

Vho Angie Mutshekga
vha Muhasho wa
Pfunzo ya Muteo



Vho Enver Surty
Muthusaminista wa
Pfunzo ya Muteo

Bugu idzi dzo ṅwalelwa vhana vha Afrika Tshipembe, mushumo wa hone wo rangiwa phaṋḓa nga Minista wa Pfunzo ya Muteo, Vho Angie Motshekga na Muthusaminista wa Pfunzo ya Muteo, Vho Enver Surty.

Bugu dza u shumela dza Rainbow ndi tshipiḓa tsha zwe Muhasho wa Pfunzo ya Muteo wa ita zwa u khwiṋisa vhukoni ha vhagudi vha Afrika Tshipembe vha Gireidi dza rathi dza u ranga. Sa tshiṅwe tsha zwithu zwihulwane zwa Pulanetshumisi (Action Plan) ya Muvhuso, thandela iyi yo konadzea nge ya lambedzwa lu sa vhudziswi nga Muhasho wa Gwama ḽa Lushaka (Thirezhari).

Hezwi zwo ita uri Muhasho u kone u bveledza bugu idzi, dzi kha nyambo dzoṱhe dza tshiofisi, dzi tshi waniwa mahala.

Ri na fulufhelo ḽauri bugu idzi dzi ḓo thusa vhadededzi (vhagudisi) mushumoni wavho wa u funza wa ḓuvha ḽiṅwe na ḽiṅwe khathihi na u vha na vhuṱanzi uri vha khunyeledze kharikhuḽamu yoṱhe. Ro ita nga vhuronwane uri ri sumbedze nḓila vhadededzi kha mishumoitwa (nyito) nge ra shumisa aikhoni dzi no sumbedza uri mugudi u tea u ita zwifhio.

Ri na fulufhelo ḽi no bva ḽi mbiluni uri vhana vha ḓo ḓiphiṋa nga u shumisa bugu idzi zwenezwi vha tshi khou aluwa na u guda, khathihi na uri na vhonevho, sa mudededzi, vha ḓo ḓiphiṋa na vhana avha.

Ri ri kha vhone na vhagudi vhavho, ngavhe zwi tshi vha nakela musi vha tshi shumisa bugu idzi. Zwi pfumbe.

Bugu dza u shumela dzi re kha tsielano iyi:

- Ḽitheresi ya Luambo lwa Hayani Gireidi 1-6
  (Nga nyambo dzoṱhe dza tshiofisi)
- Ḓivhambalo Gireidi 1-3
  (Nga nyambo dzoṱhe dza tshiofisi)
- Ḓivhambalo Gireidi 4-9
  (Luisimane na Afurikantsi)
- Zwikili zwa Vhutshilo Gireidi 1-3
  (Nga nyambo dzoṱhe dza tshiofisi)
- Luambo lwa Nyengedzedzo lwa U thoma Gireidi 1-3
  (Nga Luisimane, Afurikantsi, Tshibeli na Tshizulu)
- Luambo lwa Nyengedzedzo lwa U thoma Gireidi 4-6
  (Nga Luisimane na Afurikantsi)

Rainbow WORKBOOKS

LIFE SKILLS IN TSHIVENḒA
GRADE 3 – TERMS 1&2
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Gireidi ya 3



Zwikili zwa Vhutshilo nga Tshivenḓa
Bugu 1
Kotara 1&2

Dzina:

Kiḽasi:

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Nkosi sikelel' iAfrika
Maluphakanyisw' uphondo lwayo,
Yizwa imithandazo yethu,
Nkosi sikelela, thina lusapho lwayo.

Morena boloka setjhaba sa heso,
O fedise dintwa le matshwenyeho,
O se boloke, O se boloke setjhaba sa heso,
Setjhaba sa South Afrika – South Afrika.

Uit die blou van onse hemel,
Uit die diepte van ons see,
Oor ons ewige gebergtes,
Waar die kranse antwoord gee,

Sounds the call to come together,
And united we shall stand,
Let us live and strive for freedom,
In South Africa our land.

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Phando
Luhuhi
Thafamuhwe
Lambamai
Shundunthule
Fulwi
Fulwana
Thangule
Khubvumedzi
Tshimedzi
Lara
Nyendavhusiku

Gireidi ya 3



Zwikili zwa Vhutshilo nga TSHIVENḒA
Bugu I



Bugu iyi ndi ya:

Nṋe



Kha ri ṅwale

Muṅwe na muṅwe washu ha fani na muṅwe nahone roṱhe ri vhathu.
Ḓadzisani ḽiṅwalwa ḽa vhuṋe ḽi no amba nga inwi.
Musi no no fhedza, ni sumbedze khonani yaṋu.

Inwi na khonani yaṋu ni fana nga mini na fhambana nga mini?



Ḽiṅwalwa ḽa vhuṋe

Dzina:

_____.



Miṅwaha:

_____.

Mutukana kana musidzana:

_____.

Muvhala wa mavhudzi:

_____.

Muvhala wa maṱo:

_____

Ḓioleni tshifanyiso.

Kha ri ambe

Lingedzani u elelwa vhutshilo haṋu u swika zwino

Ni elelwa u swika ngafhi?

Ni kha ḓi elelwa maḓuvha ḽaṋu a mabebo?

Ni kha ḓi humbula musi ni tshi thoma tshikolo?





Kha ri ṅwale

Ṅwalani mutalotshifhinga wa vhutshilo haṋu.

			
Ndo bebwa nga	Ndo thoma u amba nga	Ndo thoma tshikolo nga	Ndo phasela kha gireidi 2 nga
20_____	20_____	20_____	20_____

Teacher:
Sign:
Date:

Ḓuvha ḽanga ḽa mabebo ndi: _____

2 Tshikoloni tsha hashu



Kha ri ite nyito

Mudededzi (mugudisi) waṋu vha ḓo ni thusa u ṅwala mutalotshifhinga wa tshikolo tsha vhoiwe. Ro dzula ro ni thomela wone. Mudededzi waṋu vha ḓo ni vhudza zwiṅwe zwithu zwihulwane zwine na nga jenisa.

Tshikolo tsha vhoiwe tsho thoma lini?	Vhophirintsipaḽa vha vhoiwe vho thoma u shuma lini?		
20____	20____	20____	20____
20____	20____	20____	20____



Kha ri ite nyito

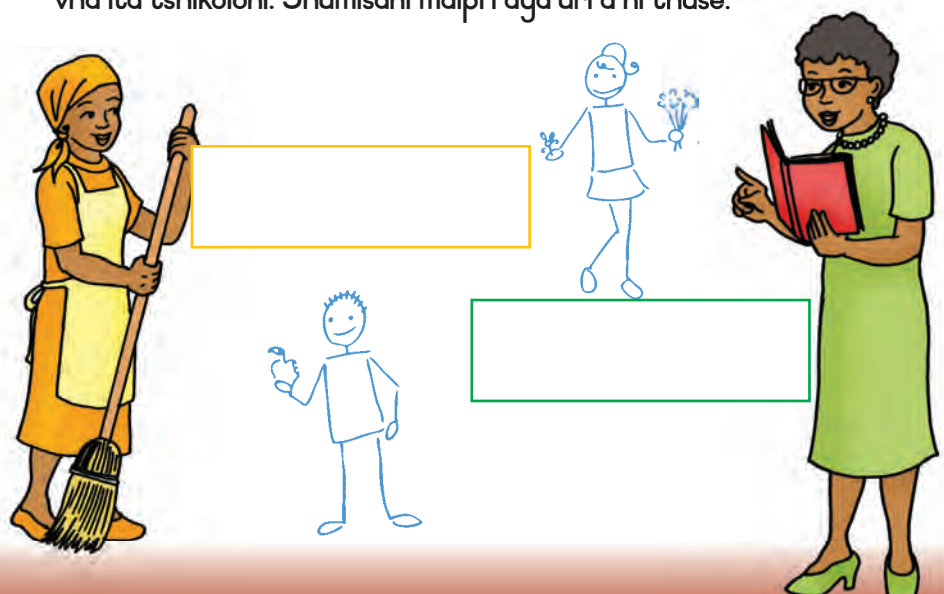
Vhathu vhoṱhe vha no wanala tshikoloni tsha vhoiwe ndi vho nnyi? Ambani uri ndi vhonnyi ni kone u jenisa ipfi ḽi re ḽone fhasi ha tshifanyiso tshiṅwe na tshiṅwe. Ambani na khonani dzaṋu nga zwine vha ita tshikoloni. Shumisani maipfi aya uri a ni thuse.

Vhakunakisi

Vhadededzi

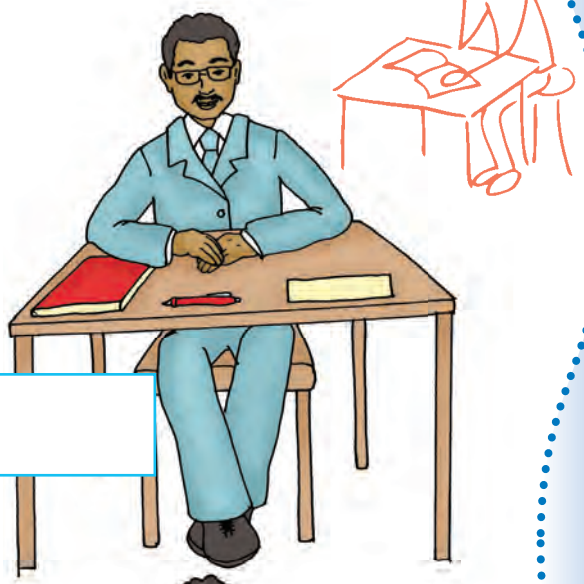
Vhophirintsipaḽa

Vhana











Kha ri ṱharamuwe

Mudededzi waṋu vha ḓo vhidzelela dzina laṋu vha ni posa bola. I gavheni i sa athu wela f'hasi.	
Zwino lingedzani u gavha bola nga mukhwama musi khonani yaṋu a tshi ni posa yone.	
Posani bola kha khonani yaṋu ni vhone arali a tshi nga i gavha nga bege.	
Onyolowani sa tshimange ni awele.	



