

Mofumahadi Angie Motshekga, letona la Lafapha la Thuto ya Motheo



Mong. Enver Surty, Motlatsi wa Letona la Thuto ya Motheo

Dibuka tsena tsa tshebetso di etseditswe bana ba Afrika Borwa tlasa boetapele ba Letona la Thuto ya Motheo, Mof. Angie Motshekga, mmoho le Motlatsa Letona la Thuto ya Motheo, Mong. Enver Surty.

Dibuka tsa tshebetso tsa Rainbow di bopa karolo ya Lefapha la Thuto ya Motheo, ya thuso e reretsweng ho netefatsa tshebetso ya baithuti ba Afrika Borwa dikereiting tse qalang tse tsheletseng. Jwale ka enngwe ya dintlha tsa bohlokwa tsa Moralo wa Tshebetso ya Mmuso, projeke ena e etsahetse ka tshehetso ya letlole la Polokelo la Setjhaba. Sena se entse hore Lefapha le etse dibuka tsena tsa tshebetso ka dipuo tsohle tsa semmuso, ntle le tefello ya letho.

Re tshepa hore, matitjhere a tla fumana dibuka tsa tshebetso di le bohlokwa mosebetsing wa bona wa letsatsi le letsatsi, le ho etsa bonnete ba hore baithuti ba bona ba etsa kharikhulamo yohle. Re nkile boikarabelo ba ho tataisa titjhere mosebetsing ka enngwe le enngwe ya mesebetsi; ka ho kenyelletsa motshwao a bontshang hore na seo barutwana ba tshwanelang ho se etsa ke sefe.

Re a kgolwa hore bana ba tla natefelwa ke ho sebetsa ka buka ena ha ba ntse ba hola le ho ithuta, le hore wena titjhere, o tla natefelwa mmoho le bana.

Re le lakalletsa katleho ho sebediseng dibuka tsena tsa tshebetso.

Dibuka tsa Mosebetsi di fumaneha ka tatelano ena:

- *Litheresi/Puo ya Lapeng Dikereiting tsa 1-6 (Dipuong tsohle tsa Semmuso)*
- *Mmetse Dikereiting tsa 1-3 (Dipuong tsohle tsa Semmuso)*
- *Mmetse Dikereiting tsa 4-9 (Ho Senyesemane le Seburu)*
- *Bokgoni ho tsa Bophelo Dikereiting tsa 1-3 (Dipuong tsohle tsa Semmuso)*
- *Puo ya Tlatsetso ya Pele Dikereiting tsa 1-3 (Ho Senyesemane, Seburu, Sepedi le isiZulu)*
- *Puo ya Tlatsetso ya Pele Dikereiting tsa 4-6 (Ho Senyesemane le Seburu)*

Rainbow WORKBOOKS

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GRADE 3 – TERMS 1&2
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Kereiti ya 3



Bokgoni ho tsa Bophelo SESOTHO Buka ya 1

Kotara ya 1&2

Lebitso:

Tlelase:

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REPUBLIC OF SOUTH AFRICA

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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Pherekgong
Hlakola
Hlakubele
Mmesa
Motsheanong
Phupjane
Phupu
Phato
Lwetse
Mphalane
Pudungwana
Tshitwe

Kereiti ya 3



Bokgoni ho tsa Bophelo SESOTHO
Buka ya I



Buka ena ke ya:

1

Ditaba ka nna



A re ngoleng

E mong le e mong wa rona o fapane, mme re kgethehile kaofela.
Tlatsa buka ya boitsebiso ka ditaba tsa hao.
Ha o qetile ho etsa sena bontsha motswalle wa hao karete ena.

Ke eng se tshwanang le se sa tshwaneng pakeng tsa hao le motswalle wa hao?



Bukana ya boitsebiso

Lebitso:

_____.



Dilemo:

_____.

Moshemane kapa ngwanana:

_____.

Mmala wa moriri:

_____.

Mmala wa mahlo:

_____

Etsa setshwantsho sa hao.



A re bueng

Jwale nahana ka tsa bophelo ba hao ho fihlela ha jwale.

Na o ka kgona ho hopola ho fihlela kae?

Na o ka hopola tsatsi la hao la tswalo?

Na o ka hopola ha o qala sekolo?







A re ngoleng

Tlatsa molanako ka tsa bophelo ba hao.

			
Ke hlahile ka	Ke qadile ho bua ka	Ke qadile sekolo ka	Ke fihlile sehlopheng sa bobedi ka
20_____	20_____	20_____	20_____



Letsatsi la ka la tswalo le: _____

2

Sekolo sa ka



A re etseng

Titjhere ya hao e tla o thusa ho bontsha tsa bophelo ba hao moleng o bontshang nako. Re se re o qalletse yona. Titjhere ya hao e tla o bontsha diketsahalo tse ding tsa bohlokwa.

Sekolo sa hao se butswe ka selemo se fe?	Mosuwehlooho wa hao o tlile sekolong ka selemo se fe?		
20____	20____	20____	20____
20____	20____	20____	20____



A re etseng

Batho kaofela ba sekolong sa hao ke bomang? Bua ka hore ke bomang, ebe o tlatsa lentswe le nepahetseng haufi le setshwantsho se seng le se seng. Bua le motswalle wa hao hore ba etsa eng sekolong. Sebedisa mantswe a latelang ho o thusa.

bahlwekisi

matitjhere

mosuwehlooho

bana



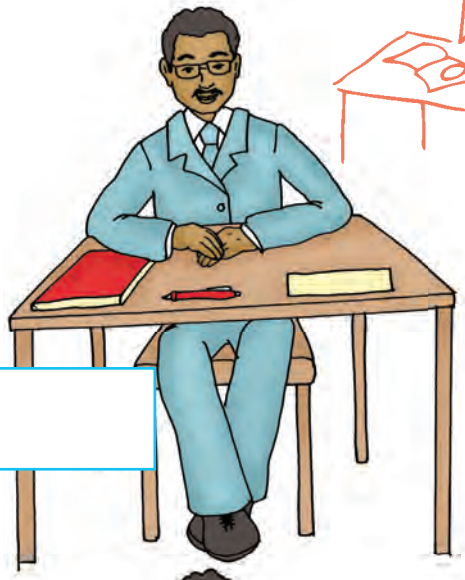
















A re tsamaeng

Titjhere wa hao o tla bitsa lebitso la hao a nto akgela bolo. Kapa bolo pele e wela fatshe.	
Jwale leka ho kapa bolo ka mokotleng ha motswalle wa hao a e lahlela.	
Lahlela bolo motswalleng wa hao, o bone hore a ka kgona ho e tshwara ka mokotlaneng.	
Ikotlolle jwalo ka katse hore o thapolohe.	



