

Mme Angie Motsheka,
Tonakgolo ya Thutotheo



Rre Enver Surty,
Motlatsatonakgolo
ya Thutotheo

Dibukatiro tse di kwaletswe barutwana ba Aforikaborwa ka fa tlase ga boeteledipele jwa ga Tonakgolo ya Lefapha la Thutotheo, Mme Angie Motshekga le Motlatsatonakgolo ya Lefapha la Thutotheo, Rre Enver Surty.

Dibukatiro tsa Rainbow ke karolo ya maiteko a mangwe a Lefapha la Thutotheo a a ikaeletsweng go tokafatsa bokgoni jwa barutwana kgotsa baithuti ba Aforikaborwa mo mephatong e merataro ya ntlha. Jaaka e le sengwe sa dilo tse di kwa godimo mo Lenaneotirong la Mmuso, porojeke e e etleediwa ke Letlotlo la Semmuso. Se se kgontshitse Lefapha go kwala dibukatiro tse ka dipuo tsotlhe tsa semmuso, mme ga di duelelwe.

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

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

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

Mophato 3



Bokgoni jwa Botshelo ka SETSWANA
Buka 1
Kgweditharo 1&2

Leina:

Tlelase:

Dibukatiro tse di fitlhelwang mo metseletseleng e, ke:

- *Puogae Mephato 1-6 (Ka dipuo tsotlhe tsa semmuso)*
- *Matesisi (Mmetshe) Mephato 1-3 (Ka dipuo tsotlhe tsa semmuso)*
- *Matesisi (Mmetshe) Mephato 4-9 (Ka Seesimane le Seaforikanse)*
- *Bokgoni jwa Botshelo Mephato 1-3 (Ka dipuo tsotlhe tsa semmuso)*
- *Puotlaleletso ya Ntlha Mephato 1-3 (Ka Seesimane, Seaforikanse, Sepedi le Sezulu)*
- *Puotlaleletso ya Ntlha Mephato 4-6 (Ka Seesimane le Seaforikanse)*

Rainbow WORKBOOKS

LIFE SKILLS IN SETSWANA
GRADE 3 – TERMS 1&2
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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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Ferikgong
Tlhakole
Mopitlwe
Moranang
Motsheganong
Seetebosigo
Phukwi
Phatwe
Lwetse
Diphalane
Ngwanaltsele
Sedimonthole

Mophato 3



Bokgoni jwa Botshelo
Buka I



Buka e, ke ya ga:

1

Ka ga me



A re kwaleng

Mongwe le mongwe wa rona o a farologana e bile rotlhe re kgethegile.
Tlatsa lokwaloitshupo lo ka ga gago.
Fa o sena go dira jalo, bontsha tsala ya gago karata ya gago.

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



Lokwaloitshupo

Leina:

_____.



Dingwaga:

_____.

Mosetsana kgotsa mosimane:

_____.

Mmala wa moriri:

_____.

Mmala wa matlho:

_____

Thala setshwantsho sa gago



A re bueng

Jaanong akanya ka ga botshelo jwa gago go fitlha fa.



O kgona go gakologelwa bokgakaleng jo bokae kwa morago?

A o kgona go gakologelwa malatsi a gago a botsalo?

A o kgona go gakologelwa gore o simolotse sekolo leng?





A re kwaleng

Tlatsa molanako o o ka ga botshelo jwa gago.

			
Ke tsetswe ka	Ke simolotse go bua ka	Ke simolotse sekolo ka	Ke dirile Mophato wa 2 ka
20_____	20_____	20_____	20_____

Teacher:

Sign:

Date:

Letsatsi la me la botsalo ke: _____

2

Sekolo sa me

A re direng

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

Sekolo sa gago se butswe ka ngwaga ofe?	Mogokgo wa gago o tlile mo sekolong ka ngwaga ofe?	_____ _____ _____	_____ _____ _____
20____	20____	20____	20____
_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
20____	20____	20____	20____

A re direng

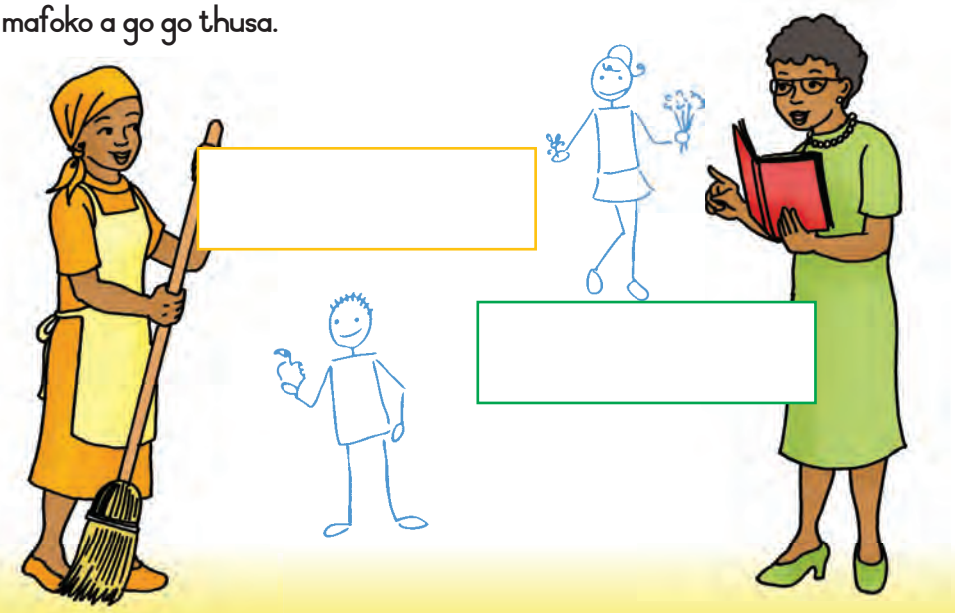
Batho botlhe ba ba mo sekolong sa gago ke bomang? Bua gore ke bomang mme o tlatse lefoko le le nepagetseng fa thoko ga setshwantsho sengwe le sengwe. Bua le tsala ya gago ka ga gore ba dira eng kwa sekolong. Dirisa mafoko a go go thusa.

baphepafatsi

barutabana

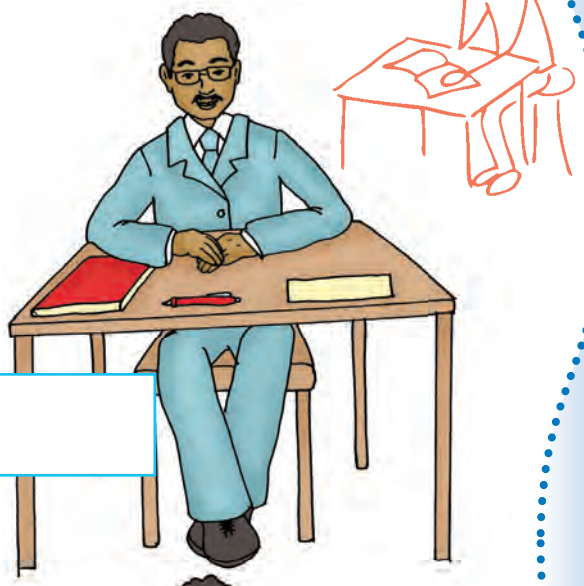
mogokgo

bana











A re tsamayeng

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

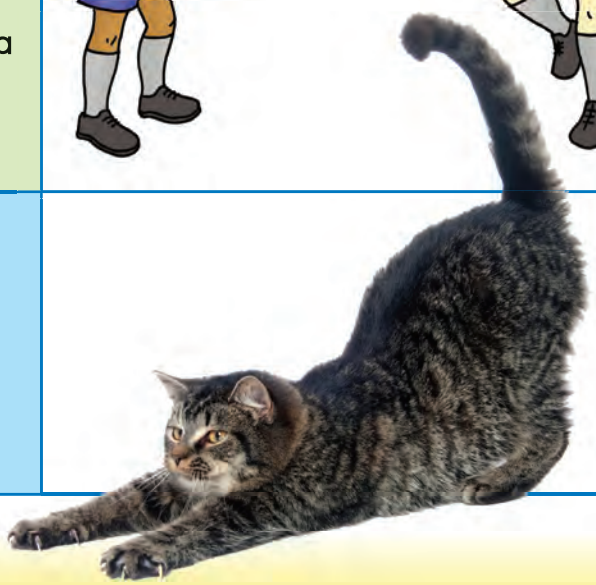


Jaanong leka go kapa kgwele ka kgetsana fa tsala ya gago e e go latlhelela.



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

Phutholola mmele wa gago jaaka katse e itshidila.



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3

Gotlhe ka ga me

A re bueng

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



A re bueng

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

 lesea	 lesea le le gagabang	 ngwana wa sekolo
 mo wa	 mogolo	 motsofe



A re tsamayeng





Tiba maoto a gago ka mekgwa e.