3

Zwoṱhe nga nṇe

Kha ri ambe

Humbulani nga tshiṅwe tshithu tshi no takadza tshe tsha bvelela kha inwi kale ni vhudze khonani yaṇu u itela uri a kone u ni ṱalukanya zwavhuḓi.



Kha ri ambe

Vhudzani khonani yaṇu uri uyu muthu o shanduka hani u bva a tshee lutshetshe u swika a tshi vha mukegulu.

 Lutshetshe	 Tshixele	 Ṅwana wa tshikolo
 Khomba	 Mualuwa	 Mulala

Kha ri ṱharamuwe







Gindani fhasi nga milenzhe ni tshi tevhedza phetheni idzi.

TM = Tsha monde 

TL̂ = Tsha u l̂a 



Teacher:

Sign:

Date:

4

Vhahulwane na vhaṱuku

Kha ri ambe

Ambani ngauri vhana vhahulwane na vhaaluwa vha fhambana hani na vhoiwe.

Vhathu vha aluwa na tshifhinga. Muvhala wa mavhudzi u a shanduka, maipfi avho a a shanduka, misipha i a denyefhala nahone vha vha na vhuṱali vhunzhi.

Kha ri ṅwale

Vhathu vha shanduka nga ndila musi vha tshi aluwa?



Ndi zwifhio kha zwi tevhelaho zwine na zwi ita nga ndila i sa fani na ya vhabebi vhaṋu.

	Nne		Vhabebi vhanga	
U gidima ni sa dinetisi.	☺	☹	☺	☹
U tamba khadi.	☺	☹	☺	☹
U vhala gurannda.	☺	☹	☺	☹
U reila goloi.	☺	☹	☺	☹
U tamba nṱha ha miri.	☺	☹	☺	☹

Kha ri imbe

Kha ri ḓilugisele u imba.
Itani miungo iyi.

Muungo u no ṱavhanyedza sa wa saireni ya ambuḽentse.

Muungo u no ongolowa sa luimbo lwa u luludzela ṅwana.

Muungo u re nṱha sa wa tshiṉoni tshi tshi lila.

Muungo u re fhasi sa ndau i tshi vhomba.

Kha ri ṱharamuwe

Ni nga gavha bola?

Posani bola ya thenisi muyani ni i gavhe nga zwanḓa zwivhili.

I poseni nṱha ni phaphathe zwanḓa ni sa athu i gavha.

Bammbisani bola ya thenisi fhasi.

Zwino navhani sa tshimange.

Teacher:
Sign:
Date:

5

Vhuḓipfi

Kha ri ambe

Lavhelesani zwifanyiso izwi ni bule uri avha vhana vha khou ḓipfa nga ndilaḓe. No no vhuya na ḓipfa nga iyi ndila? Ṅwalani uri vhana vha ḓipfa hani. Shumisani maipfi aya uri a ni thuse.

vho ṱungufhala | vho takala | vha khou ḓisola | vho tshuwa

vha a ḓihudza | vho sinyuwa















Kha ri ambe

Ndi mini zwi no ni takadza?



Ndi mini zwi no ni ṱungufhadza?

Ni shushedzwa nga zwithuḓe?



Kha ri ṅwale

Ndi mini zwi no ni sunyusa?

Talani mutalo wa u livhanyani maipfi a no amba zwithihi.

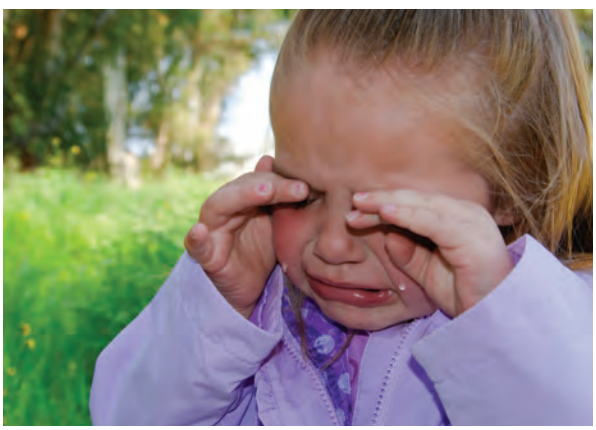




takala	tshuwa	sinyuwa	ṱungufhala

sinyuwa	khana	ofha	swifhalelwa





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Date:

6

Zwithu zwine nda zwi funesa

Kha ri ṅwale

Khaḽarani ṋaledzi arali ni tshi takalela u ita izwi zwithu.



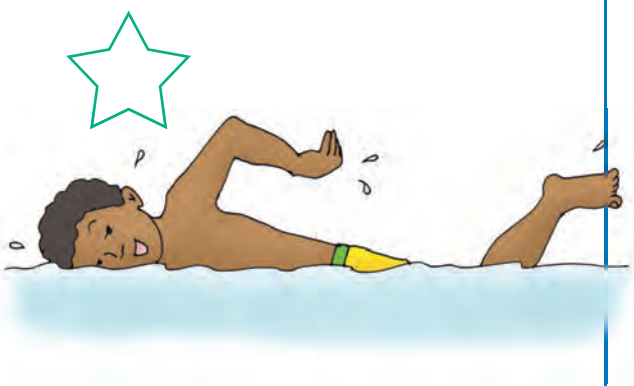
Ndi khou vhala.



Ndi takalela u ola.



Ndi takalela u ṅwala.



Ndi takalela u bambela.



Ndi takalela bola.



Ndi pfana na u ola nga pennde.

Kha ri ole

Olani tshifanyiso tshi no sumbedza zwine na zwi takalela.





Ndi takalela _____.	Ndi takalela _____.



Kha ri ńwale

Khaḽarani ṋaledzi arali ni tshi konesa u ita zwithu izwi.

Ndi a konesa u gidima nga luvhilo.

Ndi konesa u ola zwavhuḓi.

Ndi a kona mbalo.

Ndi a kona u vhala ndi tshi elela.

Kha ri ole

Olani zwiṅwe zwifanyiso zwa 2 zwa zwiṅwe zwithuvho zwine na konesa u zwi ita.



Teacher:

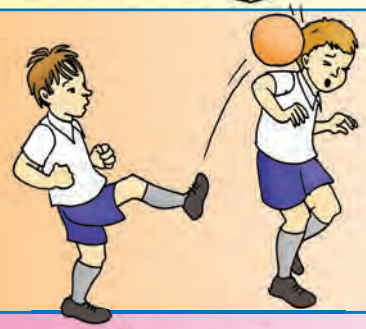
Sign:

Date:

Vhuḓipfi

Kha ri ambe

Lavhelesani tshiṅwe na tshiṅwe tsha hezwi zwifanyiso ni ambe ngauri ni nga thusa avha vhana nga ndilaḓe uri vha ite zwo teaho. Itani thiki kha phindulo i re yone.

	A ni koni u tshimbila ni songo bonya maṱo!	
	Tshukhwi! Litshani ndi ni thuse u tshi doba!	
	Eish! Kheiha bola yaṋu.	
	Ohoo! Iyani u tambela kule hangei!	
	Ndi yanga nahone ndi nga si ni fhe.	
	Iḓani mungana wanga ri ḽe roṱhe tshokoḽeithi.	

Kha ri ṅwale

Khonani dza mbiluni ndi khonaniḓe?



Arali nda khakela muṅwe muthu ndi a humbela pfarelo.



Arali nda vhona khonani yanga a tshi khou kundelwa ndi a mu thusa.

Ṅwalani zwiṅwe zwithu zwivhili hafhu zwine khonani dza mbiluni dza itelana.





Kha ri ambe

Lavhelesani tshiṅwe na tshiṅwe tsha hezwi zwifanyiso. Ambani ngazwo. Zwino nangani tshifanyiso ni ite l̯itambwa ngatsho. Tshit̯ori tshan̯u tshi vhe na magumo.











Kha ri t̯haramuwe Edzisani hezwi zwithu.

- Gidimani ni tshi mona na mudavhi. Musi mudededzi vha tshi ri"shanduka"ni a rembuluwa na gidima ni tshi humela murahu.
- Posani bola muyani ni i gavhe nga zwand̯a zwivhili.
- Bammbisani bola fhasi no ima nga mulenzhe muthihi.
- Zwino bammbisani bola ni tshi khou tshimbila nga tshaphand̯a.



Teacher:
Sign:
Date:

8

U ḓiṱola



Kha ri ṅwale

Ḓiṱoleni

	✔	✘
Ndi khonani ya mbiluni.		
Ndi a vhavhalela khonani dzanga.		
Ndi a sea na vhaṅwe vhana vha kiḽasini yanga.		
Vhunzhi ha vhana vha kiḽasini yanga vha a mpfuna.		
Tshifhinga tshoṱhe ndi na vhulenda kha vhaṅwe vhathu.		



Kha ri ite nyito

Itelani muṅwe muthu ane na mu takalela garaṱa. Olani tshifanyiso nga phanḓa ni ṅwale mulaedza wa tshipentshela nga ngomu.







Kha ri ṅwale

Olani tshifanyiso tsha khonani dzaṋu, kana mudededzi waṋu, kana mashaka ane a vha a tshipentshela kha inwi. Ṅwalani madzina avho.



Vhathu vhane nda tshila navho vha tshipentshela



Teacher:

Sign:

Date:

Ngudamutakalo



Kha ri ambe

Ambani nga zwine zwa khou bvelela tshifanyisoni.

No no vhuya na bva mikota?

Ni tea u ita mini arali na nga thoma u bva mikota?



