SESOTHO LIFE SKILLS

National Curriculum Statement (NCS)

Curriculum and Assessment Policy Statement

Foundation Phase
Grades R-3

basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

basic education

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Basic Education
REPUBLIC OF SOUTH AFRICA

SETATEMENTE SA LEANO LA KHARIKHULAMO LE TEKANYETSO DIKEREITE R-3

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FOREWORD BY THE MINISTER

Our national curriculum is the culmination of our efforts over a period of seventeen years to transform the curriculum bequeathed to us by apartheid. From the start of democracy we have built our curriculum on the values that inspired our Constitution (Act 108 of 1996). The Preamble to the Constitution states that the aims of the Constitution are to:

- heal the divisions of the past and establish a society based on democratic values, social justice and fundamental human rights;
- improve the quality of life of all citizens and free the potential of each person;
- lay the foundations for a democratic and open society in which government is based on the will of the people and every citizen is equally protected by law; and
- build a united and democratic South Africa able to take its rightful place as a sovereign state in the family of nations.

Education and the curriculum have an important role to play in realising these aims.

In 1997 we introduced outcomes-based education to overcome the curricular divisions of the past, but the experience of implementation prompted a review in 2000. This led to the first curriculum revision: the *Revised National Curriculum Statement Grades R-9* and the *National Curriculum Statement Grades 10-12* (2002).

Ongoing implementation challenges resulted in another review in 2009 and we revised the *Revised National Curriculum Statement* (2002) to produce this document.

From 2012 the two 2002 curricula, for *Grades R-9* and *Grades 10-12* respectively, are combined in a single document and will simply be known as the *National Curriculum Statement Grades R-12.* The *National Curriculum Statement for Grades R-12* builds on the previous curriculum but also updates it and aims to provide clearer specification of what is to be taught and learnt on a term-by-term basis.

The *National Curriculum Statement Grades R-12* accordingly replaces the Subject Statements, Learning Programme Guidelines and Subject Assessment Guidelines with the

(a) Curriculum and Assessment Policy Statements (CAPS) for all approved subjects listed in this document;

(b) *National policy pertaining to the programme and promotion requirements of the National Curriculum Statement Grades R-12*; and

(c) *National Protocol for Assessment Grades R-12.*

MRS ANGIE MOTSHEKGA, MP
MINISTER OF BASIC EDUCATION

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KAROLO YA 1: SETATEMENTE SA LEANO LA KHARIKHULAMO LE TEKANYETSO BOKGONI HO TSA BOPHELO

1.1 Boitshetleho

Setatemente sa Kharikhulamo ya Naha Dikereite tsa R-12 (SKN) se totobatsa leano la kharikhulamo le tekanyetso dikolong.

Ka sepheo sa ho ntlafatsa Kharikhulamo, Setatemente sa Kharikhulamo ya Naha se ile sa hlophiswa botjha, mme diphetoho tsa kenngwa tshebetsong ka kgwedi ya Pherekgong 2012. Thutong e nngwe le e nngwe ho ile ha hlahiswa tokomane e le nngwe e tlamahantseng kharikhulamo le tekanyetso mmoho, e ileng ya kena tshebetsong bakeng sa ditokomane tsa Ditatemente tsa Thuto, Ditataiso tsa Mananetsamaiso a ho Ithuta le Ditataiso tsa Tekanyetso ya Dithuto Dikereite tsa R-12.

1.2 Tjhebokakaretso

(a) Setatemente sa Kharikhulamo ya Naha Dikereite tsa 10-12 (Pherekgong 2012) ke setatemente sa leano sa ho ithuta le ho ruta dikolong tsa Afrika Borwa, mme se fupere tse latelang:

(i) Ditatemente tsa Leano la Kharikhulamo le Tekanyetso thutong e nngwe le e nngwe e amohetsweng mme e bile e rutwa le ho ithutwa dikolong;

(ii) Tokomane ya leano e bitswang *National Policy pertaining to the programme and promotion requirements of the National Curriculum Statement Grades R-12;* le

(iii) Tokomane ya leano e bitswang *National Protocol for Assessment Kereite ya R-12 (Pherekgong 2012).*

(b) Setatemente sa Kharikhulamo ya Naha Dikereite tsa 10-12 (Pherekgong 2012) se kena tshebetsong bakeng sa ditatemente tsa jwale tsa kharikhulamo tse pedi, e leng

(i) Setatemente sa Kharikhulamo ya Naha se lekotsweng Botjha Dikereite tsa R-9 se lekotsweng botjha, se phatlalatsong ya mmuso *Government Gazette, No.23406* ya 31 Motsheanong 2002; le

(ii) Setatemente sa Kharikhulamo ya Naha Dikereite tsa R-12 se diphatlalatsong tsa mmuso, *Government Gazettes, No.25545* ya 6 Mphalane 2003 le *No. 27594* ya 17 Motsheanong 2005.

(c) Setatemente sa kharikhulamo ya naha se boletsweng seratswaneng sa (b) (i) le (ii) di fupere ditokomane tsa leano tse latelang, tse tla fediswa ke Setatemente sa Kharikhulamo ya Naha Dikereite tsa R-12 (Pherekgong 2012) ka mekgahlelo dilemong tsa 2012-2014:

(i) Ditatemente tsa Tikoloho ya ho Ithuta/ Ditatemente tsa Dithuto, Ditataiso tsa Mananetsamaiso a ho Ithuta, le Ditataiso tsa Tekanyetso tsa Dithuto Dikereite tsa R-9 le Dikereite tsa 10-12;

(ii) Tokomane ya leano, e bitswang *National Policy on assessment and qualifications for schools in the General Education and Training Band,* e hlahang ho *Government Notice No. 124* phatlalatsong ya mmuso *Government Gazette No. 29626* ya 12 Hlakola 2007;

(iii) Tokomane ya leano, e bitswang *National Senior Certificate: A qualification at Level 4 on the National Qualification Framework (NQF),* e hlahisitsweng phatlalatsong ya mmuso *Government Gazette No. 27819* ya 20 Phupu 2005;

(iv) Tokomane ya leano, e leng *An addendum to the policy document, National Senior Certificate: A qualification at Level 4 on the National Qualification Framework (NQF), regarding learners with special needs,* e phatlaladitsweng ho *Government Gazette, No. 29466* ya 11 Tshitwe 2006 e kenyelleditswe tokomaneng ya leano e bitswang *National policy pertaining to the programme and promotion requirements of the National Curriculum Statement Grades R-12;* le

(v) Tokomane ya leano, e leng sehlomathiso sa tokomane ya *National Senior Certificate: A qualification at Level 4 on the National Qualification Framework (NQF), regarding the National Protocol for Assessment (Grades R-12),* e hlahang ho *Government Notice No. 1267* phatlalatsong ya mmuso *Government Gazette No. 29467* ya 11 Tshitwe 2006;

(d) Tokomane ya leano eleng, *National Policy pertaining to the programme and promotion requirements of the National Curriculum Statement Grade R-12* le dikarolo tsa Setatemente sa Leano la Kharikhulamo le Tekanyetso tse fuperweng ke Dikgaolo tsa 2, 3 le 4 tsa tokomane ena di bopa dipehelo le dintlhatheo *tsa Setatemente sa Kharikhulamo ya Naha Dikereite tsa R-12.* Kahoo ditokomane tsena tse boletsweng, mmoho le ho latela karolo ya 6A ya *South African Schools Act, 1996 (Act No. 84 of 1996)* di bopa motheo oo ho wona Letona la Thuto ya Motheo le hlahisang bonyane ba diphetho le dipehelo tseo moithuti a lokelang ho di fihlella, mmoho le ditsela tsa tshebetso le tsamaiso tsa tekanyetso ya phihlello ya moithuti dikolong tsa mmuso le dikolong tse ikemetseng.

1.3 Sepheo sa Kharikhulamo ya Afrika Borwa ka kakaretso

(a) Setatemente sa Kharikhulamo ya Naha Dikereite tsa 10-12 se fupere tsebo, bokgoni le makgabane a lokelang ho ithutwa dikolong tsa Afrika Borwa. Sepheo sa kharikhulamo ena ke ho nnetefatsa hore baithuti ba fumantshwa le ho sebedisa tsebo le bokgoni ka tsela e tla ntlafatsa maphelo a bona. Ka tsela e tjena kharikhulamo e ntshetsa pele mohopolo wa ho theha tsebo maemong a phedisano a selehae, empa e ntse e le sedi ditabeng tsa lefatshe tsa matjhabatjhaba.

(b) Sepheo sa Setatemente sa Kharikhulamo ya Naha Dikereite tsa 10-12 ke ho:

- ho hlomela baithuti ka tsebo, bokgoni le makgabane tse hlokehang ho iphedisa le ho ba le seabo se nang le moelelo maemong a phedisano jwalo ka ha e le baahi naheng e lokolohileng, ho sa natswe boitshetleho ba bona dintlheng tsa phedisano le moruo, tsa botjhaba, bong, mmele o phetseng hantle kapa bokgoni dithutong;
- ho ba neha tsela ya ho kena thutong e phahameng;
- ho phethahatsa tshebetso ya ha baithuti ba qetile dibakeng tsa thuto mme ba fetela mesebetsing; le
- ho neha boramesebetsi lesedi le felletseng (profaele) ka bokgoni ba moithuti.

(c) Setatemente sa Kharikhulamo ya Naha Dikereite tsa 10-12 se thehilwe dintlhathehong tse latelang:

- Diphetoho phedisanong; ho nnetefatsa hore ho se lekalekane ha thuto ha ka nako e fetileng ho fediswe, le ho re batho bohle naheng ba fumantshwe menyetla e lekanang ya thuto;

- ho ithuta ka tshekatsheko le ka mafolofolo; ho kgothalletsa ho ithuta ka mafolofolo le ka ho sekaseka dintho, ho ena le ho nka ditaba di le jwalo feela e le dinnete ntle le ho di sekaseka;
- Tsebo le bokgoni tsa boemo bo hodimo: ho hlahisitswe bonyane dipehelo tsa tsebo le bokgoni tse lokelang ho fihlellwa Kereiteng ka nngwe mme di lokela ho fihlellwa ka boemo bo hodimodimo dithutong kaofela;
- Kgatelopele; dikahare le maemo a tse ithutwang tsa Kereite e nngwe le e nngwe di bontsha kgatelopele ho tloha boemong bo bonolo ho isa ho bo rarahaneng;
- Ditokelo tsa botho, kenyelletso ya bohle, toka ho tsa phedisano le tikoloho, ho kenyelletsa metheo le ditshebetso tsa toka ho tsa phedisano le tikoloho le ditokelo tsa botho jwalo ka ha di totobaditswe Molaotheong wa Rephaboliki ya Afrika Borwa. Setatemente sa Kharikhulamo ya Naha Dikereite tsa R-12 se sedi haholo dintlheng tsa ho fapana ha batho tse jwalo ka bofuma, ho se lekane ha batho, botjhaba, bong, puo, boholo ba motho dilemong, bokowa, le maemo a mang;
- Ho ananela tsebo le mahlale a seholoholo: kananelo ya nalane e mothamo le setso tsa naha ya rona ho bohlokwahadi mme tsena di phehisa kgodisong ya makgabane a fuperweng ke Molao wa Motheo; mmoho le
- Kamohelo, boleng le phethahatso; ho nehelana ka thuto eo boleng, bophara le botebo ba yona bo ka bapiswang le thuto ya mafatshe a mang.

(d) Sepheo sa Setatemente sa Kharikhulamo ya Naha Dikereite tsa 10-12 ke ho hlahisa baithuti ba tla kgona ho: Bontsha kutlwisiso ya lefatshe jwalo ka ha e le ngatana e le nngwe ya ditshebetso tse hokahaneng, ka ho elellwa maemo a tharollo ya mathata ha se tshebetso e ikemetseng e le inotshi, e itshehlile thejane.

(e) Kenyelletso ya bohle e lokela ho ba karolo ya ho hlophiswa, ya ho rala le ya ho ruta sekolong. Hona ho ka phethahala ha feela matitjhere a na le kutlwisiso e tebileng ya ho hlwaya le ho sebetsana le ditshita tsa ho ithuta, le ya ho itlhophisetsa ka ho etsa meralo ya ho sebetsana le ho fapafapana ha batho.

Taba ya bohlokwa ha ho sebetswa ka kenyelletso ya bohle ke ho hlwaya ditshita le ho tiisa hore batshehetsi bohle ka sekolong, kapa mekgatlo e tshehetsang e nang le seabo e sebetsane le tsona. Bona ba kenyelletsa matitjhere, makgotla a tshehetso a dikantorong tsa sedika, makgotla a mang a setjhaba a tshwaraneng le tshebetso ena ka ho otloloha, batswadi le dikolo tse ikgethang di sebetsa e le mehlodi. Ho sebetsana le ditshita ka phaposing ya ho rutela, matitjhere a sebedise mawa a ho ruta a fapafapaneng a kang a hlahisitsweng tokomaneng ya Lefapha la Thuto le Thupelo e bitswang *Guidelines for inclusive teaching and learning (2010).*

1.4 Kabo ya nako

1.4.1 Mokgahlelo wa Motheo

(a) Nako ya ho ruta e abetsweng dithuto tsa Mokgahlelo wa Motheo e bontshitswe papetleng e latelang:

THUTO	KEREITE YA R (DIHORA)	DIKEREITE 1-2 (DIHORA)	KEREITE YA 3 (DIHORA
Puo ya Lapeng	10	8/7	8/7
Puo ya Tlatsetso ya Pele		2/3	3/4
Mmetshe	7	7	7
Bokgoni ba Bophelo	**6**	**6**	**7**
• Tsebo ya Motheo	(1)	(1)	(2)
• Bonono bo iqapelwang	(2)	(2)	(2)
• Boithapollo ba Mmele	(2)	(2)	(2)
• Bophelo bo botle ba motho le phedisano	(1)	(1)	(1)
NAKO KAOFELA	**23**	**23**	**25**

(b) Nako ya ho ruta e abetsweng dithuto Dikereite tsa R, 1 le 2 e etsa dihora tse 23, mme Kereiteng ya 3 ke dihora tse 25.

(c) Dipuo Dikereiteng tsa R-2 di abetswe dihora tse 10, ha Kereite ya 3 e abetswe dihora tse 11. Puo ya Lapeng e abelwe moedi wa dihora tse 8, le bonyane ba dihora tse 7, ha Puo ya Tlatsetso yona e abelwe bonyane ba dihora tse 2, le moedi wa dihora tse 3 Dikereiteng tsa 1-2. Kereiteng ya 3 moedi wa dihora tse 8 le bonyane ba dihora tse 7 di abelwe Puo ya Lapeng athe Puong ya Tlatsetso ya Pele teng ho ajwe bonyane dihora tse 3 ha moedi e lokela ho ba dihora tse 4.

(d) Ho Bokgoni ba Bophelo Tsebo ya Motheo e abelwe hora e 1 Dikereiteng tsa R-2, le dihora tse 2 jwalo ka ha ho bontshitswe ka masakaneng Kereiteng ya 3.

1.4.2 Mokgahlelo o Mahareng

(a) Papetla e latelang e bontsha dithuto le nako ya ho ruta e abetsweng dithuto Mokgahlelong o Mahareng.

THUTO	(DIHORA)
Puo ya Lapeng	6
Puo ya Tlatsetso ya Pele	5
Mmetse	6
Mahlale a tlhaho le Theknoloji	3.5
Mahlale a Phedisano	3
Bokgoni ba Bophelo	**4**
• Bonono bo iqapelwang	(1.5)
• Boithapollo ba Mmele	(1)
• Bophelo ba botle ba motho le phedisano	(1.5)
NAKO KAOFELA	**27,5**

1.4.3 Mokgahlelo o Phahameng

(a) Kabo ya nako ya ho ruta Mokgahlelong o Phahameng e ka tsela e latelang:

THUTO	(DIHORA)
Puo ya Lapeng	5
Puo ya Tlatsetso ya Pele	4
Mmetse	4.5
Mahlale a Tlhaho	3
Mahlale a Phedisano	3
Theknoloji	2
Mahlale a tsamaiso ya Moruo	2
Tlwaetso ho tsa Bophelo	2
Bonono bo iqapelwang	2
NAKO KAOFELA	**27,5**

1.4.4 Dikereite tsa 10-12

(a) Kabo ya nako ya ho ruta Dikereiteng tsa 10-12 e ka tsela e latelang:

THUTO	Kabo ya nako ka beke (dihora)
Puo ya Lapeng	4.5
Puo ya Tlatsetso ya Pele	4.5
Mmetse	4.5
Tlwaetso ho tsa Bophelo	2
Ho lokela ho kgethwe bonyane dithuto tse 3 tse tswang ho Sehlopheng sa B Sehlomathiso sa B Dipapetla B1-B8 tsa tokomane ya *National Policy pertaining to the programme and promotion requirements of the National Curriculum Statement Grades R-12.* Dipehelo tse hlahisitsweng seratswaneng sa 28 tokomaneng ena ya leano di lokela ho elwa hloko.	12 (3x4 dihora)
NAKO KAOFELA	**27,5**

Nako e abilweng beke le beke e sebediswe feela bakeng sa bonyane dithuto tsa ***Setatemente sa Kharikhulamo ya Naha*** (SKN) tse boletsweng lenaneng le ka hodimo, mme e se ke ya sebedisetswa dithuto tse ding tse tlatselletsang bonyaneng ba dithuto tsena tse qollotsweng. Haeba moithuti a rata ho nka dithuto tse ding tsa tlatselletso hodima tsena tse qollotsweng lenaneng, ho eketswe nako ka hodimo ho e behilweng bakeng sa ho ruta dithuto tseo tsa tlatselletso.

KAROLO YA 2: BOKGONI HO TSA BOPHELO

2.1 Bokgoni ho tsa Bophelo ke eng?

Bokgoni ho tsa Bophelo ke thuto ya motheo ntshetsopeleng ya baithuti ka ho phethahala. E shebane le ho hola ha baithuti phedisanong, boyeneng, kelellong, maikutlong le mmeleng, le kamoo di hokahanang kateng.

Setatementeng sa Leano la Kharikhulamo le Tekanyetso (SLKT), thuto ya Bokgoni ho tsa Bophelo Mokgahlelong wa Motheo (Kereiti ya R - 3) e hlophisitswe ka dikarolo tsa ho ithuta tse nne: Tsebo ya Motheo, Bophelo bo Botle ba Botho le Phedisano, Bonono bo iqapelwang le Thuto ya Boithapollo ba Mmele. Bokgoni ho tsa Bophelo e hlophisitswe ka tsela ena e le ho etsa bonnete ba hore bokgoni, makgabane le dikgopolo tsa motheo tsa ntshetsopele ya ngwana pele a eya sekolong le dithuto tse rutwang dikereiting tsa 4 -12 di a rutwa, le ho ntshetswa pele dikereiting tsa R-3. Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano di hoketswe dihloohong. Bokgoni ho tsa Bophelo ke thuto e paroletsang e lokelang ho tshehetsa le ho matlafatsa ho rutwa ha dithuto tse ding tsa bohlokwa tsa Mokgahlelo wa Motheo e leng Dipuo (Ya Lapeng le Mmetse).

2.2 Sepheo se totobetseng

Thuto ya Bokgoni ho tsa Bophelo e reretswe ho tataisa le ho lokisetsa baithuti bakeng sa bophelo le menyetla ya teng, ho kenyelleditswe le ho ba lokisetsa bophelo ba bohlokwa le bo atlehileng bo fetofetohang setjhabeng. Ka lebaka la Bokgoni ho tsa Bophelo, baithuti ba hlahiswa tsebong, bokgoning le makgabaneng a ntlafatsang:

- Ntshetsopele ya boithapollo ba mmele, phedisano, maikutlo le kelello.
- Mesebetsi ya bokgoni ba boqapi le ho ananela botle mmoho le tsebo ka ho ba le seabo motjekong, mminong, tshwantshisong le bononong bo bohuwang.
- Tsebo ya bophelo le polokeho ka boyena.
- Kutlwisiso ya dikamano mahareng a batho le tikoloho.
- Tlhokomediso ya dikamano tsa phedisano, ditshebetso tsa theknoloji le mahlale a motheo.

2.3 Ho hlalosa dikarolo tsa ho ithuta tsa Bokgoni ho tsa Bophelo

Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano

Tsebo ya Motheo

Dikahare le dikgopolo tsa Tsebo ya Motheo di nkilwe ho Mahlale a Phedisano (Histori le Thutafatshe); Mahlale a Tlhaho le Theknoloji. Dikgopolo le bokgoni tsa bohlokwa tse amanang le thuto ena kharikhulamong boemong ba Mokgahlelo wa Motheo di lokodisitswe ka tlase:

Dikgopolo tsa Mahlale a Phedisano; paballo ya tlhaho, sesosa le sephetho, sebaka, ho etsa hore e lokele maemo, dikamano le boitshetleho ba ho hong hodima ho hong, ho fapafapana le boikemelo, mmoho le phethoho;

Dikgopolo tsa Mahlale a Tlhaho: bophelo le tsa bophelo, matla/eneji le phethoho, metha/matter le matheriale, polanete e lefatshe le ho feta;

Bokgoni ba tshebetso ya Saense; tshebetso ya ho botsa ka ho hong e kenyelletsang ho lekola, ho bapisa, ho hlophisa, ho metha, ho lekodisisa le ho buisana;

Bokgoni ba tshebetso ya Theknoloji; ho fuputsa, ho rala, ho etsa, ho lekola, ho buisana.

Bophelo bo Botle ba Botho le Phedisano:

Bophelo bo botle ba Botho le Phedisano ke karolo ya thuto e bohlokwa bakeng sa baithuti ba banyane hobane ba sa ntse ba ithuta ho itlhokomela le ho ipoloka ba phetse hantle. Karolo ena ya ho ithuta e kenyelletsa phedisano ho tsa bophelo, maikutlo ho tsa bophelo, dikamano le batho ba bang le tikoloho ya rona, ho kenyelletswa le makgabane le tjhadimo. Karolo ya ho ithuta ya Bophelo bo Botle ba Botho le Phedisano e tla thusa baithuti ho etsa diqeto tse bontshang boikarabelo le boitshwaro ka bophelo ba bona le tikoloho. E sebetsana le maemo a amanang le phepo, mafu /mahloko/ malwetse (ho kenyelletswa HIV/AIDS), boitshirelletso, dikgoka, tlhekefetso le bophelo tikolohong. Baithuti ba tla ntshetsa pele bokgoni ba bona ba ho amana hantle le ho phehisa lelapeng le setjhabeng, ha ba ntse ba bontsha makgabane a hlahellang Molaong wa Motheo. Baithuti ba tla ithuta ho sebedisa ditokelo tsa bona tsa Molao wa motheo le boikarabelo, ho hlompha ditokelo tsa ba bang le ho bontsha ho amohela setso le ditumelo tse fapaneng e le ho phehisa demokrasing ya setjhaba.

Bonono bo iqapelwang

Bonono bo iqapelwang bo hlahisa baithuti mefuteng e mene ya bonono: motjeko, tshwantshiso, mmino le bonono bo bohuwang. Sepheo se seholo sa Bonono bo iqapelwang ke ho matlafatsa baithuti hore e be batho ba iqapelang, ba inahanelang, ka ho ananela bonono. Bo fana hape ka tsebo le bokgoni tsa motheo ho etsa hore ba kgone ho ba le seabo mesebetsing ya boiqapelo. Baithuti ba Mokgahlelo wa Motheo ka tlhaho ba kgona ho iqapela mme ho bapala ke tsela e tlwaelehileng ya ho ithuta bononong. Baithuti ba lokela ho tataiswa ho sebedisa maikutlo a bona a tlhaho a ho sebedisa boinahanelo, ho ba le tshwaetso e itseng le ho sebetsa ka dintho, ho tsamaisa mmele, ho etsa mmino le ho phetha dipale. Baithuti ba lokela ho utulla le ho ntshetsa pele mehopolo ya bona ya boiqapelo ba itshetlehile ka boiphihlelo ba bona, ka tshebediso ya ditho tsa kutlo, maikutlo le ho lekola. Tsepamo ya ho ithuta e lokela ho itshetleha ntshetsopeleng ya bokgoni ka ditshebetso tse natefisang, tse itshetlehileng boiphihlelong ho ena le ho sebelletsa sehlahisweng se lokisitsweng hantle kotareng e nngwe le e nngwe. Tlhahiso ya bokgoni bona bo iqapelwang e bohlokwa ho ntlafatseng le ho laola bokgoni ba motsamao o moholo le o monyenyane wa mesifa. Bonono bo iqapelwang bo ikemiseditse ho qala motheo o lekantsweng wa boqapi, kelello le ntshetsopele ya phedisano. Kharikhulamong, Bonono bo iqapelwang bo hlophisitswe ka mekgahlelo e mmedi e bapileng le e tshehetsanang. Bonono bo Bohuwang le Bonono bo etsuwang (motjeko, tshwantshiso, mmino) .