3

Tsohle ka nna

A re bueng

Nahana ka se seng se kgahlisong se ileng sa o etsahalla nakong e fetileng, o bolelle motswalle wa hao ka sona hore a o tsebe ka botlalo.



A re bueng

Bolella motswalle wa hao ka moo motho enwa a fetohileng no tloha boseeng ho fihlela a eba mosadi.

 lesea	 ngwana	 ngwana sekolo
 morwetsana/mohlankana	 motswadi	 motho ya tsofetseng

A re tsamaeng

Hata hata ka maoto ho latela dipaterone tsena.



Tsh = Letshehadi 

T = Letona 

T Tsh T T Tsh T Tsh T

T Tsh T Tsh

Tsh Tsh T Tsh Tsh T Tsh T

Teacher:

Sign:

Date:

4 Boholo le botsofadi

A re bueng

Bua ka hore bana ba baholo le batho ba baholo ba fapane jwang le wena.

Ha nako e ntse e tsamaya batho ba hola. Mmala wa moriri wa bona o wa fetoha, mantswe a bona a fetoha, ba ba le ditshika mme ba ba bohlale.

Batho ba fetoha jwang ha ba hola?



A re ngoleng

Ke dintho di fe tse latelang tseo o di etsang ho fapana le ka moo batswadi ba hao ba di etsang.

	Nna		Batswadi ba ka	
Ho matha o sa kgathale.	☺	☹	☺	☹
Ho tlola.	☺	☹	☺	☹
Ho bala koranta.	☺	☹	☺	☹
Ho kganna koloi.	☺	☹	☺	☹
Ho bapala sefateng.	☺	☹	☺	☹

A re bineng

A re itokisetseng ho bina.
Etsang medumo ena.

Modumo o potlakileng jwalo ka modumo wa ambolense.

Modumo o bonolo, jwale ka pina e binelwang ngwana hore a robale.

Modumo o tshwanang le wa dinonyana ha di bina.

Modumo o motenya jwalo ka tau ha e puruma.

A re tsamaeng

Na o ka kapa bolo?

Akgela bolo ya tenese moeng, mme o e kapa ka matsoho a mabedi.

E lahlele hodimo o nto opa diatla pele o e kapa.

Bapadisa bolo ya tenese fatshe.

Jwale ikotlolle jwale ka katse.



Teacher:
Sign:
Date:

Maikutlo

A re bueng

Sheba ditshwantsho tse latelang, bolela hore bana bana ba ikutlwa jwang. Na o kile wa ikutlwa ka mokgwa ona?
Tlatsa ka moo ngwana ka mong a ikutlwang ka teng. Sebedisa mantswe a na ho o thusa.

hlomoha	thabile	swabile	tshoha
	motlotlo	halefile	















A re bueng

Ke eng se o thabisang?



Ke eng se o etsang hore o hlomohe?

Ke eng se o tshosang?



A re ngoleng

Ke eng se etsang hore o halefe?

Etsa mola ho bapisa mantswe a bolelang ntho e le nngwe.





thabile	tshohile	halefile	hlomohile

halefa	thabile haholo	tshohile	ho hloka thabo





Teacher:

Sign:

Date:

6 Ntho tseo ke di ratang

A re ngoleng Taka dinaledi ka metswako haeba o rata ho etsa dintho tse latelang.



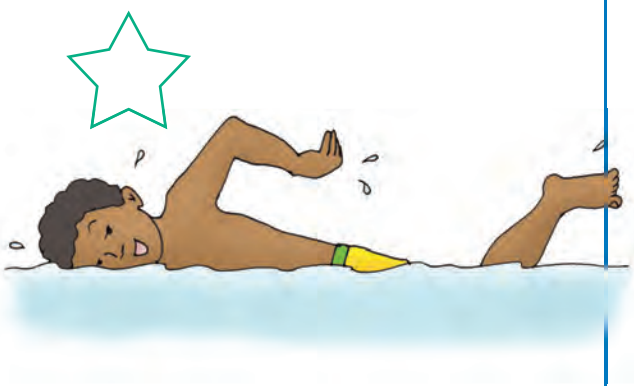
Ke rata ho bala.



Ke rata ho etsa ditshwantsho.



Ke rata ho ngola.



Ke rata ho sesa.



Ke rata bolo ya maoto.



Ke rata ho penta.

A re etseng ditshwantsho

Etsa ditshwantsho tse pedi ho bontsha hore o rata eng.



Ke rata _____.	Ke rata _____.





A re ngoleng

Taka dinaledi ka mebala haeba o ka kgona ho etsa dintho tsena tse latelang.

Nka matha ka pele.

Nka etsa ditshwantsho hantle.

Ke tseba dipalo.

Ke tseba ho bala hantle.

A re etseng ditshwantsho

Etsa ditshwantsho tsa ntho tse ding tseo o kgonang ho di etsa hantle.



Teacher:

Sign:

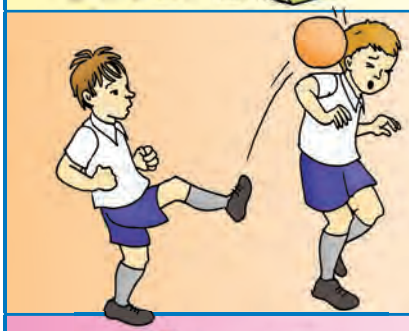
Date:

7

Maikutlo

A re bueng

Shebang ditshwantsho tsena le bue ka hore le ka thusa bana bana ho etsa dintho tse nepahetseng jwang. Taka karabo tse nepahetseng.

	Na ha o kgone ho lebella moo o yang!	
	Ntshwarele! e re ke o thuse ho phahamisa dintho tsena!	
	Jo! ke ena bolo ya hao.	
	Jo! tsamaya o ilo bapala sebakeng se seng!	
	Ke ya ka, o ka se e fumane.	
	Tlo, ha re arolelane tjhokolete.	