Mm = Molema  Mj = Moja 

Mj Mm Mj Mj Mm Mj Mm Mj

Mj Mm Mj Mm

Mm Mm Mj Mm Mm Mj Mm Mj

Teacher:

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4 Kgolwane le bogolwane

A re bueng

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

Fa nako e ntse e tsamaya batho ba a tsofala. Mmala wa moriri wa bona o a fetoga, mantswe a bona a a fetoga, ba nna le mesifa e mentsinyana e bile ba nna botlhajana.

Batho ba fetoga jang fa ba tsofala?



A re kwaleng

Ke dife tsa dilo tse, tse o di dirang go farologana le ka moo batsadi ba gago ba di dirang ka teng?

	Nna		Batsadi ba me	
Taboga ntle le go lapa.	☺	☹	☺	☹
Tlola kgati.	☺	☹	☺	☹
Buisa lokwalodikgang.	☺	☹	☺	☹
Kgweetsa koloi.	☺	☹	☺	☹
Tshameka mo setlhareng.	☺	☹	☺	☹

A re opeleng

A re ipaakanyetseng go opela.
Dirang medumo e.

Modumo o o bonako jaaka saerini ya emelense.

Modumo o o bonya jaaka pina e e robatsang lesea.

Modumo o o kwa godimo jaaka wa dinonyane di opela.

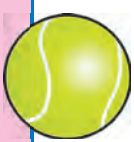
Modumo o o kwa tlase jaaka wa tau e rora.

A re tsamayeng

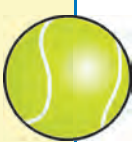
A o kgona go kapa kgwele?



Latlhela bolo ya thenese mo moweng mme o e tshware ka matsogo oomabedi.



E latlhele kwa godimo mme morago o ope diatla tsa gago pele o tshwara kgwele.



Tampisa bolo ya thenese fa fatshe.



Jaanong phutholola mmele wa gago jaaka katse.



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Maikutlo

A re bueng

Lebelela ditshwantsho tse mme o bue ka moo bana ba ba ikutlwang ka teng. A o setse o kile wa ikutlwa jaana? Tlatsa gore ngwana mongwe le mongwe o ikutlwa jang. Dirisa mafoko a go go thusa.

tlhontse	itumetse	tshwarelo	tshoga
	motlotlo	tenegile	















A re bueng

Ke eng se se go itumedisang?



Ke eng se se dirang gore o tlhonye?

Ke eng se se go tshosang?



A re kwaleng

Ke eng se se go tenang?

Thala mola go golaganya mafoko a a kayang selo se le sengwe.

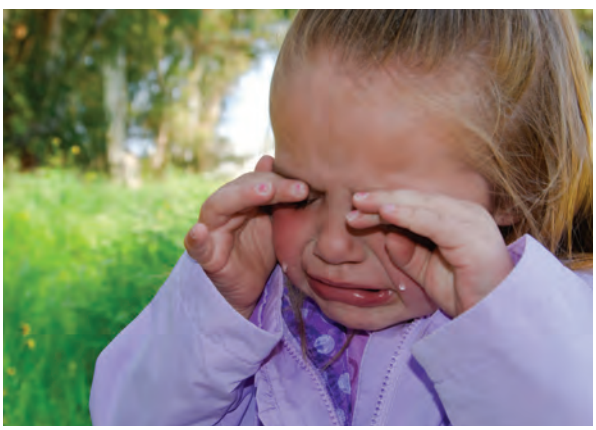




itumetse	tshogile	tenegile	tlhontse

tenegile	itumetse	tshogile	tlhontse





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6

Dilo tse ke di ratang



A re kwaleng Khalara dinaledi fa o rata dilo tse.



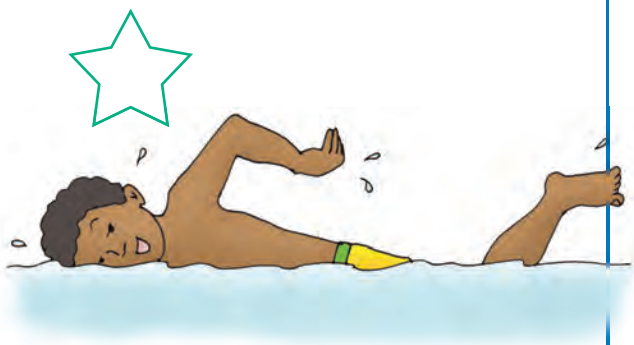
Ke rata go buisa.



Ke rata go thala kana go tshwantsha.



Ke rata go kwala.



Ke rata go thuma.



Ke rata kgwele ya dinao.



Ke rata go penta.

A re thaleng

Thala ditshwantsho tse pedi go bontsha gore o rata eng.



Ke rata _____.	Ke rata _____.





A re kwaleng

Khalara dinaledi fa e le gore o kgona go dira dilo tse ka manontlhotlho.

- Ke kgona go taboga ka lebelo.
- Ke kgona go thala ditshwantsho sentle.
- Ke kgona dipalo thata.
- Ke kgona go buisa sentle.

A re thaleng

Thala ditshwantsho di le 2 tsa dilo tse dingwe tse o di kgonang.



Teacher:

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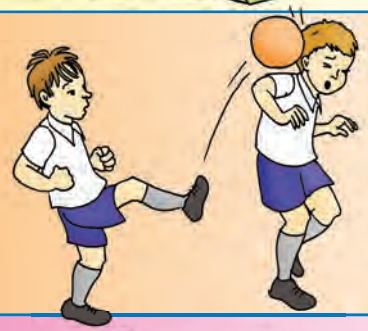
Date:

Maikutlo



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

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



A re kwaleng Ditsala tse di siameng di dira eng?



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

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



Kwala dilo tse 2 gape tse ditsala tse di siameng di di dirang.



A re bueng

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









A re tsamayeng

Leka go dira dilo tse.

- Taboga go dikologa lepatlelo. Fa morutabana wa gago a re, "fetola" o tshwanetse go retologa mme o tabogele kwa gongwe.
- Latlhela kgwele kwa godimo mme o e kape ka matsogo oomabedi.
- Tampisa kgwele fa fatshe o ntse o eme mo felong go le gongwe.
- Jaanong tampisa kgwele mme o tsamaele kwa pele ka nako e le nngwe.



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Go tlhola fela



A re kwaleng

Itlhole	✔	✘
Ke tsala e e siameng.		
Ke kgathalela ditsala tsa me.		
Ke botsalano mo baneng ba tlelase ya me.		
Bana ba bantsi ba tlelase ya me ba a nthata.		
Ke aga ke le bonolo mo bathong.		



A re direng

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







A re kwaleng

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



Batho ba ba kgethegileng mo botshelong jwa me





9

Thutaboitekanelo

A re bueng

Bua gore go diragala eng mo setshwantshong se.

A o setse o kile wa tswa mokola?

O tshwanetse go dira eng fa o tswa mokola?



O tshwanetse go dira eng fa o tswa mokola

1. Dulela kwa pele ka tlhogo ya gago.
2. Tswala nko ya gago ka menwana sebaka sa metsotso e le 2 mme o heme ka molomo.
3. Baya sengwe se se tsididi kwa morago ga molala wa gago.
4. O se ka wa ethimola morago ga gore mokola o emise.
5. Fa mokola o sa emise morago ga metsotso e le 15, bona ngaka.



Go alafa go kgoboga kana go segega





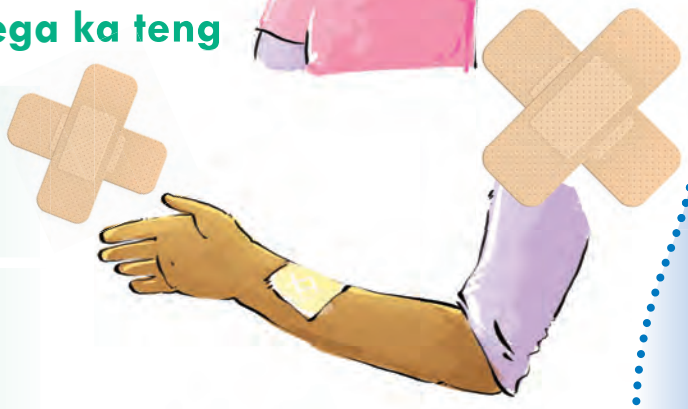


A re buiseng

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



Ka moo o ka phepafatsang go segega ka teng



O se ka wa ama madi a motho yo mongwe.

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

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



Leka go emisa go tswa ga madi ka go gatelela lesela le le bofileng ntho.

Fa ntho e le boteng mme e tswelela go tswa madi, bona ngaka.



10

Go šwa

A re bueng

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







A re buiseng

Fa o tshwara selo se se mogote, o ya go iphisa.

O tshwanetse go dira eng fa mongwe a wele?

1. Tsenya karolo e e weleng mo metsing sebaka sa metsotso e le 10. Se se thusa go tsidifatsa letlalo.
2. Tlosa lesela mo karolong e e weleng. O se ka wa tlosa diaparo kgotsa lesela fa e le gore le kgomaretse mo letlalong.
3. Baya lesela mo go weleng go go tshola go le phepa.
4. Fa karolo e e weleng e le boteng kgotsa e le kgolwane go na le bogare jwa seatla sa gago, bona ngaka ka bonako.