Bonono bo Bohuwang bo hodisa bokgoni ba motsamao o amang kutlo le neheletsano ya motsamao o moholo le o monyenyane wa mesifa ka tshebediso e itseng ya dintho le kutlwisiso ya mawa a fapaneng a bonono. Mosebetsi wa **mahlakore a mabedi (2D)** o ikemiseditse ho ntlafatsa boitemohelo ba baithuti ba diketsahalo tsa nnete bophelong ka tsosoloso ya pono le kutlo, puisano le ho botsa, le ka ho kgothaletsa ho taka mmele o bontshang motsamao: ho palama, ho matha, ho dula le ho paqama. Ha ho tsela e 'nepahetseng' ya ho taka, mme baithuti ba lokela ho kgothaletswa ho itlhalosa ka bolokolohi, ba sa tshabe ho sehollwa. Mosebetsi wa **mahlakore a mararo (3D)** o ntshetsa pele mohopolo wa sebopeho sebakeng ka ho kopanya dikotwana tsa letsopa, ho kgomaretsa pampiri ho e nngwe, ho seha dibopeho, ho mena, ho tlama le ho phuthela. Tshebediso ya semmuso ya elemente e le nngwe kapa tse pedi tsa bonono e lokela ho kenyelletswa thutong e nngwe le e nngwe ya bonono bo bohuwang. Hona ho bolela hore baithuti ba lokela ho sebedisa le ho bua ka mela, dibopeho le mebala.

Bonono bo etsuwang Mokgahlelong wa Motheo bo fa baithuti monyetla wa ho buisana, ho tshwantshisa, ho bina, ho etsa mmino, ho tjeka le ho utulla motsamao ka boiaqapelo. Bokgoni ba baithuti ba boithapollo ba mmele le boiqapelo bo ntshetswa pele ka bonono bo etsuwang. Bonono bo etsuwang bo tsoselletsa kgopolo, bo kgothaletsa dikamano le ho bopa boitshepo le ho laola bophelo ba hao. **Dipapadi tsa boiqapelo le bokgoni** di lokisa mmele le lentswe,

mme dipapadi di sebediswa e le disebediswa tsa bokgoni ba ho ithuta. **Ho etsa matsapa le ho fana ka moelelo** ho dumella baithuti ho qapa mmino, motsamao le tshwantshiso ka bomong le ka tshebedisanommoho.

Thuto ya Boithapollo ba Mmele

Ntshetsopele ya bokgoni ba baithuti ba motsamao o moholo le o monyane wa mesifa le ntshetsopele ya kutlwisiso di bohlokwa Mokgahlelong wa Motheo. Ntshetsopele ya boithapollo ba mmele le motsamao wa mesifa ho bohlokwa ntshetsopeleng e phethahetseng ya baithuti. E phehisa haholo ntshetsopeleng ya baithuti ya phedisano, ya botho le ya maikutlo . Ho bapala, motsamao le dipapadi di phehisa haholo ntshetsopeleng ya makgabane le tjhadimong. Lehlakore lena le tsepamisitse ntshetsopeleng ya kutlwisiso le motsamao, morethetho, botsitso le lehlakore. Tsepamo Mokgahlelong wa Motheo e dipapading le mesebetsing e meng e tla bopa motheo wa ho ba le karolo dipapading hamorao. Kgolo ya boithapollo ba mmele, ntshetsopele, boithabiso le ho bapala di a toboketswa.

2.4 Ho ruta Mokgahlelong wa Motheo

Baithuti ba Kereiti ya R ba ka wela boemong ba 0-4 ba kgatelopele. Ka lebaka lena, *Maemo a Kgodiso ya ho Ithuta ha Mathomo a Naha (MKIMN)* ke tokomane e bohlokwa ya boitshetleho bakeng sa moralo, ho ruta le ho ithuta. Ho na le bokgoni bo bohlokwa boo baithuti ba banyane haholo ba hlokang ho bo utlwisisa pele ba ka ya Kereiting ya 1 mme Kereiti ya R e lokela ho ba thusa ho fumana bokgoni boo. E nngwe ya dikarolo tsa bohlokwa tsa titjhere ya Kereiti ya R ke ho nehelana ka tikoloho e bolokehileng, e hlwekileng le e hlokomelang bakeng sa baithuti, e nang le menyetla e lekaneng ya ho bapala le ho utulla lefatshe tlasa tataiso e sedi ya titjhere ya bona.

Titjhere o lokela ho fana ka:

- Mesebetsi ya tlwaelo, e hlophisehileng le dipapadi tsa bolokolohi tse natefisang le ho laoleha bakeng sa baithuti
- Mehlodi e fapaneng ya mesebetsi ya tlwaelo, e hlophisehileng mmoho le dipapadi tsa bolokolohi;
- Tikoloho e laolwang hantle, e loketseng bana mme e fihlellehang ha bonolo.

Baithuti bohle ba Mokgahlelong wa Motheo, ka ho qoholleha baithuti ba Kereiti ya R ha ba lokela ho tshwaseha ditulong hoseng hohle. Ba mpa feela ba hloka sebaka seo ba tla phuthuloha ho sona se nang le dikobo le mesamo mmoho le dibaka tsa ho sebelletsa tse nang le ditulo le ditafole moo ba ka bapallang teng, ba sebelletsang le ho tsamaya ka bolokolohi ho tsona.

Ka kakaretso, nakothuto ya Mokgahlelo wa Motheo e kenyelleditse mesebetsi ya tlwaelo, ya dipapadi tsa bolokolohi tse bapallwang ka hare le ka ntle, mmoho le mesebetsi ya e hlophisehileng. Mesebetsi ya tlwaelo le ya dipapadi tsa bolokolohi e ahelletswe tokomaneng ya Bokgoni ho tsa Bophelo ya Setatemente sa Leano la Kharikhulamo le Tekanyetso (SLKT) hobane hangata e kenyelletsa baithuti thutong ya boithapollo ba mmele kapa ya tsa bophelo.

2.4.1 Mesebetsi ya Tlwaelo

Mesebetsi ya tlwaelo e nka sebaka kgafetsa ka letsatsi le leng le le leng. Bonyane metsotso e leshome ya nako e abilweng bakeng sa karolo e nngwe le e nngwe ya ho ithuta ya Bokgoni ho tsa Bophelo e lokela ho sebedisetswa mesebetsi ya tlwaelo mohl. Papetla ya matsatsi a itseng e ka nka metsotso e leshome ya nako e abilweng bakeng sa Tsebo ya Motheo, hobane baithuti ba ithuta ka matsatsi a beke le dikgwedi. Metsotso e leshome e abetsweng Bonono bo iqapelwang e ka sebedisetswa tlwaelo ya ho ‘hlwekisa’ kaha hoo e le bokgoni bo bohlokwa ba bophelo. Metsotso e leshome ya nako e abetsweng Bophelo bo Botle ba Botho le Phedisano e ka sebedisetswa bakeng sa ditlwaelo tsa ho lekola bohlweki, ho tlatselletswa le ho beha disebediswa le diaparo moaparong o lokelang.

Mesebetsi ya Tlwaelo e kenyelletsa:

- Ditumediso tsa ho fihla le tsa ho sadisa hantle;
- Tlwaelo ya ho ya ntlwaneng;
- Tjhate ya matsatsi a tswalo;
- Tjhate ya matsatsi a itseng;
- Tjhate ya tsa bophelo;
- Boitokisetso ba Bonono bo iqapelwang le mesebetsi ya thuto ya boithapollo ba mmele mohl. Ho apara foreskoto/ eiprone, ho rola dieta;
- Nako ya ho hlwekisa ka morao ho bonono bo iqapelwang le dipapadi tsa bolokolohi.

2.4.2 Mesebetsi ya dipapadi tsa bolokolohi tsa kahare le tsa kantle

Mesebetsi ya dipapadi tsa bolokolohi e ka nka sebaka ka hare, ka ntle kapa ka bobedi. Nako e abetsweng Thuto ya Boithapollo ba mmele le Bonono bo iqapelwang e ka sebedisetswa dipapadi tsa bolokolohi, hobane bokgoni ba boithapollo ba mmele bo ithutwang le ho sebediswa nakong ya dipapadi tsa bolokolohi e tshehetsa ho ihtuta dikarolong tsena tse pedi tsa ho ithuta.

Mehlala ya mesebetsi ya dipapadi tsa bolokolohi e kenyelletsa:

DIPAPADI TSA BOLOKOLOHI KA HARE	DIPAPADI TSA BOLOKOLOHI KA NTLE
Bonono ba bolokolohi (ho penta, ho taka, ho bontsha ka mehlala)	Ho bapala ka metsi le seretse
Ho tabola, ho seha	Ho bapala ka lehlabathe
Ho kgomaretsa	Papadi tse sebedisang ditho tsa kutlo
Sebaka moo ho behilweng maboloko	Dipapadi tsa monahano o hole le nnete
Mesebetsi ya motsamao o monyane wa mesifa (mesebetsi ya ho tshwara pensele, ditong, dithwisa, diphazele, ho follela, ho loha ka mamao, ho etsa dibopeho tsa moaparo, jj.)	Dipapadi tsa motsamao o moholo wa mesifa (ho palama, ho tsokotseha, ho tsitsa/ho tsitsisa,jj.)
Lebokose la lehlabathe	Papadi ya diboloko
Dipapadi tse hole le nnete	Papadi ya bolo
Sebaka seo ho behwang dibuka ho sona	Dibapadiswa tsa mabidi
Sebaka sa ho iphumanela (tafole ya thahasello, ho nyalanya/ ho hlopha dikarete, mesebetsi e amang ditho tsa kutlo	Ho bopa
Sebakeng sa ho binela	Temo
Sebakeng sa ho ngolla	Ho hlokomela diphoofolo
Papadi ya diboloko	Mesebetsi ya bonono ya ka ntle

2.4.3 Mesebetsi e hlophisitsweng

Mesebetsi e hlophisitsweng ke mesebetsi e mekgutshwanyane ya ho ruta le ho ithuta, hangata e tataiswa ke tijthere. E ka etswa ke moithuti ka bomong, ka dihlopha tse nyane kapa e le baithuti kaofela ka phaposing ya borutelo, ho itshetlehile mofuteng wa thuto. Dikgopolo, dikahare le bokgoni tsa mesebetsi e hlophisitsweng di hlalositswe dikarolong tsa ho ithuta tokomaneng ya kharikhulamo.

2.4.4 Bokgoni ba tshebediso ya dikutlo

Ntshetsopele ya bokgoni ba monahano baithuting ba banyane ho bohlokwa haholo ho beheng motheo bakeng sa ntshetsopele ya ho ithuteng hohle nakong e tlang. Mona ho sebediswa ditho tsa kutlo bakeng sa ho fumana tlhahisoleseding ka tikoloho e re potapotileng kapa maemo. Ntshetsopele ya bokgoni ba ho sebedisa dikutlo ho etsahala ho phatlalla le ho ithuteng hohle. Matitjhere a lokela ho tsepamisetsa maikutlo ntshetsopeleng ya bokgoni ba ho sebedisa ditho tsa kutlo ho phatlalla le dikarolo tsohle tse nne tsa ho ithuta, mmoho le Dipuong le Mmetseng. Ho latelang ke bokgoni ba sehlooho ba tshebediso ya ditho tsa kutlo boo titjhere a lokelang ho bo tsepamisetsa maikutlo.

Bokgoni ba kgopolo ya pono - ho fumana le ho manolla tlhahisoleseding ka tshebediso ya mahlo-tlhalohanyo ya pono e tsepameng e etsa hore baithuti ba kgone ho bala, ho ngola le ho etsa mmetse

Ho kgetholla ka pono - bokgoni ba ho bona tse tshwanang, diphapang le ho hlalosa dintho ka botlalo;

Mohopolo wa pono - bokgoni ba ho hopola seo mahlo a se boneng le tatellano e nepahetseng ya kamoo dintho di bonwang ka teng;

Bokgoni ba ho utlwa - ho fumana le ho manolla tlhahisoleseding ka tshebediso ya ditsebe- bokgoni ba ho utlwa ka hloko ho etsa hore baithuti ba kgone ho fana ka moelelo ho seo ba se utlwang;

Ho kgetholla ka ho utlwa - bokgoni ba ho utlwa medumo e tshwanang le e fapaneng;

Mohopolo wa kutlo - bokgoni ba ho hopola seo ditsebe di se utlwileng le tatellano e nepahetseng ya kamoo medumo e utlwilweng ka teng;

Kgokahano ya letsoho le leihlo - matsoho le mahlo di sebetsa mmoho ho etsa motsamao, mohl. Ho akgela kapa ho kapa bolo;

Ponahalo ya mmele - ho elellwa mmele wa hae ka botlalo, k.h.r. O tsamaya le ho sebetsa jwang;

Lehlakore - ho bontsha lehlakore le leng le le leng la mmele, mohl. Ke letsoho lefe le akgwang;

Qatsoho - tabatabelo ya ho sebedisa letsoho le le leng kapa lehlakore la mmele, khr. Qatsoho e tona kapa e tshehadi;

Ho habahanya molahare - ho kgona ho sebetsa ho tswella moleng o hare o theosang mmeleng, mohl. Ho kgona ho rala mola ho tloha lehlakoreng le leng la leqephe ho isa ho le leng ntle le ho fetola sesebediswa ho tloha letsohong le leng ho ya ho le leng;

Kutlwisiso ya sebopeho se radilweng fatshe - ho kgona ho tsepamisa maikutlo nthong kapa karolong e itseng empa o sa nkele hloohong tse ding tsa dintho tse tsosolosang maikutlo, ntho eo ho tsepamisitsweng maikutlo ho yona e hlahelletse ka mahetla lekaleng la kutlwisiso ha tse ding di itshetlehile ho yona, mohl. Ho kgona ho bala lentswe le le leng polelong;

Kutlwisiso ya dibopeho - bokgoni ba ho elellwa dibopeho, disimbole, matshwao, ditlhaku, jj. Ho sa tsotellwe sebaka, boholo, boitshetleho, mohl. Ho ka elellwa sedikadikwe ka lebaka la sebopeho sa sona se ikgethileng;

Tlwaetso ya sebaka - bokgoni ba ho utlwisisa sebaka se potapotileng mmele wa hae, kapa kamano mahareng a ntho e itseng le ya bohileng, mohl. Katiba e hodima hlooho ya ka.

2.5 Mehlodi ya Bokgoni ho tsa Bophelo

Sesebediswa se seng sa phaposing ya Mokgahlelo wa Motheo se lekanyeditswe. Disebediswa tse ding di fumaneha ha bonolo ho feta tse ding. Hantlentle baithuti ba lokela ho fumana sesebediswa sena ka nako tsohle. Ba ka sebedisa mehlodi ena nakong ya mesebetsi ya dipapadi tsa bolokolohi, mesebetsi e hlophisitsweng, ha ba qetile mesebetsi e tataiswang ke titjhere kapa ha feela ba hloka nako ya ho phomola. Sesebediswa sena se lekanyeditsweng se kenyelletsa:

- Mekotlana ya dinawa, dithapo, dihupu, dibolo tsa boholo bo fapaneng, mapolanka a botsitso, disebediswa tsa ho bapala ka ntle(dithaere, difate, dithapo tsa ho palamela, Jungle gym), dikhafo/dikotwana tsa masela, dibete, ditshelo (dikotlolo, dinkgo, makotokoti a ka sebediswang ho etsa mokolokotwane),disekitele/dibotlolo(e le mekolokotwane), ntho e thata, e bataletseng, e bulehileng, dithutswana, ditshelo tsa ho bolokela, sekomporomaeye, ditene, dikhounu, dibalunu
- Mediya e ommeng: dikerayone tsa mafura, pampiri, dipastele tsa oli, tjhoko, dipensele tsa 2B, dipene tsa pento ya boya, mashala, lehlabathe
- Mediya e mongobo: pente, enke, dae, seretse
- Maborosolo a boholo bo fapaneng
- Maqephe a boholo le mebala e fapaneng
- Dihlahiswa tsa letsopa, mache wa pampiri, hlama ya ho bapala, seretse
- Difaha (kgalase, pampiri, polasetiki), mahlakana, makharoni, dikgetla, jj.bakeng sa ho follela
- Disebediswa tse sebediswang hape- mabokose, pampiri ya ntlwaneng, ditshelo tsa pholisterine, ditshelo , diporopo, pampiri e phuthelang, foile ya lekotikoto, lerapo, majwe, peo, dikoranta/dimakasine tsa kgale
- Sekgomaretsi, dikotwana tsa khateboto,dikere, setatjhe se kopantsweng pele
- Sebapala di-CD, di-CD, diletswa tsa mmino
- Diaparo tsa kgale, disebediswa tsa ho ja, ditshelo tse ka sebediswang jwale ka diporopo bakeng sa tshwantshiso le dipale tse hlokang nnete
- Diphazele le dibapadiswa tse ding tsa thuto tse rekilweng kapa tse iketseditsweng hae
- Ditshwantsho, dipapetla tsa leboteng le dimmapa
- Dibuka tsa tlhahisoleseding le tsa dipale(laeborari)
- Dilense tsa polasetiki/ kgalase e hodisang
- Batho- ditho tsa lelapa tse hodileng le baeti ba menngweng.

Bakeng sa Bonono bo iqapelwang, ho hlokeha tse latelang:

- Sebaka se bulehileng
- Diletswa tsa mmino, ho kenyelletswa tse rekwang le tse iketseditsweng
- Disebediswa tse utluwang le tse utlwuwang le ho bohwa tse nang le mmino e fapaneng, e lokelang
- Dipapetla le diphousetara

- Diporopo tse fapaneng, mohl. Dintho, dibolo, dintho tsa boholo le dibopeho tse fapaneng, diaparo tsa kgale
- Dintho tse tsosolosang maikutlo bakeng sa ho rala le ho bopa.

Disebediswa tse itseng tse hlokehang bakeng sa dihlooho tse itseng di totobaditswe Karolong ya 3

2.6 Kabo ya nako ya dikarolo tsa ho ithuta tsa Bokgoni ho tsa Bophelo Mokgahlelong wa Motheo

Kabo ya nako ka kotara bakeng sa Bokgoni ho tsa Bophelo ke dihora tse 60 ka kotara bakeng sa Kereiti ya R- 2, le dihora tse 70 ka kotara bakeng sa Kereiti ya 3. Hona ho bolela hore saekeleng ya matsatsi a mahlano ka beke, Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano di tla rutwa bakeng sa dihora tse 2 ka beke, Bonono bo iqapelwang bakeng sa dihora tse 2, Thuto ya Boithapollo ba Mmele bakeng sa dihora tse 2 Kereiting ya R- 2, Tsebo ya Motheo le Bophelo bo Bottle ba Botho le Phedisano e tla rutwa nako ya dihora tse 3 ka beke, Bonono bo iqapelwang bakeng sa dihora tse 2 mme Boithapollo ba Mmele bakeng sa dihora tse 2 Kereiting ya 3.

KEREITI YA R-2		KABO YOHLE YA NAKO KA KOTARA	KEREITI YA 3		KABO YOHLE YA NAKO KA KOTARA
Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	Dihora tse 2 ka beke	DIHORA TSE 60	Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	Dihora tse 3 ka beke	DIHORA TSE 70
Bonono bo iqapelwang	Dihora tse 2 ka beke		Bonono bo iqapelwang	Dihora tse 2 ka beke	
Thuto ya Boithapollo ba Mmele	Dihora tse 2 ka beke		Thuto ya Boithapollo ba Mmele	Dihora tse 2 ka beke	

Dikarolo tsena di bohlokwa ntshetsopeleng e phethahetseng ya moithuti mme di lokela ho rutwa kharikhulamong ya Kereiti ya R-3 ya letsatsi ka leng kapa beke ka nngwe.

2.7 Dihlooho

Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano di hlophisitswe e le dihlooho kharikhulamong ya Bokgoni ho tsa Bophelo. Tshebediso ya dihlooho e sisinngwa e le mokgwa wa ho hokahanya dikahare ho tswa dikarolong tse fapaneng tsa ho ithuta moo ho hlokehang ho bile ho lokela. Matitjhere a kgothaletswa ho fetofetola dihlooho e le hore di tsamaelane le maemo a dikolo tsa bona. Matitjhere a kgothlletswa hape ho kgetha dihlooho tsa bona haeba ba bona di lokela.

2.8 Ho beha dihlooho ho ya ka bohlokwa ba tsona

Kharikhulamo e radilwe ho ya ka dibeke tse 40 tsa selemo. Kabo ya nako e lekantsweng e fanwe bakeng sa sehlooho ka seng kotareng e nngwe le e nngwe, ho bontsha boima boo sehlooho ka seng se lokelang ho bo fuwa. Mesebetsi ya tlwaelo le dipapadi tsa bolokolohi tsa ka hare le ka ntle le tsona di lokela ho kenyelletswa sekejuleng sa ho ithuta. Matitjhere a ka hlophisa nako ya bona jwale kaha ba rata, mohl. Ba ka nka qeto ya ho etsa Tsebo ya Motheo le Bophelo bo Botle ba Botho Botho le Phedisano bakeng sa metsotso e 30 letsatsi ka leng ,ntle ho Labohlano, mme Bonono bo iqapelwang bo etswe ka Labobedi le Labone bakeng sa hora.

2.9 Tatellano le Kgatelopele

Tatellano e sisintsweng ya dihlooho e fanwe e le e nngwe ya dintlhatheo tsa thuto tsa ngwana pele ba eya sekolong, mme ke ho qala ka se tlwaelehileng ho moithuti ebe ho hlahiswa dihlooho le bokgoni tse sa tlwaelehang haholo ha morao. Kahoo tatellano le kgatelopele di ahelletswe popong ya dihlooho. Tatellano ya dihlooho e ka fetoha, empa matitjhere a lokela ho tsepamisa maikutlo kgatelopeleng le mohatong oo sehlooho se sebetswang ka ona

KAROLO YA 3: MORALO WA DISEBEDISWA TSA THUTO

KEREITI YA R

KOTARA YA 1 KEREITI YA R		
T**sebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano**	**Dihora tse 20** (Dihora tse 2/beke)	**Mehlodi e kgothaleditsweng** • Dibuka tse kgethilweng • Dikarete tsa padiso • Ditshwantsho • Disebediswa tsa ditlwaelo tsa bophelo bo botle • Papetla e bontshang thahasello ya Hlabula • Dintho tsa dibopeho le mebala e fapaneng

- **Etsa mesebetsi ya tlwaelo le dipapadi tse lokolohileng tsa ka hare le ka ntle jwalo ka ha ho totobaditswe Karolong ya 2**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse pedi ka kotara di abelwe sena)**

Sehlooho: Nna - Dihora tse 2

- Dintlha ka wena- lebitso, dilemo, aterese, nomoro eo o ka fumanehang ho yona
- Ke eng se etsang hore ke ikgethe - kenyelletsa lebitso, puo/dipuo, bong
- Bokgoni le tse thahasellwang

Ela hloko: Ke baithuti ba itseng feela ba tla tseba diaterese tsa bona le dinomoro tseo ba ka fumanehang ho tsona. Kgutlela ho sena ha morao.