A re ngoleng

Metswalle e nepahetseng e etsa eng?





Ngola dintho tse ding tse pedi tseo metswalle e lokileng e di etsang.





A re bueng

Sheba ditshwantsho tsena. Bua ka hore o bona eng setshwantshong se seng le se seng. Kgetha setshwantsho se le seng o etse tshwantshiso ka sona.











A re tsamaeng

Leka ho etsa dintho tsena tse latelang.

- Matha ho potoloha lebala. Ha titjhere ya hao a re "tjhentjha" o tshwanela ho matha o potapote, o nke tsela e fapaneng.
- Lahlela bolo hodimo moeng, leka ho e kapa ka matsoho a mabedi.
- Lahlela bolo fatshe o eme sebakeng se le seng.
- Jwale qhomisa bolo o tsamaye o ye pele ka nako e le nngwe.



Teacher:
Sign:
Date:

8

Nnetefatsa feela



A re ngoleng

Itlhatlhobe	✔	✘
Ke motswalle ya lokileng.		
Ke tsotella metswalle ya ka.		
Ke motswalle wa bana ba ka phaposing.		
Bana ba bangata ka phaposing ya ka ba nthata.		
Ke mosa ho batho ka nako tsoohle.		



A re etseng

Etsetsa motho eo o mo ratang karete. Etsa setshwantsho ka pele, o ngole molaetsa wa bohlokwa ka hare.







A re ngoleng

Etsa setshwantsho sa motswalle wa hao, kapa titjhere ya hao e kgethehileng. Ngola lebitso la hae.



Batho ba kgethehileng bophelong ba ka



Teacher:

Sign:

Date:

9

Thuto ya bophelo



A re bueng

Bua ka se etsahalang setshwantshong sena.

Na o kile wa tswa mokola?

O lokela ho etsa eng ha o tswa mokola?



Se o tlamehang ho se etsa ha o tswa mokola

1. Dula fatshe o dullele pele, hlooho ya hao e shebe fatshe.

2. Tshwara nko ya hao e kwetswe metsotso e mmedi, mme o heme ka molomo.

3. Beha ntho e batang ka morao ho molala.

4. Se mine ha mokola o fela.

5. Ha mokola o sa fele ka morao ho metsotso e leshome le metso e 15 e ya ngakeng.











Tlhokomelo ya maqeba





A re baleng

Ha re kgone ho bona dikokwanahloko, empa di hohle. Ha re itshehile, re tshwanetse ho boloka leqeba le hlwekile hore le se kenwe ke dikokwanahloko.

Mokqwa wa ho hlatswa leqeba



O se ke wa tshwara madi a motho e mong.

Ha o thusa motho e mong rwala ditlelafo wa matsoho, kamehla.



Emise ho tswa ha madi ka ho phahamisa letsoho hore le be ka hodima pelo.

Leka ho emisa ho tswa ha madi ka ho hatella lesela le tlamang leqeba.



Haeba leqeba le tebile mme le sa kgaotse ho tswa madi, bona ngaka.

Teacher:
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Date:

Ho tjha

A re bueng

Ho etsahalang ditshwantshong tsena?
Batho ba ka tjha jwang?











A re baleng

Ha o tshwara ntho e tjhesang o tla tjha.

O lokela ho etsa eng ha motho e mong a tjhele?

1. Etsa hore moo ho tjheleng o mathise metsi a batang metsotso e leshome. Sena se thusa ho phodisa letlalo.
2. Se kwahele moo o tjheleng.
   Se tlose diaparo haeba di kgorametse letlalong.
3. Beha lelapi le hlwekileng moo o tjheleng hore ho dule ho hlwekile.
4. Haeba moo o tjheleng ho tebile kapa ho le boholo bo fetang bokahare ba letsoho la hao bona ngaka hang hang.

A re tsamaeng

Etsa papadi ya ho tlola sebaka se selelele.



Tshwaya hore o ka tlola sebaka se sekae.

Sheba hore motswalle wa hao a ka tlola ho feta wena.

A re tsamaeng

Etsa kiribae.



Fanang sebaka le motswalle wa hao le be dikiribae.

Teacher:

Sign:

Date:

11

Polokeho ya mmele



A re bueng

Re lokela ho hlokomela mmele ya rona.

Maikutlo a rona a dumela ha re rata se seng, mme re lakatsa hore se ka tswela pele.

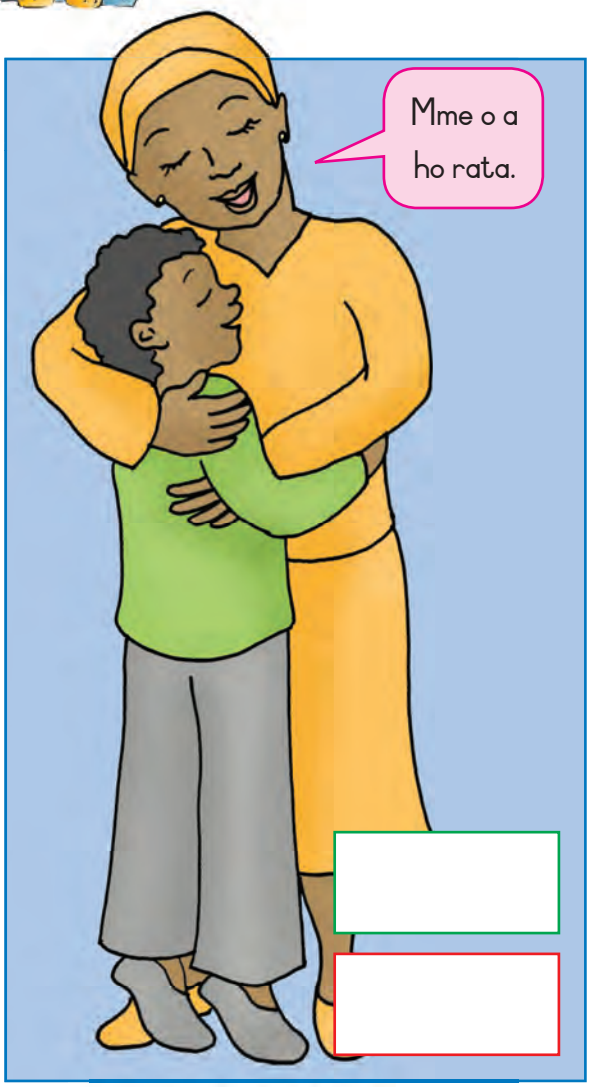
Maikutlo a rona ha a dumele ha ho na le se sa re kgotsofatseng, mme re batla hore re emise.