Zwine na nga ita arali ni tshi khou bva mikota

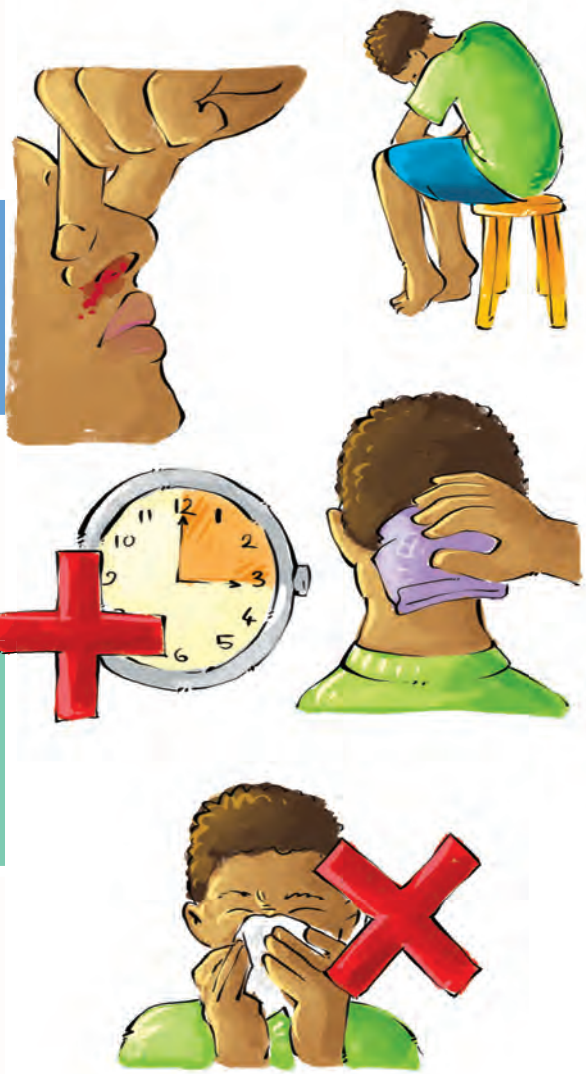
1. Dzulelani phanḓa no kotamisa ṱhoho.

2. Pwaṱulani ningo lwa minete ya 2 ni feme nga mulomo.

3. Vheyani tshiṅwe tshithu tshi no khou rothola kha mutsinga.

4. Ni songo fumula ningo musi mikota yo na ima.

5. Arali mikota ya sa ima nga murahu ha minete ya 15, iyani ha dokotela.



U londa zwilonda





Kha ri vhale

Zwitshili a ri koni u zwi vhona ngeno zwi hoṱhehoṱhe. Arali ra nga ḓihuvhadza ri tea u ita uri zwilonda zwashu zwi dzule zwo kuna u itela uri zwi si jene zwitzhili.



U ṱanzwa zwilonda

Ni songo vuwa no fara malofha a muṅwe muthu.

Arali ni tshi khou thusa muṅwe muthu o huvhalaho, ni shumise magiḽavu tshifhinga tshoṱhe.



Kaṱudzani u bva ha malofha nga u vhea mbonzhe i nṱha ha ḽeveḽe ya mbilu.

Lingedzani u kaṱudza u bva ha malofha nga u ndondomedza banditshi kha mbonzhe.



Arali mbonzhe yo tsesa nahone malofha a sa imi o bva, iyani ha dokotela.

Teacher:
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U swa

Kha ri ambe

Hu khou bvelela mini zwifanyisoni izwi?
Vhathu vha swa nga ndila dziṅwe dzifhio?













Kha ri vhale

Arali na nga fara tshiṅwe tshithu tshi no fhisa ni ḓo swa.

Ni nga ita mini arali muṅwe muthu a tshi nga swa?

1. Itani uri he muthu a swa hone hu dzule hu maḓini tshifhinga tshi no lingana minete ya 10. Hezwi zwi thusa uri lukanda lu rothodzwe.

2. Pombololani kana khurumululani afho he ha swa.
Ni songo bvula tshiambaro arali tsho nambatela lukanda.

3. Banditshani afho he ha swa uri hu si jene tshika.

4. Arali he ha swa ho tsesa nahone hu hu hulwane u fhira tshanḓa tshaṋu tsha fhasi, iyani ha dokotela nga u ṱavhanya.



Kha ri ṱharamuwe

Itani nzambo ya fhasi.



Kalani he na lavhutshela hone.

Sedzani ni vhone arali khonani yaṋu a tshi nga lavhuwa u fhira inwi.



Kha ri ṱharamuwe

Itani bara.



Inwi na khonani dzaṋu sielisanani u vha bara.



11

Ndi tsireledza muvhili wanga

Kha ri ambe

Ri tea u tsireledza mivhili yashu.

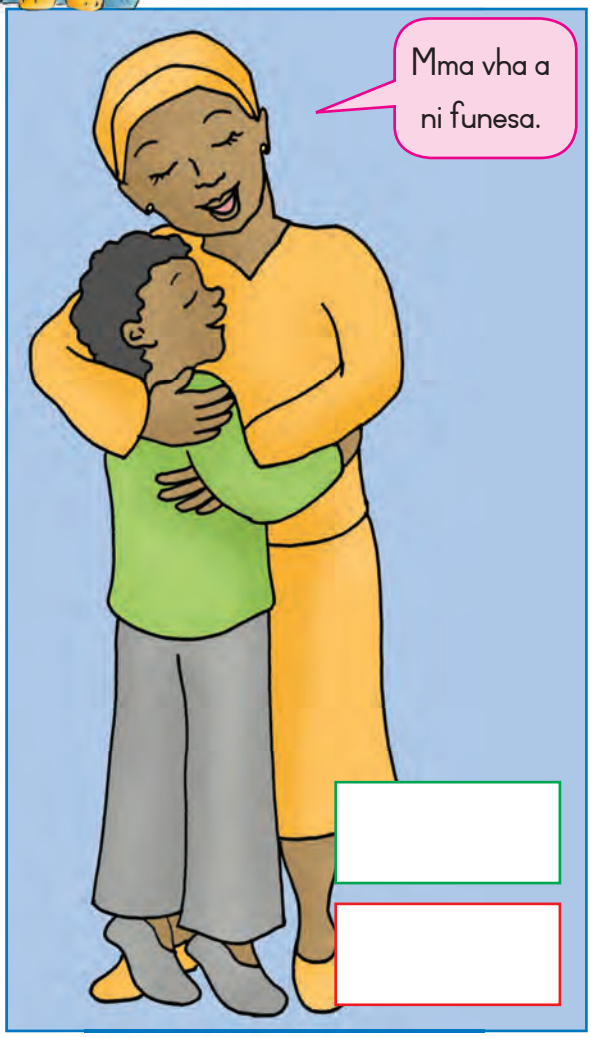
Musi ri tshi takalela tshiṅwe tshithu ri vha na vhuḓipfi ha uri "ee" mbiluni dzashu, ra tama zwi sa swiki hune zwa fhela.

Musi tshiṅwe tshithu tshi tshi ita uri ri pfe ri songo ḓigeḓa ri vha na vhuḓipfi ha "hai" mbiluni dzashu, ra tama itsho tshithu tshi tshi ima.



Kha ri ṅwale

Ṅwalani "ee" kana "hai" tsini na tshifanyiso tshiṅwe na tshiṅwe, ni ambe zwine na nga vhudza muṅwe muthu.









U bula uri hai

Zwi a konḓa uri hai, fhedzi no tea u amba uri hai arali muṅwe muthu a tshi ita uri ni pfe ni songo ḓigeḓa.

Arali muthu a tshi ita uri ni vha na vhuḓipfi ha "hai" nahone a tshi ita uri ni pfe ni songo ḓigeḓa, vhudzani muthu muhulwane ane na mu fulufhela.





Kha ri ṅwale

Ṅwalani mutevhe wa vhathu vhane na vha fulufhela.

Teacher:

Sign:

Date:

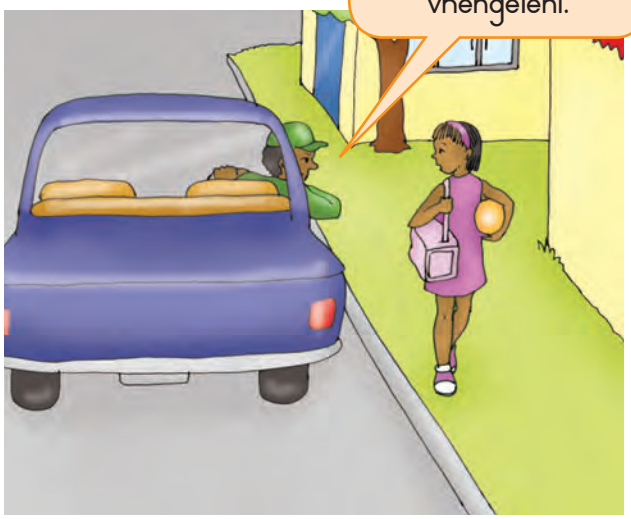
12

U ḓilonda

Kha ri ambe

Lavhelesani zwifanyiso izwi nga vhuronwane. Ni vhone arali ni tshi nga anetshela tshiṱori. Ṅwalani maipfi kha bulo ḽa maipfi ḽa u fhedza.











Kha ri ṅwale

Ṅwalani milayo miṱanu ya u ḓitsireledza.
Ni thome muṅwe na muṅwe ngauri:

Vhana vha songo vuwa vho...



Kha ri ite nyito

Itani masiki wa u sumbedza vhuḓipfi.

Khethani uri ndi vhuḓipfi hufhio hune na tama masiki waṋu u tshi sumbedza.

Zwi oleni kha bammbiri ḽa u vetaveta (ḽa rafu).

Ḽi gereni.

Gerani maṱo.

Ḽi khavhiseni nga bammbiri ḽi re na muvhala.



Kha ri ṱharamuwe

Ḓilugiseleni muṱaṱisano wa mugidimo.



Govhani (tumbani) fhethu ho teaho u thomiwa hone.

Thetshelesani mudededzi waṋu vha tshi ri:

"Gona fhasi! Redii! Goo!"

Ni phule ndila i re na zwikhukhulisi.



Teacher:
Sign:
Date:

Muvhili wanga, mutakalo wanga



Kha ri ambe

Roṱhe ri na vhuḓifhinduleli ha u ita uri mivhili yashu i dzule yo takala.
Avha vhana vha khou ita mini zwine zwa vha zwavhuḓi kha mivhili yavho?






Ndi zwifhio zwiṅwe zwithu zwi si na mutakalo ngomu zwine vhathu vha ita?

No vha ni tshi ḓivha uri u daha hu vhaisa mivhili yashu?

No vha ni tshi ḓivha uri arali muṅwe muthu a tshi khou daha tsini na inwi zwi nga vhaisa muvhili waṋu?

U daha hu vhaisa mivhili yashu nga ndila?



Kha ri ṅwale

Itani thiki kana tshifhambano kha tshitatamennde tshiṅwe na tshiṅwe ni tshi sumbedza uri ndi zwone kana a si zwone.