Sehlooho: Sekolong - Dihora tse 2

- Lebitso la sekolo, titjhere, mosuwehlooho
- Matlwana le dibaka tsa ho bapalla
- Melao le ditlwaelo sekolong

Sehlooho: Ka phaposing ya borutelo - Dihora tse 2

- Moo ke bolokang dintho tsa ka ka phaposing ya borutelo
- Melao ya ka phaposing ya borutelo
- Ho sebetsa mmoho ka phaposing ya borutelo
- Nka bontsha jwang maikutlo a ka ka phaposing ya borutelo
- Nka utlwahatsa jwang maikutlo a ka

Sehlooho: Dibuka - Dihora tse 2

- Hobaneng re hloka dibuka
- Ho hlokomela dibuka
- Ho sebedisa dibuka bakeng sa tlhahisoleseding
- Dipale tseo ke di ratang
- Moo nka fumanang dibuka teng

Sehlooho: Matsatsi a beke - Dihora tse 2

- Matsatsi a beke
- Seo re se etsang ka matsatsi a fapaneng
- Maobane, kajeno le hosane

Sehlooho: Mmele wa ka - Dihora tse 2

- Hlwaya le ho bolela dikarolo tsa mmele - kenyelletsa le hore ke tse kae ho e nngwe le e nngwe
- Mesebetsi ya dikarolo tse fapaneng tsa mmele
- Ke mang ya ka amang le ya ke keng a ama mmele wa ka
- Mmele wa ka o hloka eng ho dula o phetse hantle

Sehlooho: Ho dula o phetse hantle - Dihora tse 2

Ditlwaelo tsa motheo tsa bophelo bo botle

- Ho hlapa kgafetsa
- Tlhwekiso ya meno, moriri, manala
- Ho hlatswa ditholwana pele o di ja
- Ditlwaelo tse nepahetseng tsa ntlwana
- Boroko
- Boikwetliso

Sehlooho: Hlabula - Dihora tse 2

- Boemo ba lehodimo Hlabula
- Kamoo tlhaho e amehang ka teng
- Kamoo diphoofolo di amehang ka teng
- Kamoo batho ba amehang kateng- mohl. seo re se jang, re se aparang, re se etsang, dipapadi tseo re di bapalang

Sehlooho: Dibopeho le mebala e re potapotileng - Dihora tse 2

- Sheba mme o bolele dibopeho tse fapaneng
- Dibopeho tse etsang dintho tse fapaneng
- Sheba le ho bolela mebala e fapaneng
- Ho fetoha ha mebala - mohl. e kganyang le e fifetseng

Mekete le matsatsi a kgethehileng - Dihora tse 2

KOTARA YA 2 KEREITI YA R		
Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	**Dihora tse 20** (Dihora tse 2/beke)	**Mehlodi e kgothaleditsweng** • Mehlala ya dintho tseo re di sebedisang lapeng • Ditshwantsho tsa mekete ya lelapa • Ditshwantsho tse bontshang maemo a fapaneng a lehodimo • Papetla e bontshang dintho tse thahasellisang tsa hwetla • Dintho tse fapaneng tse etsang modumo - ho kenyelletswa diletswa tsa mmino • Dintho tse fapaneng tse latsuwang,tse angwang le tse nkgwang

- **Etsa mesebetsi ya tlwaelo le dipapadi tse lokolohileng tsa ka hare le ka ntle jwalo ka ha ho totobaditswe Karolong ya 2**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse pedi ka kotara di abelwe sena)**

Sehlooho: Lapeng - Dihora tse 2

- Ke mang ya dulang lapeng
- Seo ke se etsang lapeng
- Ke mang ya sebetsang lapeng
- Mesebetsi e fapaneng eo re e etsang lapeng

Sehlooho: Polokeho - Dihora tse 2

- O ka bolokeha jwang lapeng
- Dibaka tse bolokehileng tsa ho bapala
- Dibaka tse sa bolokehang tsa ho bapala
- Ho bolokeha mmileng

Sehlooho: Lelapa leso - Dihora tse 2

- Ke mang eo e leng setho sa lelapa leso
- Mesebetsi eo ba lelapa leso ba e etsang mmoho
- Mesebetsi eo ba lelapa leso ba e ketekang - mohl. lenyalo, ditaba tse monate, matsatsi a tswalo

Ela hloko: Baithuti ba tloha malapeng a mangata a fapaneng. Nnetefatsa kenyelletso.

Sehlooho: Boemo ba lehodimo - Dihora tse 2

- Lehodimo le shebahala jwang - kenyelletsa mmala le maru
- Matsatsi a tjhesang, a batang, a nang le letsatsi, a pula, a moya - kenyelletsa seo re se aparang ka matsatsi ana

Ela hloko: Nnetefatsa hore baithuti ba se shebe letsatsi le ka mohla

Sehlooho: Hwetla - Dihora tse 2

- Boemo ba lehodimo ka Hwetla
- Kamoo tlhaho e amehang ka teng
- Kamoo diphoofolo di amehang ka teng
- Kamoo batho ba amehang kateng- mohl. seo re se jang, re se aparang, re se etsang, dipapadi tseo re di bapalang

Sehlooho: Modumo - Dihora tse 2

- Medumo eo re e utlwang
- Ke eng se etsang medumo eo re e utlwang
- Mmino oo ke o ratang
- Ka moo ho utlwa hore sirelletsang kateng
- Ho hlokomela ditsebe tsa ka

Ela hloko: Lokisetsa kharikhulamo e be maemong a loketseng baithuti ba nang le mathata a kutlo.

Sehlooho:Pono - Dihora tse 2

- Dintho tse mpotolohileng
- Kganya, lefifi le diriti
- Ho kgona ho bona ho etsa re bolokehe jwang
- Ho hlokomela mahlo a ka

Ela hloko: Lokisetsa kharikhulamo e be maemong a loketseng baithuti bao e leng difofu kapa ba sa boneng hantle.

Sehlooho: Kamo - Dihora tse 2

- Dintho tse fapaneng di utlwahala di fapane
- Hlahisa mantswe a matjha: thata, bonolo, boreledi, mahwashe, bata, tjhesa, futhumetse, phodile
- Ho iphumana maemong a fapaneng a themphereitjhara mmoho le boleng bo fapaneng.

Sehlooho: Tatso le monko - Dihora tse 2

- Ditatso le menko eo ke e ratang
- Ditatso tse ntjha ho nna
- Polokeho ha o latswa
- Menko e fapaneng e re potolohileng
- Moo menko e tswang teng

Mekete le matsatsi a kgethehileng - Dihora tse 2

KOTARA YA 3 KEREITI YA R		
Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	**Dihora tse 20** (Dihora tse 2/beke)	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka: • Papetla e thahasellisang ya mariha • Ditshwantsho tse bontshang dipalangwang tsa mehleng ya kgale • Ditshwantsho tsa batho ba etsang mesebetsi e fapaneng • Baeti ba memetsweng ho bua ka mesebetsi e fapaneng e hohelang • Dibaka tsa ho bapalla tsa metsi tse nang le ditshelo tse methang • Dintho tse phaphaphallang le tse tebang • Ditholwana le meroho e mmalwa e kgethilweng • Ditshelo tse fapaneng tse sa tshelang tsa dihlahiswa tsa lebese • Polokwe ya boya le dihlahiswa tse entsweng ka boya • Mehlala ya dintho tse ka sebediswang hape

- **Etsa mesebetsi ya tlwaelo le dipapadi tse lokolohileng tsa ka hare le ka ntle jwalo ka ha ho totobaditswe Karolong ya 2**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse pedi ka kotara di abelwe sena)**

Sehlooho: Mariha - Dihora tse 2

- Boemo ba lehodimo mariha
- Kamoo tlhaho e amehang ka teng
- Kamoo diphoofolo di amehang ka teng
- Kamoo batho ba amehang kateng- mohl. seo re se jang, re se aparang, re se etsang, dipapadi tseo re di bapalang

Sehlooho: Dipalangwang - Dihora tse 2

- Ho ya sekolong
- Mefuta e fapaneng ya dipalangwang
- Dipalangwang mehleng ya kgale

Sehlooho: Mesebetsi eo batho ba e etsang - Dihora tse 2

Mesebetsi e amanang le :

- Dipalangwang mohl. bakganni diterene, diteraka le ditekesi; balaolasephethephethe; bakganni le basebetsi ba difofane
- Bophelo mohl. dingaka, dingaka tsa meno, mokganni wa koloi ya bakudi
- Dijo mohl. Boramabenkele, basebelletsi phepong ya dijo, ralebaka, rapolasi
- Ditshebeletso mohl. seahi, mosebeletsi wa dipompo tsa metsi, ramotlakase, mapentane

Ela hloko: Hopotsa baithuti hore monna kapa mosadi a ka kgetha ho etsa mosebetsi ofe kapa ofe.

Sehlooho: Metsi - Dihora tse 2

- Dintho tse phaphallang le tse tebang
- Dintho tse phelang metsing
- Ho tswaka dintho tse fapaneng metsing ho fetola kamoo di shebahalang ka teng.
- Ho tshela le ho metha metsi
- Ho baballa metsi

Sehlooho: Ditholwana - Dihora tse 2

- Mefuta e fapaneng ya dithowlana
- Ditatso le boleng ba ditholwana
- Moo ditholwana di tswang teng
- Mebala le dibopeho tsa ditholwana

Sehlooho: Meroho - Dihora tse 2

- Mefuta e fapaneng ya meroho
- Ditatso le boleng ba meroho
- Moo meroho e tswang teng
- Mebala le dibopeho tsa meroho

Sehlooho: Kgwebo ya dihlahiswa tsa lebese - Dihora tse 2

- Dihlahiswa tsa lebese le diphoofolo tseo di tswang ho tsona
- Kamoo re fumanang sereledi/botoro ka teng

Sehlooho: Kgwebo ya boya - Dihora tse 2

- Polasi ya dinku
- Boya bo tswa kae
- Mesebetsi ya boya

Sehlooho: Tikoloho e bolokehileng - Dihora tse 2

- Bohlokwa ba tikoloho e hlwekileng
- Ditsela tseo batho ba silafatsang tikoloho ka tsona
- Bohlokwa ba dintho tse sebediswang hape

Mekete le matsatsi a ikgethang - Dihora tse 2

KOTARA YA 4 KEREITI YA R		
Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	**Dihora tse 20** (Dihora tse 2/beke)	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka: • Papetla e thahasellisang ya selemo • Laeborari/dibuka tsa tlhahisoleseding • Ditshwantsho

- **Etsa mesebetsi ya tlwaelo le dipapadi tse lokolohileng tsa ka hare le ka ntle jwalo ka ha ho totobaditswe Karolong ya 2**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse pedi ka kotara di abelwe sena)**

Sehlooho: Selemo - Dihora tse 2

- Boemo ba lehodimo nakong ya selemo
- Kamoo tlhaho e amehang ka teng
- Kamoo diphoofolo di amehang ka teng
- Kamoo batho ba amehang kateng- mohl. seo re se jang, re se aparang, re se etsang, dipapadi tseo re di bapalang

Sehlooho: Dinonyana - Dihora tse 2

- Mefuta e fapaneng ya dinonyana
- Makgetha a akaretsang a dinonyana - ditshiba, maoto a mabedi, molomo, ho behela mahe
- Dinonyana tse sa fofeng - mpshe, penkwene
- Dihlaha

Sehlooho: Dihahabi - Dihora tse 2

- Mefuta e fapaneng ya dihahabi - mohl. kwena, noha, mokgodutswane
- Makgetha a dihahabi - tsa madi a batang, tsa mmele o makgakgapha, ho behela mahe
- Fumana haholwanyane ka bonyane sehahabi se le seng

Sehlooho: Daenasoso - Dihora tse 2

- Daenasoso tse fapaneng
- Didaenasoso di ne di phela jwang
- Kamoo re tsebang ka didaenasoso ka teng kajeno

Ela hloko: Sebedisa dibuka tsa ditshwantsho ho tswa laeboraring

Sehlooho:Diphoofolo tse hlaha - Dihora tse 2

- Phoofolo e hlaha ke eng?
- Mefuta ya diphoofolo tse hlaha
- Moo re fumanang diphoofolo tse hlaha teng
- Kamoo diphoofolo tse hlaha di phelang ka teng

Sehlooho: Ho fumana haholwanyane ka phoofolo e le nngwe e hlaha - Dihora tse 2

- Kgetha phoofolo e le nngwe e hlaha eo o tla ithuta ka yona
  - Kamoo phoofolo eo e shebahalang ka teng
  - Moo e phelang teng
  - Seo e se jang
  - Madinyane le moo a hlahelang teng
  - Ntlha ya tlatsetso e hohelang

Sehlooho: Dipapadi - Dihora tse 2

- Papadi eo ke e ratang
- Hobaneng ho ena melao dipapading
- Hobaneng papadi e ntoketse

Mekete le matsatsi a ikgethang - Dihora tse 2

Momahanya dihlooho le tekanyetso - Dihora tse 4

Kotara ya 1 Kereiti ya R		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Sheba mehlodi e lekanyeditsweng ya Bokgoni ho tsa Bophelo Karolong ya 2

Dikahare tse latelang di lokela ho rutwa Kotareng ya 1. Kgetha dihlooho tse loketseng ho Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo a dithuto tsa Bonono bo Etsuwang le Bonono bo Bohuwang.

Bonono bo Etsuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Ho iphuthumatsa le ho hema o sebedisa diketso tsa ka mehla, jwalo ka ho tsoha o apare - ho ikotlolla, ho ikgara, ho itshotha, ho itsoka, ho habahanya molahare
- Ho bopa tlhokomediso ya sebaka: dipapadi tsa ho emisa seo o se etsang, ho fumana sebaka sa hao o sa thule
- Ho boloka morethetho o iketlileng:ho bapala dipapadi tsa morethetho jwalo ka ho opa diatla, ho tila,ho otlanya o sebedisa merethetho le sekgahla tse fapaneng
- Ho ithuta mmino, motsamao le lentswe:-ho tsepamisa sekgahleng kapele le butle
- Ho bina dipina a sebedisa dikarolo tse fapaneng tsa mmele ho hlalosa pina
- Ho sebedisa lentswe le motsamao ntle le maikemisetso diraemeng le dipaleng tseo ho nkwang karolo ho tsona.
- Ho phodisa mmele le ho phomola (mohl. mosebetsi wa ho qhibidihisa aesekirimi)

Ho etsa matsapa le ho hlalosa

- Ho iqapela dipale tse thehilweng hodima menahano e ke keng ya fihlellwa kapa boiphihlelo ba bophelo ba hae a sebedisa lentswe (ho bina/ho bua), motsamao, mmino, dintho tse sebediswang tshwantshisong le mawa a tshwantshiso
- Ho hlahisa maikutlo le mehopolo ka motsamao le pina (mohl. Tau e halefileng, tweba e lapileng)
- Ho utolla dikutlo ka ho tshwantshisa dipale, diraeme le dipina, (mohl. 'ho tataisa sefofu', ho utlwa boleng bo fapaneng ba dintho)

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Taka le ho fana ka tlhaloso ya hae ya metako, a sebedisa sehlooho sa beke, a sebedisa kerayone ya mafura, dipastele tsa oli le disebediswa tse ding tsa mongolo
- Ho penta: a sebedisa pente e tswakilweng pele kapa enke ya mmala kapa didae mebaleng ya motheo le ya tlatsetso ho arabela sehloohong sa beke
- Dielemente tsa bonono: boiphihlelo boo e seng ba semmuso le tshebediso ya sebopeho metakong le ho penteng
- Dintlhatheo tsa meralo: tshebediso eo e seng ya semmuso ya diphapano (kgolo/nyane, telele/kgutshwane) ho takeng le ho penteng.
- Dipampiri tsa dibopeho le meralo e fapaneng: kgothalletsa ho sebetsa ka dikala tse fapaneng

Ho bopa ka mahlakore a 3

- Motsamao wa mesifa e mesesane le dikgokahanyo tsa dikutlo: (kgokahano ya leihlo-letsoho-kelello) ho sebedisa dikere le disebediswa tse ding

Litheresi e bohuwang (e rutwe kotare kaofela)

- Ho bolela sebopeho sa mosebetsi wa hae seo a se bopileng

Kotara ya 2 Kereiti ya R		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Sheba mehlodi e lekanyeditsweng ya Bokgoni ho tsa Bophelo Karolong ya 2

Dikahare tse latelang di lokela ho rutwa Kotareng ya 2. Kgetha dihlooho tse loketseng ho Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo a dithuto tsa Bonono bo etsuwang le Bonono bo bohuwang.

Bonono bo Etsuwang -Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Ho iphuthumatsa a sebedisa mesebetsi ya ka mehla jwalo ka 'ho hlwekisa dieta tsa ka',, 'ho alola bethe ya ka'
- Tlhokomediso ya mmele a utolla sebaka le ditshupiso jwalo ka kgolo, nyane, hodimo, tlase, hole, haufi
- Mmino, lentswe le motsamao: tsepamisa diphetohong jwalo ka hodimo le bonolo, matla le ha bobebe
- Dipina tsa boholoholo, dipapadi tsa morethetho le diraeme a sebedisa diphetoho tse fapaneng (o hodimo, o tlase, matla, bobebe) ka ho opa le ho tila.
- Motsamao wa mesifa e meholo jwalo ka ho tlola le ho qhoma, le arolelana sebaka, le ho se thulane
- Bokgoni ba ho mamela: ho arabela matshwaong, ditemoso, dipale, diraeme le dipina, jwalo ka 'emisa' 'Hodimo!', 'Tlase!'

Ho etsa matsapa le ho hlalosa

- Ho hlalosa dipina tsa boholoholo le tse ding a sebedisa diphetoho tse fapaneng jwalo ka bonolo, lerata, jj.
- Tshwantshisa maemo a kgodisang, monahano o hole le ho fihlellwa le boiphihlelo ba hae ba bophelo.
- Ho bopa le ho etsisa medumo dipaleng, jwalo ka ho bobola ha dinotshi, ho terepela ha dipere, ho hosha ha noka.
- Ditshupiso, mehato (hodimo, mahareng le tlase) le dibopeho tse ithutwang ka motsamao wa boiqapelo le dipale
- Tshwantshiso, a sebedisa dipale tsa boholoholo tse teng, thothokiso, raeme ya keretjhe kapa pina e le tsosolloso.
- Tshebediso ya dintho tse sebediswang tshwantshisong(dipropo) ka boiqapelo motsamaong , tshwantshiso le mmino

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Tshebediso ya dielemente tsa bonono tseo e seng tsa semmuso, sebopeho le mmala ka ho taka le ho penta ho arabela sehloohong sa beke
- Ho sebetsa ka boholo bo fapaneng ho eketsa ho tlhokomediso ya dintlha
- Ho hlalosa dikarolo tsa mmele ka ho taka le ho penta
- Mawa a bonolo a ho ngola a sebedisa dintho tse fumanwang jwalo ka dikwahelo tsa dibotlolo, majwe, mahlaku.

Ho bopa ka mahlakore a 3

- Bokgoni le mawa a ho betla: ho seha, ho mamaretsa, ho tabola
- Ho sebedisa letsopa la ho bapala ho etsa ditshwantsho ka bolokolohi:ho bopa, ho sotha, ho thetha

Litheresi e bohuwang

- Ho sheba le ho bua ka ditshwantsho tsa dibuka: bolela dibopeho le ho khalara ditshwantsho dibukeng, a hlwaya diphapano kgolo/nyane, telele/kgutshwane ditshwantshong tsa dibuka

KOTARA YA 3 KEREITI YA R		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Sheba mehlodi e lekantsweng ya Bokgoni ho tsa Bophelo Karolong ya 2

Dikahare tse latelang di rutwe Kotareng ya 3. Kgetha dihlooho tse loketseng ho Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo dithutong tsa Bonono bo Etsuwang le Bonono bo Bohuwang.

Bonono bo Etsuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Metsamao ya ho iphuthumatsa a sebedisa diketso tsa dipale bakeng sa tsosellotso
- Ho holopa ha pone a sebedisa morethetho le motsamao
- Mmino, lentswe le motsamao, a tsepamisa ho phahameng le ho theoheng ha lentswe: hodimo le tlase
- Ho sebedisa diletswa tse otlanngwang ho boloka morethetho o iketlileng le ho bopa bokgoni ba nyumeresi ka ho bala
- Tshebediso ya ho otlanya dikarolo tsa mmele/ disebediswa tsa mmino ho etsa dipaterone tsa morethetho tse bonolo
- Tlhokomediso ya sebaka ka motsamao wa ho etsa dibopeho, didikadikwe le mela.
- Tshebediso ya dikarolo tsa mmele le ditshupiso tsa sefahleho ho bontsha maikutlo jwalo ka ho hlonama le ho thaba
- Ho phodisa mmele le ho phomolo mohl.ho phaphalla ka metsing jwalo ka lehlaku.

Ho etsa matsapa le ho hlalosa

- Dipina: tsepamiso ho phahameng le ho theoheng ha lentswe jwalo ka ‘Tlou ena, tlou ena’ (hodimo) le ‘Nkgono mmakalane(tlase)’
- Merethetho: boleng ba dinoto tse telele le tse kgutshwane (nako) a sebedisa ho otlanya dikarolo tsa mmele /kapa diletswa
- Tshwantshisa maemo a kgodisehang, kapa boiphihlelo ba bophelo ba hae ka motsamao le pina
- Dintho tse tshwarehang tse emelang dintho tse ding dipapading tsa ditshwantsho, jwalo ka: kgaba e le lere la mejiki, katiba e le seterebele sa koloi, jj.

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Ho taka le ho penta ka bolokolohi a sebedisa sehlooho sa beke
- Ho tswaka pente ya hae ho lokisa.
- Ho bontsha ka diketsiso tsa mmele hoo eseng ha semmuso: ho tlola, ho matha, ho robala, le tse ding
- Ho sebetsa ka meralo e fapaneng le boholo bo fapaneng ba pampiri le maborashe a boholo bo fapaneng ho sebetsa ka dintlha tse eketsehileng.

Ho bopa ka mahlakore a 3

- Ho bopa ka bolokolohi a sebedisa disebediswa tsa mefuta e fapaneng: mabokose a manyenyane, dintho tse ka sebediswang hape jwalo ka dikonopo, mabokose a mahe,tse sehilweng khatebotong, le tse ding
- Kgothaletsa ntshetso pele ya bokgoni ka ho sebedisa dintho
- Sebedisa letsopa la ho bapala ho ntlafatsa bokgoni ba motsamao wa mesifa e mesesane ; ho thetheha, ho tsipa, ho kopanya

Litheresi e bohuwang

- Ho sheba le ho bua ka mmala le sebopeho ditshwantshong le dinepeng
- Ho arabela dipotsong a bontsha ho elellwa mmala le sebopeho

KOTARA YA 4 KEREITI YA R		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Sheba mehlodi e lekanyeditsweng ho Bokgoni ho tsa Bophelo Karolong ya 2

Dikahare tse latelang di rutwe Kotareng ya 4. Kgetha dihlooho tse loketseng tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo dithutong tsa Bonono ba Etsuwang le Bonono bo Bohuwang.

Bonono bo Etsuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Ho futhumatsa mmele a sebedisa mehato (hodimo, tlase le hare) jwalo ka ho fihlela papadi ya 'frisbee', ho kgasa jwalo ka seboko, dirolasekeiti, jj
- Ho etsa dibopeho ka mmele, o tsepamisa didikadikweng le dikgutlonnetsepeng/sekwere
- Ho tsitsa ka leoto le le leng jwalo ka ho ba thupa, palesa e kojwang ke moya, ho tsamaya hodima thapo e tiileng, jj
- Ho phodisa mmele le ho phomola: lehlaku le pheulwa ke moya o mosesane, jj

Ho etsa matsapa le ho hlalosa

- Diketsiso tse bonolo jwalo ka ho ja aesekirimi, ho baka dikuku, ho lema le ho nosetsa peo, jj
- Ho mamela pale, le ho hlalosa dinako paleng ka ditshupiso tsa sefahleho, motsamao le modumo o loketseng
- Tlhokomediso ya sebaka ka motsamao le modumo jwalo ka ho nka leeto ka koloi,ka sefofane,ka terene, ka bese,ka helikoptara,ka tekesi,ka dithuthuthu,ka dibaesekele, jj

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Ho taka le ho penta a sebedisa sehlooho sa beke
- Ho sebedisa dipaterone tse takilweng ka sepheo; elellwa dipaterone moo a phelang
- Sebedisa mmala ho etsa dipaterone
- Ho etsa mawa a bonolo a hatisitsweng ho etsa dipaterone tseo eseng tsa semmuso

Ho bopa ka mahlakore a 3

- Bopa bokgoni ba ho taka le ho laola motsamao wa mesifa e mesesane ho tlama, ho phuthela le tse ding.
- Ho sebedisa dintlha tse kgolo ho bopa ditshwantsho ka hlama ya ho bapala : ho tsipa, ho hula, ho thetha dintho tse nyane
- Ho etsa dibopeho tsa letsopa tseo e seng tsa semmuso

Litheresi e bohuwang

- Ho bolela mabitso a totobetseng a mmala le sebopeho (mebala e hlakileng le fifetseng, dibopeho tse bonolo tsa jeometri)

KOTARA YA 1 KEREITI YA R		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka: Dikutu tse fapaneng, mapolanka, dithaere, dibolo, mekotlana ya dinawa, dibapadiswa tsa mabidi tseo baithuti ba tla di sebedisa ka nakoya ho bapala e lokolohileng Dipene tsa ho tshwaya, diJungle gym, dithuto tsa ditshita; mmino

Motsamao wa mesifa e meholo

- Tsamaya le ho mathela mahlakoreng a fapaneng ntle le ho thulana
- Ho matha ka maoto le matsoho
- Ho matha o potoloha matshwao a mabedi a thadilweng
- Ho matha pakeng tsa matshwao a mabedi a thadilweng
- Motsamao oo e seng wa mesifa e meholo, a sebedisa dikutlo: Ho sebedisa dikutlo: baithuti ba palama ka ho phunyelletsa dihupu, ba etsa mmele ya bona e be melelele,e be mahareng le ho ba menyane

Metsamao ya mesifa e amang dikutlo.

