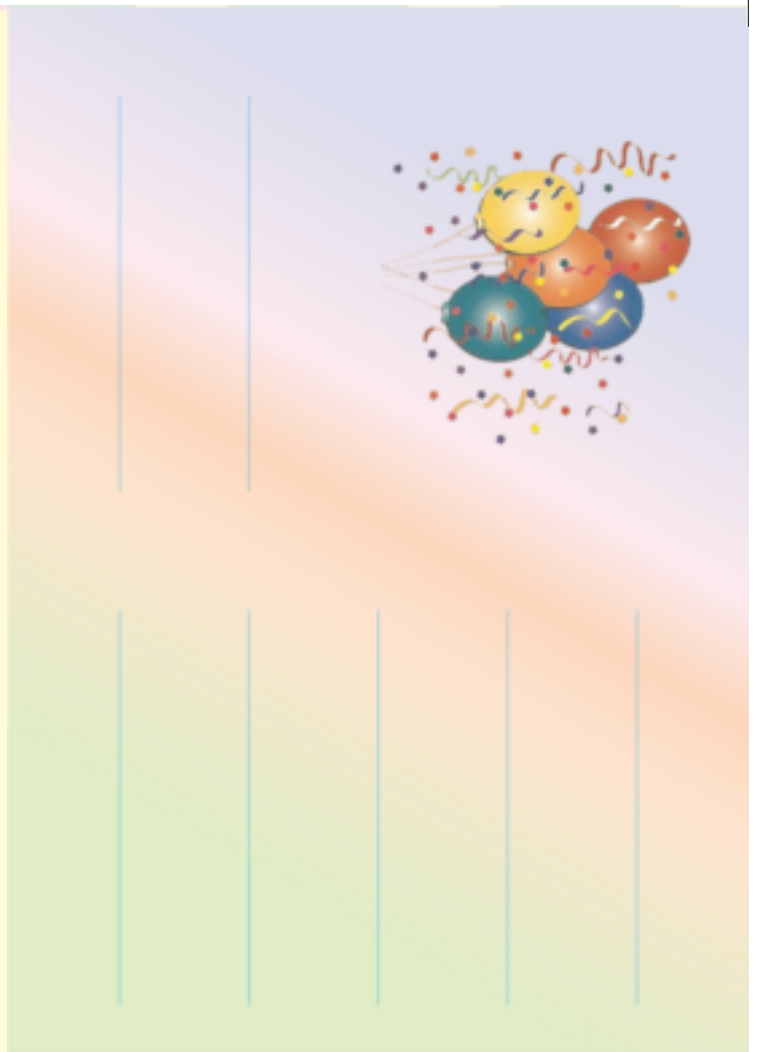
Handwriting practice lines for the letter R/r.

X-Z
x-z

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







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