	Segereṱe i a ḓifha.
	Arali nda dzula tsini na muthu ane a khou daha, fola ḽi nga vhaisa muvhili wanga.
	U daha hu nga ita uri maṋo aṋu a birime.
	U daha hu vhanga malwadze a mulomoni.
	U daha hu nga vhanga tshihoṱola.
	U daha hu nga vhanga khentsa.

Milayo ya mutakalo

Ndi tea u gama mavhudzi dzi sa athu ya tshikoloni.

Ndi tea u nongola ṋala arali ndo tamba mavuni.

Ndi tea u ṱamba zwanḓa ndi tshi bva thoiḽethe.

Ndi tea u laṱa thishu dzi re na tshika binini.



Kha ri ḓiphiṋe

Vha tea u ambara mini uri vha tsireledzee? Livhanyani zwifanyiso nga u tala mutalo u tshi bva kha zwifanyiso zwi re kha tsha monde u tshi ya kha tshifanyiso tsho teaho tshi re kha tsha u ḽa.





Teacher:

Sign:

Date:

Pfanelo na vhuḓifhinduleli

Kha ri vhale



Tshiṅwe tshifhinga vhana vha tea uri vha shume nga nṱhani ha vhushai.

Fhedzi vhana a vho ngo tea u shuma mishumo i no lemela sa ya vhahulwane.

Vhana vha tea u wana tshifhinga tsha u tamba na u jena tshikolo.

Lavhelesani zwifanyiso izwi. Ndi mishumo ifhio yo teaho vhana?



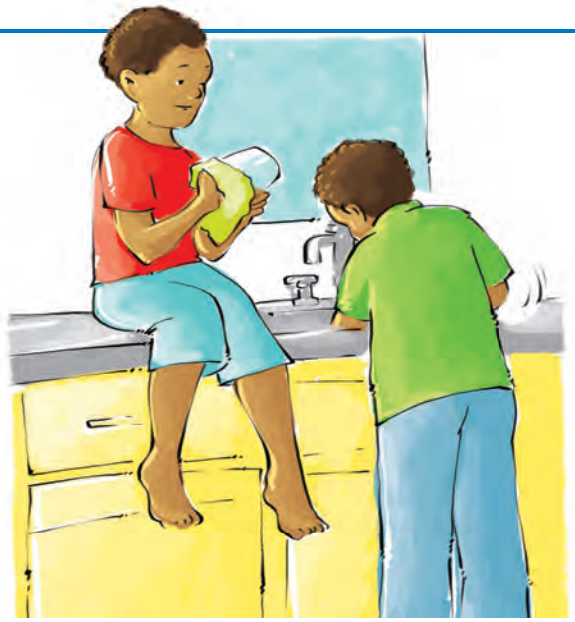
Mulalo u rengisa mitshelo ḓuvha ḽoṱhe a fhedza a si tsha jena tshikolo.



Musi tshikolo tshi tshi bva Mulanga u sheledza ngade ya miroho.



Tshifhiwa u hwala zwidina ngauri u shuma kha mufhaṱi.



Ntakadzeni na Bongi vha thusa kha u ṱanzwa zwigeḓelo.



Kha ri ambe



Ndi mishumo ifhio ine na ita hayani?

Ndi mishumo ifhio ine na ita tshikoloni ni tshi thusa mudededzi waṋu?



Kha ri ṱharamuwe

Edzisani mitambo i tevhelaho.



Itani tshidimela.



Vhofhanani milenzhi ni ite mbambe.



Pfanelo na vhuḓifhinduleli



Kha ri ambe

Vhudzani khonani yaṋu uri avha vhana vha khou pfuka milayo if hio.

Tshikolo tshiṅwe na tshiṅwe tshi na milayo u itela uri zwithu zwi tshimbile zwavhuḓi. Kiḽasi iṅwe na iṅwe na yone i na milayo ine ra tea u i tevhedza.

Kha ri ṅwale

Ṅwalelani kiḽasi yaṋu milayo ya 4.







Kha ri ambe

Vhalani pfanelo na vhuḓifhinduleli ni ambe na khonani yaṋu uri zwiṅwe na zwiṅwe zwi amba mini.

VHUḒIFHINDULELI HA VHASWA VHA AFRIKA TSHIPEMBE

Ndingano

Farani muthu muṅwe na muṅwe nga u linganana na u fana. Ni songo ṱalula



Tshirunzi tsha muthu

Ṱhonifhani muthu muṅwe na muṅwe. Ni vhe na vhuhwavho na u vhavhalela.



Vhutshilo

Hulisani na u ṱhonifha vhabebi vhaṋu. Funani na u fulufhedzea muṱani wa haṋu. Vhutshilo hoṱhe ndi mpho. Vhu ṱhonifheni.



Hayani

Thusani kha mishumo ya hayani.



Pfunzo

Jenani tshikolo, ni gude ni shumese. Tevhedzani milayo ya tshikolo.



U shuma

Vhana vha songo kombetshedzwa u ṱoḓa mishumo.



Mbofholowo na tsireledzo

Ni songo vhaisa, u shengedza kana u shushedza vhaṅwe, nahone ni songo tenda vhaṅwe vha tshi zwi ita. Tandululani phambano nga mulalo.



Ndaka

Ṱhonifhani ndaka ya o vhaṅwe vhathu. Ni songo tshinyadza ndaka nahone ni songo tswa.



Vhurereli, lutendo na mihumbulo

Ṱhonifhani lutendo na mihumbulo ya vhaṅwe vhathu.



Tsireledzo

Vhavhalelani ḽifhasi. Ni songo tambisamaḓi na muḓagasi. Tsireledzani zwipuka na zwimela. Kunakisani miḓi ya haṋu na zwitshavha zwa haṋu.



Vhudzulapo

Ivhani mudzulapo wa Afrika Tshipembe wa vhukuma na u fulufhedzea. Tevhedzani milayo, ni vhe na vhuṱanzi uri na vhaṅwe vha ita ngauralo.



Mbofholowo ya u amba

Ni songo ṱuṱuwedza mazwifhi na vengo. Ivhanani na vhuṱanzi uri vhaṅwe vhathu vha songo nyadziwa kana u vhaiswa.





16 Maḓuvha a tshipentshela a vhurereli na zwiṅ wevho



Kha ri ambe

Lavhelesani zwifanyiso izwi.
Ni a ḓivha nga huṅwe ha vhurereli uhu?



Vhuhindu



Tshisiḽamu



Tshiyuda



Tshikhriṱe

Ri tea u ṱhonifha vhathu vha vhurereli hoṱhe.

Vhurereli haṋu ndi hufhio? _____

Vhurereli ha khonani yaṋu ya mbiluni ndi hufhio? _____

Ndi a ḓiṱola hafhu



Kha ri ṅwale Ṅwalani zwi no ni kwama kha garaṱa iyi.

Dzina ḽanga _____

Tshifani tshanga _____

Ḓuvha ḽa mabebo anga _____

Gireidi yanga _____

Tshikolo tshashu _____

Nomboro yanga ya luṱingo (founu) _____

Ḓirese yanga _____

_____

_____

_____

Nomboro ya shishi _____

Mutambo une nda u funesa _____

Muvhala une nda u funesa _____

Khonani yanga ya mbiluni _____

Zwine zwa ntakadza _____

Zwine zwa nṱunguf hadza _____

Zwine zwa ntsinyusa _____

Zwine nda zwi konesa _____

Teacher:
Sign:
Date:

Kuḽele ku re na ṋmutakalo



Lavhelesani tshiṅwe na tshiṅwe tsha zwigwada zwa zwiḽiwa ni ambe na khonani yaṉu ngazwo:
Ndi zwiḽiwa zwifhio zwi re kha tshigwada tshiṅwe na tshiṅwe?
Ndi nga mini tshigwada tshiṅwe na tshiṅwe tsha zwiḽiwa tshi tshavhuḓi kha riṉe?

Phurotheini

Phuretheini dzi fhaṱa sele ntswa u itela uri mivhili yashu i aluwe.



Vithamini na miminerāḽa

Vithamini na miminerāḽa zwi thusa mivhili yashu kha u lwa na pfukelo ya zwitzhili zwa thusa uri ri dzule ri na mutakalo.

Khabohaḓireithi

Hezwi zwiḽiwa zwi ri fha nungo (mafulufulu).



Mapfura

Ri lila mapfura kha u ḓididedza na mafulufulu.

Kha ri ṅwale Itani thiki (✔) kha tshitatamennde tshi re tshone tsha zwiḽiwa zwine ra ḽa.

Ndi ḽa zwiḽiwa zwi re na mutakalo tshifhinga tshoṱhe.	
Ndi ḽa zwiḽiwa zwi re na mutakalo tshiṅwe tshifhinga.	
A thi anzeli u ḽa zwiḽiwa zwi re na mutakalo.	

Ro ṱhe ri lila maḓi uri ri kone u tshila. . Maḓi a tshimbidza zwiḽiwa zwine ra ḽa kha zwipiḓa zwo fhambananaho zwa mivhili yashu.

Teacher:
Sign:
Date:

Kuḽele kwashu



Kha ri ambe

Vhudzisani khonani dzaṋu nṋa uri vha takalela u ḽa mini. Lavhelesani zwiḽiwa zwo fhambananaho ni ite thiki (✔) arali ni tshi zwi takalela, kana tshifhambano (✘) arali ni sa zwi takaleli.

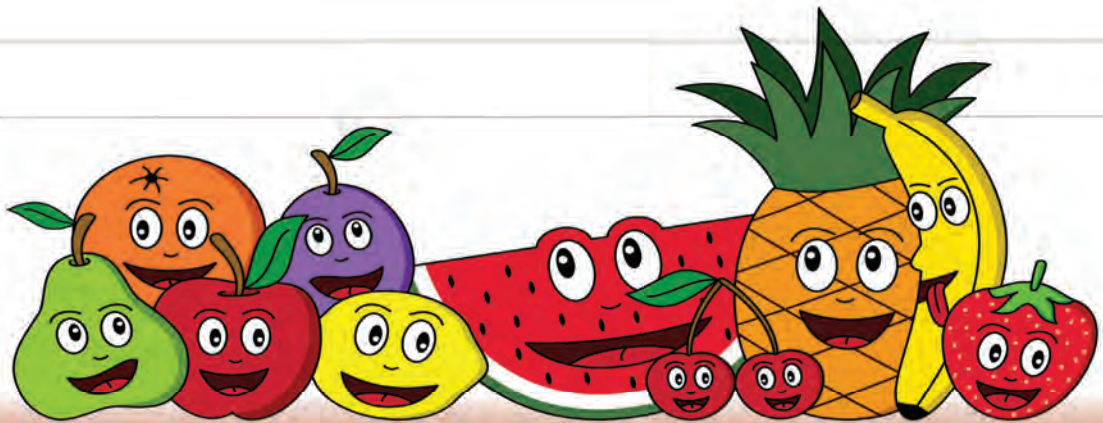
Jenisani madzina a miraḍo ya tshigwada tshaṋu.