- Ho sebedisa dikutlo: ho elellwa ditshita tse bonolo mohl, ho tlola, ho matha, ho akgela, ho palamela. Baithuti ba bona moo ba lokelang ho ya teng
- Sebedisa dikutlo tsa kamo: ho matha a thetsa dintho tse fapaneng lebaleng la dipapadi, maboteng, dikutu tsa difate, dibopeho tsa “jungle gym”, majwe, jj. Ba ba le boiphihlelo ba ho ama dibopeho tse fapaneng
- Tshebediso ya dikutlo tsa kamo: ho kwala mahlo ka lesela, baithuti ba fumana dintho ka ho di ama jwalo ka mekotlana ya dinawa, disekitlele, dibolo jj

Morethetho

- Ho tlola ka maoto a kopaneng le ka maoto a fapanyetsanang
- Sebedisa kutlo ya ho mamela: bapala boleke maipatile, ho letsa tshepe hore ba bang ba latele modumo
- Sebedisa kutlo ya ho mamela: ho bapala ka dintho tse etsang medumo jwalo ka dikwahelo tsa dibotlolo tse kentsweng ka hara lekotikoti ho etsa modumo kapa tse hoketsweng kgweleng ho potoloha maoto. Baithuti ba a tlola le ho etsa motsamao bakeng sa morethetho o itseng.

Kgokahano

- Ho akgela le ho kapa mekotlana ya dinawa
- “Jungle gym” - ho tsamaya o itshwarelletse ka ho hong ho leketlileng hodimo
- “Jungle gym”, ho palamela hodimo lereng

Botsitso

- Dipabadi tsa ho ipata ho potoloha disekitlele ho fetolwa ditshupiso
- Hlwaya ditsela tse fapaneng tsa ho tsamaya dibiming tsa botsitso
- “Jungle gym” - ho tsamaya o tsitsitse dibopehong tse tlase tse tsitsitseng
- Ho tsitsa ka leoto le le leng dipapading tse fapaneng

Tlwaetso ya sebaka

- Ho mathela mahlakoreng a fapaneng ntle le ho thula ba bang a sebedisa dibaka tsohle tse teng
- Dibopeho tse fapaneng: sedikadikwe, kgutlonnetsepa, sebopeho sa taemane
- Ho tlolela ka nqane le ho tsamaya ka tlasa ditshita, ho kgasa, ho palama, ho tlola jj.
- “Jungle gym”, ho kgasa le ho tswapela diforeimeng o sebedisa dikarolo tse fapaneng tsa mmele

Lehlakore

- Mesebetsi e sebedisang lehlakore le seng matla la mmele, k.h.r fetohela ho le letshehadi/le letona; ho sebedisa letsoho le letshehadi/le letona, jj.
- Ho paqama fatshe ... ka lehlakore o thethehela ho le letshehadi/le letona

Dipapadi

- Boleke maipatile
- Mesebetsi ya dikutlo tse fapaneng, ho bapalla ka metsing ka dintho tsa polasetiki tse fapaneng.

KOTARA YA 2 KEREITI YA R		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka: Dintho tsa thuto ya ditshita; mmino, mekotlana wa dinawa, dibolo jj. dithapo, “jungle gym” jj.

Motsamao wa manonyeletso/oo e seng wa manonyeletso

- Dikarolo tsa mmele: ho bina dipina le merethetho ha ba ntse ba ithuta dikarolo tsa mmele, k.h.r. hlooho, mahetla, molala, sefuba, dinoka, maoto, mangole, menwana, nko, molomo, seledu, setswe, manonyeletso a letsoho, matsoho le maoto.
- Ho mathela morao le pele
- Ho matha ka potlako le butle

Metsamao ya mesifa e amang dikutlo

- Ditshita tse bonolo tsa thuto mohl. ho tlola, ho matha, ho kgasa, ho thella ka mpa, ho palamela, jj..
- Thetha bolo e kgolo o e lebisa ho mphato wa hao ... mphato wa hao o kgutlisa bolo
- Ho sututsa balunu

Morethetho

- Ho sebedisa mmino kapa ho otlana ha dikarolo tsa mmele, hlwaya dikarolo tsa mmele mme o tsamaya ka morethetho ho latela ditaelo tseo ho fanweng ka tsona, k.h.r. thetsa menwana... thetsa hlooho ... thetsa nko, jj

Kgokahano

- Ho akgela le ho kapa mekotlana ya dinawa
- “Jungle gym” - ho leketla le ho le ho tsokotseha o itshwareleditse tshepeng e rapameng ya “jungle gym”
- “Jungle gym” - ho palamela hodimo le tlase lereng ya “jungle gym”

Botsitso

- Dikarolo tsa mmele: ka ho sebedisa mekotlana ya dinawa baithuti ba kopitsa titjhere moo ba ka behang mokotlana wa dinawa teng, k.h.r. ha ba tsamaya ba beha mokotlana wa dinawa hloohong; beha mokotlana wa dinawa lengoleng le letona/ le letshehadi ha ba tsitsitse ka leoto le le leng; beha mokotlana wa dinawa lehetleng (le letona/le letshehadi) ha ba ntse ba tsamaya, jj.
- Botsitso: ho tsamaya hodima mola; botsitso dinthong tsa boemo bo tlase

Tlwaetso ya sebaka

- Mathela dibakeng tse fapaneng ka taelo ya titjhere ba sebedisa sebaka sohle se teng
- Dibopeho tse fapaneng: ho matha o potoloha
- Ho tlolela ka nqane le ho tsamaya ka tlasa ditshita, ho kgasa, ho palamela, ho tlola, jj.
- “Jungle gym”: ho kgasa le ho tswapela diforeimeng ba sebedisa dikarolo tse fapaneng tsa mmele

Lehlakore

- Dikarolo tsa mmele - ho matha ... ho wa ka sefahleho,ho paqama fatshe ... ho thetheha ka mekokotlo le ka mahlakore matshehadi/le a matona
- Ho tsamaela ka mahlakoreng a matshehadi/le a matona

Dipapadi

- Akgela mekotlana ya dinawa/dibolo ka hara ditshelo
- Otlanya, kapa, akgela

KOTARA YA 3 KEREITI YA R		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka: Dibolo, dintho tse bontshang matshwao le disekitele,masela a mebala, dithapo, malente, dintho tse tlase jwalo ka dithaere, majwe, dikutu.

Motsamao wa mesifa e meholo

- Tsamaela le ho mathela mahlakoreng a fapaneng
- Tsamaya, hwanta, tlola, thella,holopa, qhoma le ho thetheha
- Motsamao oo e seng wa mesifa e menyenyane: inama, otloloha le ho ikgara mmele o etsa dibopeho tse fapaneng

Metsamao ya mesifa e amang dikutlo

- Dithuto tse bonolo tsa ditshita mohl.ho tlola, ho matha, akgela, palamela, jj.
- Ho tlolela ka nqane ho thapo e swinkang
- Ho tlolela ka nqane ho ditshita tse tlase jwalo ka thapo e tshwaretsweng tlase
- Tlola ho qeta sebaka se itseng fatshe.

Morethetho

- Ho tlola ka maoto a kopaneng le ka maoto a fapanyetsanang
- Sekotjhe sa ho tlolatola se bonolo,ho tlola hang,ho tlola hang ka maoto a mabedi, ho tlola habedi ka leoto le le leng

Kgokahano

- Ho akgela le ho kapa mekotlana ya dinawa
- “Jungle gym” - ho tsamaya o itshwarelletse ka ho hong ho leketlileng hodimo
- “Jungle gym”, ho palamela hodimo lereng

Botsitso

- Ho palamela hodima dintho tse tlase jwalo ka dithaere, ditulo, jj.
- Botsitso: Ho tsamaya hodima thapo. ho tsamaya hodima dithaere, dikutu, mapolanka, majwe, jj.
- Hlwaya ditsela tse fapaneng tsa ho tsamaya ho habahanya le dibimi tsa botsitso, ho phahama le ho thetsa fatshe hantle feela (koba mangole)
- “Jungle gym” - ho tsamaya o tsitsitse dibopehong tse tlase tsa botsitso
- Ho tsitsa ka leoto le le leng le letshehadi/le letona

Tlwaetso ya sebaka

- Tshupiso le ditsela: ho tsamaya moleng o otlolohileng, moleng o kgopameng le motsamao wa zikizeke
- Lebelo: ho tsamaya ka potlako, ho hwanta ka potlako, ho matha ka potlako o bapile le mola o otlolohileng, mola o kgopameng le zikizeke
- Ho tlolela ka nqane le ho tsamaya ka tlasa ditshita, ho kgasa, ho palamela, ho tlola, jj.
- “Jungle gym”: ho kgasa le ho tswapela diforeimeng a sebedisa dikarolo tse fapaneng tsa mmele

Lehlakore

- Ho tsamaela ka lehakoreng le letshehadi/le letona moleng o otlolohileng, moleng o kgopameng le wa zikizeke
- Tlolatlola ka leoto le fokolang

Dipapadi

- Letsa le ditsomi; tweba le katse, phiri le nku; tshwara mohatla, jj.

KOTARA YA 4 KEREITI YA R		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Dintho tsa thuto ya ditshita, phala, dibolo tsa mefuta, dikoranta, jj

Motsamao wa mesifa e meholo

- Boikwetliso ba thuto ya ditshita: mohopolo wa motsamao wa mesifa, baithuti ba qala ka mosebetsi wa pele mme ba qetelle ka mosebetsi wa ho qetela ka tatellano e tsepameng le ho hopola seo ba lokelang ho se etsa seteisheneng ka seng
- Ho tsamaya o leba mahlakoreng a fapaneng ka lebelo le fapaneng, ho kenyelletswa ho emisa ha o laelwa, kapa ho etsa motsamao o motjha
- Motsamao oo e seng wa mesifa e meholo: ho sotheha, ho ikgara, ho se ikgare, ho ikotlolla, ho inama, jj.

Metsamao ya mesifa e amang dikutlo

- Kgokahano ya letsoho le leihlo: akgela bolo e kgolo moo e reretsweng teng, ho thethela bolo e nyane moo e reretsweng
- Tshwara bolo e kgolo; e mahareng le e nyane boholeng le bophahamong bo fapaneng
- Ka bobedi,otlanya le ho tshwara bolo e kgolo
- Ho otla: ka seatla se bulehileng, otla balunu,otla bolo e kgolo le ho tswela pele bolong ya tenese

Morethetho

- : Sebedisa dipina tsa diketsiso: baithuti ba kopitsa motsamao wa titjhere - metsamao e kenyelletsa, ho hwanta, ho holopa, ho qhoma, ho tlola, ho potoloha le botsitso

Kgokahano

- Kgokahano ya letsoho le leihlo:otlanya bolo e kgolo, e mahareng le e nyane
- Akgela le ho tshwara mokotlana wa dinawa ka matsoho a mabedi/ le ka letsoho le letshehadi kapa le letona
- Akgela mokotlana wa dinawa ka hara hupu e behilweng fatshe bohole ba dimitara tse pedi
- Ho otla:sebedisa mofeng wa molamu wa kerikete kapa koranta e thathilweng mme o otle bolo ho tloha ho “T” mme o tswele peleka mesebetsi ya ho akgela le ho otla bolo bonolo: (bolo ya tenese)
- Kgokahano ya letsoho le leoto: dumedisanang ka maoto; ho tswedipanya bolo ka maoto (le letshehadi/le letona), rahela bolo moo e reretsweng teng.

Botsitso

- Ho tsamaya hodima dithapo tse behilweng fatshe, dithaere, tsitsa ka ho fapanya maoto
- Dipapadi, baithuti ba tsamaya hodima makotikoti (a jeme a diaonse tse 48) a tlamelletsweng ka dithapo maotong, ho tshwara thapo ka letsohobakeng sa ho tsitsa.

Tlwaetso ya sebaka

- Dipapadi tsa thanele/mohohoma, k.h.r. ho kgasa ho tswa maotong a ba bang; kgasa ho tswa maotong a baithuti ba entseng mola, kgasa ho tswa thaneleng ya maiketsetso jwalo ka dithaere, dihupu, meropa, jj.

Lehlakore

- Mesebetsi e etswang ka lehlakore le fokolang la mmele
- Mesebetsi ya ho theteha, robala fatshe le ho thetehella ho le letshehadi kapa le letona

Dipapadi

- Latela ditaeleo tsa ho tsamaya, ho matha, ho qhoma,ho tlola, ho palamela, jj.
- Tsamaya ka sedikadikwe le kopantse matsoho; fapanya boholo ba sedikadikwe le palo ya didikadikwe, le ho fetola lehlakore la motsamao wa sedikadikwe
- Dipapadi tsa ho otla: dipapadi tse kang tenese ya letsoho, bolo ya T, ho sututsa balunu, jj

KEREITI YA 1

KOTARA YA 1 KEREITI YA 1		
Tsebo ya Motheo le Bophelo bo botle ba Botho le Phedisano	**Dihora tse 20** (Dihora tse 2/Beke)	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng bakeng sa Bokgoni ho tsa Bophelo o tla hloka: • Tjhate ya tsa boemo ba lehodimo

- **Ho etsa ditlhakiso tsa tlwaelo le dipapadi tsa bolokolohi tsa ka tlung le tsa ka ntle jwalo ka ha ho hlalositswe karolong ya 2**
- **Ho sebedisa alemanaka ya ka phaposing ho buisana ka letsatsi le kgwedi kamehla selemo sohle.**
- **Ho boeletsa, tekanyetso mme le tlaleho di lokela ho etswa kgafetsa.(Nako e lekanyeditsweng e dumella sena)**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse pedi ka kotara di abelwe sena)**

Sehlooho: Nna - Dihora tse 6

- Dintlha tsa bohlokwa ka wena - jwalo ka lebitso, aterese, dinomoro tsa mohala le dilemo
- Re bohlokwa ebile re ikgethile
- Dintho tseo nka di etsang
- Kamoo ke tshwanang le metswalle ya ka kateng
- Kamoo ke fapaneng le metswalle ya ka kateng

Sehlooho: Sekolong - Dihora tse 4

- Lebitso la sekolo, la titjhere le la mosuwehlooho
- Moo o ka fumanang dibaka tse fapaneng sekolong - tse jwalo ka ntlwana, ofisi, dibaka tsa ho bapala
- Ditlwaelo tsa phaposi le melao
- Ke ya sekolong jwang

Ela hloko: Baithuti ba ka ithaopa ho nka dikarolo tse fapaneng ka phaposing, empa tijhere o lokela ho etsa bonnete ba hore bohle ba nka karolo ho etsa ho hong kotara yohle.

Sehlooho: Ditlwaelo tsa bophelo bo botle - Dihora tse 4

- Ho robala
- Ho ja dijo tse matlafatsang
- Tshebediso e nepahetseng ya ntlwana
- Ho hlatswa/hatlela matsoho
- Ho boloka tse latelang di hlwekile
  - Moriri, meno le manala
  - Ho hlapa kgafetsa
- Ho bapala le ho ikwetlisa kgafetsa
- Ho shebella thelevishene ka tekano

Sehlooho: Boemo ba lehodimo - Dihora tse 4

- Tjhate ya boemo ba lehodimo ba letsatsi le letsatsi
  - Ho lekola boemo ba lehodimo kgafetsa
  - Motjheso, ho bata, moya, maru,letsatsi, ho kwahela ha lehodimo, mohodi, pula
  - Matshwao a sebediswang ho hlalosa boemo ba lehodimo tjhateng
- Boemo ba lehodimo le rona - ho kenyelletsa diaparo, dijo, le dipapadi

Ela hloko: Tjhate ya boemo ba lehodimo e lokela ho lokiswa selemo sohle.

Hlalosetsa baithuti hobaneng ba sa lokela ho sheba letsatsi ka ho toba.

Matsatsi a bodumedi le a mang a ikgethileng - Dihora tse 2

KOTARA YA 2 KEREITI YA 1		
Tsebo ya Motheo le Bophelo bo botle ba Botho le Phedisano	**Dihora tse 20** (dihora tse 2/beke)	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng bakeng sa Bokgoni ho tsa Bophelo o hloka: • Ditshwantsho tsa malapa a fapaneng • Mehlala e botshang kotsi/ matshwao a tjhefu • Mehlala e tsosolosang ditho tsa kutlo: boleng, tatso, modumo, monko • Tjhate e botshang dikarolo tsa mmele

- **Ho etsa ditlhakiso tsa tlwaelo le dipapadi tsa bolokolohi tsa ka tlung le tsa ka ntle jwalo ka ha ho hlalositswe karolong ya 2**
- **Ho sebedisa alemanaka ya ka phaposing ho buisana ka letsatsi le kgwedi kamehla selemo sohle.**
- **Ho boeletsa, tekanyetso mme le tlaleho di lokela ho etswa kgafetsa.(Nako e lekanyeditsweng e dumella sena)**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara (Dihora tse pedi ka kotara di abelwe sena)**

Sehlooho: Lelapa leso - Dihora tse 4

- Lelapa ke eng
- Ditho tsa lelapa leso - ba lelapa le leloko
- Ho hlokomelana ka lapeng

Ela hloko: Baithuti ba hlaha malapeng a fapaneng. Etsa bonnete ba hore o ba kenyelletsa kaofela.

Sehlooho: Polokeho ka lapeng - Dihora tse 4

- Dikotsi ka lapeng
  - Ha ho phehwa
  - Ha o hlatswa
  - Ho kgantsha le motlakase
  - Dibakeng tse ka ntle
  - Meriana
  - Dintho tse tjhefu - mefuta le ho elellwa matshwao a tlhokomediso
- Ho ipoloka ha o le mong hae
- Karete ya dinomoro tsa tshohanyetso

Sehlooho: Mmele wa ka - Dihora tse 6

- Dikarolo tse fapaneng tsa mmele wa ka
- Dikarolo tse fapaneng tsa mmele wa ka tse tsamayang
- Dikarolo tsa mmele wa ka tseo nke keng ka di bona - di kentse matshwafo, pelo, boko, masapo
- Ditho tse hlano tsa kutlo le tshebetso ya tsona - ho thetsa, ho fofonela, modumo, pono le tatso

Sehlooho: Ho boloka mmele wa ka kotsing - Dihora tse 4

- Dibaka le maemo a bolokehileng le a sa bolokehang - tse jwalo ka boemelo ba dipalangwang, o le mong dibakeng tsa ho reka
- Maikutlo a ‘E’ le ‘Tjhe’
- Ho ithuta ho re’Tjhe’
- Ho hlokomela mmele ya rona mahlokong:
  - Ho sireletsa molomo le nko ha o hohlola kapa o mina
  - Se ke wa thetsa madi a motho e mong
  - Hlatswa ditholwana le meroho pele o di ja
  - Tlhokomelo ya metsi a nowang

Matsatsi a bodumedi le a mang a ikgethileng - Dihora tse 2

KOTARA YA 3 KEREITI YA 1		
Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	**Dihora tse 20** (dihora tse 2/beke)	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng bakeng sa Bokgoni ho tsa Bophelo o tla hloka: • Ditshwantsho le dipale tsa dibaka tsa setjhaba, batho le diruuwa • Sekgutlo sa dintho tsa tlhaho/tafole ya diphuputso ya dimela • Ditshwantsho tsa dimela le dijo / dijo tse fapaneng le dipakana

- **Ho etsa ditlhakiso tsa tlwaelo le dipapadi tsa bolokolohi tsa ka tlung le tsa ka ntle jwalo ka ha ho hlalositswe karolong ya 2**
- **Ho sebedisa alemanaka ya ka phaposing ho buisana ka letsatsi le kgwedi kamehla selemo sohle.**
- **Ho boeletsa, tekanyetso mme le tlaleho di lokela ho etswa kgafetsa.(Nako e lekanyeditsweng e dumella sena)**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse pedi ka kotara di abelwe sena)**

Sehlooho: Setjhaba sa heso - Dihora tse 4

- Dibaka setjhabeng sa heso - di kenyelelleditse meaho le dibaka moo re kopanelang teng
- Batho setjhabeng sa heso - batho ba nthusang; batho ba rekiswang dintho, batho ba bang bao ke ba tsebang
- Ho hlokomela disebediswa setjhabeng sa heso - tse jwalo ka mehala ya setjhaba, dipalangwang tsa setjhaba le matlwana.
- Ho boloka dibaka di hlwekile- ho sebedisa moqomo wa matlakala le ho se lahlele bohlaswa hohle

Sehlooho: Diruuwa - Dihora tse 2

- Diphoofolo tseo re ka di ruwang
- Re hlokomela diphoofolo tseo re di ruileng jwang - re kenyelletsa dibaka tsa moo di dulang, dijo, metsi, le bohlweki ba tsona.
- Ho tshwara diphoofolo ka tshwanelo - jwalo ka ho di kwetlisa, re se di qale, ho se di kwalle ka koloing

Sehlooho: Mekgwa le boikarabelo - Dihora tse 2

- Ho dumedisa batho bao re ba tsebang le bao re sa ba tsebeng
- Ho emela nako ya hao
- Ho mamela ba bang
- Ho arolelana
- Ho ba mosa
- Ho tshepahala
- Ho hlompha batho ba bang le tseo e leng tsa bona

Ela hloko: Sebedisa bonketsisane. Momahanya mekgwa le boikarabelo selemo sohle.

Sehlooho: Dimela le dipeo - Dihora tse 4

- Hobaneng re hloka dimela - ho kelenyelleditswe dijo, moriti, bodulo bakeng sa diphoofolo
- Dimela tse tshwanang ka - metso, kutu, mahlaku, dipalesa
- Dimela tse fapaneng - ditshwano le diphapang
- Dipeo le moo di tswang
- Ke dimela dife tse lokelang ho jalwa
- Ho jala semela o sebedisa peo - tse jwalo ka nawa kapa dierekisi

Sehlooho: Dijo - Dihora tse 6

- Dijo tseo re di jang
- Moo dijo tse fapaneng di hlahang teng:ditholwana, meroho, dihlahiswa tsa lebese; nama
- Ho ja ka nepo
  - Dijo tse nepahetseng le tse sa nepahalang
  - Kgetho e amanang le bophelo bo botle le dijo tse lekaneng
- Ho boloka dijo - foreshe, tsa makolokoti, tse omisitsweng, tse hatseditsweng

Matsatsi a bodumedi le a mang a ikgethileng - Dihora tse 2

KOTARA YA 4 KEREITI YA 1		
Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	**Dihora tse 20** (dihora tse 2/beke)	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng bakeng sa Bokgoni ho tsa Bophelo o tla hloka: • Dimmapa tsa ditshwantsho tse nang le dipale • Ditshwantsho tsa meaho • Mehlala ya meaho e entsweng ka dintho tse fapaneng • Ditshwantsho tsa kgwedi

- **Ho etsa ditlhakiso tsa tlwaelo le dipapadi tsa bolokolohi tsa ka tlung le tsa ka ntle jwalo ka ha ho hlalositswe karolong ya 2**
- **Ho sebedisa alemanaka ya ka phaposing ho buisana ka letsatsi le kgwedi kamehla selemo sohle.**
- **Ho boeletsa, tekanyetso mme le tlaleho di lokela ho etswa kgafetsa.(Nako e lekanyeditsweng e dumella sena)**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse pedi ka kotara di abelwe sena)**

Sehlooho: meaho - Dihora tse 4

- Mefuta ya meaho - ho kenyeleditse difolete, matlo, mekhukhu, matlo a setso
- Matlo a loketseng maemo a fapaneng a lehodimo
- Matlo a fapaneng a entswe ka eng- ho kenyelelleditse patsi, mobu, ditene, masenke/makapa, majwe, diboto, polasitiki

Sehlooho: Mmapa wa ditshwantsho - Dihora tse 4

- Ho fumana dibaka le dintho mmapeng wa ditshwantsho
- Fumana tsela ho tloha sebakeng se seng ho ya ho se seng (sebedisa mantswe a kang : ho bapa le ka hodimo, hodimo, tlase)
- Ho fumana moo diketsahalo di neng di etsahala teng mmapeng wa ditshwantsho

Ela hloko: Mmapa wa ditshwantsho ke motako o bontshang moo dintho di behilweng teng sebakeng se fanweng. Mmapa wa ditshwantsho o bopa bokgoni ba thutafatshe ba sebaka, bohole le sepapaka

Sehlooho: Metsi - Dihora tse 4

- Mesebetsi ya metsi - hae le sekolong
- Tsela tseo metsi a senngwang ka tsona
- Mekgwa ya ho boloka metsi
- Metsi a loketseng ho nowa le a sa lokelang ho nowa
- Ho boloka metsi a hlwekileng

Sehlooho: Sepakapaka bosiu - Dihora tse 4

- Ho tloha ho motsheare ho isa ho bosiu
- Sepakapaka bosiu se shebahala jwang
- Kgwedi
  - kgwedi e shebahala jwang
  - kgwedi re e bona neng
  - Kgwedi e fetola sebopeho jwang
- Dinaledi
  - Naledi e kgantsha jwalo ka letsatsi (letsatsi ke naledi)

Ela hloko: Ho a kgonahala ho bona kgwedi motsheare. Ho kenyeletsa ho sheba le mesebetsi e takwang.