A re ngoleng

Ngola "ee" kapa "tjhe" pela setshwantsho se seng le se seng, mme o bolele hore o ka bolella motho e mong eng.









Ho hana

Ha ho bobebe ho hana, empa o tlamehile ho hana ha ho na le se sa o tshwarang hantle.

Ha motho e mong a sa o tshwara hantle, bua ka sena ho motswadi eo o mo tshepang.



A re ngoleng Ngola mabitso a batho bao o ba tshepang.



Teacher:

Sign:

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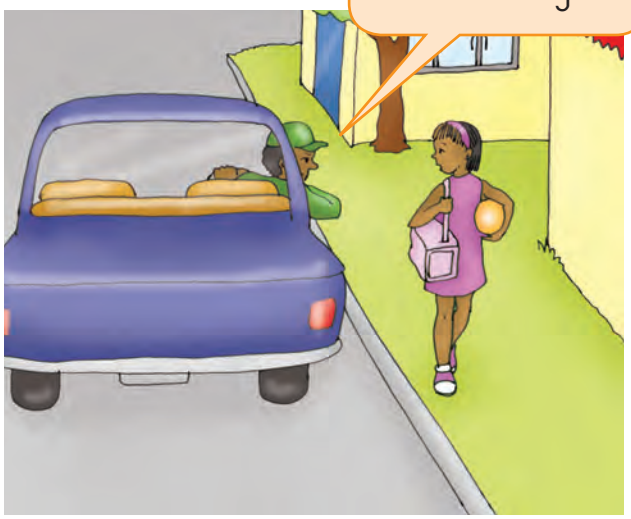
12

Ho itlhokomela

A re bueng

Sheba ditshwantsho tsena ka hloko. Bona hore o ka bolela pale. Qetela pudulwana ya ho qetela.











A re ngoleng

Ngola melawana e mehlano ya polokeho.
Qala molao o mong le o mong ka:

Bana ha ba a tlameha ho...



A re etseng

Etsa lesira ho bontsha maikutlo.



Nka qeto ya hore o rata hore sekasefahleho sa hao se bontshe eng.

Etsa setshwantsho pampiring.

E sehe.

Seha mahlo.

Kgabisa ka pampiri ya mmala.

A re tsamaeng

Itokisetse ho matha lebelo.



Ema boemong bo nepahetseng ba ho qala lebelo.

Mamela titjhere wa hao a re:

Ka mangwele fatshe, loka, matha!

Jwale etsa tsela e sitisang.



Teacher:
Sign:
Date:

13 Ho tshwara mmele wa ka o bolokehile



A re bueng

Re na le boikarabelo ba ho boloka mmele ya rona e phetse hantle.
Bana bana ba etsang se nepahetseng mmeleng ya bona?






Ke dintho dife tse sa lokang tseo batho ba di etsang?

Na o a tseba hore ho tsuba ha ho a loka mmeleng ya rona?

Na o a tseba hore motho ha a tsuba pela hao ha ho a loka mmeleng wa hao?

Ho tsuba ho senya mmele ya rona jwang?



A re ngoleng

Taka polelo e ngwe le e ngwe ka letshwao la nnete le mafosisa ho bontsha hore ntho ke nnete kapa mafosisa.

	Kwae e na le tatso e monate.
	Ha ke dula pela motho ya tsubang sena se ka silafatsa mmele wa ka.
	Ho tsuba ho ka etsa meno a hao a be masehla.
	Ho tsuba ho baka mafu a lehano.
	O ka tshwarwa ke sefuba se sebe ka lebaka la ho tsuba.
	Ho tsuba ho ka baka kankere.

Melao ya bophelo bo botle

Ke tlamehile ho kama moriri pele ke ya sekolong

Ke tlamehile ho hlwekisa manala a ka ha ke qeta ho bapala lehlabatheng

Ke tlamehile ho hlatswa matsoho kamora hore ke kgutle ntlwaneng

Ke tlamehile hore ha ke qeta ho mina ke lahlele pampiri ka moqomong wa dithole



Tlotlontswe

Ba lokela ho apara eng hore ba dule ba bolokelehile? Bapisa ditshwantsho ka ho etsa mola o tlohang ditshwantshong tse ka tsohong le letshehadi le ditshwantsho tse nepahetseng ka letsohong le letona.







14

Ditokelo le boikarabelo

A re baleng

Ka nako e nngwe bana ba tlamehile ho sebetsa hobane ba hlaha malapeng a futsanehileng.

Empa bana ha ba tlameha ho sebetsa ka thata jwale ka batho ba baholo.

Bana ba tlamehile hore ba be le nako ya ho bapala le ho ya sekolong.



Sheba ditshwantsho tsena. Etsa letshwao mesebetsing e loketseng bana?



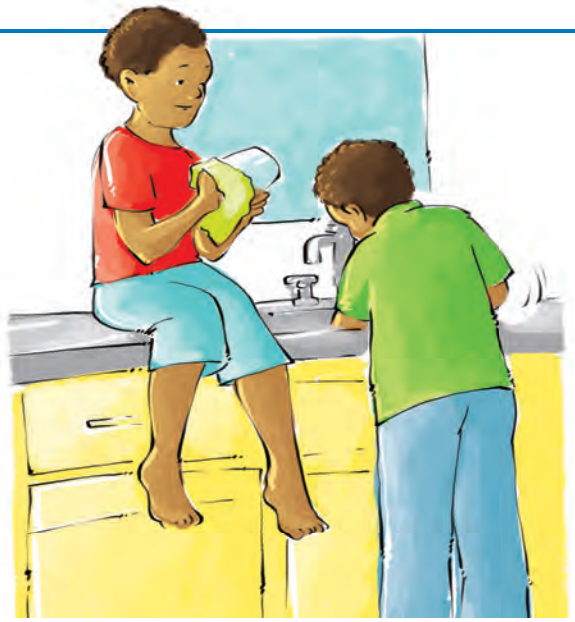
Anna o rekisa ditholwana letsatsi lohle, mme o sitwa ho ya sekolong.