Kha ri ṅwale

Ṅwalani zwiḽiwa zwoṱhe zwe na ḽa mulovha. Ni ite thiki (✔) kha zwiḽiwa zwine zwa vha na mutakalo.





Zwino fhedzisani girafu uri ni kone u vhona uri zwi̱liwa zwine khonani dza̱nu dza zwi funesa ndi zwifhio. Vhalani thikhi dza tshi̱liwa tshiṅwe na tshiṅwe ni kha̱lare zwibu̱loko zwa tshivhalo tshi no lingana na tshenetsho kha girafu iyi. Lavhelesani tsumbo ye ra ni ṋea i no sumbedza uri khonani dza 3 dzi funesa aisikhirimu.

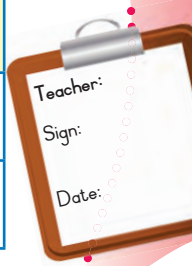
Aisikhirimu				
Bega				
Maapula				
Matshipisi				
Tshipinishi				
Pizza				
Yogati				
Makumba				
Phasta				





Lavhelesani thebu̱lu ye na i ḓadza ni kone u fhindula mbudziso idzi.

Ndi zwi̱liwa zwifhio zwe khonani dza̱nu dzi si zwi takalelese?
Ni vhona u nga ku̱lele kwa khonani dza̱nu ku na mutakalo ngomu?
Ndi nga mini ni tshi ralo?



Kulele ku re na mufâkalo ngomu



Kha ri ṅwale

Shumani na Malindi vha khou ya Khefini ya Sunshine. Vha khou tea u renga zwiḽiwa zwa u bika tshilalelo. Vha thuseni uri vha ite menyu wa zwiḽiwa zwi re na mutakalo.



Kha ri ṅwale

Ṅwalani zwithu zwine vha tea u renga na mitengo ya hone kha mutevhe wa rengwa u re afho fhasi. Shumani na Malindi vho badela vhugai kha zwiḽiwa zwe vha renga?

MUTEVHE WA ZWIRENGWA	MUTENGO



Kha ri ṅwale

Kuḽele kwaṇu ku na mutakalo ngomu u swika ngafhi? Khaḽarani tshifhaṭuwotshiṅwethuwi kha kuḽele kuṅwe na kuṅwe ku re na mitakalo.

Kuḽele kwanga	Ee	Hai
Ndi anzela u ḽa ndi Thiviini.	☺	☹
Ndi pfana na mitshelo na miroho.	☺	☹
Ndi pfana na zwiḽiwa zwa mapfura sa matshipisi.	☺	☹
A thi pfani na u nwa maḓi, ndi funesa ḓirinkhi.	☺	☹
I thi ḽi miriho ye nda sevhedzwa.	☺	☹
Ndi ṭafuna zwiḽiwa zwanga nga ngona.	☺	☹
Ndi ḽa burekifasi (vhuragane) ndi sa athu ya tshikoloni.	☺	☹

Teacher:
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Vhalani uri ndi zwifhaṭuwotshiṅwethuwi zwi ngana. _____

20

U ḽa zwavhuḓi

Kha ri ite nyito

Olani kana ni nambatedze zwifanyiso zwa zwiḽiwa ni tshi sumbedza muḽo u re na mutakalo ngomu.



Kha ri vhale

Milayo ya kuḽele ku re na mutakalo ngomu

Ni ṱambe zwanḓa tshifhinga tshoṱhe ni sa athu fara zwiḽiwa.

Ni songo litsha zwiḽiwa zwi songo tibiwa/ khurumedzwa.

Ni songo ḽa zwiḽiwa zwo lalaho lunzhi (zwa kale).

Shumisani makanda na makhwathi a miroho kha u ita pfudzethukhwi (khomphosi) ngadeni.

Ṱavhani miroho yaṋu inwi muṋe.

Kha ri ite nyito

Olani tshifanyiso ni tshi sumbedza muthihi wa hei milayo.



Teacher:

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Date:

21

Zwikhokhonono



Kha ri ambe Ambani nga zwipiḓa zwo fhambananaho zwa zwikhokhonono.

Zwikhokhonono zwi na zwipiḓa zwiraru zwa muvhili ṱhoho, mutumbu wa nṱha na mutumbu wa fhasi.

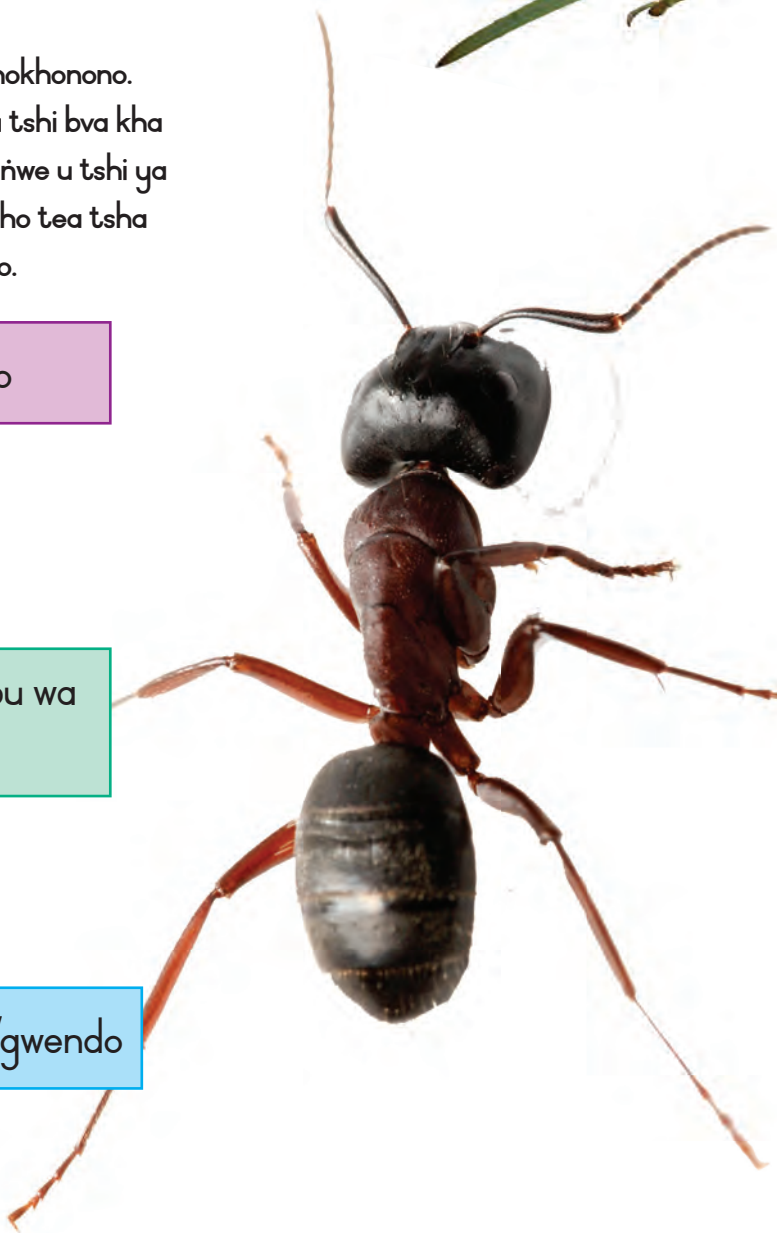
Zwi dovha zwa vha na milenzhe ya rathi na tshiphuphuledzi.





Kha ri ite nyito

Ḽebuḽani tshikhokhonono. Talani mutalo u tshi bva kha ḽebuḽu inwe na inwe u tshi ya kha tshipiḓa tsho tea tsha tshikhokhonono.



Tshiphuphuledzi

Ṱhoho

Ḽiṱo

Muthumbu wa nṱha

Mutumbu wa fhasi

Mulenzhe/gwendo

Kha ri ṅwale

Talani mutalo ni tshi livhanya dzina ḽiṅwe na ḽiṅwe na tshikhokhonono tsho teaho. Ni kone u bula uri ndi zwikhokhonono zwifhio zwi no dina (vhaisa) nahone ndi zwifhio zwi sa dini (vhaisi).









Ṋotshi

Lunyunyu

Thunzi

Lusunzi

Nzie

Tshisusu

Kugoṅoṅo

Tshisusuvhoya









Kha ri ṅwale

Zwino jenisani (ṅwalani) maipfi ane a khou ṱahela.



_____ dzi ita mutoli.

_____ dzi aṋdadza muvula.

_____ vhu aṋdadza dali (maḽaria).

_____ vhu aṋdadza malwadze.

_____ zwi ḽa zwiliṅwa zwa vhalimi.

Teacher:

Sign:

Date:

22

Zwiṅwe hafhu nga zwikhokhonono



Kha ri ambe Lavhelesani zwifanyiso ni vhudze khonani yaṋu uri ndi ngani ṋotshi dzi na mushumo.



Ṋotshi dzi anḓadza muvula. Muvula u shuma u aṋwisa mitshelo.



Ṋotshi dzi ita mutoli.



Kha ri ṅwale Ṅwalani dzina ḽa tshikhokhonono tshiṅwe na tshiṅwe zwikhalani zwe na ṋewa.



_____ nzwonzwa muṋunzwu kha dzuvha.



_____ shumisa tshiphuphuledzi kha u davhidzana.



_____ zwi anḓadza muvula kha zwimela.



_____ anḓadza zwitzhili.



Kha ri ite nyito

U ita tshikhavhisi nga zwikhokhonono.