A re tsamayeng

Tlola ka boleele.

Tshwaya gore o ka tlola jang.

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



A re tsamayeng

Dira keriibaa.

Refosana le tsala ya gago go nna keriibaa.



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11

Go tshola mmele wa me o babalesegile

A re bueng

Re tshwanetse go tlhokomela mebele ya rona.

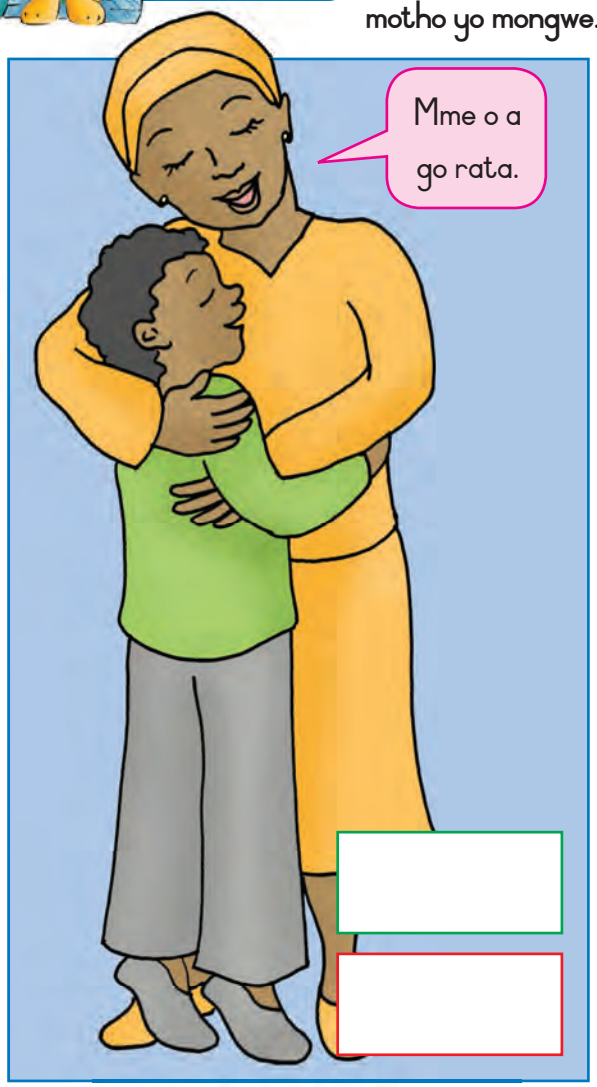
Re nna le maikutlo a "Ee" fa re rata sengwe mme re rata gore se tswelele pele.

Re nna le maikutlo a "Nnyaya" fa selo se sa re kgotsofatse mme re batla gore se se ka sa tswelela pele.

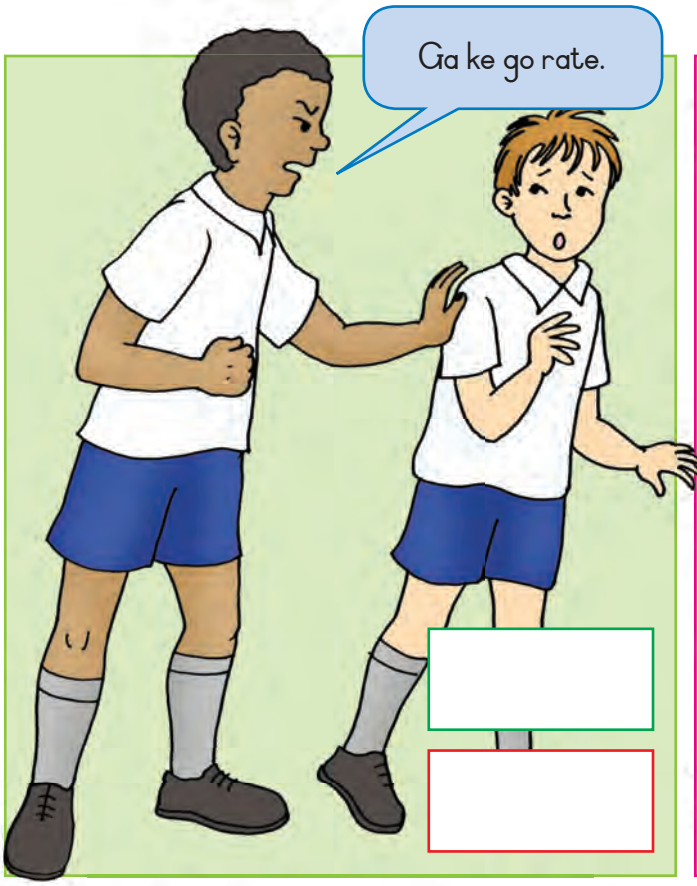


A re kwaleng

Kwala "ee" kgotsa "nnyaya" fa thoko ga setshwantsho sengwe le sengwe, mme o bue se o ka se bolelelang motho yo mongwe.









Go bua, nnyaya

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

Fa mongwe a go fa maikutlo a "nnyaya" mme a dira gore o se ka wa nna monate, bua ka ga seo le motsadi yo o mo tshepang.



A re kwaleng Dira lenaneo la batho ba o ka ba tshepang.



Teacher:

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12

Go itlhokomela

A re bueng

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











A re kwaleng

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

Bana ga ba a tshwanela go ...



A re direng

Dira mmaseke go bontsha maikutlo.

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

E thale mo pampiring e e magwata.

E sege.

Sega matlho.

E kgabise ka pampiri ya mebala.



A re tsamayeng

Ipaakanyetse go taboga.

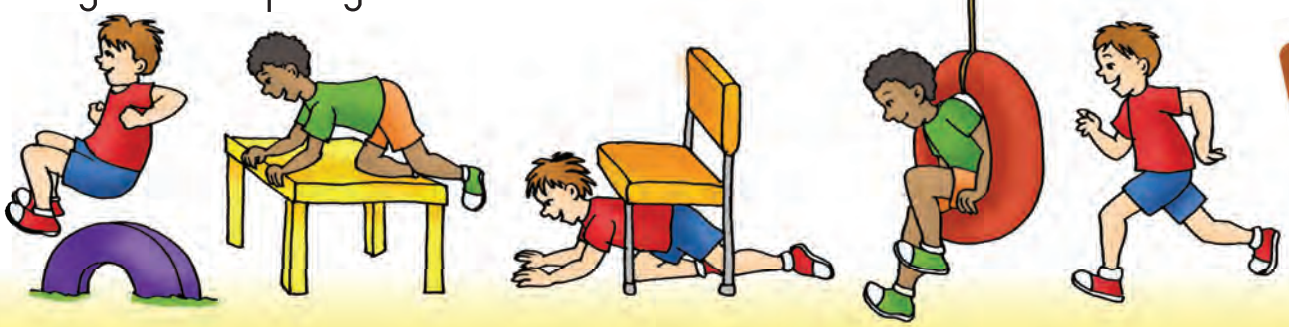
Ema ka maemo a a nepagetseng a go simolola.

Reetsa morutabana wa gago a re:

"Tlhomang ka menwana! Ipaakanyeng! Ragogang!"

Morago lo dire leparego.





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13 Go tshola mmele wa me o babalesegile



A re bueng

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






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

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

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

Go tsuba go senya mebele ya rona jang?



A re kwaleng

Tshwaya tlhagiso nngwe le nngwe kgotsa thala sekere go supa gore a ke nnete kgotsa ga se nnete.

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

Melawana ya boitekanelo

Ke tshwanetse go kama moriri wa me pele ke ya kwa sekolong.

Ke tshwanetse go phimola dinala tsa me morago ga go tshamekela mo motlhabeng.

Ke tshwanetse go tlhapa diatla tsa me morago ga go ya kwa ntlwanaboithusetso.

Ke tshwanetse go latlhela ditišu tsa me mo kgamelong ya matlakala.



Boithabiso

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





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Ditshwanelo le maikarabelo

A re buiseng

Nako nngwe bana ba tshwanetse go bereka gonne malapa a bona a humanegile.

Mme bana ga ba a tshwanela go bereka bokete jaaka bagolo.

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



Lebelela ditshwantsho tse. Tshwaya mebereko e e tshwanetseng bana.



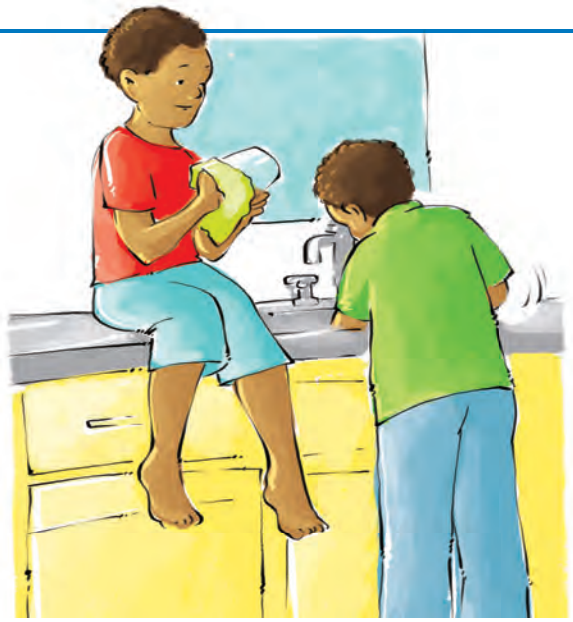
Anna o rekisa merogo letsatsi lotlhe mme ka jalo ga a kgone go ya kwa sekolong.