Ka mora nako ya sekolo Lisa o nosetsa serapa sa meroho.



Peter o jara ditene hobane o sebeletsa seahi.



Jabu le Bongi ba thusa ho hlatswa.



A re bueng

O etsa mosebetsi o feng hae? O etsa mosebetsi o feng sekolong ho thusa titjhere wa hao?





A re tsamaeng Leka dipapadi tsena.



Etsa terene.



Hama maoto ebe le a matha.

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15 Ditokelo le maikarabelo

A re bueng

Bolella motswalle wa hao hore bana bana ba roba melao e feng.

Sekolo se seng le se seng se na le melao e thusang tsamaiso ya sekolo hantle. Tlelase e nngwe le e nngwe e na le melao eo re tlamehang ho e latela.



A re ngoleng

Ngola melao e mene ya sehlopha ya hao.



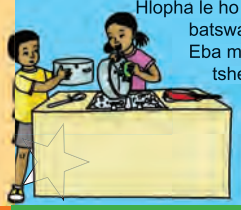
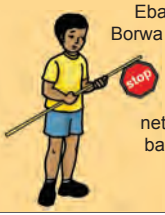




A re bueng

Bala ditokelo le maikarabelo ana, mme o bue le motswalle wa hao hore e nngwe le e nngwe e bolela eng.

BOIKARABELO BA BATJHA BA AFRIKA BORWA

Tekatekano	Seriti sa Botho	Bophelo	Lelapa
Tshwara motho e mong ka ho lekana le ka tshwanelo. O se ke wa kgetholla. 	Hlompha motho e mong le e mong. Eba le mohau mme o hlokomele ba bang. 	Bophelo bohle bo bohlokwa. Hlompha bophelo bohle. 	Hlopha le ho hlokomela batswadi ba hao. Eba mohau le ho tshepahala ho ba lelapa la hao. 
Thuto	**Mosebetsi**	**Tokoloho le tshireletseho**	**Thepa**
Kena sekolo,ithute le ho sebetsa ka thata. Hlompha melao ya sekolo. 	Thusa ba lelapa la hao ka mosebetsi wa lapeng. Bana ha ba a tshwanela ho hatellwa ho batla mosebetsi. 	O se ke wa utlwisa ba bang bohloko, o se iketse mmampodi kapa wa dumella ba bang ho etsa jwalo. Rarolla dikgohlano ka mokgwa wa kgotso. 	Hlokomela thepa ya ba bang. O se ke wa senya le ho utswa thepa ya ba bang. 
Bodumedi, Tumelo le Maikutlo	**Thepa**	**Boahi**	**Bolokolohi ba ho hlahisa maikutlo**
Hlompha ditumelo le maikutlo a ba bang. 	Hlokomela lefatshe. O se ke wa senya metsi le motlakase. Hlokomela diphoofolo le dimela tsa naha. Boloka lelapa le tikoloho di hlwekile di bolokehile. 	Eba moahi wa Afrika Borwa ya tshepahalang ya lokileng. Ikamahanye le melao, mme o netefatse hore le ba bang ba etsa jwalo. 	O se ke wa tsamaisa leshano le lehloyo. Hlokomela hore ba bang ha ba rwakuwe kapa ho utlwiswa bohloko. 



Matsatsi a bodumedi le matsatsi a mang a kgethehileng

A re bueng

Sheba ditshwantsho tsena.
Na ho na le hoo o ho tsebang ka ditumelo tsena?



bo Hindu



bo Islam



bo Juda



boKeresete

Re tshwanela ho hlompha batho ba ditumelo kaofela.

Bodumedi ba hao ke bofe? _____

Bodumedi ba motswalle wa hao wa hloho ya kgomo ke bofe? _____

Re a hlahloba

16



A re ngoleng

Tlatsa karete ka wena.

Lebitso la ka _____

Sefane sa ka ke _____

Letsatsi la ka la tswalo ke _____

Kereiti ya ka ke _____

Sekolo sa ka ke _____

Nomoro ya ka ya mohala ke _____

Aterese ya ka ke _____

_____

_____

_____

Nomoro ya tshohanyetso ke _____

Papadi ya ka eo ke e ratang ke _____

Mmala oo ke o ratang haholo ke _____

Motswalle wa ka wa hloho ya kgomo ke _____

Ke eng se nthabisang _____

Ke eng se ntlhomolang _____

Ke eng se nkgalefisang _____

Seo ke leng ho sona _____

Kotara ya I – Beke ya 8 – Legephe la mosebetsi

Teacher:

Sign:

Date:

17 Mekgwa e metle ya ho ja



A re bueng

Sheba dihlotshwana tsa dijo mme o bue le motswalle wa hao ka:
Ke dijo difeng sehlopheng se seng le se seng?
Hobaneng sehlopha se seng le se seng sa dijo se re loketse?

Diporoteine

Diporotine di haha disele tse ntjha hore mmele ya rona e hole.





Divitamine le diminerale

Divitamine le diminerale di thusa mmele ya rona ho lwantsha tshwaetsano le ho dula re phetse hantle.

Dikhabohaetereite

Dijo tsena di re etsa hore re be mafolofolo.



Mafura

Re hloka mafura hore re dule re futhumetse, le hore re be le mafolofolo.



A re ngoleng Taka (✔) taodiso eo e leng nnete ka dijo tseo o di jang.

Ke ja dijo tse thusang ka bophelo bo botle ka mehla.	
Ka nako tse ding ke ja dijo tse thusang ka bophelo bo botle.	
Ke ja dijo tse thusang ka bophelo bo botle ka sewelo.	

Re hloka metsi ho phela. Metsi a tsamaisa dijo ho di isa karolong tse fapaneng tsa mmele.

Teacher:
Sign:
Date:

Mekgwa ya rona ya ho ja



A re bueng

Botsa metswalle ya hao e mene ka seo ba ratang ho se ja. Sheba dijo tse fapaneng mme o take (✔) ha o rata dijo, le (✘) ha o sa rate dijo.