- Gerani zwikhokhonono zwi re kha siaṱari ḽa zwigeriwa nga murahu ha bugu.
- Zwinembeledzeni kha heṅara.



Teacher:
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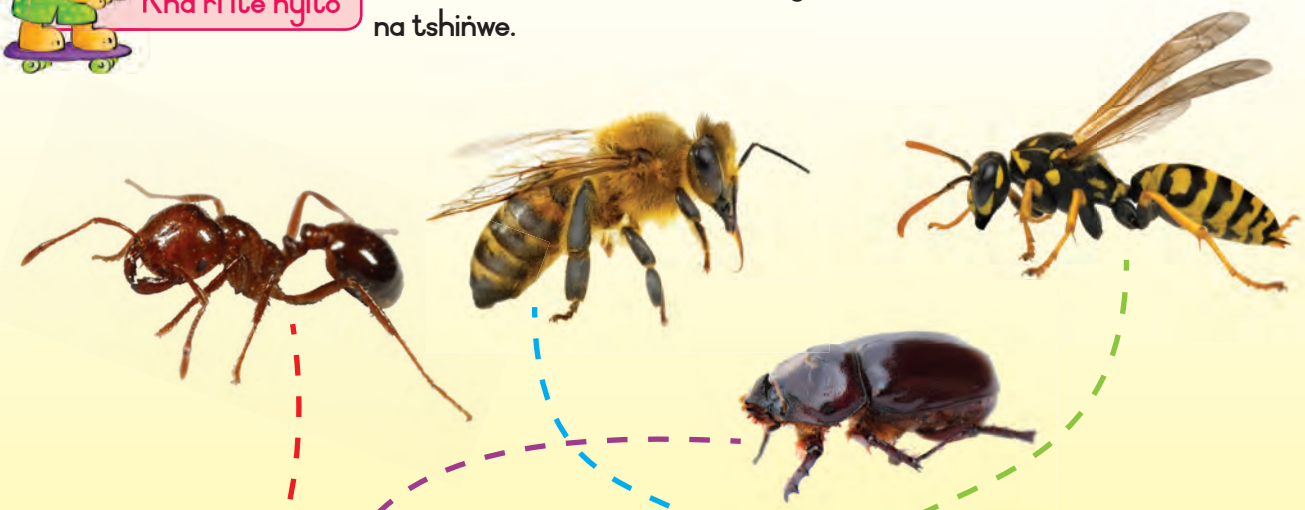
Date:

23 Haya ha zwikhokhonono

Kha ri ite nyito

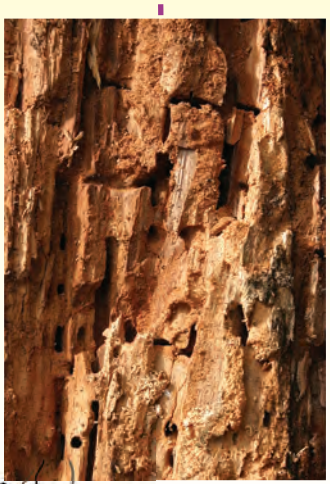
Tevhedzelani lutambo ni wane haya ha tshikhonono tshiṅwe na tshiṅwe.



Kotara ya 2 – Vhege ya 4 – Bammbiri ḽa u shulela ḽa











Kha ri ite nyito

Monamonani na jaraṱa ya tshikolo ni vhone uri ndi tshaka nngana dza zwikhokhonono dzine na nga dzi wana.



Kha ri ṅwale



Ndi zwikhokhonono zwifhio zwe na zwi vhona ngei nnḓa. Nangani tshithihi ni tshi ṅwale hafha.
Itshi tshikhokhonono tshi ḽa zwiḽiwaḓe?
Itshi tshikhokhonono tshi tshimbila nga u ongolwa kana nga u ṱavhanya?
Tshikhokhonono tshe na nanga tshi a vhaisa kana a tshi vhaisi?



Kha ri ite nyito

Zwino vhumbani tshikhokhonono tshaṋu ni tshi ṋee dzina.



24

Ṱongisani vhutsila he na ita

Kha ri ite nyito

Itani tshisusu tshaṋu inwi muṋe



Ni ḓo tea u vha na: Bammbiri ḽa A4
Khirayoni dza phula (wakisi)
Tshigero
Guḽuu
Tshifhuṱabibi
Gwati ḽa thoiḽethepheipha

Olani tshisusu, ni tshi sumbedza muvhili watsho mulapfu, musekene na mabesu. Khavhisani mabesu a tshisusu tshaṋu nga phetheni (makolo) dza mivhala yo fhambananaho. Ni vhe na vhuṱanzi uri mabesu aya vhuvhili hao a a fana na u lingana. Gerani tshisusu itshi. Nambatedzani muvhili uyu kha gwati ḽa thoiḽethepheipha. Zwino itani zwiphuphuledzi nga tshifhuṱabibi tsho khothiwaho. Tshi ṱomeni kha ṱhoho ya tshisusu.





Kha ri ṱharamuwe Edzisani mitambo iyi.



Tshiṱitshi tsha 1:

Basiketebolo: Bammbisani bola ni tshi khou gidima nga masongesonge.



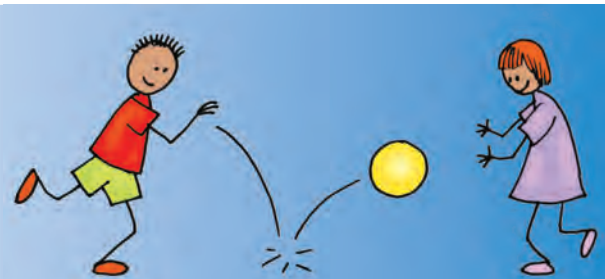
Tshiṱitshi tsha 2:

Hokhi: Shumisani thanda ya hokhi kha u sukumedza bola i tshi ya mapalani.



Tshiṱitshi tsha 3:

Netibolo: Bammbisani bola i tshi ya ha khonani yaṋu zwenezwi ni tshi khou gidima.



Tshiṱitshi tsha 4:

Ragibii: Gidimani na bola ni i fhirisela kha vhaṅwe.



Tshiṱitshi tsha 5:

Bola ya milenzhe: Ḓirivhulani bola i tshi ya mapalani.



25

Tshitendeledzi tsha vhutshilo

Kha ri ambe

Lavhelesani zwifanyiso ni vhudze khonani yaṋu uri tshiḓula tshi shandukisa hani kha tshitendeledzi tsha vhutshilo hatsho.

Tshitendeledzi tsha vhutshilo ha tshiḓula



1. Zwiḓula zwivhili zwi a gombana u itela u andedza makumba.
2. Tshiḓula tsha tshisadzi tshi kudzela makumba.
3. Buluvhulu ḽi re na mapwiṱi na mveki ya mutshila.
4. Buluvhulu ḽi mela milenzhe.
5. Mutshila u thoma u fovhela.
6. Tshiḓula tsho vhinaho tshi re na maf'haf'hu nahone mapwiṱi ha tsheho.

Kha ri ite nyito

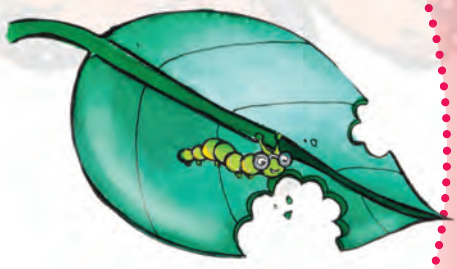
Gerani zwifanyiso zwo reaho zwi no bva kha siaṱari ḽa zwigeriwa uri ni sumbedze tshitendeledzi tsha vhutshilo ha tshisusu.

Tshitendeledzi tsha vhutshilo tshi na maga o fhambananaho ane a tevhedza thevhekano nngede. Lavhelesani tshitendeledzi tsha vhutshilo ha tshiḓula na tsha tshisusu ni ambe nga maga o fhambananaho. Talani mutalo ni tshi livhanya ḽiṅwe na ḽiṅwe na tshifanyiso tsho teaho.

Tshitendeledzi tsha vhutshilo ha tshisusu







1. Makumba a a thothonya
2. Tshivhavhula
3. Shonzha ḽo aluwaho
4. Shonzha ḽi vha sumbanḓila
5. Tshisusu tsha u naka
6. Tshisusu tshi kudzela makumba













Teacher:
Sign:
Date:

26

Zwitendeledzi zwa vhutshilo

Kha ri ambe

Lavhelesani zwifanyiso izwi ni ambe na khonani yaṋu nga tshitendeledzi tsha vhutshilo ha khuhu.