Lisa o nosetsa tshingwana ya merogo fa sekolo se dule.



Peter o rwala ditena gonne o berekela moagi.



Jabu le Bongi ba thusa ka go tlhatswa.



A re bueng

Ke ditiro dife tse o di dirang kwa gae?

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





A re tsamayeng

Leka metshameko e.



Dirang terena.



Bofang maoto a lona mme morago le taboge.

Teacher:

Sign:

Date:

Ditshwanelo le maikarabelo

A re bueng

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

Sekolo sengwe le sengwe se na le melawana gore sekolo se kgone go tsamaisiwa sentle. Tlelase nngwe le nngwe le yona e na le melawana e re tshwanetseng go e sala morago.



A re kwaleng

Kwalela tlelase ya gago melawana e le 4.







A re bueng

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

MAIKARABELO A BAŠWA BA AFORIKABORWA

Tekatekano

Tshwara motho mongwe le mongwe sentle le ka go lekalekana.
O se ka wa kgetholola.



Seriti sa botho

Tlotla mongwe le mongwe.
Nna bonolo le pelonomi.



Botshelo

Botshelo jotlhe bo botlhokwa.
Tlotla botshelo bongwe le bongwe.



Lelapa

Tlotla batsadi ba gago. Nna bonolo le boikanyego mo lelapeng la gago.



Thuto

Tsena sekolo, o ithute mme bereke ka natla.
Obamela melao ya sekolo.



Mmereko

Thusa lelapa la gago ka mmereko kwa gaeno.
Bana ba se ka ba patelediwa go batla mmereko.



Kgololosego le pabalesego



O se ka wa gobatsa, wa dipisa kgotsa wa tshosetsa ba bangwe, gape o se ka wa letla ba bangwe go dira jalo. Rarabolola tlhokakutlwisisano ka mokgwa wa kagiso.

Dithoto

Tlotla dithoto tsa batho ba bangwe.
O se ka wa senya dithoto e bile o se ka wa utswa.



Bodumedi. Tumelo le Dikakanyo

Tlotla ditumelo le dikakanyo tsa batho ba bangwe.



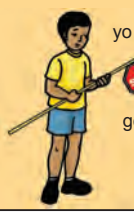
Tshireletsego

Tlhokomela lefatshe.
O se ka wa senya metsi le motlakase. Tlhokomela diphologolo le dijwalo.
Tshola legae le tikologo ya gago di le phepa e bile di babalesegile.



Boagi

Nna Moaforikaborwa yo o siameng e bile a le boikanyego.
Obamela melao, mme o netefatse gore batho ba bangwe ba dira jalo le bona.



Kgololosego ya puo

O se ka wa gasagasa maaka le letlhoo. Netefatsa gore batho ba bangwe ga ba rogakiwe e bile ga ba utlwisiwe botlhoko.





16

Malatsi a sedumedi le a a kgethegileng

A re bueng

Lebelela ditshwantsho tse.
A o itse ka ga nngwe ya ditumelo tse?



Sehindu



Seiselamo



Sejuta



Sekeresete

Re tshwanetse go tlotla batho ba ditumelo tsotlhe.

Tumelo ya gago ke efe? _____

Tumelo ya tsala ya gago ya botlhokwa ke efe? _____

Go tlhola fela



A re kwaleng Tlatsa karata e e e ka ga gago.

Leina la me _____

Sefane sa me _____

Letsatsi la me la botsalo _____

Mophato wa me _____

Sekolo sa me _____

Nomore ya me ya mogala _____

Aterese ya me _____

_____

_____

_____

Nomore ya tshoganyetso _____

Motshameko wa me o ke o ratang _____

Mmala wa me o ke o ratang _____

Tsala ya me ya botlhokwa _____

Ke eng se se intumedisang _____

Ke eng se se dirang gore ke nne ke tlhontse _____

Ke eng se se ntenang _____

Ke fa kae _____

Teacher:
Sign:
Date:

17

Mekgwa e e itekanetseng ya go ja



A re bueng

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

Diporoteine

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





Divithamini le diminerale

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

Dikhabohaetereiti

Dijo tse di re naya maatla.



Mafura

Mafura a re thusa ka mogote le eneji.



A re kwaleng Tshwaya (✔) tlhagiso e e buang nnete ka ga dijo tse o di jang.

Go le gantsi ke ja dijo tse di itekanetseng.	
Nako nngwe ke ja dijo tse di itekanetseng.	
Ka ja dijo tse di itekanetseng ka dinako tse di rileng.	

Rotlhe re tlhoka metsi go tshela. Metsi a fetisetsa dijo tse re di jang kwa dikarolong tse di farologaneng tsa mmele.

Teacher:
Sign:
Date:

Mekgwa ya rona ya go ja



A re bueng

Botsa ditsala di le nne gore ba ja eng. Lebelela dijo tse di farologaneng mme o tshwaye (✔) fa o rata dijo tseo, o bo o thale sekere (✘) fa o sa rate dijo tseo.

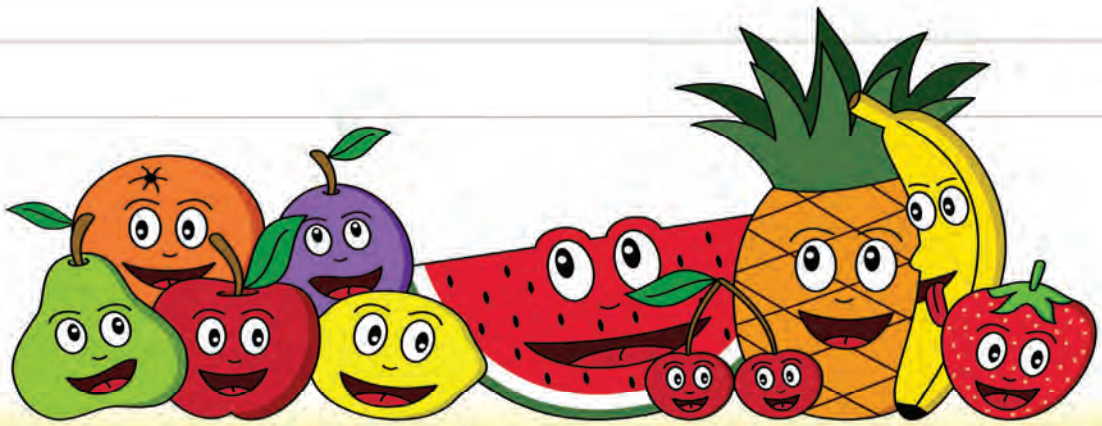
Tlatsa maina a ditsala tsa gago.





A re kwaleng

Kwala dijo tsotlhe tse o di jeleng maabane. Morago o tshwaye (✔) tse di itekanetseng.





A re kwaleng

Jaanong feleletsa kerafo go bona gore ditsala tsa gago di rata dijo dife. Bala matshwao ka fa tlase ga sejo sengwe le sengwe mme o khalare palo e e tshwanang ya diboloko mo kerafong e. Bona sekao se re go fileng sona go bontsha gore ditsala di le 3 di rata bebetsididi.

Bebetsididi				
Hambeka				
Diapole				
Dit hipisi				
Sepinat he				
Pizza				
Yokate				
Mae				
Phaseta				





A re kwaleng

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

Ke dijo dife tse ditsala tsa gago di sa di rateng thata?
A o akanya gore ditsala tsa gago ba na le mekgwa e e itekanetseng ya go ja?
Ke eng o akanya jalo?



Mekgwa e e itekanetseng ya go ja



A re kwaleng

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





A re kwaleng

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

LENANEOTHEKO	TLHOTLHWA





A re kwaleng

Mekgwa ya gago ya go ja e itekanetse go le kanakang? Khalara sefatlhego se se tshegang tebang le mokgwa o o itekanetseng.

Mekgwa ya me ya go ja	Ee	Nnyaya
Go le gantsi ke ja ke bogetse TV.	☺	☹
Ke rata maungo le merogo.	☺	☹
Ke rata dijo tse di mafura di tshwana le dit hipisi.	☺	☹
Ga ke rate metsi, ke rata dinotsididi.	☺	☹
Ga ke je merogo.	☺	☹
Ke t hotlha dijo tsa me sentle.	☺	☹
Ke ja sefitlholo sa me pele ke ya kwa sekolong.	☺	☹

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



20

Go ja sentle



A re direng

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

A re buiseng

Melawana ya go ja sentle

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

O se ka wa tlogela dijo di sa khurumelwa.