Matsatsi a bodumedi le a mang a ikgethileng - Dihora tse 2

Momahanyo ya dihlooho le tekanyetso - Dihora tse 2

KOTARA YA 1 KEREITI YA 1		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** • Diletswa tsa mmino, ho kenyeleditswe tse fumanweng le tse entsweng • Disebediswa tse amanang le kutlo tse nang le mmino o fapaneng o loketseng • Penta ka mebala ya motheo le bosweu le botsho, enke ya mmala, borashe le pampiri tsa boholo bo fapaneng • Pensele ya mofuta wa 2B, dikerayone tsa mafura, dikerayone tsa pasetele, ditjhoko tsa mmala • Sekgomaretsi le disebediswa tsa ho kgomaretsa • Dintho tsa ho hatisa: dibopeho tsa jeometri tse fumanwang mabokeseng a ka sebediswang hape, jj.

Dikahare tse latelang di rutwe Kotareng ya 1. Kgetha dihlooho tse loketseng tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo dithutong tsa Bonono ba Etsuwang le Bonono bo Bohuwang

Bonono bo Etsuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Ho futhumatsa dikarolo tsa mmele tse jwalo ka 'ho bapala piyano',' ho hlatswa mmele', ho fuduwa metsi', jj.
- Tikoloho e bolokehileng: ho fumana sebaka seo e leng sa hao le ho arolelana sebaka le sa thulane.
- Motsamao wa mesifa e meholo : ho tsamaya, ho tlola le ho mathela pele le morao
- Motsamao wa mesifa e seng meholo: ho koba mangole, ho etsa didikadikwe ka mahetla le ka manonyeletso a matsoho
- Ho lokisa lentswe: ditlhakiso tsa ho hema, dipapadi tsa boiqapelo tse jwalo ka ho butswela dikerese, jj.
- Tlhokomediso ya mmele ho ithuta sebaka le tshupiso tse jwalo ka tlase, ka morao, ka hodima, ho sebedisa mmele kapa ditshita.
- Ho boloka morethetho o iketlileng o ntse o fetola sekgahla ha o ntse o opa kapa o tsamaya le nako ya mmino jwalo ka ho tsamaya ka bone, le tlola ka bobedi.
- Ho phodisa mmele le ho iketla: mohl.' Ho qhibidiha ha dikerese', ho ntsha balunu moya'.

Ho etsa matsapa le ho hlalosa

- Ho ithuta sebopeho le boima o sebedisa mantswe a bontshang ketso le motsamao jwalo ka o kobehileng, o mosesane, o bulehileng, o masiba, ho tosa lebokose le boima, jj.
- Ho bina dipina tsa setso o sebedisa metsamao e loketseng le tshwantshiso
- Matsapa a bonolo ka dintho tse tlwaelehileng lelapeng leno le setjhabeng jwalo ka 'mokete wa letsatsi la tswalo/ umdlalo' ho bapala mantlwane', jj.
- Ho tshwantshisa: ho etsa dipale tse kgutshwane tse sa feteng dipolelo tse mmalwa, tse itshetlehileng mabokoseng a dintho tse bontshang thahasello - ntho e a kgethwa le ho nahana eka e a phela.

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Taka setshwantsho sa hao o sebedisa disebediswa tse fapaneng, dikerayone tsa mafura tse tenya, kapa tjhoko.
- Taka le ho penta setshwantsho sa hao o sebetsa le ba bang
- Penta setshwantsho sa hao o kenye dikarolo tsa mmele - mahlo, ditsebe, nko le molomo; buisanang ka dikarolo tse hloohong, sebopeho, mmala le mola.
- Ngola dipaterone ka pente e tenya

Ho bopa ka mahlakore a 3

- Ho etsa lebokose ka mabokose a ka sebediswang hape: tsepamiso e be dibopehong tsa jeometri; buisanang ka dibopeho

KOTARA YA 2 KEREITI YA 1		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehloding e kgothaleditsweng** Sheba mehlodi e lekantsweng ya Bokgoni ho tsa Bophelo tse bontshitsweng karolong ya 2 le mehlodi ya kotara ya 1

Dikahare tse latelang di rutwe Kotareng ya 2. Kgetha dihlooho tse loketseng tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo dithutong tsa Bonono ba Etsuwang le Bonono bo Bohuwang

Bonono bo Etsuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Ho futhumatsa mmele: ho dika matsoho le maqaqailana, ho etsa dibopeho ka mmele jwalo ka boholo le bonyenyane, bophara le bosesane
- Emisa dipapadi o tsepamisitse ho taolo ya, mahlo a tsepame le tshebediso ya sebaka
- Metsamao ya mesifa e meholo: ho qhoma, ho tlolela le ho holopela pele le mahlakoreng
- Metsamao ya manonyeletso: ho sotheha, ho tsoka diphaka le ho kobehela mahlakoreng.
- Ho ithuta qalo, mahareng, le qetello ya dipina, dipale le motsamao
- Ho kopitsa metsamao, merethetho le dipaterone tsa metsamao tse jwalo ka ho latela moetapele, ho tsamaya, ho tlola, ho opa
- Ho kgetholla dikarolo tsa mmele ka motsamao jwalo ka ho supa le ho tenyetsehisa maoto, jj.
- Ditlhakiso tsa lentswe tse jwalo ka diraeme, tse sothang leleme le dipina, tsepamiso le tlhakisetso di be ditlhakisong tsa lentswe
- Ho phodisa mmele le ho phomola: dipapadi tse jwalo ka ho' koietsa ngwana' ho tsamaisa mmele ka lehlakoreng le letona le le letshehadi, jj.

Ho etsa matsapa le ho hlalosa

- Bonketsisane (ho kena dieteng tsa motho e mong)
- Ho bopa dipolelo tse kgutshwane tsa puisano tse jwalo ka dipuisano pakeng tsa tlou le tweba
- Metsamao e loketseng ho ba le seabo maemong a fapaneng, mohl, nakong ya dijo, phaposing ya borutelo, ka beseng.
- Ho bina dipina o sebedisa diphapang tse kang ho binela tlase, le hodimo, ho bina ka potlako le ho bina butle

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Ho penta ka monwana kapa borashe: buisanang ka ho kopanya mebalala ya motheo ho fihlella mmala wa tlatsetso/ fetotsweng
- Etsa motako wa hao le lelapa ho na le seo le se etsang: buisanang ka mola le sebopeho
- Etsa motako le ho penta ha hao ho na le seo o se etsang; kgothaletsa tlhokomediso ya mmele o etsa ho hong; bolela le ho buisana ka dikarolo tsa mmele tse sebetsang

Ho bopa ka mahlakore a 3

- Etsa setshwantsho sa ntho e itseng ka letsopa/hlama ya ho bapala; kgothaletsa tshebediso e nepahetseng ya disebediswa
- Bopa matlo/matlo a boinahanelo o sebedisa mabokose a sebediswang hape le disebediswa tse ding. Kgothaletsa tshebediso e nepahetseng ya sekgomaretsi le disebediswa tsa ho kgomaretsa

KOTARA YA 3 KEREITI YA 1		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Sheba mehloding e lekantsweng ya Bokgoni ho tsa Bophelo bo bontshitsweng karolong ya 2

Dikahare tse latelang di rutwe Kotareng ya 3. Kgetha dihlooho tse loketseng tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo dithutong tsa Bonono ba Etsuwang le Bonono bo Bohuwang

Bonono bo Etsuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Ho futhumatsa mmele: mohl. ho etella pele ka nko, setswe, lengole
- Ho kopanya motsamao wa mesifa e meholo le eo e seng e meholo jwalo ka ho matha- matha-thinya;mathela pele-honyela-ikotlolle-hodimo
- Ho tshwantshisa diketso o bontsha maikutlo o sebedisa ditshwantsho tse jwalo ka ho ja dijo tsa ka tseo ke di ratang, ho phutholla mpho.
- Dipapadi tse tsepameng ho dipalo/nyumeresi le litheresi tse jwalo ka mmino wa dinomoro le diraeme, ho etsa dibopeho tsa ditlhaku ka motsamao
- Bokgoni ba ho mamela o sebedisa dipapadi tsa mmino o sebedisa sekgahla se fapaneng, ho phahama le ho theoha ha lentswe, diphetoho,le nako
- Ho phodisa mmele le ho phomola: o sebedisa o ditshwantsho kapa mantswe a kang ‘honyela butle’ le kokomoha butle’.

Ho etsa matsapa le ho hlalosa

- Ho kgetha le ho etsa motsamao wa dipolelo wa hao ho hlalosa mookotaba o nang le qalo le phethelo
- Ho opa merethetho makgetlo a mararo kapa a mane. Ho tsamaya le Mmino makgetlo a mararo kapa a mane.
- Ho tshwantshisa o etsa maemo a kgolwehang o itshetlehile dithothokisong tsa Afrika Borwa, pina, kapa pale e tataiswang ke titjhere

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Etsa metako le ditswhantsho tsa dibopuwa tsa nnete kapa tsa boinahanelo, kgothaletsa tlhokomediso ya mola le sebopeho le ho kenya dintlha; o be o hlalosa ditshwantsho tsa hao.
- Etsa metako le ditshwantsho tsa hao o sebedisa mefuta e fapaneng ya dipalangwang; kgothaletsa tlhokomediso ya mola le sebopeho, mmala, le ho bontsha phapang (mohl. E kgolo/ e nyane, e telelele/ e kgutshwane)

Ho bopa ka mahlakore a 3

- Ho etsa ditshwantsho tsa dibopuwa tsa boinahanelo o sebedisa letsopa, hlama ya ho bapala kapa dintho tse ka sebediswang hape; hatella tshebediso e loketseng le disebediswa le tlhokomediso ya sebaka.

KOTARA YA 4 KEREITING YA 1		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Sheba mehlodi e lekantsweng ya Bokgoni ho tsa Bophelo e boletsweng karolong ya 2

Dikahare tse latelang di rutwe Kotareng ya 4. Kgetha dihlooho tse loketseng tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo dithutong tsa Bonono ba Etsuwang le Bonono bo Bohuwang

Bonono bo Etsuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Ho futhumatsa mmele: ho sebedisa boemo bo fapaneng bo jwalo ka hodimo, ho thonaka apole, tlase, kgasa le hare; hahaba.
- Metsamao ya mesifa e meholo: ho tlola, ho qhoma, ho holopa, ho matha le ho tlola mmoho le mphato wa hao le ho fetola ditshupiso
- Metsamao ya mesifa e seng meholo : ho Sotheha ho kopaneng, ho tsoka sephaka, ho kobehela lehlakoreng le ho qhoma
- Dipapadi tsa ho opa matsoho le mphato wa hao ho bopa tsepamiso le kgokahano
- Ho mamela mmino le ho hlalosa kamoo o etsang hore o ikutlwe kateng o sebedisa mantswe a jwalo ka ho thaba, ho hlonama, jj.
- Ho phodisa mmele le ho phomola: 'ho ikutlwa o le bobebe ba lesiba le ho phaphalla sepakapakeng', jj.

Ho etsa matsapa le ho hlalosa

- Ho emela dintho le mehopolo motsamaong le modumong jwalo ka : ho etsa motjhini, moru wa mejiki, koloi ya bakudi(ambulense) ka bonngwe le ka dihlopha
- Ho tshwantshisa ka phaposing o kenyeletsa le pina ya Afrika Borwa/thothokiso/pale ka motsamao le ho tshwantshisa.

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Etsa ditshwantsho kapa metako e loketseng dihlooho tsa kotara. Tsepamisa ho mmele o sebetsang, mola, sebopeho le mmala.

Ho bopa ka mahlakore a 3

- Etsa setshwantsho sa hao o etsa ho hong tikolong ya hao o sebedisa letsopa/hlama ya ho bapala; kgothaletsa ya maikutlo a hao, tshebediso e loketseng ya disebediswa le tlhokomediso ya sebaka.

KOTARA YA 1 KEREITI YA 1		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Mekotlana ya dinawa le dibolo Dintho tse bontshang matshwao, disketele,dikotwana tsa masela, malente Sekotjhe sa ho tlola se tshwailweng sebakeng se hlwekileng se bataletseng

Dikahare tse latelang di lokela ho etswa Kotareng ya 1. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo a tse tla etswa bakeng sa dithuto tsa boithapollo ba mmele moo ho hlokehang. Mesebetsi e meng le dipapadi tsa sekolo di ka kenyelletswa. Etsa hore dipapadi di kenyelletse baithuti ba sa itekanelang.

Motsamao wa mesifa e meholo

- Ho lahla mohlala ka ho tsamaya ka ditshupiso tse fapaneng
- Dipapadi tse lahlisang mohlala ho potapota disketele o fetola ditshupiso
- Ho sebedisa ditho tsa kutlo: ho sheba- tshebetso ya ditshita
- Ho sebedisa ditho tsa kutlo: ho utlwa, ho mamela ditaelo ha o ntse o tsamaya

Metsamao ya mesifa e amang dikutlo

- Ho thetisetsa bolo e kgolo ho mphato wa hao
- Ho nelehetsana bolo ho tloha sethong se seng sa sehlopha ho ya ho se seng
- Ho betsetsa le ho kapa bolo e kgolo

Morethetho

- Sekotjhe se tlolwang
- Ho tlola kgati
- Ho bina diraeme ha o ntse o tsamaisa mmele

Kgokahano

- Ho lahlela le ho kapa mokotlana wa dinawa
- “Jungle gym”- ho tsamaya o itshwarelletse ka ho hong ho leketlileng hodimo
- “Jungle gym” - ho hlwella lereng

Botsitso

- Dipapadi tsa ho lahla mohlala pela diskitile o fetoladi tshupiso
- Hlwaya mekgwa e fapaneng ya ho tsamaya o ho habahanya dibimi tsa botsitso
- “Jungle gym” - tsamaya o tsitsitse boemong bo tlase.

Tlwaetso ya sebaka

- Ho sebedisa ditho tsa kutlo: -tsamaisa mmele ditshiteng tse fapaneng
- Matha o latela ditshupiso tse fapaneng ntle le ho thula ba bang o sebedisa sebaka sohle se teng
- Sebopeho se fapaneng: sedikwadikwe
- Tlola le ho tsamaya ka tlasa ditshita, kgasa, palama, qhoma, jj.
- “Jungle gym” ho kgasa le ho tswapela foreiming o sebedisa dikarolo tse fapaneng tsa mmele

Lehlakore

- Mesebetsi e sebedisang lehlakoreng le fokolang la mmele

Dipapadi

- Baithuti ba bapala dipapadi tseo ba di ratang ba ikgethetseng tsona
- Dipapadi tsa motsamao - kgopolo ya boholo, bohole, sebaka le bongata boo o bo fumaneng

KOTARA YA 2 KERETI YA 1		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Dihupu, dibolo, ditshelo le disketele "Jungle gym" kapa disebediswa tse tshwanang

Dikahare tse latelang di lokela ho etswa Kotareng ya 2. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo a tse tla etswa bakeng sa dithuto tsa boithapollo ba mmele moo ho hlokehang. Mesebetsi e meng le dipapadi tsa sekolo di ka kenyelletswa. Etsa hore dipapadi di kenyelletse baithuti ba sa itekanelang.

Motsamao wa mesifa e meholo

- Dikarolo tsa mmele: Ho bina dipina, kapa ho pheta diraeme o ntse o thetsa dikarolo tse fapaneng tsa mmele tse jwalo ka ho thetsa mangole, menwana ya maoto, nko, hlooho, ditsebe, jj.
- Dipapadi; "Simone o re" - o tsamaisa dikarolo tse fapaneng tsa mmele

Metsamao ya mesifa e amang dikutlo

- Bokgoni ba bolo - Ho fetisetsa bolo ho potoloha sekele; ka hodima dihlooho; tlasa maoto; o eme moleng o tsepameng; ho lahlela bolo ho mphato wa hao; ho otlanya le ho kapa bolo mmoho le mphato wa hao
- Ho otla balunu moyeng

Morethetho

- Ho qhoma le ho tlola
- Ho qhomela hodimo le tlase; ho tlolela pele le morao, ho tlolela morao le mahlakoreng
- Dipapadi tsa menwana - diraeme tsa menwana

Kgokahano

- Kgokahano ya leihlo- letsoho- leoto- ho tswedipanya dibolo ho potoloha disketele le ho di raha mahareng a disketele.
- Ho sututsa balunu- ho sutuletsa balunu moo e reretsweng teng kapa dipalong

Botsitso

- Ho tsamaya hodima thapo kapa hodima mola o tshwailweng fatshe
- Ho tsitsa lepolankeng /biming e tlase
- Ho tsitsa ditulong

Tlwaetso ya sebaka

- Etsa ntho tshiteng o sebedisa "Jungle gym" kapa sesebediswa se tshwanang le seo.

Lehlakore

- Thetehela mahlakoreng ka bobedi, thetehela pele le morao
- Ho akgela le ho kapa mokotlana wa dinawa ka letsoho le fokolang.
- Ho tsitsa ka leoto le fokolang

Dipapadi

- Dipapadi tsa setso/tsa boholoholo tse kgethilweng ke baithuti

KOTARA YA 3 KEREITI YA 1		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Dikhafo/ masela a bolelele bo fapaneng Dibolo tsa bolo bolo ya maoto le dipalo tsa mokwallo Ditaere tsa kgale tsa koloi

Dikahare tse latelang di lokela ho etswa Kotareng ya 3. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo a tse tla etswa bakeng sa dithuto tsa boithapollo ba mmele moo ho hlokehang. Mesebetsi e meng le dipapadi tsa sekolo di ka kenyelletswa. Etsa hore dipapadi di kenyelletse baithuti ba sa itekanelang.

Motsamao wa mesifa e meholo

- Tsamaya - qhoma, matha, palama le ho kgasa
- Tsamaela morao ka direthe,tsamaela morao ka ditshetshekwane
- Tsamaela pele ka ho tlodisa leoto le matla hodima le fokolang
- Latela ditaelo tsa ho tsamaya butle le ka potlako

Metsamao ya mesifa e amang dikutlo

- Baithuti ba thusa ka ho hlophisa ditshita mme ba feta ditshiteng ba bolokehile - ba palama hodima,palama ka hodima, ba a kgasa, ba hakeha hodima ditshepe ba tsitse

Morethetho

- Ho tlola kgati, o le mong, ka dihlopha tsa tharo, ba babedi ba tsokotsa mme ba bang ba qhoma ,fapanyetsanang dikarolo

Kgokahano

- Kgokahano ya letsoho le leihlo - Ho betsetsa bolo ya tenese hodimo ebe o a e kapa, e otlanye fatshe; e fetisetse ho mphato wa hao
- Ho tlola hodima boloya kausu e tsokotsehang

Botsitso

- Ho tsitsa hodima dithaere tsa koloi tse behilweng fatshe kapa di emisitswe
- Ho bapala papadi o sebedisa mekotlana ya dinawa ho tsitsisa dikarolo tsohle tsa mmele mohl.” Simone o re”- tsitsisa mokotlana wa dinawa mahetleng, jj.

Tlwaetso ya sebaka

- Ho kgasa ka hare ho dithaere tse behilweng ka mola

Lehlakore

- ho tlola sekotjhe ka leoto le fokolang
- Ho mathisa le ho tsoka thapo/sekotwana sa lesela/ lelente o sebedisa letsoho le fokolang

Dipapadi

- “Ho bapala boleke mampatile”
- Papadi ya letsa le ditsomi

KOTARA YA 4 KEREITI YA 1		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Dithapo, dikotwana tsa masela, jj. Dibolo tsa boholo bo fapaneng

Dikahare tse latelang di lokela ho etswa Kotareng ya 4. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo a tse tla etswa bakeng sa dithuto tsa boithapollo ba mmele moo ho hlokehang. Mesebetsi e meng le dipapadi tsa sekolo di ka kenyelletswa. Etsa hore dipapadi di kenyelletse baithuti ba sa itekanelang.

Motsamao wa mesifa e meholo

- Tsamaya, matha le ho tlola o sebedise matshwao ho fetoha ho tsamayeng ho ya ho matheng kapa ho tloleng
- Motsamao wa mesifa e seng meholo: potoloha- mefuta e fapaneng ya ho potoloha, potoloha o le mong le mphato wa hao

Metsamao ya mesifa e amang dikutlo

- Ho etsa sedikadikwe- dipapadi tse tshwanang le" ho otla bolo"

Morethetho

- Dipapadi o sebedisa dithapo - Kgati (Baithuti ba babedi ba tsoka kgati wa boraro o ntse a e tlola ha ba bang ba bina diraeme)
- Ho latela ditaelo o sebedisa moropa ho bontsha phetoho morethethong

Kgokahano

- Papadi ya bolo ya maoto dibolo tse kgolo
- Kgokahano ya leoton le leihlo, ho dumedisana ka ho thetsana maotong

Botsitso

- Ho tsamaya hodima dithapo - ho ya morao, ho ya pele le mahlakoreng ka/ kapa ntle le ho fapanya maoto
- Tsamaya hodima dithapo o behile matsoho hloohong, matsoho ka mokokotlong, matsoho diqholong, , jj.
- Ema ka ditshetshekwane, phesha ka marao, tsamaya bolo ya leoto, tsamaya butle ka direthe.

Tlwaetso ya sebaka

- Ho bapala papadi e jwalo ka dikatse hara maebana sebakeng se tshwailweng
- Dibopeho tsa motho - etsa dibopeho tsa dinomoro 1, 2, 3 kapa ditlhaku A, B, C, jj le entse thapo ya batho

Lehlakore

- Thinyetsa ka potlako ka ho le letshehadi le letona.
- Rahela bolo moo e reretsweng teng o sebedisa leota la letshehadi/le letona, akgela bolo ka hupung o sebedisa letsoho le letona/le letshehadi.