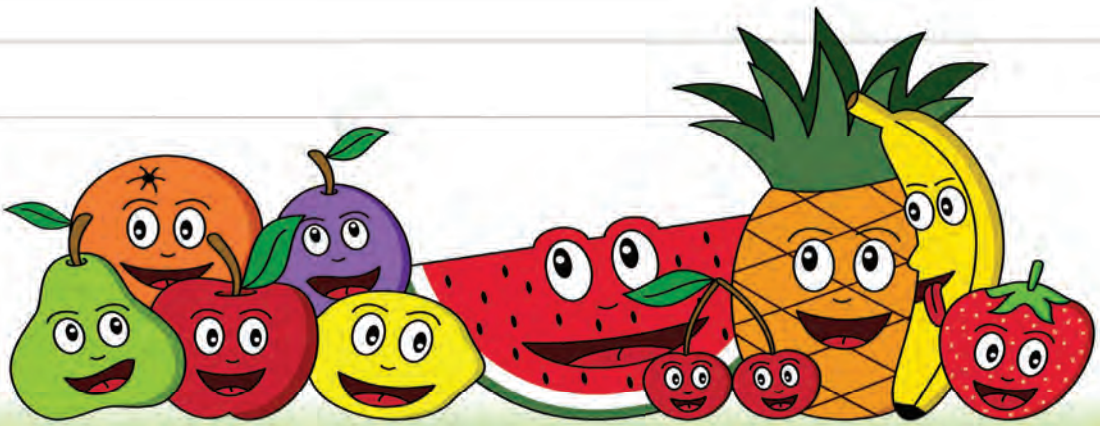
Tlatsa mabitso a ditho tsa sehlotshwana sa metswalle ya hao.





A re ngoleng

Ngola dijo tsohle tseo o di jeleng maobane. Taka (✔) ho dijo tse nepahetseng.





Jwale tlatsa kerafo ho bontsha dijo tseo motswalle wa hao a di ratang. Bala matshwao ka tlasa dijo tse ding le tse ding mme o tlotse diboloko tse lekanang le dijo tseo kerafong. Bona mehlala eo re o fileng yona ho bontsha hore metswalle e meraro e rata lebejanapo.

Lebejanapo				
Hambeka				
Diapole				
Ditjhipise				
Moroho				
Pizza				
Yokate				
Mahe				
"Pasta"				





Sheba tafole eo o e tlatsitseng mme o arabe dipotso tsena.

Ke dijo di feng tseo metswalle ya hao e sa di ratesiseng?
O nahana hore metswalle ya hao e na le mekgwa e metle ya ho ja?
Hobaneng o nahana jwalo?

Teacher:
Sign:
Date:

19 Mekgwa e metle ya ho ja



A re ngoleng

Thabo le Nomsa ba tseleng ya ho ya khefing ya Sunshine. Ba lokela ho reka dijo tseo ba tla di pheha mantsiboya. Ba thuse ho etsa menu wa dijo tseo.





A re ngoleng

Ngola dintho tseo ba lokelang ho di reka, bontsha le theko ya tsona lenaneng la ntho tseo ba tlo di reka. Thabo le Nomsa ba lefile bokae ha ba reka dijo?

Lenane la ntho tse rekwang	Theko





A re ngoleng

Tsela tsa hao tsa ho ja di nepahetse? Kgabisa ka sefahleho se bonyang ho bontsha mokgwa o nepahetseng wa ho ja.

Mekgwa ya ka ya ho ja	Ee	Tjhe
Ke ja ka pela Tv ka mehla	☺	☹
Ke rata ditholwana le meroho	☺	☹
Ke rata dijo tse mafura jwalo ka ditjhipise	☺	☹
Ha ke rate metsi, ke rata dinomaphodi	☺	☹
Ha ke je meroho	☺	☹
Ke hlafuna dijo tsa ka hantle	☺	☹
Ke ja dijo tsa hoseng pele ke ya sekolong	☺	☹

Bala hore o kgabisitse difahleho tse bontshang ho bonya tse kae. _____



Ho ja hantle



A re etseng

Etsa kapa o kgorametse ditshwantsho tsa dijo ho bontsha dijo tsa phepo e ntle.

A re baleng

Melao ya ho ja hantle

Hlatswa matsoho pele o tshwara dijo

Se siye dijo di sa kwahelwa

Se je dijo tsa kgale

Sebedisa mahlaku a meroho ho etsa moitedi tshimong

Lema meroho ya hao



A re etseng

Etsa setshwantsho ho bontsha e meng ya melao ena.



Teacher:

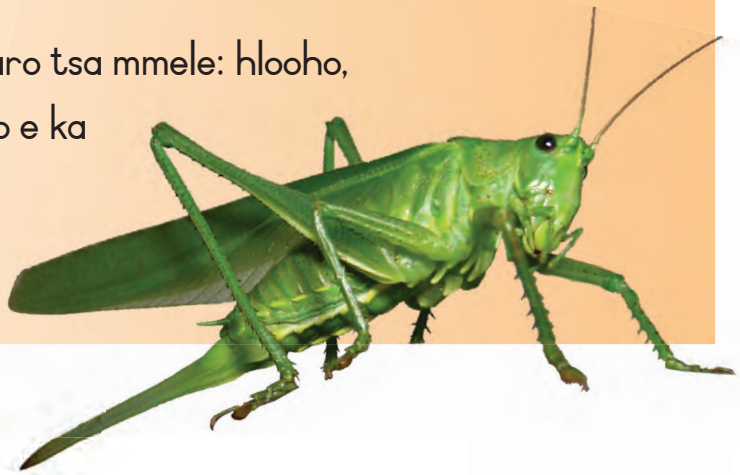
Sign:

Date:

Dikokonyana

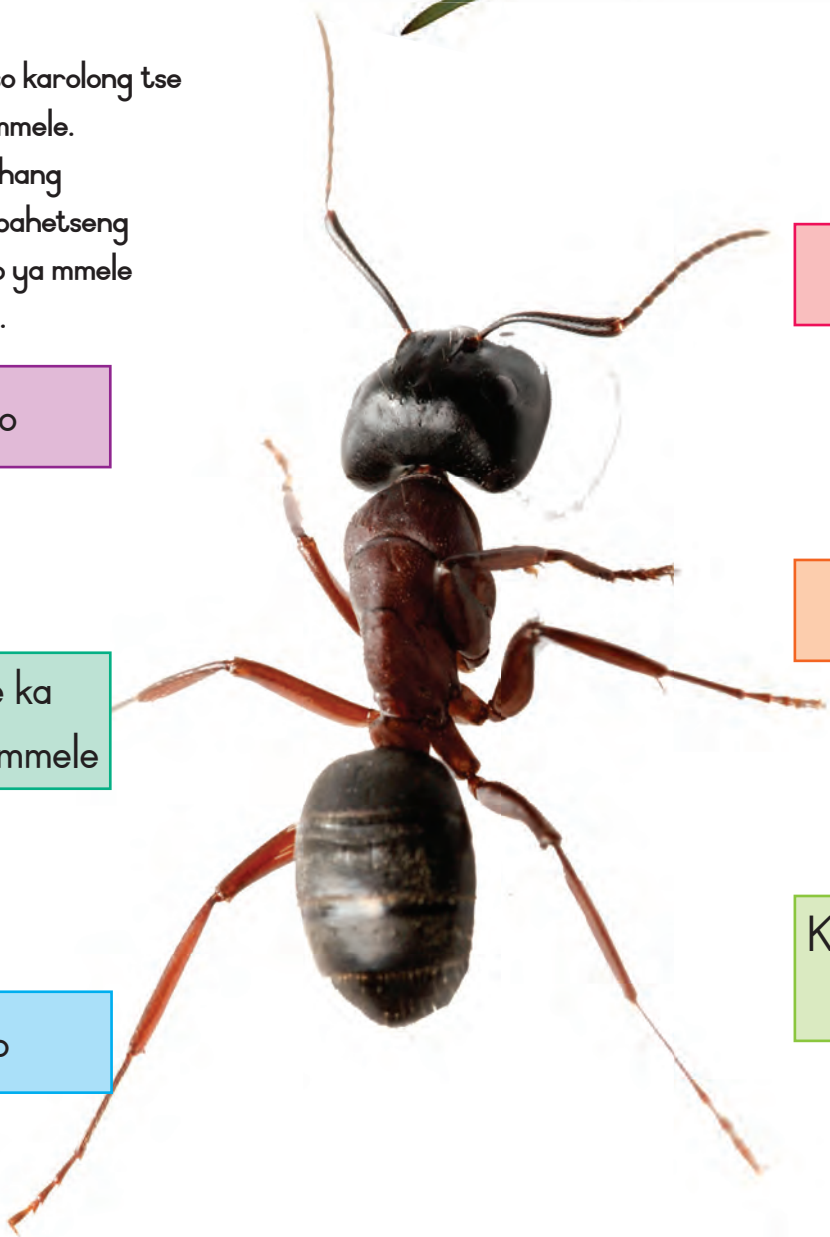
A re bueng Bua ka karolo tsa mmele tse fapaneng tsa dikokonyana.

Dikokonyana di na le karolo tse tharo tsa mmele: hlooho, karolo e ka hodimo ya mmele, karolo e ka tlase ya mmele. Di na le maoto a tsheletseng le dinakana tse pedii.



A re etseng

Fana ka mabitso karolong tse fapaneng tsa mmele. Etsa mola o tlohang lebitsong le nepahetseng ho ya ho karolo ya mmele e nepahetseng.



Hlooho

Nanaka

Karolo e ka hodimo ya mmele

Leihlo

Leoto

Karolo e ka tlase ya mmele

A re ngoleng

Etsa mola ho bapisa lebitso le kokonyana e nepahetseng. Jwale bolela hore ke dikokonyana di feng tse kotsi le tse molemo.





Notshi

Monwang

Tsintsi

Kokonyana

Tsie

Serurubele

Maleshwane

Mmoto







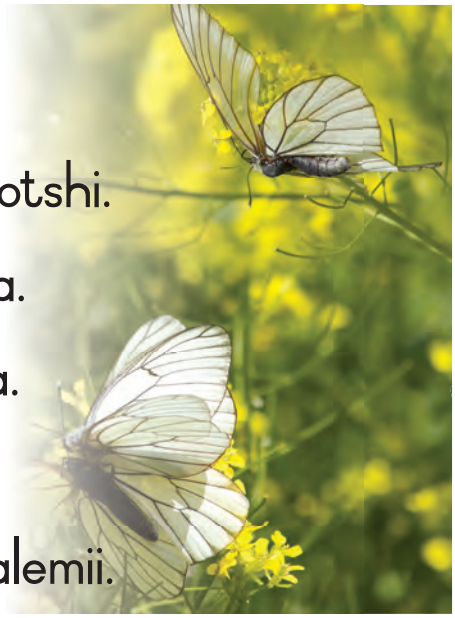






A re ngoleng

Jwale tlatsa dekgeo ka mantswe.



_____ etsa mahe a dinotshi.

_____ nontsha dipalesa.

_____ hasanya malaria.

_____ hasanya mafu.

_____ di ja dijalo tsa balemii.

Teacher:

Sign:

Date:

Tse ding ka ha dikokonyana

A re bueng

Sheba ditshwantsho tse latelang o bolelle motswalle wa hao hore hobaneng dinotshi di le molemo ho rona.



Dinotshi di hasanya monontsha. Sena se bohlokwa hore dijalo di hole.



Dinotshi di etsa mahe a dinotshi/mamepe.

A re ngoleng

Ngola lebitso la kokonyana e nngwe le e nngwe sebakeng se latelang.



_____ se nyanya lero dipaleseng.





_____ di sebedisa dinakana tsa tsona ho buisana le tse ding.



_____ hasanya monontsha ho tloha sejalong se seng ho ya ho se seng.

_____ di hasanya kokwana hloko.



A re etseng

Etsa kokonyana e tsamaye.

- Seha kokonyana leqepheng le ka morao ho buka.
- Di fanyehe hengareng ya jase.