O se ka wa ja dijo tsa bogologolo.

Dirisa matlapi a merogo go direla tshingwana motshotelo.

Ijwalele merogo.



A re direng

Thala setshwantsho go bontsha mongwe wa melawana e.



Teacher:

Sign:

Date:

21

Ditshenekegi



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

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

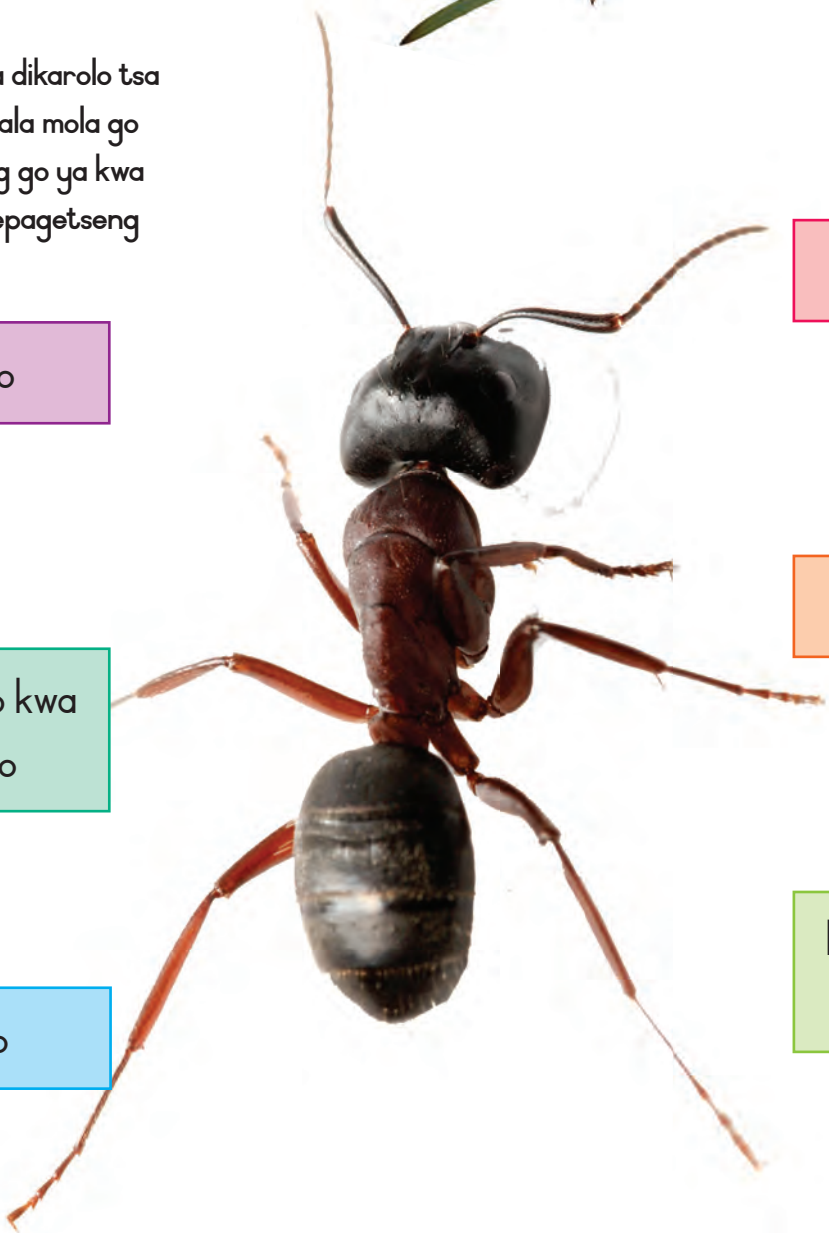
Gape di na le maoto a marataro le dinakana tse pedi.





A re direng

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



Tlhogo

Lenakana

Leitlho

Mmele o o kwa godimo

Mmele o o kwa tlase

Leoto

A re kwaleng

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





Notshe

Monang

Ntsi

Tshoswane

Tsie

Serurubele

Podilekgwana

Mmoto







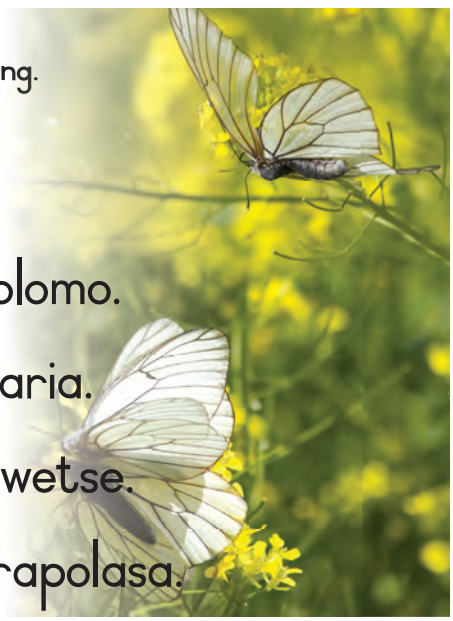






A re kwaleng

Jaanong tlatsa mafoko a a tlogetsweng.



_____ e dira tswina.

_____ se tulafatsa mabolomo.

_____ o phatlalatsa malaria.

_____ e phatlalatsa malwetse.

_____ e ja dijwalo tsa borapolasa.

Teacher:

Sign:

Date:

Go gongwe ka ga ditshenekegi

A re bueng

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



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



Dinotshe di ntsha tswina.

A re kwaleng

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



_____ e tsuntsunyetsa matute go tswa mo mabolomong.





_____ dirisa manakana a tsona go buisana.

_____ se phatlalatsa modula go tswa mo sejwalong go ya go se sengwe.



_____ e phatlalatsa megare.



A re direng

Dira gore tshenekegi e tsamaye.

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

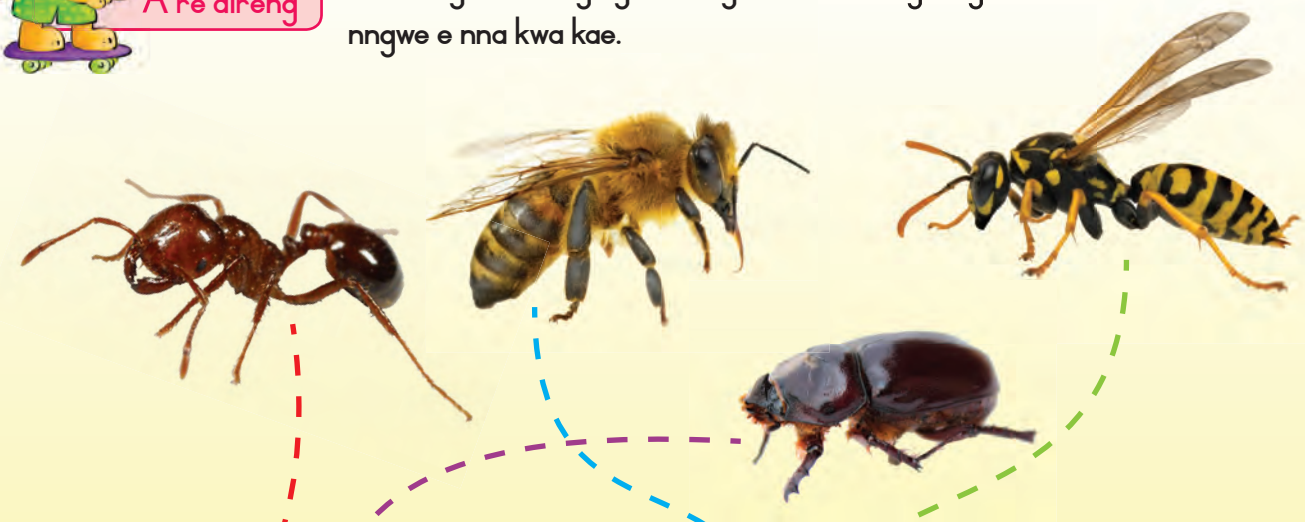


Teacher:
Sign:
Date:

23 Magae a ditshenekegi

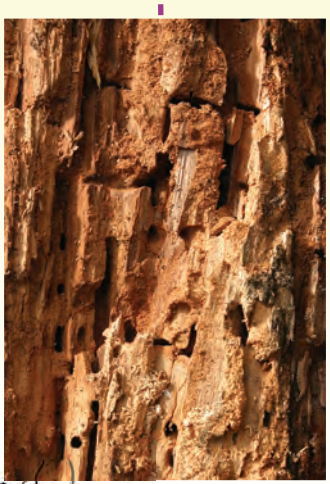
A re direng

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















A re direng

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





A re kwaleng



O bone ditshenekegi dife kwa ntle? Tlhopha e le nngwe mme o kwale leina la yona fa.
Tshenekegi e e ja dijo tsa mofuta mang?
A tshenekegi ya gago e tsamaya ka bonya kgotsa ka bonako?
A tshenekegi ya gago e mosola kgotsa e kotsi? Goreng o rialo?



A re direng

Jaanong itlhamele tshenekegi ya gago mme o e neye leina.