Dipapadi

- Bapala dipapadi tsa ho tshwarana, tse jwalo ka dikatse ka hara maeba
- Lebelo la ho tsamaya- beisang le tsamaya ka ditshetshekwane, ka direthe, ka maoto
- Dipapadi tsa ho neheletsana

KEREITI YA 2

KAROLO YA 1 KERETI YA 2		
Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	**Dihora tse 20** (Dihora tse 2/beke)	**Mehlodi e kgothaleditsweng** Ho tlatseletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka : • Mehlala ya dintho tse thusang batho- tse jwalo ka diborele tsa ho bala, diforeimi tsa ho tsamaya, dintja tse tataisang,dithusa kutlo • Sebediswa se bontshang mokgwa o bonolo wa ho hlwekisa metsi

- **Ho etsa ditlhakiso tsa tlwaelo le dipapadi tsa bolokolohi tsa ka tlung le tsa ka ntle jwalo ka ha ho hlalositswe karolong ya 2**
- **Ho sebedisa alemanaka ya ka phaposing ho buisana ka letsatsi le kgwedi kamehla selemo sohle.**
- **Ho boeletsa, tekanyetso mme le tlaleho di lokela ho etswa kgafetsa.(Nako e lekanyeditsweng e dumella sena)**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse pedi ka kotara di abelwe sena)**

Sehlooho: Seo re se hlokang hore re phele - Dihora tse 4

- Mefuta e fapaneng ya dijo - bakeng sa ho hola, matla, bophelo
- Metsi - hobaneng ha re hloka metsi, mehlodi ya metsi
- Moya - moya o hlwekileng
- Mahlasedi a letsatsi - ho kenyeleditswe tshireletso letsatsing

Ela hloko: Ha ho hlokehe hore o rute saekele ya metsi boemong bona

Sehlooho: Nna le ba bang - Dihora tse 4

- Metswalle - Makgetha a metswalle e nepahetseng
- Batho ba sekolong le hae - ho kenyelleditse ho arolelana, ho thusa, ho bontsha tlhompho
- Ho sebetsana le dikgohlano ka katleho - ho kenyeleditswe boitshepo le ho ba dikgoka

Sehlooho : Motho e mong le e mong o ikgethile - Dihora tse 6

- Batho ba a tshwana hape ba a fapana
- Dintho tse thusang batho - tse jwalo ka diborele tsa ho bala, diforeimi tsa ho tsamaya, dintja tse tataisang, dithusa kutlo.
- Ho hlokomela batho ba nang le ditshita tse itseng
- Nka ba mohale

Sehlooho: Bophelo bo botle - Dihora tse 4

- Ho hlokomela dijo tseo re di jang - ho kenyelleditse ho di hlokomela kgahlanong le ditshintshi, ho di boloka di phodile
- Mekgwa e bonolo ya ho hlwekisa metsi
- Dintho tse re hlokofatsang- ho tsuba, tahi, dithethefatsi
- Ditlwaelo tse nepahetseng-tse jwalo ka ho ikwetlisa kgafetsa, ho shebella thelevishene ka tekano

Matsatsi a bodumedi le a mang a ikgethileng - Dihora tse 2

KOTARA YA 2 KERETI YA 2		
Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	**Dihora tse 20** (Dihora tse 2/beke)	**Mehlodi e kgothaleditsweng** Ho tlaletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka : • Mehlala ya diaparo bakeng sa dihla tse fapaneng • Ditshwantsho le dibuka tsa tlhahisoleseding

- **Ho etsa ditlhakiso tsa tlwaelo le dipapadi tsa bolokolohi tsa ka tlung le tsa ka ntle jwalo ka ha ho hlalositswe karolong ya 2**
- **Ho boeletsa, tekanyetso mme le tlaleho di lokela ho etswa kgafetsa.(Nako e lekanyeditsweng e dumella sena)**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse pedi ka kotara di abelwe sena)**

Sehlooho :Dihla - Dihora tse 6

- Dihla tse nne
- Dihla di re ama jwang - diaparo, dijo, mesebetsi
- Dihla di ama jwang dintho tse jalwang-ho jala, ho hola le ho kotula
- Dihla di ama diphoofolo jwang -ho kenyelleditse ho rua mohl. ho kuta dinku, ho tipa diphoofolo; dinonyana. Mohl. tse fallang le tse behelang

Sehlooho: Diphoofolo - Dihora tse 4

- Diphoofolo tsa polasing
  - Mefuta
  - Mesebetsi e jwalo ka dijo le diaparo
- Diphoofolo tse hlaha
  - Mefuta
  - Boikgakanyo

Sehlooho: Diphoofolo le dibopuwa tse dulang metsing - Dihora tse 4

- Metsi a hlwekileng
  - Noka -mohl. tlhapi, kwena
  - Diqanthana le matamo-mohl.senqaqane, monwang
- Metsi a letswai
  - Lewatle -mohl.hlapidimo (shaka), leruarua

Sehlooho: Mahae a diphoofolo - Dihora tse 4

- Diphoofolo le dibopuwa tse iketsetsang mahae a tsona - tse jwalo ka dinonyana, dinotshi tse itseng, bohlwa
- Diphoofolo le dibopuwa tse fumanang mahae a entsweng - tse jwalo ka ditshwene, dinoha, mesha
- Diphoofolo le dibopuwa tse tsamayang le mahae a tsona - tse jwalo ka dikgofu, dikgudu

Matsatsi a bodumedi le a mang a ikgethileng - Dihora tse 2

KOTARA YA 3 KERETI YA 2		
Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	**Dihora tse 20** (Dihora tse 2/beke)	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka : • Mehlala ya mefuta ya mobu e fapaneng • Ditshwantsho le dibuka tsa tlhahisoleseding • Matshwao a tsela • Ditho tsa setjhaba tse thusang ba bang

- **Ho etsa ditlhakiso tsa tlwaelo le dipapadi tsa bolokolohi tsa ka tlung le tsa ka ntle jwalo ka ha ho hlalositswe karolong ya 2**
- **Ho boeletsa, tekanyetso mme le tlaleho di lokela ho etswa kgafetsa.(Nako e lekanyeditsweng e dumella sena)**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse pedi ka kotara di abelwe sena)**

Sehlooho: Mobu - Dihora tse 4

- Mefuta e fapaneng ya mobu - mebala le boleng
- Dibopuwa tse dulang mobung - tse jwalo ka dinonometsane, mekunyane
- Mobu bakeng sa ho jala dimela, boleng ba ho jala meroho

Sehlooho:Dipalangwang - Dihora tse 6

- Dipalangwang ke eng
- Dipalangwang tsa tsela
- Dipalangwang tsa seporo
- Dipalangwang tsa moyeng
- Dipalangwang tsa metsing
- Ho sebedisa mefuta e fapaneng ya dipalangwang

Sehlooho: Boipaballo mebileng - Dihora tse 4

- Melao ya boipaballo mebileng
  - Ditaaso
  - Bapalami ba dibasekele
  - Bapalami ba dikoloi
- Matshwao a tsela bakeng sa ditaaso le bapalami ba dibasekele
- Baithuti ba laolang sephethephethe bakeng sa ba bang
- Balaolasephethephethe ba re thusa jwang

Sehlooho: Batho ba re thusang - Dihora tse 4

- Batho ba re thusang setjhabeng sa borona - ba jwalo ka baoki ba ditleliniking, titjhere e hlokomelang baithuti ka mora nako ya sekolo, mosebeletsi laeborari
- Kamoo batho ba fapaneng ba nthusang ka teng
- Kamoo ke kopang thuso le tlhahisoleseding ka teng
  - Mekgwa e metle
- Kamoo ke kopang thuso nakong ya tshohanyetso
  - Motho eo o ka mo founelang/moo o ka founelang
  - Ke efe tlhahisoleseding eo nka fanang ka yona

Ela hloko: Mema motho ya sebeletsang setjhaba sekolong sa hao

Matsatsi a bodumedi le a mang a ikgethileng - Dihora tse 2

KOTARA YA 4 KERETI YA 2		
Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	**Dihora tse 20** (Dihora tse 2/beke)	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka : • Mmapa wa leboteng wa Afrika Borwa o arotsweng ka diporofensi • Folakga ya Afrika Borwa • Mehlala ya disebediswa tse fapaneng tsa ho buisana • Ditshwantsho le dintho tse mabapi le mekete ya bodumedi • Dinepe le dibuka tsa tlhahisoleseding

- Ho etsa ditlhakiso tsa tlwaelo le dipapadi tsa bolokolohi tsa ka tlung le tsa ka ntle jwalo ka ha ho hlalositswe karolong ya 2
- Ho boeletsa, tekanyetso mme le tlaleho di lokela ho etswa kgafetsa.(Nako e lekanyeditsweng e dumella sena)
- Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse pedi ka kotara di abelwe sena)

Sehlooho: Naha ya rona - Dihora tse 4

- Mmapa wa Afrika Borwa
  - Lebitso le moo profensi ya hao e leng teng
  - Moo re dulang teng
- Folakga ya Afrika Borwa- kenyelletsa ho elellwa folakga le dibaka moo re ka e bonang e fofa teng
- Pina ya setjhaba ya Afrika Borwa- ho e mamela le ho e bina

Ela hloko: pina ya setjhaba e ka ithutwa kotareng yohle. Kenyelletsa baithuti ba dinaha tse ding ho kenyelletswa le difolakga tsa bona moo ho kgonahalang.

Sehlooho: Ditsela tseo re buisanang ka tsona - Dihora tse 6

- Ho bua- kenyelletsa ho hlalosa, puisano, thothokiso le pina
- Ho ngola- kenyelletsa ho ngola lengolo kapa karete mme o e pose
- Ho bala- kenyelletsa ditaelo le dipapatso
- Ho mamela- kenyelletsa radio/ seyalemoya le dipale
- Ho sheba- kenyelletsa ho bala dipounama ka ho di sheba ha motho a bua, ho bua ka matsoho le ditshupiso tsa mmele.

Sehlooho: Bophelo bosiu - Dihora tse 6

- Dintho tseo ke di etsang bosiu- ho itokisetsa ho robala, ho bala le ho etsa dipale, ho robala le ho lora
- Batho ba sebetsang bosiu- jwalo ka balebedi, dingaka, bakganni ba difofane, bakganni ba dilori
- Diphoofolo tsa bosiu- tse jwalo ka diphooko, ditweba tse ruuwang, dinoko, mangau, phokojwe

Matsatsi a bodumedi le a mang a ikgethileng - Dihora tse 2

Momahanyo ya dihlooho le tekanyetso - Dihora tse 2

KAROLO YA 1 KERETI YA 2		
Bonono bo iqapelwang	**Dihora tse 20** (Dihora tse 2/beke)	**Mehlodi e kgothaleditsweng** Ho tlatseletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka : • Mehlala ya dintho tse thusang batho- e jwalo ka diborele tsa ho bala, diforeimi tsa ho tsamaya, dintja tse tataisang,dithusa kutlo • Sebediswa se bontshang mokgwa o bonolo wa ho hlwekisa metsi

Dikahare tse latelang di lokelwa ho etswa Kotareng ya 2. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo tse loketseng bakeng sa kotara ho fana ka maemo bakeng sa dithuto tsa Bonono bo Etsuwang le bonono bo Bohuwang

Bonono bo Etsuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Ho futhumatsa mmele: ditlhakiso tsa ho hema le ho sebedisa manonyeletso a fapaneng jwalo ka maqaqailana; ho supa le ho tsamaisa manonyeletso a letsoho ka tsela ya sedikadikwe, jj.
- Ho futhumatsa lentswe: o sebedisa dipina, ho bina didumannotshi, diraeme le ho bala mantswe a rarahanyang leleme.
- Ho bina dipina ka nako e le nngwe ka tsela e tshwanang, ka ho fapanyetsana, ka ho bitsana le ho arabela.
- Ho otlana ha dikarolo tsa mmele: ho tsepama morethethong le ho sebedisa dithimba tse fapaneng (ho letsa menwana, ho opa, ho tila)
- Motsamao wa mesifa e meholo: ho tsamaya, ho mathela, ho tlolela, ho qhomela mahlakoreng a fapaneng ka bowena le mphato wa hao.
- Motsamao wa mesifa eo e seng e meholo:ho fihlella, ho kobeha, ho phahama ka bo bona le mmoho le bomphato ba bona
- Mesebetsi ya ho pheta pale ka kopanelo: ho mamela le ho araba ka tshwanelo ho bomphato, jwalo ka ho pheta dipale ka bobedi ka dijo tseo ke di ratang', dipale tse bokelleditsweng, dipale tsa pheta pheto, jj.
- Ho iphodisa le ho iketla: robala fatshe ka mokokotlo, ho hema, ho ipopela setshwantsho sa mmala ka kelellong ho tsosollosa

Ho etsa matsapa le ho hlalosa

- Bopa diketsahalo tse kgutshwane a itshetlehileng dihloohong tse loketseng, tsepama ho mola wa pale.
- Bopa baphetwa ba loketseng: bontsha phapang pakeng tsa baphetwa le maikutlo a baphetwa diponong tse kgutshwane
- Bopa dipaterone tsa morethetho o sebedisa mantswe a sehlooho ho tswa dihloohong tse kgethilweng jwalo ka batho mosebetsing: 'motjhini o sakgang patsi', ratha-ratha-ratha,'selakga'=seha-seha, le tse ding.
- Sebedisa mehlala e ka hodimo ho ithuta sekgahla le diphetoho tse loketseng tse jwalo ka: 'ratha-ratha-ratha' e tla ba hodimo le ho potlaka, 'seha-seha' e tla kgutsa le ho iketla.
- Ithute metsamao motjekong wa Afrika Borwa, e jwalo ka diphotha le tse ding

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Penta ditshwantsho tsa hao le ba bang ho na le seo le se etsang (ho matha, ho qhoma, ho tjeka,jj.) le ho buisana ka mebala ya motheo le ya tlatsetso, mmala e phodileng le e futhumetseng, sebopeho le mola
- Bopa dipaterone o sebedisa dibopeho tsa jeometri; buisanang ka morethetho le pheta pheto

Ho bopa ka mahlakore a 3

- Sebedisa letsopa ho etsa le ho kgabisa ditshelo; buisanang ka paterone, sebopeho sa jeometri,mola, buisanang ka bokahodimo ba ntho le mawa a nepahetseng a ho kopanya

KOTARA YA 2 KERETI YA 2		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Sheba mehlodi e lekantsweng ya Bokgoni ho tsa Bophelo e bontshitsweng karolong ya 2

Dikahare tse latelang di lokelwa ho etswa Kotareng ya 2. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo tse loketseng bakeng sa kotara ho fana ka maemo bakeng sa dithguto tsa Bonono bo Etsuwang le bonono bo Bohuwang

Bonono bo Etsuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Ho futhumatsa lentswe: ho bopa qapodiso (dipounama, leleme, mohlahare) ka papadi ya boinahanelo
- Ho futhumatsa mmele: metsamao e fapaneng o sebedisa matshwao a molomo le modumo jwalo ka 'Ema!',' Tsamaya', 'phahama!'
- Dipapadi tsa morethetho tse tsepamisitseng bokgoning ba ho mamela le ho hopola merethetho ya dipaterone e hanyetsanang
- Ho bapala diletswa tse otlanang/ ho otlana ha dikarolo tsa mmele ho tsamaya le pina le/ kapa ho binela ka phaposing
- Metsamao ya mesifa e meholo: ho hwanta, ho qhoma, ho tlola, ho holopa, thinye ka bobona le bomphato ba bona
- Metsamao ya mesifa e seng meholo: ho theteha, ho sotheha, ho ikotlolla o le mong le ho ikotlolla le ho ikotlolla le bomphato ba hao.
- Ho phodisa mmele le ho phomola: ho ntsha maikutlo le mehopolo ka motsamao jwalo ka ho phaphalla lerung, ho ikutlwa o tshwerwe ke boroko, jj.

Ho etsa matsapa le ho hlalosa

- Ho etsa dipaterone tsa morethetho e kopantsweng le metsamao ya mesifa e meholo jwalo ka ho opa morethetho wa holopa ha pone, ho hwanta, ho tlola, jj.
- Ho bina dipina o tsepamisitse diphetohong tse jwalo ka: hodimo le fatshe, lenama le ka potlako
- Bonketsisane ba amanang le dihlooho tse kgethilweng kapa dipale tseo o di boleletsweng ke titjhere, o sebetsa le mphato ho fapanyetsana dikarolo.
- Ho sebedisa mawa a tshwantshiso ho utulla maikutlo le mehopolo ya baphetwa, mohl. Tshwantshiso e a emiswa mme mophetwa ka mong o phaphathwa lehetleng, mme o kotjwa ho hlalosa ka moo a ikutlwang motsotsong oo, jj.

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Taka kapa penta ditshwantsho tse amanang le dihlooho tsa kotara; tsepamisa moleng ka sepheo seo e seng sa semmuso, sehalo, boleng, mmala
- Sebedisa dintho tse kgonang ho sebediswa hape le pente e tenya ho bopa sebaka se takilweng; bua ka dibopeho tsa jeometri le tsa dintho tse phelang.

Ho bopa ka mahlakore a 3

- Bopa maseke o sebedisa dintho tse sebediswang hape; buisanang ka sebopeho, boleng, bopa bokgoni ba bonono

KOTARA YA 3 KERETI YA 2		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Sheba mehlodi e lekantsweng bakeng sa Bokgoni ho tsa Bophelo tse bontshitsweng karolong ya 2

Dikahare tse latelang di lokela ho etswa Kotareng ya 3. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo tse loketseng bakeng sa kotara ho fana ka maemo bakeng sa dithuto tsa Bonono bo Etsuwang le bonono bo Bohuwang

Bonono bo Etsuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Ho futhumatsa mmele: ho ikgara le ho otlolla lesapo la mokokotlo ka ho dula fatshe, ho ikgara o iketsa bolo e tiileng, ho koboloha o lelelefatsa lesapo la mokokotlo, jj.
- Ho dula hantle ka maoto (monwana o motona wa leoto-bolo-serethe, ho koba mangole) o ntse o qhoma, tlolatlola, jj.
- Metsamao ya mesifa e meholo: ho hulanya maoto fatshe le ho matha o qhomela pele ka boyena mmoho le wa mphato wa hae.
- Metsamao ya mesifa e seng meholo: ho thinya, ho wa, ho tila,ho raha ka bo bona mmoho le wa mphato
- Sebedisa merethetho e mengata o sebedisa ho otlanya dikarolo tsa mmele le/ kapa ho otlanya diletswa
- Ho mamela mmino le ho hlwaya maikutlo a jwalo ka 'ho hlonama, ho thaba', ho thola le ho thaba haholo'
- Ho tshwantshisa ho bonolo; ho etsisa mesebetsi ya letsatsi le leng le le lengi o tsepamisitse ho boima le sebopeho jwalo ka ho'phahamisa' lejwe le boima' kapa lesiba le bobebe, jj.
- Dipapadi tse tsepamisitseng ho nyumeresi le litheresi tse jwalo ka dipina tsa dinomoro le diraeme, dipale tsa ho ba le seabo, ho etsa dibopeho tsa ditlhaku ka motsamao, ho ngola mabitso ka menwana ya maoto, ho fetoha ha tsa molomo (hula, sotha, otlollla, kobeha, le ho potapota)
- Ho phomotsa mmele le ho iketla: ho robala ka mokokotlo o itiisitse/ho honyetsa mesifa kaofela, ho tiisa difeisi, ho tiisa mahetla ha o qeta o lokolle mesifa yohle ho etsa mmele o be boima fatshe, jj.

Ho etsa matsapa le ho hlalosa

- Ho bopa phaphete e bonolo o sebedisa dintho tse seng di sebedisitswe: di phaphethe tsa dikausi, tsa monwana, tsa seriti
- Tshebetso ya phaphethe ya hao e itshetlehile hodima makgetha a loketseng
- Ho bopa medumo le diraeme tse tsamaellanang le maikutlo kapa botho ba phaphete o sebedisa lentswe, disebediswa kapa dintho tseo o di tholang.
- Ho utulla makgetha motsamao a phaphethe jwalo ka 'katse e lapileng e nanya e batla ho tshwara tweba', jj.

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Ho etsa metako kapa ditshwantsho tsa dinonyana, ditlhapi, dikokwanyana, dihahabi, jj. sebedisa pasetele tsa mmala o lerootho feela mme le di hlatswe ka enke ya mmala e hlakileng; buisanang ka mmala, sebopeho, boleng, paterone le kgatello; sheba mme le buisane ka mosebetsi wa bonono o tummeng wa tlhaho
- Etsang metako ya dimela le dipalesa tsa boinahanelo; buisanang ka mebala ya motheo le ya tlatsetso, kgatello, le dikgopolo tse kang morao, ka pele ho, ka tlasa, jj.

Ho bopa ka mahlakore a 3

- Sebedisa dintho tse sebediswang hape le letsopa la pampiri ho etsa ntho e ka sebediswang: dikopi tsa mahe, ditshelo, dipitsa tse kenyang dimela, jj. Kgabisa o sebedisa paterone; buisanang ka dibopeho tsa jeometri le mebala e kganyang le e lefifi, bopa bokgoni ba bonono.

KOTARA YA 4 KERETI YA 2		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Sheba mehlodi e lekantsweng bakeng sa Bokgoni ho tsa Bophelo bo bontshitsweng karolong ya 2

Dikahare tse latelang di lokela ho etswa Kotareng ya 3. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo tse loketseng bakeng sa kotara ho fana ka maemo bakeng sa dithuto tsa Bonono bo Etsuwang le bonono bo Bohuwang

Bonono bo Bohuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Ho futhumatsa mmele: o sebedisa didikadikwe, dikgutlo, methinya le dizikizeke
- Ho futhumatsa lentswe: o sebedisa lentswe le dipina le diraeme o tsepamisitse dinotong tse hodimo le tse tlase le sekgahla se potlakileng le se iketlileng
- Ho bina dipina ho ntlafatsa bokgoni ba ho bina
- Ho kopanya motsamao wa mesifa e meholo le eseng meholo jwalo ka ho sotha ho kopantsweng le ho holopa ka bo bona le bomphato ba bona.
- Ho etsisa ho bonolo: ho tshwantshisa mesebetsi ya letsatsi ka leng o tsepamisitse ho boima, sebopeho le sebaka jwalo ka ho raha bolo lebaleng le leholo la dipapadi, ho kgukguna ka hara lehaha le lesesane, jj.
- Ho qapa modumo wa ho phuthela ntho???, o sebedisa diphetoho tse kang ho phahama le ho theoha ha lentswe, boleng ba lentswe, le sekgahla ho bontsha semelo, maikutlo jwalo ka ‘ntatemoholo’=ho phahama le ho theoha ha lentswe, butle, nonyana= kgutsa, bophahamo ba lentswe, ka potlako,jj.
- Ho phomotsa mmele le ho iketla: ho tsamaela le mmino o tsamayang butle ,o phodisang o maikutlo

Ho etsa matsapa le ho hlalosa

- Ho mamela mmino le ho hlwaya hore diphetoho, ho phahama le ho theoha ha lentswe, boleng ba lentswe le sekgahla di kopang ho pheta pale e jwalo ka ‘Pita le lefiritshwane, jj.
- Ho etsa matsapa a metsamao le dimelo o sebedisa motsamao wa ditsu, manonyeletso le boemo ho akanya pale e jwalo ka; Pita le Lefiritshwane, jj.
- Ho bopa tshebetso ya phaphethe o tsepamisitse puisanong mahareng a diphaphethe.
- Ho ithuta (mekgwa), maemo le dikamano tsa phaphete-semelo se jwalo ka (satane), ho bapala o le phoofolo, moloi, kgosana, jj.

Bonono bo bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Ho etsa metako e ikamahantseng le dihlooho tse loketseng kotara, buisanang ka mmala, sehalo, boleng, phapang, sebopeho.

Ho bopa ka mahlakore a 3

- Bopa ditshwantsho tsa letsopa

KOTARA YA 1 KERETI YA 2		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng bakeng sa kotara ya 1** Dibete, dibolo, mekotlana ya dinawa, sesebediswa sa motjha wa ditshita Ditshelo e le dintho tse tobilweng

Dikahare tse latelang di lokela ho etswa Kotareng ya 1. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo a tse tla etswa bakeng sa Dithuto tsa Boithapollo ba Mmele moo ho hlokehang. Mesebetsi e meng le dipapadi tsa sekolo di ka kenyelletswa. Etsa hore dipapadi di kenyelletse baithuti ba sa itekanelang.

Motsamao wa mesifa e meholo

- Ho bapala dipapadi tsa setso, mohl. morabaraba
- Mejaho ya ditapole
- Mejaho ya lehe le kgaba-ho tsitsisa bolo e nyane hodima kgaba e kgolo

Motsamao wa mesifa e amang dikutlo

- Ho akgela mekotla ya dinawa moyeng le ho e kapa
- Ho betsetsa le ho otla dibolo ka bobedi

Morethetho

- Ho tlola dithapo tse behilweng di bapile-ho pheta le ho isa dithapo holenyana
- Ho tlola kgati

Kgokahano

- Ho akgela mekotlana ya dinawa ho mphato wa hao
- Ho fetisetsa bolo tlasa maoto mme baithuti ba eme ba latelana ka mora e mong

Botsitso

- Ho sebetsa ka bobedi, le shebane maoto a otlolohile, a thetsane, le tshwarane ka matsoho, le hula le ho sutuletsa pele le morao, bokatlase ba maoto bo thetsane
- Ho pheta ho ema, o sebedisa matsoho ho sututsana maoto a le fatshe
- Ho tsitsisa mokotlana wa dinawa dikarolong tse fapaneng tsa mmele o ntse a tsamaya moleng o otlolohileng
- Taolo, kgokahano le mesebetsi ya ho tsitsa

Tlwaetso ya sebaka

- Ho ikotlolla le ho hara-etsa mmele o be molelele le ho ba monyane kamoo o ka kgonang, ho ba molelele le ho ba mokgutshwane kamoo o ka kgonang

Lehlakore

- Ho hlahisa mesebetsi o sebedisa karolo e fokolang ya mmele, diphaka le maoto

KOTARA YA 2 KERETI YA 2		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Mefuta ya dibolo, disketele, mekotlana ya dinawa

Dikahare tse latelang di lokela ho etswa Kotareng ya 2. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo a tse tla etswa bakeng sa dithuto tsa boithapollo ba mmele moo ho hlokehang. Mesebetsi e meng le dipapadi tsa sekolo di ka kenyelletswa. Etsa hore dipapadi di kenyelletse baithuti ba sa itekanelang.

Motsamao wa mesifa e meholo

- Mesebetsi ya ho tshwantshisa e jwalo ka “latela moetapele”
- Ho matha papadi ya ho neheletsana lesokwana kapa ntle le lesokwana
- Ho matha papadi ya ho neheletsana lesokwana; ho tswedipana ka bolo; ho etsa zikizeke, disketele kapa dintho tse bontshang matshwao
- Ditlhakiso tse phetwang, tse jwalo ka ho tebelana ka mangole;ho nka bolo pele mphato wa hao a e nka, jj.

Motsamao wa mesifa e amang dikutlo

- Bokgoni ba bolo-ho otlanya bolo ha o ntse o tsamaya
- Bokgoni ba bolo -ho otlanya bolo leboteng
- Bokgoni ba bolo - ho otlanya bolo ho potapota ditshita

Morethetho

- Ho tlola kgati kapa ntle le yona; ho tlola sebakeng se itseng le bohole bo itseng
- Ho tsamaya le morethetho wa mmino kapa moropa, ho tsamaisa dikarolo tse fapaneng tsa mmele-hlooho...diphaka... dinoka... le maoto

Kgokahano

- Sebetsa le mphato wa hao- thetisetsa bolo ho e mong, eo a e rahele morao pele e emisa ho theteha
- Ho akgela bolo e kgolo moo e reretsweng teng, mohl. mokwallong kapa lentanteng la bolo ya matsoho
- Mesebetsi ya ho tshwantshisa, jwalo ka ho thonaka diapole, ho tjheka tshimong, ho sakga lepolanka, jj.