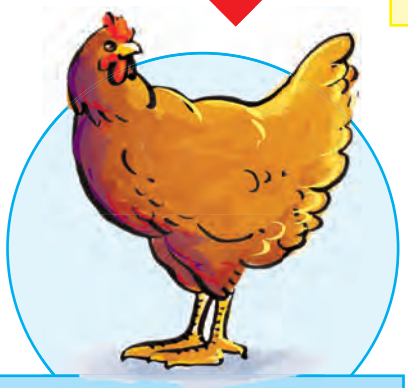
Tshitendeledzi tsha vhutshilo ha khuhu





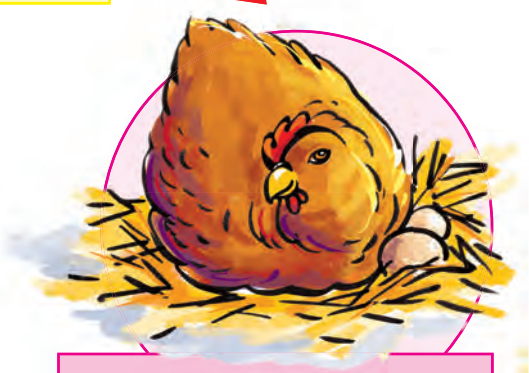
Phambo i kudzela makumba





Khuhu yo vhinaho





Phambo i alamela makumba



Tshikukwana tshi a thothonywa



Tshikukwana tshi a aluwa



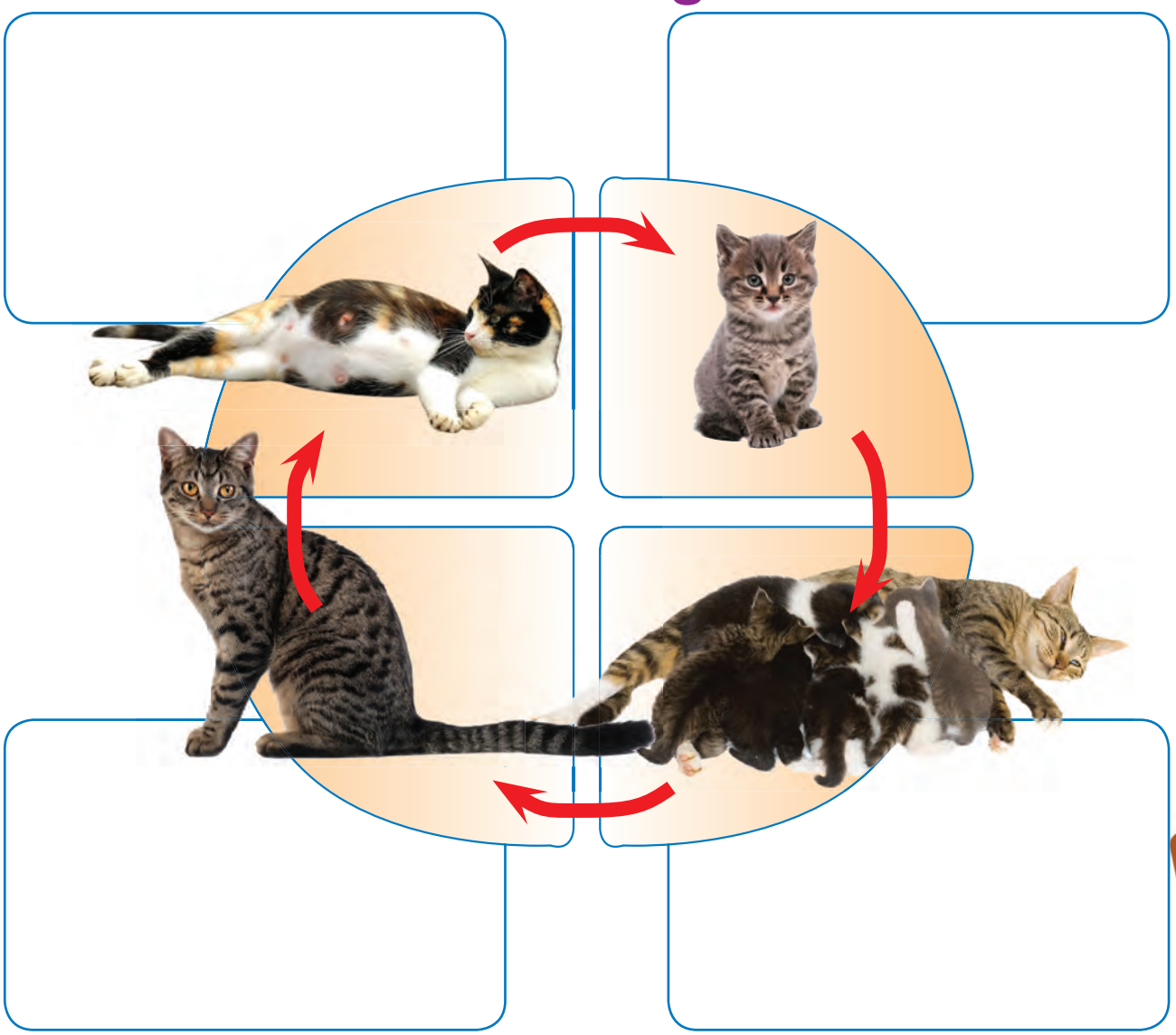
Kha ri ite nyito

Itani tshitendeledzi tsha vhutshilo ha inwi muṇe.
Ḽebuḽani tshifanyiso tshiṅwe na tshiṅwe tshi re kha vhili ḽa nganetshelo ni tshi sumbedza tshitendeledzi tsha vhutshilo tsha tshimange.

Nomborani maga a u bva kha I u swika kha 4 ni a shumise kha vhili ḽaṇu ḽa nganetshelo.

	Tshimangana tshi a ṱanziwa (bebwa).		Tshimange tsho vhinaho (tshihulwane).
	Mme atsho u vha na luvhuli vhege dza 9 dzoṱhe.		Tshimange tshi mamisa zwimangana zwatsho.

Tshitendeledzi tsha vhutshilo ha tshimange



Teacher:
Sign:
Date:

Sembedzani zwikili zwaṋu



Kha ri ite nyito Itani tshimange tsha kholekhole.



Ni ḓo tea u vha na: Bammbiri ḽa A4
Penisela
Pennde ya luvhanda na maḓi
Iyebadi (zwifhuṱanḓevhe)

- Olani tshifhaṱuwo tsha nga nnḓa tsha tshimange kha bammbiri.

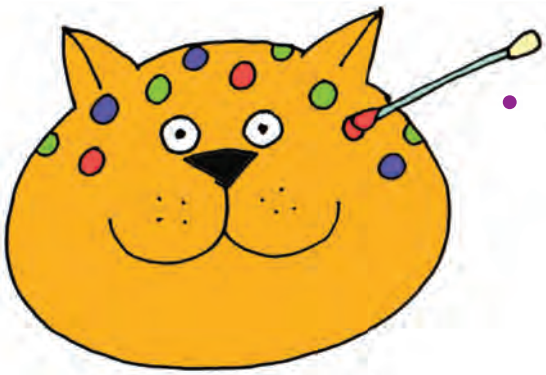




- Ṱanganyisani pennde uri ni kone u ita pennde ya mivhala ya 3 yo fhambananaho.



- Shumisani iyebadi nthihi kha muvhala muṅwe na muṅwe.



- Itani zwithomathoma zwa mivhala yo fhambananaho kha tshifhaṱuwo tsha tshimange.





Kha ri ambe

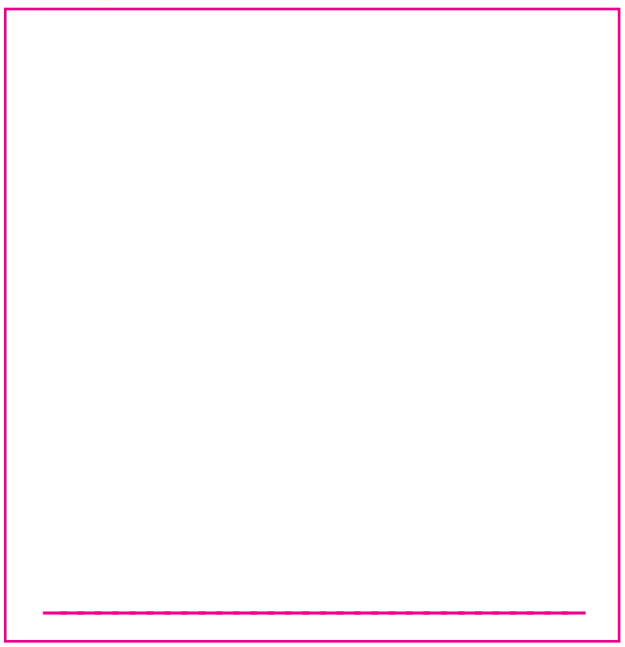
Vhudzani khonani nga tshimange tshaṉu tsha kholekhole.
Bulani uri ni ḓo tshi ṱhogomela nga ndilaḓe.



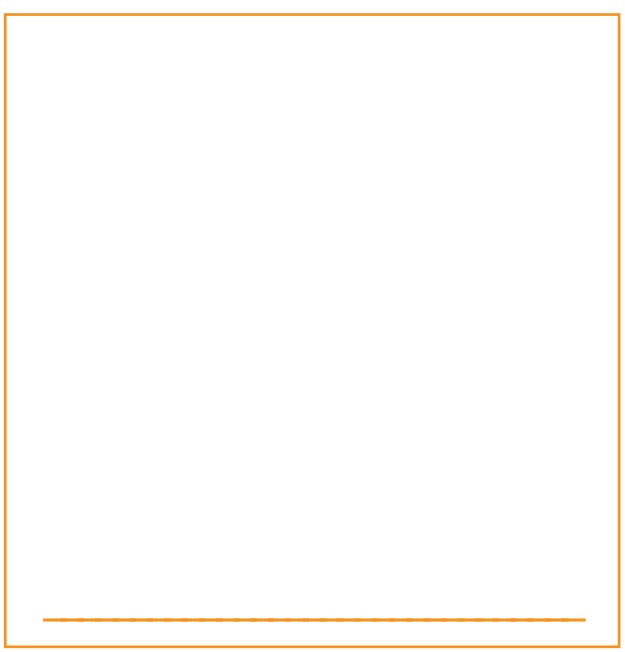


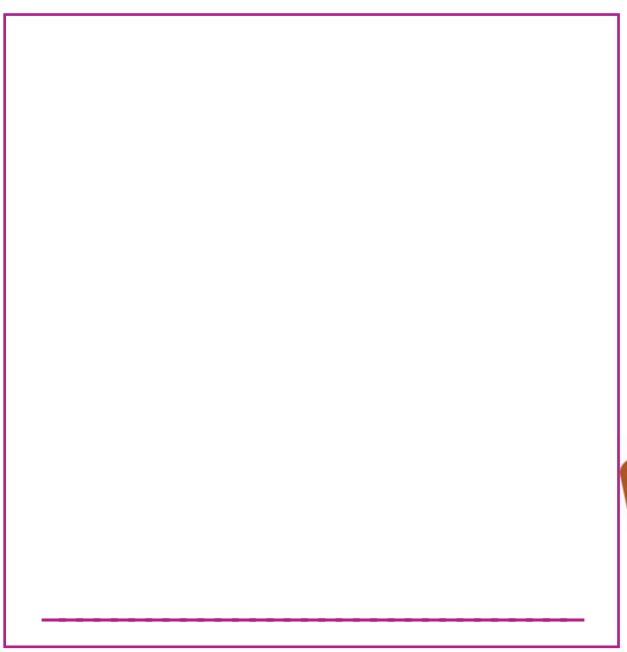
Kha ri ite nyito

Olani zwithu zwa 4 zwine na tea u ita musi ni tshi ṱhogomela tshifuwo tshaṉu.