Bontsha boitlhamedi jwa gago

Itirele serurubele



A re direng

O tlaa tlhoka:

Pampiri ya A4

Dikheraeyone tsa mafura

Sekere

Tleluu

Sephepafatsi sa diphaephe

Rolo e e fedileng ya ntlwanaboithusetso



Thala serurubele, mme o bontshe mmele wa yona o moleele, o mosesane le diphuka tse pedi. Kgabisa diphuka tsa serurubele sa gago ka diphethene tsa mebala e e farologaneng. Netefatsa gore diphuka tsoopedi di a tshwana. Sega serurubele, o se ntshe. Kgomaretsa mmele wa serurubele mo rolong ya ntlwana-boithusetso. Jaanong dira diutlwi ka go dirisa sephepatsi sa diphaephe se mennwe gabedi. Se kgomaretse mo tlhogong ya serurubele.





A re tsamayeng

Leka go tshameka metshameko e.



Seteišene I:

Baseketebolo: Tampisa bolo o ntse o taboga ka mokgwa wa manyokenyoke.



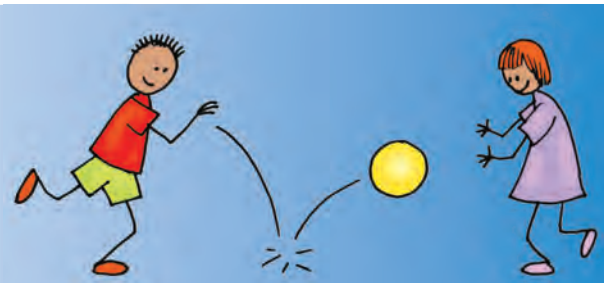
Seteišene 2:

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



Seteišene 3:

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



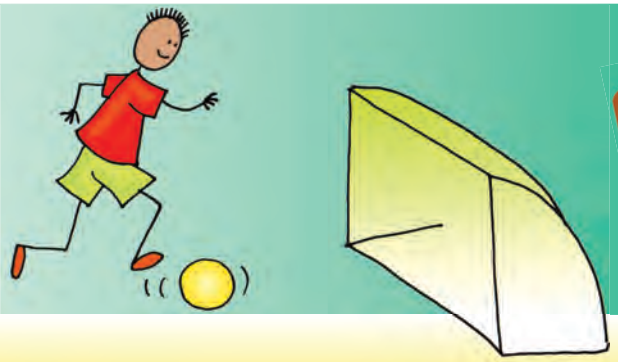
Seteišene 4:

Rakebi: Taboga ka bolo mme o e fetise (phase).



Seteišene 5:

Kgwele ya dinao: Tsamaisetsa bolo kwa dinong.



Tshekotshelo

A re bueng

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

Tshekotshelo ya segwagwa

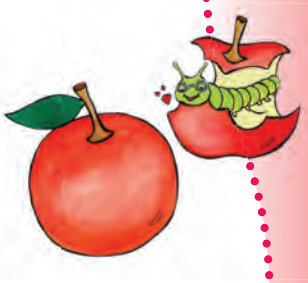


1. Digwagwa tse pedi di a palamana gore di nontshe mae.
2. Segwagwa sa mosadi se beela mae.
3. Koduntwane e nnye ka dikgwafo tsa kwa ntle le mogatla wa lefafa.
4. Koduntwane e tlhoga maoto.
5. Mogatla o tlaa nyelela.
6. Segwagwa se segolo se se nang le makgwafo e bile se latlhegetswe ke dikgwafo.



A re direng

Sega ditshwantsho tse di nepagetseng go tswa mo tsebeng ya tse di segilweng go bontsha tshekotshelo ya serurubele.

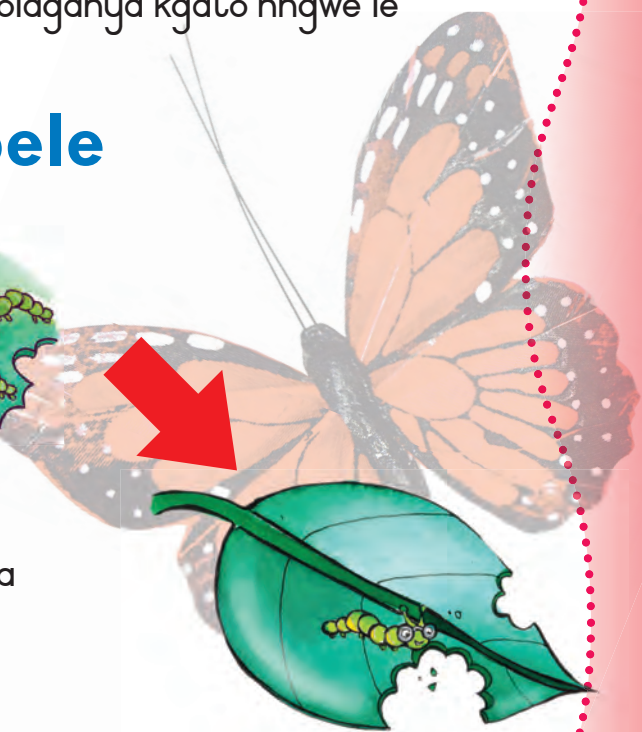


Tshekotshelo e bontsha dikgato tse di farologaneng tsa kgolo tse di latelanang. Lebelela tshekotshelo ya segwagwa le ya serurubele mme le bue ka ga dikgato tse di farologaneng. Thala mola go golaganya kgato nngwe le nngwe le setshwantsho se se nepagetseng.

Tshekotshelo ya serurubele









1. Mae a a thuthuga
2. Lesea
3. Seboko se segolo
4. Seboko se bopa lava
5. Serurubele se sentle
6. Serurubele se beela mae













Tshekotshelo

A re bueng

Lebelela ditshwantsho mme o bue le tsala ya gago ka ga tshekotshelo ya kgogo.