Botsitso

- Ka bobedi etsang ntwa ya letata kapa mokoko
- Ho bapala dipapadi tse bonolo tse jwalo ka EMA
- Papadi ya sekotjhe

Tlwaetso ya sebaka

- Ho bapala “katse le tweba” ka ho etsa sedikwadikwe
- Motjha wa ditshita

Lehlakore

- Ka bobedi tshwarang bolo ka letsoho le fokolang
- Ka bobedi rahang bolo ka leoto le fokolang

Dipapadi

- Dipapadi tsa ho hulana, ho matha, ho qhoma le dihupu, mohl. ‘ho hulana
- Ho bapala dipapadi tse jwalo ka “Phiri, phiri ke nako mang?”

KOTARA YA 3 KERETI YA 2		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Sesebediswa sa motjha wa ditshita, mekotlana ya dinawa; dibolo tsa mefuta e fapaneng

Dikahare tse latelang di lokela ho etswa Kotareng ya 3. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo a tse tla etswa bakeng sa dithuto tsa boithapollo ba mmele moo ho hlokehang. Mesebetsi e meng le dipapadi tsa sekolo di ka kenyelletswa. Etsa hore dipapadi di kenyelletse baithuti ba sa itekanelang.

Motsamao wa mesifa e meholo

- Mokotlana wa dinawa e le motjha wa ditshita ka letsohong/lehetleng/leotong/hloohong
- Nako ya ditlhakiso tse phetwang, k.h.r. ka taelo ya titjhere...matha.otla fatshe...qhoma...ema...jj.

Motsamao wa mesifa e amang dikutlo

- Ho bapala ka bolokolohi le ho ba le nako ya ho sheba mekgwa e fapaneng ya ho sebedisa mokotlana wa dinawa
- Dipapadi tsa tshebediso ya dikutlo o latela paterone-ho beha dintho ka tatellano e nepahetseng, k.h.r. ho matha le ho beha dintho tse bontshang matshwao dibakeng tse kgethilweng, ho sebedisa tatellano e nepahetseng
- Ho akgela le ho kapa bolo ya tenese

Morethetho

- Rala ho ikakga hodima Jungle gym o sebedisa ho hong ho leketlileng hodimo
- Sebedisa hohong ho leketlileng hodimo,tsokotseha tshepeng e rapameng hodima jungle gym

Kgokahano

- Ho etsa sedikadikwe o matha ka motsamao wa tshupanako le o kgahlanong le motsamao wa nako
- Ho sebedisa ho hong ho leketlileng, o tsamaya ka sephaka hodima Jungle gymng

Botsitso

- Ho tsitsa ka leoto le leng
- Ho tsitsisa motsamao dithapong, mapolankeng, dibiming tsa botsitso (ho tsitsa ka leoto le le leng; diphaka di bataletse)
- “Pere le kariki”
- Ho tsokotseha ha hula hupu ka sephaka,dinoka le molala

Tlwaetso ya sebaka

- Hlahisa ho thethehela pele le morao- hlalosa polokeho
- “Phiri le Nku” o sebedisa sebaka sa leihlo sa papadi
- Kgasa o tswella ka hara “kotopo” k.h.r. tlasa setulo, dithaereng tsa koloi kapa dikotopong tsa maiketsetso

Lehlakore

- Ka mokgwa wa sedikadikwe akgela bolo ka motsamao wa watjhe...oo e seng wa watjhe
- Motsamao wa mmele wa lehlakore o jwalo ka ho akgela bolo mahlakoreng a matshehadi/matona jwalo ka rakebing

Dipapadi

- Arola baithuti ka dihlopha mme ba hlodisane mojahong wa neheletsano ya lesokwana -hlalosa melao le tsela eo ho sebetswang ka yona
- Dipapadi tsa setso tseo baithuti ba ikgethetseng tsona

KOTARA YA 4 KERETI YA 2		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Diropo, diphala, mmate, emere bakeng sa mesebetsi ya metsi disebediswa tsa kirikete e nyane

Dikahare tse latelang di lokela ho etswa Kotareng ya 4. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo a tse tla etswa bakeng sa dithuto tsa boithapollo ba mmele moo ho hlokehang. Mesebetsi e meng le dipapadi tsa sekolo di ka kenyelletswa. Etsa hore dipapadi di kenyelletse baithuti ba sa itekanelang.

Motsamao wa mesifa e meholo/ le eo e seng meholo

- Qhomela hodimo; tsamaya ka dikgato tse kgolo; tsamaya ka dikgato tse nyane; tlola;tlolatlola
- Tsa mabelo - ho matha haholo
- Tsa mabelo- ho matha ka neheletsano ya lesokwana

Motsamao wa mesifa e amang dikutlo

- Dikarete tsa padiso tse nang le mantswe a ketso -qhoma, matha, tlola, tlolatlola, dula, tsamaya, le ho ema.
- Bolo ya tenese le mesebetsi ya kerikete

Morethetho

- Ho ya hodimo le tlase ditepising kapa o dinthong tsa botsitso - makgetlo a 10
- Ho sesa, ho etsa ditlhakiso tsa ho hema o sebedisa diemere tsa metsi

Kgokahano

- Ditlhakiso tsa ho sesa- ho robala ka mokokotlo o be o raha maoto; ho robala ka mpa; ho raha maoto le ho tsamaisa diphaka ketsong ya ho sesa

Botsitso

- Tsa mabelo-ditlhakiso tsa ho qhomela hole
- Tsa mabelo-ditlhakiso tsa ho qhomela hodimo

Tlwaetso ya sebaka

- Ho latela ditaelo, mohl. Tsamaela pele ka dikgato tse 6, kgutlela morao ka dikgato tse 10, le ka lehlakoreng le letshehadi ka dikgato tse 3, ema, tsamaela mahlakoreng o fapanya maoto. Tlolatlola makgetlo a 6 ka leoto le leng le makgetlo a 9 ka leotong le leng'
- Tlola sebakeng sa ho bapala o le mong hape le wa mphato

Lehlakore

- Ho ikotlolla, hodimo, le mahlakoreng

Dipapadi

- Bapala dipapadi tse fapaneng
- Keriketi e nyane
- Ditlhakiso tsa ho sesa- ditlhakiso tsa ho hema. Ho ikwetlisa ho butswela dibudulwana ka lehlakana ka metsing.
- Baithuti ba beha difahleho ka hara metsi mme ba butswela dibudulwana.

KOTARA YA 1 KEREITI YA 3		
Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	**Dihora tse 30** (dihora tse 3/beke)	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka: • Ditshwantsho, dipale, diraeme tse mabapi le maikutlo • diphaphete le dimaske • lebokose le bonolo la Thuso ya Pele

- **Ho sebedisa alemanaka ya ka phaposing ho buisana ka letsatsi le kgwedi kamehla selemo sohle.**
- **Ho boeletsa, tekanyetso le tlaleho di lokela ho etswa kgafetsa.(Nako e lekanyeditsweng e dumella sena)**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse tharo ka kotara di abelwe sena)**

Sehlooho: Ka nna - Dihora tse 6

- Molanako ke eng
- Molanako wa bophelo ba hao - kenyelletsa letsatsi la tlhaho, ho qala sekolo, bonyane ntlha e le nngwe e thahasellisang
- Ntho e thahasellisang nakong e fetileng

Sehlooho: Maikutlo - Dihora tse 6

- Dintho tse nthabisang le tse ntlhonamisang
- Ho elellwa maikutlo - jwalo ka kgalefo, tshabo, ho kgathatseha, bodutu
- Ditsela tse nepahetseng tsa ho hlahisa maikutlo a rona
- Tshwarelo - o kopa tshwarelo jwang

Ela hloko: Sebedisa ditshwantsho, dipale, diraeme, diphaphete le 'dimaske'

Sehlooho: Tshireletso ya bophelo bo botle - Dihora tse 3

- Ditlwaelo tsa motheo tsa thuso ya pele maemong a kang ho tswa mokola, ho longwa ke diphoofolo, ho sehwa le ho tjha
- Motheo wa tsa bophelo - Ho kenyelletswa ho se thetse madi a batho ba bang

Sehlooho: Ho boloka mmele wa ka o sireletsehile - Dihora tse 6

- Ha re a bolokeha bathong ba bang
- Melao ya ho boloka mmele wa ka o bolokehile
- Ho tshepa maikutlo a 'E' le 'Tjhe'
- O ka re 'Tjhe' jwang mofuteng ofe kapa ofe wa tlhekefetso
- O ka tlaleha tlhekefetso jwang

Ela hloko: Sehlooho sena se tsepamise ho thibeleng tlhekefetso ya mmele le ya motabo

Sehlooho: Ditokelo le boikarabelo - Dihora tse 6

- Ditokelo le boikarabelo ba baithuti
- Ditokelo le boikarabelo ba ba bang
  - Lapeng
  - Sekolong
  - Setjhabeng sa rona
  - Tikolohong

Matsatsi a bodumedi le matsatsi a mang a ikgethang - Dihora tse 3

KOTARA YA 2 KEREITI YA 3		
Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	**Dihora tse 30** (dihora tse 3/beke)	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka: • Mehlala ya dijo ho tswa dihlopheng tse fapaneng tsa dijo • Laeborari/dibuka tsa tlhahisoleseding • Mehlala ya mefuta e fapaneng ya matlakala • Moqomo wa dintho tse ka sebediswang hape • Lense ya polasetiki/kgalase e hodisang

- **Ho boeletsa, tekanyetso le tlaleho di lokela ho etswa kgafetsa.(Nako e lekanyeditsweng e dumella sena)**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse tharo ka kotara di abelwe sena)**

Sehlooho: Dijo tse nang le phepo e ntle - Dihora tse 6

- Dihlopha tsa dijo
  - Divitamine - ditholwana le meroho
  - Dikhabohaetereiti - borotho, poone/phofo ya poone
  - Diporotheine - mahe, dinawa, nama, matokomane
  - Dihlahiswa tsa lebese - lebese, kase, yokathe
- Phepo e itekanetseng

Sehlooho: Dikokonyana - Dihora tse 9

- Matshwao a dikokonyana
- Dikokonyana tse fapaneng - jwalo ka tshintshi, monwang, bohlwa, maleshwane
- Ho sheba le ho taka kokonyana
- Dikokonyana di re thusa jwang
- Dikokonyana tse ding di re hlokofatsa jwang

Sehlooho: Disaekele tsa bophelo - Dihora tse 6

- Saekele ya bophelo ke eng
- Saekele ya bophelo ba::
  - Tse nyantshang (mohl. ntja)
  - Dikokonyana (mohl. serurubele)
  - Tse phelang naheng le metsing - (mohl. senqanqane)
  - Dinonyana - (mohl. kgoho)

Sehlooho: Ho sebedisa hape - Dihora tse 6

- Ho etsahala eng ka matlakala a rona
- Ho sebedisa hape (dintho tse ka sebediswang hape)
- Ho sebedisa hape (dintho tse sebedisitsweg tse ka etswang dintho tse ntjha)
- Ho sebedisa hanyane
- Ke eng e ke keng ya sebediswa hape
- Ho sebedisa hape lapeng le sekolong
- Ho etsa manyolo ka dintho tse bolang
- Ho sebedisa metsi hape

Matsatsi a sedumedi le matsatsi a mang a ikgethang - Dihora tse 3

KOTARA YA 3 KEREITI YA 3		
Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	**Dihora tse 30** (dihora tse 3/beke)	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka: • Ditshwantsho tsa dipolanete - ho kenyelletswa Lefatshe ho tswa sepakapakeng • Dipale tsa ho etela sepakapakeng le diphuputso • Matshwao le disimbolo tse bontshang kotsi • Ditho tsa lelapa le tsa setjhaba tse seng di hodile

- **Ho boeletsa, tekanyetso le tlaleho di lokela ho etswa kgafetsa.(Nako e lekanyeditsweng e dumella sena)**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse tharo ka kotara di abelwe sena)**

Sehlooho: Polokeho ya setjhaba - Dihora tse 6

- Dibaka tse kotsi ho ka bapalla - ho kenyeletswa le ditutudu tsa matlakala, diporo tsa terene, mmila, dibaka tsa ho haha
- Ho palama diterene le ditekesi ka polokeho
- Dikotsi tsa motlakase
- Dintho tse tjhefu le tse ka tukang
- Matshwao a re hlokomedisang ka kotsi

Sehlooho: Tshilafatso - Dihora tse 6

- Tshilafatso ke eng
- Mefuta e fapaneng ya tshilafatso - metsi, naha, moya, lerata
- Ditlamorao tsa tshilafatso bathong
- Ditlamorao tsa tshilafatso tikolohong

Ela hloko: Tekolo le ho hlwekisa sebaka - hona ho tla sebetsa e le selelekela sa mosebetsi wa ka ntle

Sehlooho: Batho ba ne ba phela jwang mehleng ya kgale - Dihora tse 9

- Dipale le boiphihlelo ba ditho tsa lelapa le tsa setjhaba tse seng di hodile - kenyelletsa dijo, diaparo le dipalangwang
- Dintho tse sebediswang ke ditho tsa lelapa le tsa setjhaba tse seng di hodile - jwalo ka disebediswa, dibapadiswa , disebediswa tsa ho pheha
- Kgetho ya ditshwantsho tsa kgale le dinepe tse tswang alebamong ya lelapa le dibuka
- Batho ba ne ba phela jwang mehleng eo le jwale (phetoho le tsweloplele)

Ela hloko: Mema ditho tsa lelapa le tsa setjhaba tse seng di hodile ho etela phaposi ya thuto

Sehlooho: Sepakapaka - Dihora tse 6

- Lefatshe ho tloha sepakapakeng - le shebahala jwang (naha, lewatle maru)
- Dinaledi le dipolanete - ke eng
- Mabitso a dipolanete
- Thelesekhoupu
- Ho etela sepakapakeng
- Disatalaete le tlhahisoleseding eo re e fumanang

Ela hloko: Moo ho kgonahalang, etela polanetheriamo kapa opsevetri

Matsatsi a bodumedi le matsatsi a mang a ikgethang - Dihora tse 3

KOTARA YA 4 KEREITI YA 3		
Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano	**Dihora tse 30** (dihora tse 3/beke)	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka: • Tjhate ya tatellano ho bontsha tshebetso • Tlhahisoleseding/dibuka tsa laeborari le ditshwantsho • Dipehelo tsa dikoranta le thelevishene tsa dikoduwa • Dipale ka diphoofolo tse thusang batho

- **Ho boeletsa, tekanyetso le tlaleho di lokela ho etswa kgafetsa.(Nako e lekanyeditsweng e dumella sena)**
- **Ho lokela ho buisanwa ka matsatsi a bodumedi le a mang a bohlokwa a ketekwang ke setjhaba ha a ntse a ketekwa hara kotara(Dihora tse tharo ka kotara di abelwe sena)**

Sehlooho: Dihlahiswa le tshebetso - Dihora tse 6

- Dimela
  - Seo re se fumanang dimeleng
  - Tshebetso - ho tswa mmobeng ho ya tswekereng
- Lefatshe
  - Seo re se fumanang lefatsheng
  - Tshebetsong - ho tloha letsopeng ho ya seteneng

Sehlooho: Dikoduwa le seo re lokelang ho se etsa - Dihora tse 9

- Mefuta ya dikoduwa
  - Dikgohola
  - Mollo
- Diketsahalo tse ding tsa tlhaho
  - Lehadima
  - Ho reketla ha lefatshe
  - Difefo le meya e matla

Ela hloko: Sebedisa boiphihlelo ba hao hammoho le dipehelo tsa dikoranta le thelevishene tsa dikoduwa

Sehlooho: Diphoofolo le dibopuwa tse re thusang - Dihora tse 9

- Diphoofolo tse re fang dijo le/kapa diaparo
  - Dinotshi
  - Dikgoho
  - Dikgomo
  - Dinku
- Diphoofolo tse re sebelletsang
  - Dintja - dintja tse tataisang, tse lebelang, tse fofonelang
  - Diesele le dipere

Ela hloko: Batla o be o bale dipale ka diphoofolo tse ding, jwalo ka didolfini, tse seng di thusitse batho

Matsatsi a bodumedi le matsatsi a mang a ikgethang - Dihora tse 3

Momahanyo ya dihlooho tse entsweng le boitokisetso ba ho fetohela Kereiting ya 4 - Dihora tse 3

KOTARA YA 1 KEREITI YA 3		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehlodi e kgothaleditsweng**

Dikahare tse latelang di lokela ho etswa Kotareng ya 1. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo tse loketseng bakeng sa kotara ho fana ka maemo bakeng sa dithuto tsa Bonono bo Etsuwang le Bonono bo Bohuwang

Bonono bo Etsuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Ho iphuthumatsa: Kgokahano ya dikarolo tsa mmele tse ikemetseng jwalo ka ho akga matsoho, ho tsoka
- Ho iphuthumatsa ka ho tsepama ho hemeng: mohl. 'ho tshwantshisa ka ho phefumoloha', 'ho phefumoloha jwalo ka ntja' jj.
- Ho iphuthamatsa lentswe le ho bina dipina (ho bina ntho e le nngwe ka nako e le nngwe, ho fapanyetsana le dipineng tse botsang le ho arabela) ka sehalo le ka nako e nepahetseng
- Dipapadi tsa tshwantshiso: bopa kgokahano mmoho le sesosa le sephetho jwalo ka dibapadi tsa ho bala, mabitso a dipapadi,jj.
- Ho bapala dipaterone tsa morethetho le merethetho e kopaneng e bonolo makgetlo a 2, 3, kapa 4 diletsweng tse otlanngwang.
- Motsamao wa mesifa e meholo: tlola/ holopela pele, holopela morao, holopela mahlakoreng le ho fetohela ditseleng tse fapaneng (ho tshekalla,ka sedikadikwe, ka sebopeho sa S, jj)
- Motsamao wa mesifa e seng meholo: ho inama, inamoloha, ho fihlella, kgokahano ya sephaka le leoto ho tsamaya le mmino
- Ho phodisa mmele le ho phomola: ntsha maikutlo le mehopolo ka ho sebedisa motsamao.

Ho etsa matsapa le ho hlalosa

- Mamela mmino wa Afrika Borwa (wa boholoholo le wa sejwalejwale) a tsepamisa maikutlo morethethong makgetlo a 2, 3, kapa 4
- Ho etsa dipaterone tsa morethetho tsa dinoto(dinoto kapa matshwao a hlakileng) tse nang le matshwao a tshwanang le disemibrive, diminimi, dikroshete, dikhuiva le direste a sebedisa ho otlanya dikarolo tsa mmele
- Bontshatse latelang ka ho etsisa: qalo, mahareng le qetello ka ho sebedisa dikutlo, mohl. thothokiso, pale,pina kapa setshwantsho sa Afrika Borwa
- Ho bontsha botho le dintho bonketsisaneng a sebedisa ho sheba, ho etsisa le ho fetelletsa
- Ho ithuta le ho kopanya metsamao ho tswa metjekong ya Afrika Borwa mohl. motjeko wa MaIndia, wa Mapantsola ka mmino o nepahetseng

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Ho ruta metako le mepento ya semmuso le tse ding: ho utolla mefuta e fapaneng ya midiya
- Ho hlahisa ho fetela : ka mora, ka pela
- Ho fapana ha boholo le sebopeho sa pampiri: kgothalletsa ho sebetsa ka dikala tse fapaneng le boemo ka ho phethalala

Ho bopa ka mahlakore a 3

- Ho bopa mmotlolo wa letsopa: diphoofolo, ditrakone,dipitsa le tse ding
- Dielemente tsa bonono: dibopeho, boleng
- Ruta mawa a bonolo a ho etsa mmotlolo: ho thetheha, tsipa, mmotlolo; ho kenyelletsa bokahodimo ba ntho.
- Disebediswa : polokeho, ho kgathalla ba bang, le ho arolelana mehlodi

Litheresi e bohuwang

- Dielemente tsa bonono: hlwaya le ho bolela dielemente tsohle tsa bonono
- Sebedisa mesebetsi ya bonono le ho boha bakeng sa ho amahanya le mosebetsi wa hae

KOTARA YA 2 KEREITI YA 3		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehlodi e kgothaleditsweng**

Dikahare tse latelang di lokela ho etswa Kotareng ya 2. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo tse loketseng bakeng sa kotara ho fana ka maemo bakeng sa dithuto tsa Bonono bo Etsuwang le Bonono bo Bohuwang

Bonono bo Etsuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Ho iphuthumatsa:tsepamisa ho seemo sa mmele, ho tsitsa ha mangole hodima menwana e hare ya maoto ha o inama le ho lebisa maoto ntlheng e itseng
- Ho iphuthumatsa: tsepamisa qapodisong le sehalo sa lentswe a sebedisa diraeme, dipina, dipapadi tsa boiqapelo le tse rarahanyang leleme
- Ho elellwa ka ditho tsa kutlo: ho ama,ho latswa,ho nkgella,ho utlwa le ho bona mesebetsing ya ditshwantshiso jwalo ka mosebetsi wa ho kwahela mahlo, le papadi ya mohala o robehileng, jj
- Dipapadi tsa morethetho: bokgoni ba ho mamela, ho hopola dipaterone tsa morethetho o fapaneng, ho boloka morethetho o butle, ho sebedisa boleng bo fapaneng ba lentswe
- Ho bopa taolo, kgokahano, botsitso le ketso ya ho phahama ho tloleng ka ho leba fatshe ha bonolo
- Motsamao wa mesifa e meholo le e seng meholo ka metsamao ya diphaka e tsamaelanang le mmino
- Ho phola le ho phomola: ho kakalla ka mokokotlo o hema mme o ipopela setshwantsho sa mmala

Ho etsa matsapa le ho hlalosa (e rutwe kotara kaofela)

- Ho hlalosa le ho ikwetlisetsa dipina tsa Afrika Borwa: ho fapanyetsana, ho bitsa le ho arabela
- Tshwantshisa dihlopheng o sebedisa pale e teng e itshetlehileng dihloohong tse loketseng, ho ntshetsa pele qetello ya hae
- Ditshwantshiso tsa ka phaposing ya thuto: ho hlahisa maikutlo le ho bontsha mookotaba ho tswa tikolohong le bophelong ba hae jwalo ka 'ho bokelletsa matlakala tikolohong ya hao', jj
- Polelo e bontshang motsamao ho bontsha qalo, bohare le qetelo sehloohong se kgethilweng ba sebetsa ka dihlopha tse nyenyane.