U vhavhalela vhupo hashu



Kha ri ambe

Lavhelesani phosiṱara khedzi ni ambe na khonani dzaṋu nga zwine dza ri vhudza.

Lavhelesani ḽogo ya mvusuludzamalaṱwa.
No no vhuya na vhona ngafhi ḽogo yo raliho?



Ri vusuludzeni wee!



Kha ri vhale

Ri nga thusa hani uri vhupo vhu dzule ho kuna?

Ri tea u elelwa **FDV**.

Fhungudzani: Ri tea u fhungudza u lakatedza.

Dovholosani: Kha ri dovholole u shumisa zwithu lunzhi ri sa athu zwi laṱa.

Vusuludzani: Ri tea u wana ndila dza u shumisa hafhu mabammbiri, mabodelo na zwikoṱikoṱi.

Kha ri ṅwale

Kha thebulu i re afho fhasi, ṅwalani madzina a zwithu zwine zwa nga vusuludzwa. Ro ni thomela mutevhe muṅwe na muṅwe.



Vusuludzani ngilasi	Vusuludzani pulasiṱiki	Vusuludzani mabammbiri	Itani mupfudzethukhwi (khomposi)
Mabodelo a kale	Mapulasiṱiki	Gurannda	Makanda/makhwathi a miroho

Teacher:
Sign:
Date:

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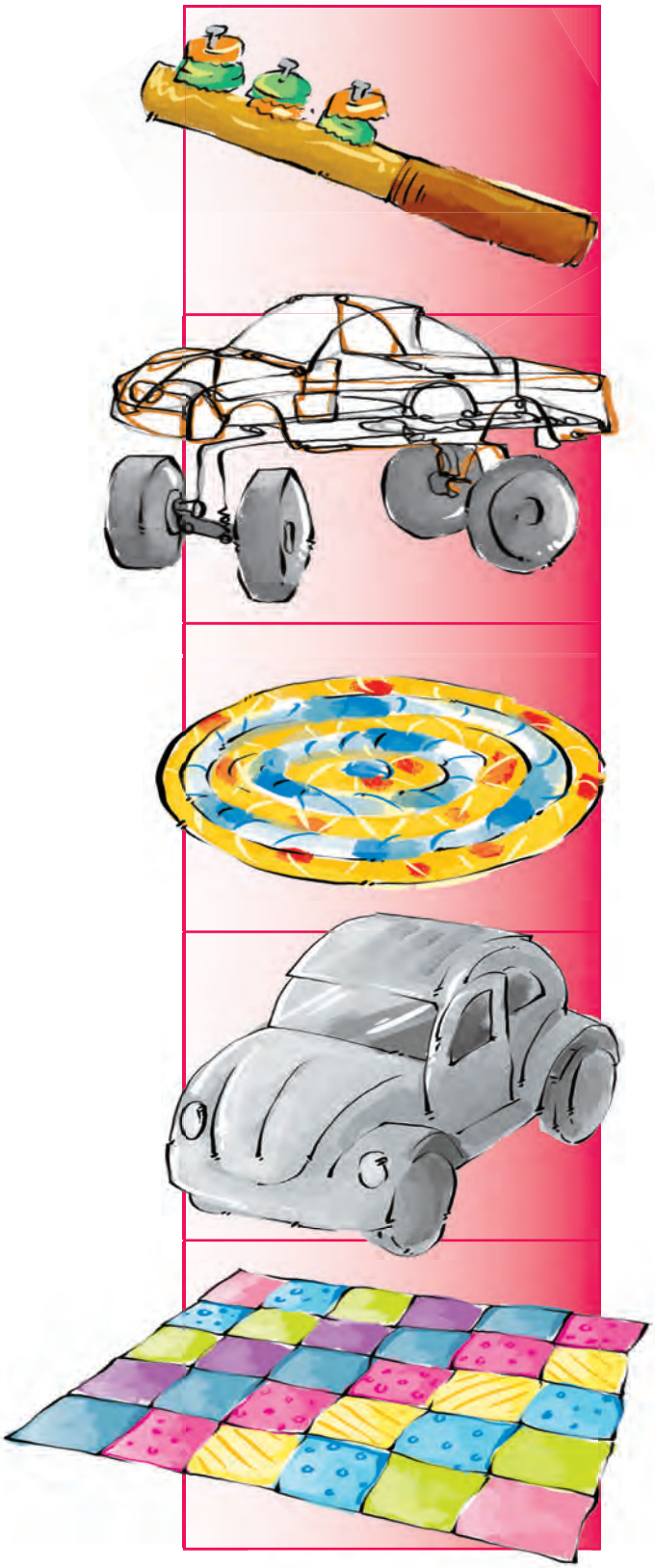
Mvusuludzamalaṱwa

Kha ri ṅwale

Talani mutalo u tshi bva kha tshiṅwe na tshiṅwe tsha zwithu zwi re kha tsha monde u tshi ya kha tshithu tshi re kha tsha u ḽa, ni tshi sumbedza uri zwi nga shumiswa hani kha u ita zwithu zwi re na mushumo.







Kha ri ṅwale

Elekanyani nga zwithu zwine zwa nga ita khomposi yavhuḓi. Ṅwalani ipfi ḽiṅwe na ḽiṅwe kha khoḽomo yone afho fhasi uri ni fhedzise thebuḽu. Ni nga kha ḓi elekanya nga zwiṅwe zwithuvho zwaṋu ni kone u zwi vhekanya kha khoḽomo dzone.

mapuḽasiṱiki	makanda/makhwathi a miroho	zwibigiri
zwikoṱikoṱi zwa nyamunaithi (ḓirinkhi)	makanda a makumba	

Zwithu zwi sa sini	Zwithu zwi no sina



Kha ri ite nyito

Itani phosiṱara ya u kaidza u lakatedza. Olani tshifanyiso ni ṅwale mulaedza.

Teacher:

Sign:

Date:

Maḓuvha a tshipentshêla a vhurereli na zwiṅwevho



Kha ri ambe

Ambani na khonani yaṋu uri ndi vhurereli hufhio hu no shumisa zwiga izwi. Bulani uri ndi tshiga tshifhio tshi no shumiswa kha vhurereli haṋu. Arali ni sa tshi wani, tshi oleleni khonani yaṋu.



Tshifhambano ndi tshiga tsha Vhukhiresiṱe. Jesu, Murwa wa Mudzimu, o fela zwivhi zwashu tshifhambanoni.



Luvhedzhegu lwa ṅwedzi na ṋaledzi ndi tshiga tsha Islam. Vhamoslem vha rabela luṱanu nga ḓuvha.



Tshiga tsha Vhayuda ndi Ṋaledzi ya Dafita. Khosi Dafita o vha e khosi ya Vhaisiraele.



Tshiga tsha Vhahindu ndi Om, tshine tsha wanala tsho ṅwalwa kha luambo lwa kale lwa Sanskrit lwa India.

Fhethu ho fhambananaho ha u rabela

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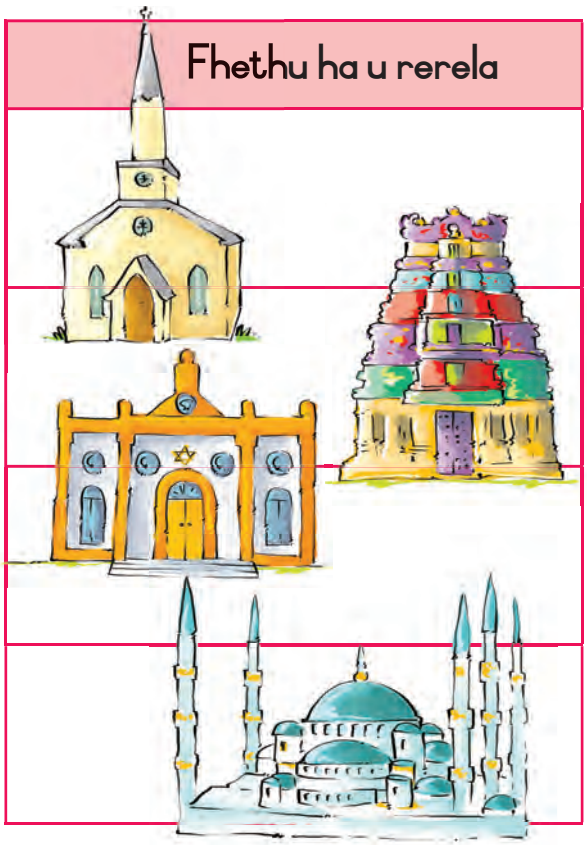
Kha ri ite nyito

Olani mutalo u tshi ṱanganya vhurereli vhuṅwe na vhuṅwe na fhethu hune ha rerelwa hone.

thembele	sinagogo	mosiki	kereke

Vhurereli	Fhethu ha u rerela
Isiḽamu	
Tshihindu	
Tshikhirisiṱe	
Tshiyuda	



Kha ri ite nyito

Vhudzisani khonani dza 4 uri ndi tshiga tshifhio tshi no sumbedza vhurereli havho. Tshikopololeni tsini na madzina avho.

Madzina a khonani dzaṋu	Zwiga

Teacher:
Sign:
Date:

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Ndi a ḓiṱola hafhu



Kha ri ṅwale

Itani mutevhe wa zwiḽiwa zwe na ḽa u bva mulovha nga matsheloni. Tshibogisini tshi re kha tsha u ḽa, jenisani thiki (✔) tsini na zwiḽiwa zwi re na mutakalo ngomu.

Zwiḽiwa zwe nda ḽa u bva mulovha	Zwi na mutakalo ngomu?



Kha ri ṅwale

Itani mutevhe wa tshaka dza zwiḽiwa zwine ra tea u zwi ḽa ḓuvha ḽiṅwe na ḽiṅwe.





Kha ri ite nyito

Olani tshifanyiso tsha tshiḽiwa tshine na tshi funesa ni bule uri tshi bva kha lushaka lufhio lwa zwiḽiwa.

Tshi bva kha lushaka lufhio lwa zwiḽiwa? _____

A a

B b

C c

D d

E e

F f

G g

H h

I i

J j

K k

L l

Dikishinari yanga

M m

S s

N n

T t

O o

U u

P p

V v

Q q

W w

R r

X - Z

x - z




get well soon