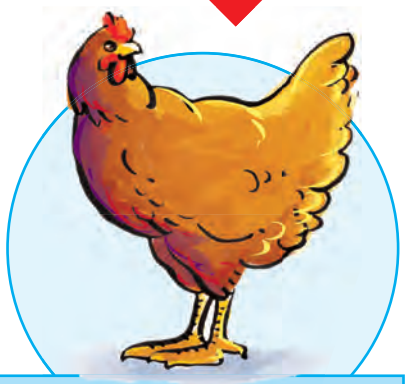
Tshekotshelo ya kgogo





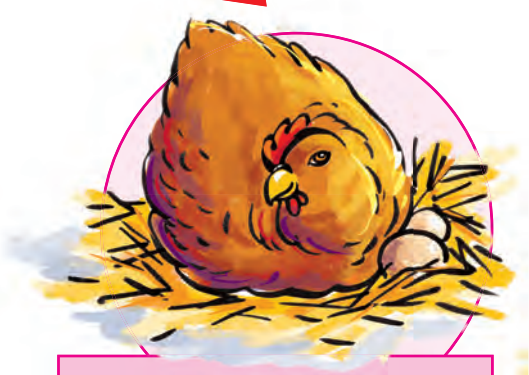
Sethole se beela mae





Kgogo e e godileng





Sethole se elama mae



Ditsuane di a thuthuga



Tsuane e a gola



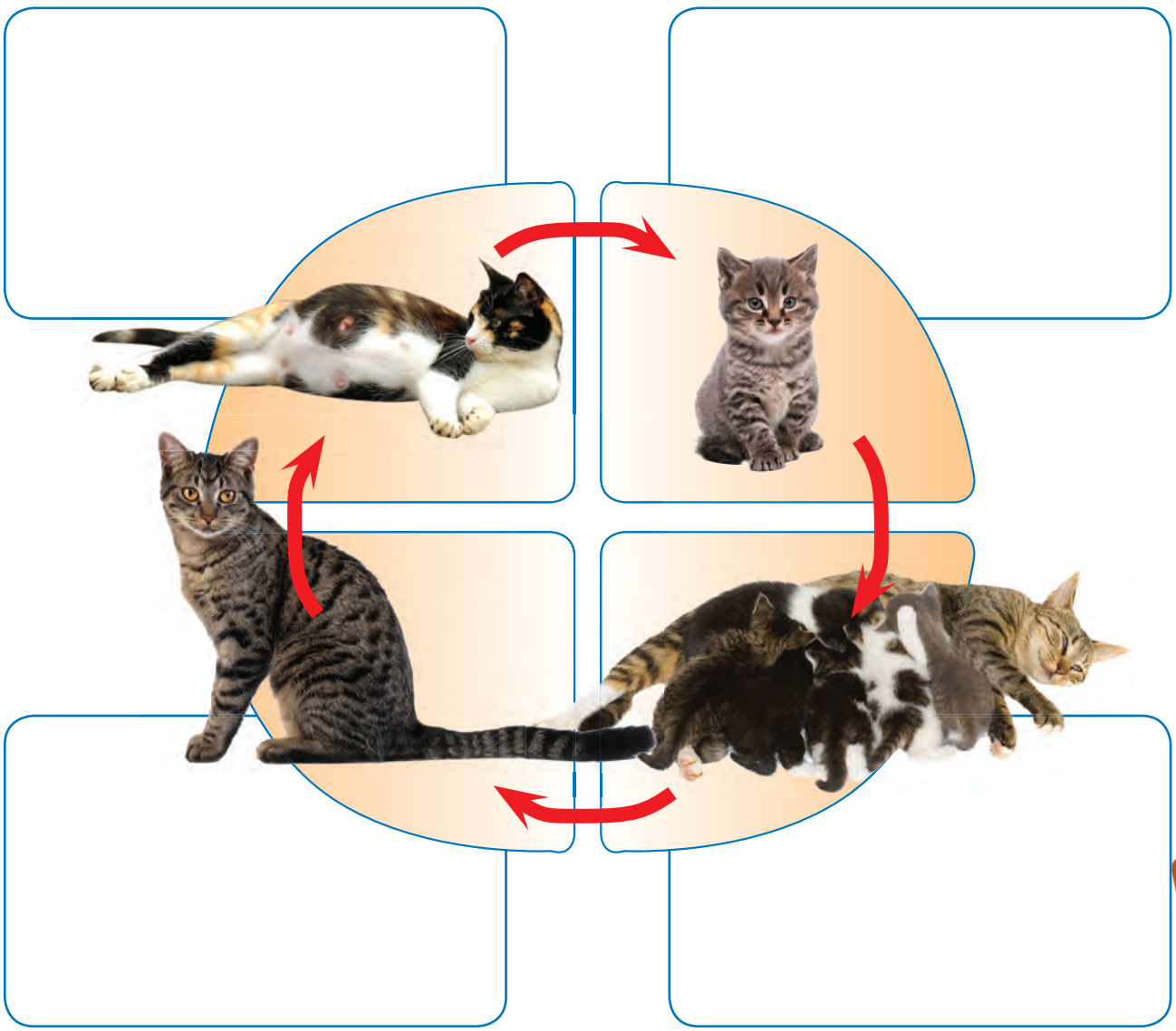
A re direng

Jaanong itlhamele tshekotshelo ya gago. Naya maina mo go sengwe le sengwe sa ditshwantsho tse di mo leotwaneng la kgang go bontsha tshekotshelo ya katse. Dirisa ditlhogo tse di fatlase go go thusa.

Nomora dikgato 1–4 mme o di dirise mo leotwaneng la kgang ya gago.

	Katsana e tsetswe.		Katse e e godileng.
	Mmaagwe katse o imile dibeke di le 9.		Mmaagwe katse o anyisa dikatsana tsa gagwe.

Tshekotshelo ya katse



Teacher:

Sign:

Date:

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Bontsha bokgoni jwa gago

A re direng Dira seotlwana sa katse.

O tlaa tlhoka: pampiri ya A4
Phensele
Pente ya lerole le metsi
Matseta a ditsebe



- Thalela bokwantle jwa sefatlhego sa katse mo pampiring.

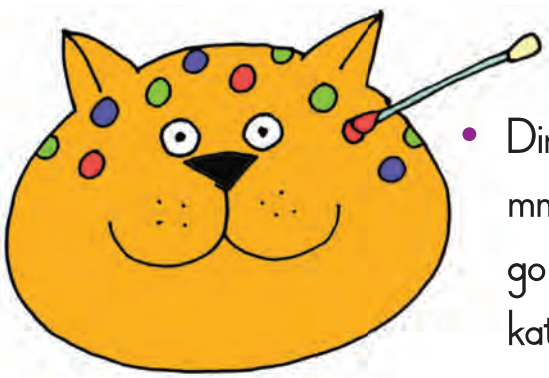




- Tswaka pente go dira mebala e e farologaneng e le 3.



- Dirisa letseta la ditsebe mo mmaleng mongwe le mongwe.



- Dira maronthorontho a mmala a a farologaneng go kgabisa sefatlhego sa katse.





A re bueng

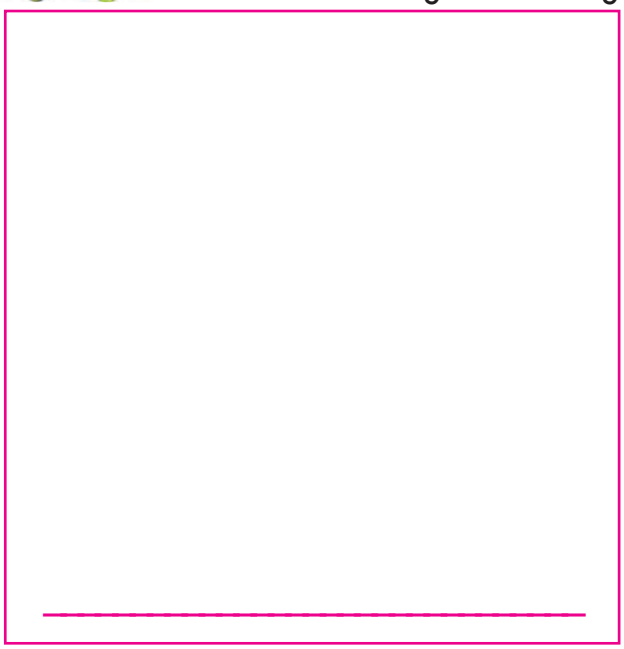
Bolelela tsala ya gago ka ga seotlwana sa gago sa katse. Bua ka moo o ratang go e tlhokomela ka teng.

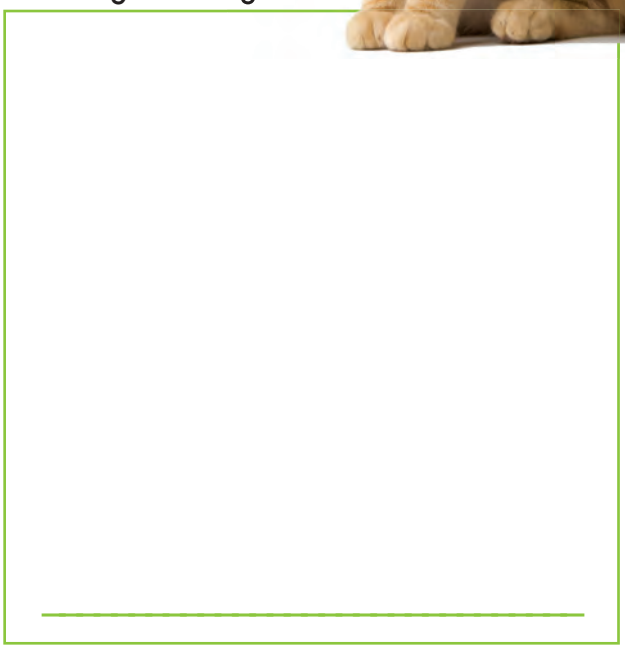


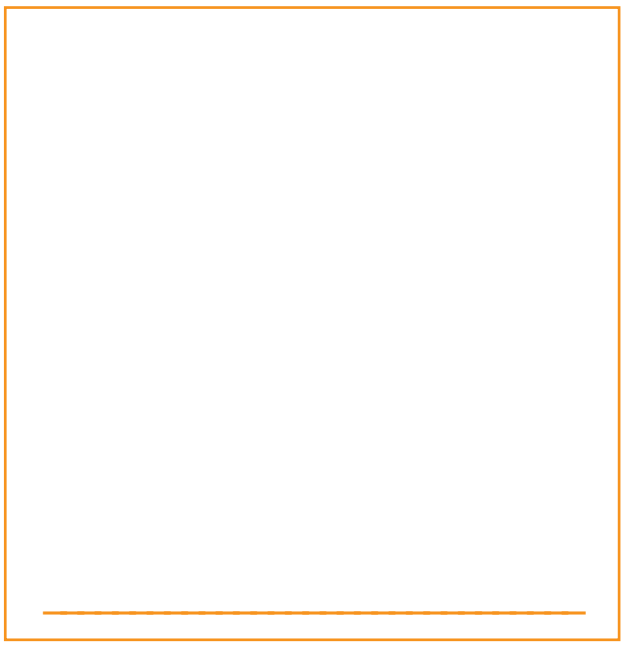


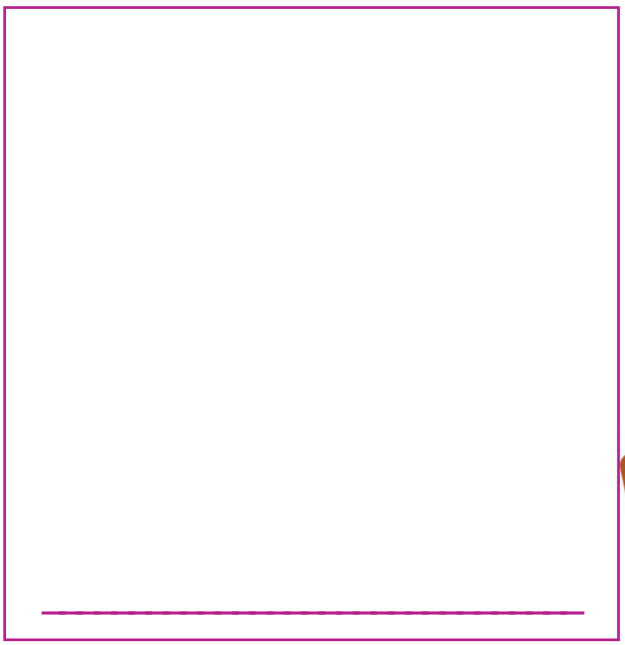
A re direng

Thala dilo di le 4 tse o tshwanetseng go di dira go tlhokomela seotlwana sa gago. Morago o kwale setlhogo ka fa tlase ga sethalo sengwe le sengwe.