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Ho ruta motako le ho penta ha semmuso: o utolla mekgwa e fapaneng ya midiya
- Jwalo ka kotareng e fetileng, kenyelletsa kgatello e kgolo ya ho elellwa mmele o tsamayang, ka ho fetisetswa

Ho bopa ka mahlakore a 3 (mabokose betlilweng)

- Ruta le ho atolosa mawa a bonolo a ho bopa lebokose le betlilweng: ho paka,ho kopanya, le ho kgabisa bokahodimo
- Ho elellwa sebaka: jwalo ka pele: atolosa tlhokomediso ya ho sebetsa sebakeng

Litheresi e bohuwang

- Ho sebedisa dielemente tsa bonono le dintlhatheo tsa moralo ditlhalosong le dipuisanong; tlhahiso ya botsitso
- Sebedisa mesebetsi ya bonono le ho boha bakeng sa ho amahanya le mosebetsi wa hae
- Tlhaloso ya mosebetsi wa hae wa bonono: tshebediso ya tlotlontswe ya bonono ka kelohloko

KOTARA YA 3 KEREITI YA 3		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehlodi e kgothaleditsweng**

Dikahare tse latelang di lokela ho etswa Kotareng ya 3. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo tse loketseng bakeng sa kotara ho fana ka maemo bakeng sa dithuto tsa Bonono bo Etsuwang le Bonono bo Bohuwang

Bonono Etsuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Ho futhumatsa mmele: kopanya dikarolo tsa mmele tse ikemetseng mohl. etsa sedikadikwe ka manonyoletso a pakeng tsa letsoho le seatla, letheka le dinoka ka nako e le nngwe
- Ho futhumatsa lentswe: tsepamisa ho ikutlwahatseng le ho ba le seabo dithothokisong, diraemeng le dipapadi tsa boiqapelo tsa tshwantshiso
- Bokgoni ba ho elellwa le ho tsepamisa maikutlo: mesebetsi ya tshwantshiso jwalo ka ho bopa tatellano ya diketso tsa maeme (mime) ka bobedi, jj.
- Ho otlanya dikarolo tsa mmele le/kapa diletswa mmoho le mmino wa Afrika Borwa (o hatisitsweng kapa o etswang ka nako eo), ho tsepamisitswe dipateroneng tsa morethetho o tjhitja
- Ho hokela metsamao dipolelong tsa motsamao o mokgutshwane le ho di hopola
- Ho matha ho kopanyelleditsweng le metsamao e potolohang
- Ho phodisa mmele le ho phomola: ho ikotlolla butle ka mahlakoreng a fapaneng ka mmino o iketlileng, o phodileng

Ho etsa matsapa le ho hlalosa (e rutwe kotara kaofela)

- Ho etsa polelo ya motsamao dihlopheng tse nyane le ho e sebedisa ho etsa dipaterone
- Ho qapa dipaterone tsa morethetho o tjhitja o itshetlehileng hodima mmino wa Afrika Borwa. Tsepamisa kgethong ya sekgahla se nepahetseng
- Ditshwantshiso tsa ka phaposing ya thuto: ho bontsha baphetwa ba fapaneng ka makgetha a puo le a mmele mohl. Ho tsamaya le ho bua jwalo ka mme, ntatemoholo, ngaka, jj.
- Ho ba le seabo dithothokisong tsa dihlopha, mohl. mahlaso a kopantsweng le motsamao le diketsiso tsa mmele

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Ho taka le ho penta: ho utolla mefuta e fapaneng ya midiya
- Ho sheba ho eketsehileng le ho hlalosa paterone le ho etsa dikgatiso bophelong ba bona; ho kenyelletswa ho fetisetsa ka, dipaterone tsa meedi, sebopeho ka hara sebopeho, phetapheto
- Dintlhatheo tsa moralo: ho bolela diphapano le ditshebetso, boemo, kgatello le botsitso
- Ruta dipaterone le ho etsa dikgatiso ka dintho tse fumanweng le dimidiya tse fapaneng bakeng sa boiphihlelo ba motsamao wa mesifa ya ditho tsa kutlo

Ho bopa ka mahlakore a 3

- Metako ho tswa dinthong tse ka sebediswang hape: diforeimi tsa dipaterone bakeng sa mosebetsi wa hao wa bonono, ditshelo tsa ka phaposing ya thuto, jj.
- Dielemente tsa bonono: ho bolela le ho sebedisa dibopeho tsa jeometri le tsa tlhaho
- Kgatello dipateroneng le mekgabisong ya bokahodimo bakeng sa dintho tsa bonono

Litheresi e bohuwang

- Eketsa tlhokomediso ya dipaterone le ho etsa dikgatiso Afrika, mohl. Metako ya Setebele, ho sebetsa ka difaha, majwe a kgabisitsweng: ho sheba, ho bua, ho mamela ka dipaterone

KOTARA YA 4 KEREITI YA 3		
Bonono bo iqapelwang	**Dihora tse 20**	**Mehlodi e kgothaleditsweng**

Dikahare tse latelang di lokela ho etswa Kotareng ya 4. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo tse loketseng bakeng sa kotara ho fana ka maemo bakeng sa dithuto tsa Bonono bo Etsuwang le Bonono bo Bohuwang

Bonono bo Etsuwang - Dihora tse 10

Dipapadi tsa boiqapelo le bokgoni

- Mesebetsi ya ho iphuthumatsa: tsepamisa maikutlo ho lelefatseng le ho kobeng lesapo la mokokotlo
- Dipapadi tsa boiqapelo tsa tshwantshiso: ho bopa tsepamiso le ho ipopela setshwantsho, mohl. 'akgela' bolo ya boinahanelo o tsepamisitse maikutlo boholong, sebopehong le boimeng
- Ho arabela tsosollosong ya setho sa kutlo jwalo ka ditshwantsho, dipolelwana, maele, dipapadi tsa tshwantshiso, dithothokiso le diraeme ho utolla puo ya mmele, diketsiso tsa mmele le tsa sefahleho
- Motsamao wa mesifa e meholo: ho bontsha taolo le mokokotlo o matla, mohl. Ho tsamaya ka boitshepo, ho hwanta jwalo ka lesole, jj.
- Ho phodisa mmele le ho phomola: ho robala ka mokokotlo o tiisa/honyetsa mesifa kaofela, ho etsa ditebele tse tiileng, ho tiisa mahetla, ebe o lokolla mesifa kaofela ho etsa hore mmele o lokolohe, jj.

Ho etsa matsapa le ho hlalosa

- Ho mamela mmino wa Afrika Borwa: o tsepamisa maikutlo hore na sekgahla, diphetoho le boleng ba lentswe di phehisa jwang modumong o ikgethang
- Ho mamela le ho hlwaya diletswa tse hlahelletseng tsa Afrika Borwa, utolla makgetha a ikgethileng a diletswa
- Ho bopa maikutlo: ho sebedisa diphetoho tsa puo, ho hlahisa medumo le motsamao, ho sebedisa dithothokiso, ditshwantsho kapa dipina
- Ho bopa motsamao o itshetlehileng ditshwantshong, dipolelo tsa motsamao (tatellano), bontsha qalo, bohare le qetelo

Bonono bo Bohuwang - Dihora tse 10

Ho bopa ka mahlakore a 2

- Ho taka le ho penta: ho utolla mefuta e fapaneng ya midiya
- Ho taka ho fetelang ka, mmele o sisinyehang, boiqapelo ba batho ba fetang bobedi

Ho bopa ka mahlakore a 3

- Ruta mawa a ho sebedisa letsopa la pampiri: ho etsa dintho ka ho di mamaretsa, ho di seha,ho di tabola,ho di etsa boreledi
- Dielemente tsa bonono: boleng, sebopeho
- Dintlhatheo tsa moralo: ho sebedisa le ho bolela ka kelohloko karolo, botsitso, phapano
- Tlhokomediso ya sebaka: atolosa tlhokomediso ya ho sebetsa sebakeng

Litheresi e bohuwang

- Dielemente tsa bonono: hlwaya le ho bolela dielemente tsohle tsa bonono
- Dintlhatheo tsa moralo:bolela le ho sebedisa phapano, karolo, kgatello le botsitso
- Botsa dipotso ho tebisa le ho atolosa ho sheba dielemente le dintlhatheo tsa moralo

KOTARA YA 1 KEREITI YA 3		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka: Dikhafo bakeng sa mabelo a mekgahlelo e mararo. Dibolo, dibete tsa kerikete le dikutu; sete ya dibete tsa tenese; dithapo Sebaka se nang le jwang bo bonolo

Dikahare tse latelang di lokela ho etswa Kotareng ya 4. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo a tse tla etswa bakeng sa dithuto tsa boithapollo ba mmele moo ho hlokehang. Mesebetsi e meng le dipapadi tsa sekolo di ka kenyelletswa. Etsa hore dipapadi di kenyelletse baithuti ba sa itekanelang.

Motsamao wa mesifa e meholo

- Keribae, lebelo la mekgahlelo e meraro
- Kerikete e nyane: Ho matha pakeng tsa diwikete
- Mabelo: ho matha ka lebelo le leholo

Motsamao wa mesifa e amang dikutlo

- Sete ya tenese
  - Ho tsamaya, ho akgela bolo ya tenese moyeng, fatshe le ka mahlakore a mabedi a bete
  - Mmoho le mphato wa hao, akgelanang bolo e sa thetse fatshe(voli)
  - Mmoho le mphato wa hao , otlela bolo ka hodima nete o sebedisa bokapele ba seatla
  - Mmoho e mphato wa hao , otlela bolo ka hodima nete o sebedisa bokamorao ba seatla

Morethetho

- Mabelo: ho kotsama ha o tla qala lebelo (itokise.. e ba malala-a-laotswe...matha!)
- Mabelo: ketsahalo ya ho tlolela hole o nka qeto hore ke leoto lefe leo o tla le sebedisa ho tloha
- Mabelo: ketsahalo ya ho tlolela hodimo o nka qeto ya leoto leo o tla le sebedisa pele

Kgokahano

- Mabelo: akgela bolo ya tenese
- Kgokahano ya leihlo le letsoho:otlanya bolo ya tenese hodima bete ya tenese ...moyeng...fatshe ha o ntse o tsamaya

Botsitso

- Tenese e nyane: ho matha, otla ka bokapele ba letsoho, ho otla ka bokamorao ba letsoho le dipetso tsa voli hodima nete/ thapo
- Kerikete: ho otla ka bete

Tlwaetso ya sebaka

- Ho fetola lehlakore
- Ho batla tshebetso motjha wa ditshita o rarahaneng ho kenyelletswa ho sututsa,ho hula,ho palamela, ho fetola lehlakore

Lehlakore

- Raha bolo e mathang ka leoto le letshehadi le le letona

Dipapadi

- Mabelo: lebelo la neheletsano ya lesokwana
- Tenese e nyane
- Kerikete e nyane

KOTARA YA 2 KEREITI YA 3		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka: Disekitele, dibolo, dithupa tsa hoki, dithapo tsa ho tlola.

Dikahare tse latelang di lokela ho etswa Kotareng ya 2. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo a tse tla etswa bakeng sa dithuto tsa boithapollo ba mmele moo ho hlokehang. Mesebetsi e meng le dipapadi tsa sekolo di ka kenyelletswa. Etsa hore dipapadi di kenyelletse baithuti ba sa itekanelang.

Motsamao wa mesifa e meholo

- Mesebetsi e tsosang dikutlo tse itseng jwalo ka ho matha jwalo ka pere, ho tsamaya jwalo ka letata,ho tlola jwalo ka senqanqane, jj.

Motsamao wa mesifa e amang dikutlo

- Akgela/kapa bolo e phahameng

Morethetho

- Ho tlola thapo ka dihlopha tsa tharo
- Ho tlola thapo ka bonngwe o tlola habedi ha o qala
- Ho tlola thapo ka bonngwe o tlola hang ha o qala o ntse o matha

Kgokahano

- Seteishene sa 1: basketebolo - ho tswedipanya bolo ka zikizeke dinthong tse bontshang matshwao
- Seteishene sa 2: Hoki - tswedipanya bolo ditshiteng
- Seteishene sa 3: Netebolo - fetisa o ntse o matha
- Seteishene sa 4: Rakebi - ho matha le ho fetisa bolo moleng o morao
- Seteishene sa 5: Bolo ya maoto - ho tswedipanya bolo dinthong tse bontshang matshwao

Botsitso

- Ho matha ka neheletsano ya lesokwana:etsa zikizeke disketeleng/ dinthong tse bontshang matshwao
- Tsitsa ka leoto le le leng
- Boikwetliso: Ho ema ka hlooho/ka matsoho
- Ho ema borokgong

Tlwaetso ya sebaka

- Motjha wa ditshita o rarahaneng

Lehlakore

- Tatellano ya disebediswa tsa letsoho jwalo ka hula hupu kapa malente a hlokang ketsahalo ya le letshehadi le le letona la mofuta o tshwanang

Dipapadi

- Dipapadi tsa boholoholo
- Bolo ya maoto e nyane, hoki, rakebi, netebolo le baseketebolo

KOTARA YA 3 KEREITI YA 3		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	Mehlodi e kgothaleditsweng Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka: Dibolo, dithapo,dikotwana tsa masela, meseme ya boithapollo jwang,dintho tse bontshang matshwao

Dikahare tse latelang di lokela ho etswa Kotareng ya 3. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo a tse tla etswa bakeng sa dithuto tsa boithapollo ba mmele moo ho hlokehang. Mesebetsi e meng le dipapadi tsa sekolo di ka kenyelletswa. Etsa hore dipapadi di kenyelletse baithuti ba sa itekanelang.

Motsamao wa mesifa e meholo

- Motsamao oo e seng wa mesifa e meholo jwalo ka ho sotheha, ho fetoha, ho inama, ho ikgara, e kopantswe kapa e hokahantswe ka dihlopha
- Ho tlola sebakeng sa bohole bo itseng o tshwere ho hong ebile o tshwarahane ka matsoho le mphato wa hao
- Ho tlola o ntse o eme ... ho tloha ka ho tlola habedi le ho tloha ka ho tlola hang
- Ho qhiletsa: diketso tse tsoswang ke dikutlo tse itseng - tshipo, tshephe, mmutla, jj

Motsamao wa mesifa e amang dikutlo

- Raha bolo e mathang le ho fetola lehlakore, o rahela moo e reretsweng kapa ho mphato wa hao
- Akgela bolo moo e reretsweng le pakeng tsa bomphato ka letsoho le le leng le a mabedi, hodimo le hole

Morethetho

- Ho tlola kgati - motsamao o tswetseng pele jwalo ka ho tshela, ho tlola habedi, jj.
- Metsamao ya boikwetliso jwalo ka ho thethehella pele, morao, ho otlolla letsoho, lebidi la kariki

Kgokahano

- Mesebetsi volibolo: kgokahano ya letsoho le leihlo, sebetsa, tjheka le ho etsisa diketso
- Mesebetsi ya bomphato jwalo ka ho tshwarana ka mahlakoreng a mabedi hodima mokokotlo wa mphato ya inameng

Botsitso

- Ema mme o tsamaye ka ditsetsekwane le ka direthe
- Kgasa ka matsoho le ka mangole
- Tsitsa ka ho tsamaela pele le morao
- Palamela “Jungle gym”: tsamaya ka bolokolohi hodima palo e tsitsisang/bimi
- Ho theola dintho ka bonolo
- Boikwetliso: diketso tsa ho tsitsa jwalo ka ho ema ka letsoho, ho ema ka hlooho, jj.

Tlwaetso ya sebaka

- Motjha wa ditshita o kenyelletsang mesebetsi ya ho kgasa, ho tlola ho tloha bophahamong bo itseng, mahlahahlaha, lebelo, jj..
- Dipapadi tse kang “a le mong kgahlano le ba bararo”
- Papadi ya bomphato; tshwara mohatla wa mphato wa hao

Lehlakore

- Mesebetsi ya bomphato: metsamao ya ho hulela le ho sutuletsa ho le letshehadi/le letona
- Sekomporomaiya

Dipapadi

- Papadi ya bolo e nyane
- Volibolo
- Katse le tweba

KOTARA YA 4 KEREITI YA 3		
Thuto ya Boithapollo ba Mmele	**Dihora tse 20**	**Mehlodi e kgothaleditsweng** Ho tlatselletsa mehloding e lekantsweng ya Bokgoni ho tsa Bophelo o tla hloka: Diemere tse kgolo tse tshetseng metsi/letamo la ho sesa Disebediswa tsa kerikete e nyane Sete ya tenese Meseme ya boithapollo

Dikahare tse latelang di lokela ho etswa Kotareng ya 4. Kgetha dihlooho tsa Bokgoni ho tsa Bophelo bakeng sa kotara ho fana ka maemo a tse tla etswa bakeng sa dithuto tsa boithapollo ba mmele moo ho hlokehang. Mesebetsi e meng le dipapadi tsa sekolo di ka kenyelletswa. Etsa hore dipapadi di kenyelletse baithuti ba sa itekanelang.

Motsamao wa mesifa e meholo

- Latela ditaelo tse bohuwang (matshwao a letsoho/mmele, ditshwantsho) ho tsamaya,ho tlola,ho qhoma, palamela, jj. Baithuti ba tsamaya ba potoloha ba tshwarane ka matsoho. Ba fapanya boholo ba sedikadikwe le palo ya tsona, le ho fetola lehlakore la motsamao wa sedikadikwe, tsamaisa didikadikwe ka hara tse ding le ho potoloha tse ding

Motsamao wa mesifa e amang dikutlo

- Ditshwantsho tsa diriti:Moithuti e mong ke seriti sa e mong mme ba kopitsa metsamao
- Tenese: ho otla bolo o isa letsoho pele, o tlosa letsoho morao, o otla voli
- Kerikete: ho otla ka bete, ho akgela bolo, ho kapa bolo le ho boloka wikete

Morethetho

- Tatellano ya moretheto ka disebediswa le ka ntle ho disebediswa

Kgokahano

- Boikwetliso: ho thethehella pele le morao
- Ho sesa: ho thella, ho tenyetseha, ho raha le ho tsamaya ka maoto kam metsing mmoho le ketso ya sephaka

Botsitso

- Ho tsisa ka leoto le le leng le a mabedi hodima ntho, le ho tsitsisa mekotlana ya dinawa le dintho tse ding hodima hlooho kapa ka hara matsoho
- Boikwetliso: ho ema ka hlooho, ka matsoho, ho ema ka lekeke

Tlwaetso ya sebaka

- Motjha wa ditshita
- Ho sesa: ditlhakiso tsa boitshepo ho hlola letswalo la metsi jwalo ka ho kenya mahlo le ditsebe ka metsing, ditlhakiso tsa ho hema

Lehlakore

- Ho sesa: ho raha ka leoto le letshehadi/le letona; diketso tsa sephaka se setshehadi/se setona

Dipapadi

- Dipapadi tsa ka metsing - Motse wa tjha, motse wa tjha, pehiso/dikgato tse kgolo
- Dipapadi tsa mekgahlelo e meraro
- Dibeke
- Sete ya tenese
- Kerikete e nyane

KAROLO YA 4

4.1 SELELEKELA

Tekanyetso ke tshebetso e tswellang pele, e radilweng ya ho hlwaya, ho bokella le ho manolla tlhahisoleseding ka tshebetso ya baithuti, ho sebediswa mekgwa ya tekolo e fapaneng. E kenyelletsa mehato e mene: ho hlahisa le ho bokella bopaki ba phihlelo, ho lekola bopaki bona, ho rekota tse fumanweng le ho sebedisa tlhahisoleseding ena ho utlwisisa le ho thusa ntshetsopeleng ya baithuti e le ho matlafatsa tshebetso ya ho ruta le ho ithuta.

Tekanyetso e lokela ho ba e seng ya semmuso (tekanyetso bakeng sa ho ithuta) le ya semmuso (tekanyetso ya ho ithuta). Mefuteng ena e mmedi baithuti ba lokela ho fuwa tlaleho kgafetsa e le ho ntlafatsa boitemohelo ba ho ithuta.

Ho Bokgoni ho tsa Bophelo, Mokgahlelong wa Motheo, kgatello tekanyetsong e hodima ho lekola baithuti ka tsela e tswelang pele le e radilweng nakong ya ditlwaelo tsa letsatsi ka leng, mesebetsing ya dipapadi tsa bolokolohi tse hlophisitsweng. Hona ho bolela hore baithuti ba Mokgahlelong wa Motheo ba lekolwa ka dipuisano, ka ho etsisa le ho tshwantshisa haholo Bononong bo iqapelwang le Thutong ya Boithapollo ba Mmele, athe ho rekota ho ngotsweng ho tla lokela haholo bakeng sa Tsebo ya Motheo le Bophelo bo Botle ba Botho le Phedisano.

Bokgoni ho tsa Bophelo bo fa baithuti monyetla wa ho utulla lefatshe la bona le ho le utlwisisa. Sepheo sa tekanyetso ho Bokgoni ho tsa Bophelo, Mokgahlelong wa Motheo ke ho lekanyetsa ntshetsopele ya mehopolo, bokgoni le makgabane a tla thusa ho ba lokisetsa tekanyetso ya semmuso Mokgahlelong o Mahareng. Ho phatlalla le dikarolo tsohle tse nne tsa ho ithuta tsa Bokgoni ho tsa Bophelo, sepheo sa tekanyetso ke ho tshehetsa le ho kgothalletsa baithuti, le ho lekola tswelopele ya baithuti ka kakaretso. Re ka tseba hore baithuti ba fumane dikgopolo le bokgoni ka ho lekola seabo sa bona mesebetsing e amanang le dikgopolo tseo.

Tekanyetso e seng ya semmuso ho Bokgoni ho tsa Bophelo, Mokgahlelong wa Motheo e etswa ka tsela e tswelang pele. Tsela e le nngwe e lokileng ya ho etsa sena ke ho ba le buka ya tekolo. Ho hong le ho hong ho thahasellisang kapa ho ngongorehisang ho lokela ho ngolwa bukeng eo ya tekolo, mme e boeletswe/shejwe letsatsi le leng le le leng. Dinoutsu tsena di lokela ho kenyelletsa moralo wa ho ruta, mme di ka kenyelletsa hape le tekanyetso tse tla latela.Ho Bokgoni ho tsa Bophelo, Mokgahlelong wa Motheo moithuti e mong le mong o lokela ho lekanyetswa semmuso ka ho lekola le ka ho rekota ho ngolwang bonyane hang ka kotara, karolong e nngwe le e nngwe ya ho ithuta. Mekgwa ya tekanyetso e lokela ho ba boemong bo loketseng ba dilemo le kgatelopele. Popo ya mesebetsi ena e lokela ho akarelletsa dikahare tsa thuto mme e kenyelletse mesebetsi e fapaneng e etseditsweng ho fihlela sepheo sa thuto eo.

Tekanyetso e ka nka sebaka ka bomong, ka dihlopha tse nyane kapa tse kgolo nakong ya dipapadi tsa bolokolohi e le karolo ya mesebetsi e hlophilweng. Manane a tekolo le diruburiki le tsona di ka sebediswa bakeng sa ho rekota tekanyetso. Ka bobedi tekanyetso ya semmuso le e seng ya semmuso di tla kgona ho thusa titjhere ho latela le ho lekola tswelopele ya moithuti kotara kaofela.

Tekanyetso e rekotwa le ho tlalehelwa batswadi. Ha ho bohlokwa ho boloka rekoto ya semmuso ya mosebetsi oohle wa baithuti ho Bokgoni ho tsa Bophelo. Le ha ho le jwalo, ho bohlokwa ho boloka mosebetsi o mong o ka bontshang kgatelopele ha nako e ntse e tsamaya. Matitjhere a ka neha baithuti kgetho ya ho boloka mosebetsi o fanang ka bopaki bo botle ba bokgoni ba moithuti ka nako e itseng. Tsena di ka bolokwa ka difaeleng, mme tsa pepeswa nakong ya dipuisano le dikopano tsa batswadi. Ntle le moo, mosebetsi wa baithuti o lokela ho pepeswa ka phaposing ya ho ithutela. Ka nako e nngwe baithuti ba ka isa mosebetsi hae e le hore phaposi ya ho ithutela e se tlalatlale dintho.

4.2 LENANE LA TEKANYETSO

Ho Bokgoni ho tsa Bophelo, Mokgahlelong wa Motheo, tekanyetso hangata ha se ya semmuso, mme ke e tswellang. Tekanyetso ya semmuso ya moithuti ka mong e lokela ho rekotwa ke titjhere hang ka kotara.

4.3 KENYELLETSO

Kereiti ya R le Kereiti ya 1 ke boitemohelo bo botjha bakeng sa baithuti ba bangata. Ba tla be ba ile ba eba le boitemohelo bo fapaneng ba thuto ho fihlela mona, ekasitana le ho fumana bokgoni bo fapaneng. Titjhere o hloka ho hlwaya ditlhoko tsa moithuti ka mong ka tekanyetso ya semmuso le e seng ya semmuso. Ho ka ba bohlokwa ho dumella baithuti ba bang ho etsa mosebetsi o salletseng morao mme ba bang ba etse mesebetsi e ekeditsweng. A itshetlehile ka tekanyetso e tswellang, titjhere o lebelletswe ho kenyelletsa baithuti bohle diprogramong tsa ho ithuta ekasitana le ho di lekola.

4.4 HO REKOTA LE HO TLALEHA

Ho rekota ke tshebetso eo ho yona titjhere a ngolang boemo ba tshebetso ya baithuti le kgatelopele e lebisang phihlelong ya tsebo jwalo ka ha e tlameha ho ya ka *Setatemente sa Leano la Kharikhulamo la Tekanyetso.* Direkoto tsa tshebetso tsa moithuti di lokela ho fana ka bopaki ba kgatelopele ya moithuti kereiting le boitokisetso ba hae ba ho fetela kereiting e hlahlamang.

Ho tlaleha ke mokgwa/ tsela ya ho tsebisa ka mosebetsi wa moithuti ho baithuti, batswadi, dikolo, le ba bang ba amehang. Mosebetsi wa moithuti o ka tlalehwa ka ditsela tse fapaneng, ho kenyelletswa dikarete tsa tlaleho, dikopano tsa batswadi, matsatsi a ketelo a batswadi, diboka tsa batswadi le matitjhere, mehala, mangolo, mangolo a ditsebiso a sekolo,jj. Matitjhere dikereiting tsohle a tlaleha dithuto ka diphesente. Mehato e fapaneng ya diphihlelo le diphesente tse tsamaelanang le tsona di bontshitswe papetleng e ka tlase.

DIKGATO TSA TEKANYETSO LE DIPHESENTE TSA HO REKOTA LE HO TLALEHA

DIKGATO TSA TEKANYETSO	TLHALOSO YA TSHEBETSO	PHESENTE
7	Phihlello e babatsehang	80 - 100
6	Phihlello e kgabane	70 - 79
5	Phihlello e ntle	60 - 69
4	Phihlello e mahareng	50 - 59
3	Phihlello e foofo	40 - 49
2	Phihlello e karolwana feela	30 - 39
1	Ha ho phihlello	0 - 29

Matitjhere a rekota matshwao a nnete a itshetlehileng ka mosebetsi o entsweng ke moithuti ka mong ka ho sebedisa maqephe a ho rekota, le ho tlaleha ka diphesente kgahlanong le dithuto dikareteng tsa ho tlaleha.

4.5 KAKARETSO

Tokomane ena e lokela ho balwa mmoho le:

4.5.1 *National policy pertaining to the programme and promotion requirements of the National Curriculum Statement Grades R-12;* and

4.5.2 The policy document, *National Protocol for Assessment Grades R-12.*