Go tlhokomela tikologo ya rona

A re bueng

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

Lebelela seano sa tirisose wa.

O bone seano se se tshwanang le se kwa kae?

Tsweetswee re diriseng sešwa!



A re buiseng

Re ka thusa jang go tshola tikologo e le phepa?

Re tshwanetse go gakologelwa ditlhaka **FDD**:

Fokotsa: re tshwanetse go fokotsa go gasagasa matlakala.

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

Dirisa sešwa: re tshwanetse go batla mekgwa ya go dirisa pampiri, mabotlolo le dithini se wa.

A re kwaleng

Kwala maina a dilwana tse di ka dirisiwang sešwa mo theiboleng e e fa tlase.
Re go simololetse lenaneo lengwe le lengwe.



Dirisa galase sešwa	Dirisa polasetiki sešwa	Dirisa pampiri sešwa	Dira kompose
Mabotlolo a bogologolo	Dikgetsana tsa polasetiki	Makwalodikgang	Matlapi a merogo

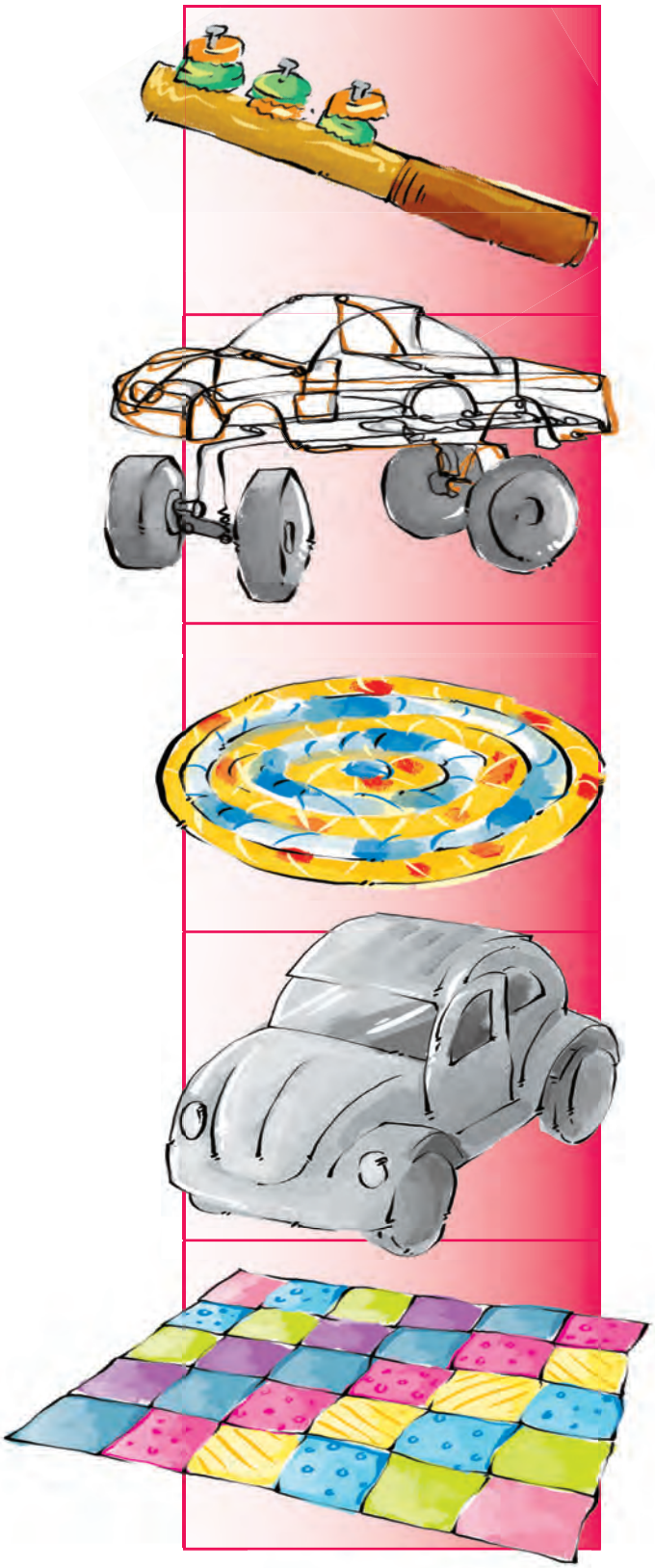
Teacher:
Sign:
Date:

Tirisoseswa

A re kwaleng

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







A re kwaleng

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

dikgetsana tsa polasetiki

matlapi a merogo

dinala

dithini tsa dinotsididi

dikgapetla tsa mae

Dilo tse di ka se boleng	Dilo tse di ka bolang



A re direng

Dira phousetara ya go thibela go gasagasa matlakala. Thala setshwantsho mme o kwale molaetsa.

Teacher:

Sign:

Date:

Malatsi a bodumedi le a mangwe a a kgethegileng

A re bueng

Bua le tsala ya gago ka ga gore ke ditumelo dife tse di dirisang disimbolo tse. Bua gore ke efe e e leng ya tumelo ya gago. Fa o sa bone simbolo ya gago, e thalele tsala ya gago.



Sefapaano ke simbolo ya Sekeresete. Jesu, Morwa wa Modimo, o swetse dibe tsa rona mo sefapaanong.



Ngwedi o o lengete le naledi di bopa simbolo ya Iselamo. Bamoselemo ba rapela ga 5 letsatsi lengwe le lengwe.



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



Simbolo ya Sehindu e kwadilwe ka puo ya Sesane ya Intia.

Mafelo a a farologaneng a kobamelo

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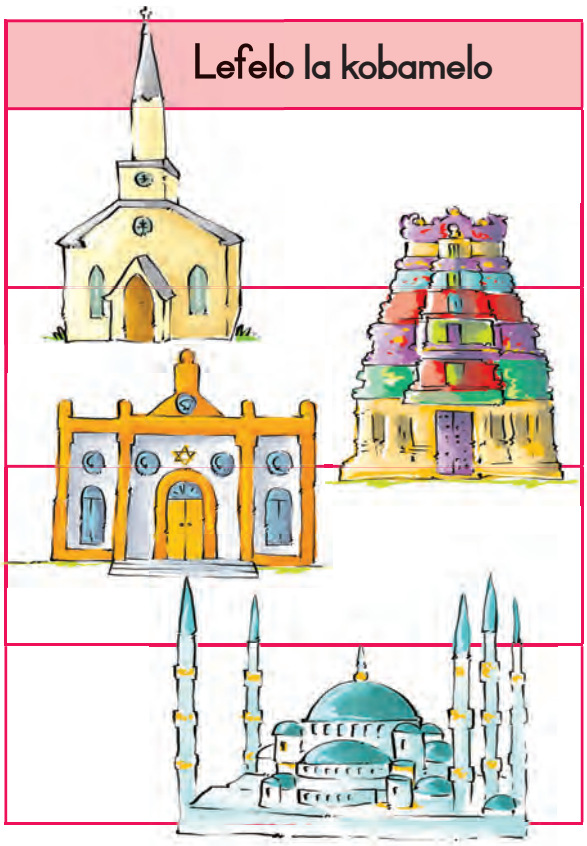
A re direng

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

tempele	senagoge	mmoseke	kereke

Bodumedi
Iselamo
Sehindu
Bokeresete
Sejuta

Lefelo la kobamelo


A re direng

Botsa ditsala di le 4 gore ke simbolo efe e e bontshang bodumedi jwa bona.

Leina la tsala	Disimbolo tsa bona

Teacher:
Sign:
Date:

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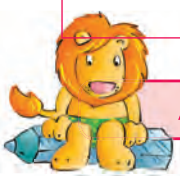
Re mpa re tlhola fela



A re kwaleng

Dira lenaneo la dijo tse o di jeleng go tloga maabane mo mosong. Mo lebokosong le le ka fa mojeng, tshwaya (✔) fa thoko ga sejo sengwe le sengwe se se itekanetseng.

Dijo tse di jelweng go tloga maabane	A se itekanetse?



A re kwaleng

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





A re direng

Thala setshwantsho sa sejo se o se ratang mme o bue gore se tswa mo mofuteng ofe wa dijo.

Se tswa mo mofuteng ofe wa dijo? _____

A a

G g

B b

H h

C c

I i

D d

J j

E e

K k

F f

L l

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