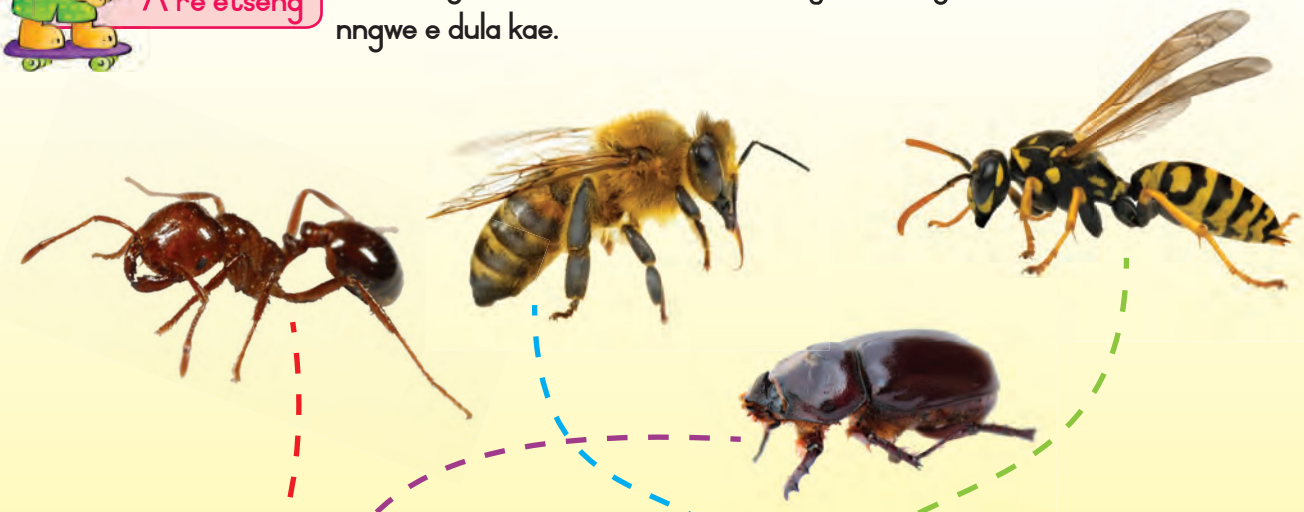
Teacher:
Sign:
Date:

23 Lehae la dikokonyana



A re etseng

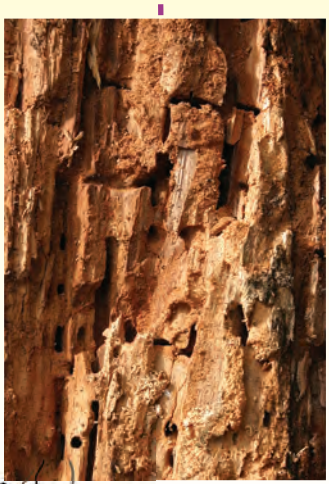
Latella kgwele ho fumana hore kokonyana e nngwe le e nngwe e dula kae.



Kotara ya 2 – Beke ya 4 – Legephe la mosebetsi













A re etseng

Tsamaya ho pota lebala la sekolo o leke ho bona dikokonyana tse fapaneng tseo o ka di fumanang.



A re ngoleng

O bone dikokonyana di feng ka ntle? Kgetha e le nngwe o ngole lebitso la yona mona.
Kokonyana ena e ja mofuta o feng wa dijo?
Kokonyana ya hao e tsamaya butle kapa kapele?
Kokonyana ya hao e kotsi kapa ha e na kotsi, hobaneng o bua jwalo?



A re etseng

Jwale etsa/taka kokonyana ya hao o e nehe lebitso.

Teacher:

Sign:

Date:

24 Bontsha bokgoni ba hao

A re etseng

Etsa serurubele sa hao

O tla hloka: Pampiri ya A4
Kerayone ya mafura
Sekere
Sekgomaretsi
Peipi ya ho hlwekisaa
Rolo ya pampiri ya ntlwaneng e se nang pampiri



Etsa setshwantsho sa serurubele, o bontshe mmele wa sona o mosesane, o mololele. Le mapheo a mabedi. Kgabisa mapheo a serurubele sa hao ka paterone tsa mmala e fapaneng. Etsa hore mapheo ka bobedi a tshwane. Seha serurubele. Kgorametsa mmele wa serurubele rolong ya pampiri ya ntlwana. Etsa dinakana o sebedisa sehlwekisi se mennweng habedi. E kgorametse hlohong ya serurubele.





A re tsamaeng

Leka dipapadi tsena.



Seteishene 1:

Baseketebolo: Otlanya bolo fatshe o matha matswedintsweke.



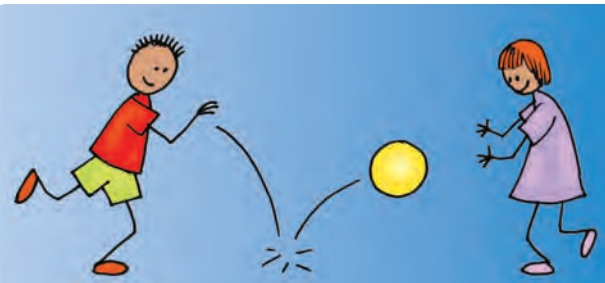
Seteishene 2:

Hoki: Sebedisa molamu wa hoki ho tsamaisa bolo ho e isa dipalong.



Seteishene 3:

Netebolo: Lahlela bolo o lahlelle motswalle wa hao o ntse o matha.



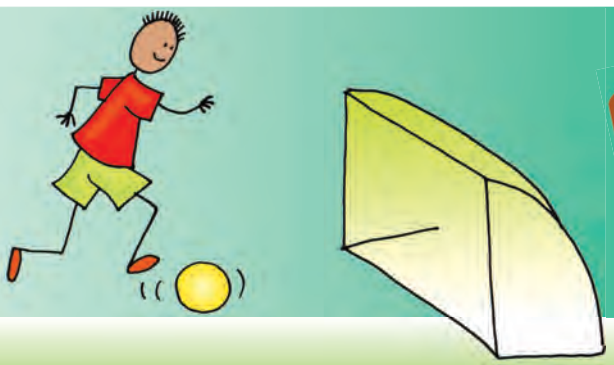
Seteishene 4:

Rakebi: Matha ka bolo o e fetise.



Seteishene 5:

Bolo ya maoto: Rahela bolo dipalong.



25

Masakana a bophelo

A re bueng

Sheba setshwantsho o bontshe hore senqanqane se fetoha eng nakong ya sona ya bophelo.

Lesakana la bophelo ba senqanqane



1. Dinqanqane tse pedi di a kopana hore di nontshe mahe.
2. Senqanqane se setshehadi se behela mahe.
3. Mokudubete o monyenyane o nang le matshwafohlapi a ka ntle le mohatla wa lephewana la hlapi.
4. Mokudubete o hola maoto.
5. Mohatlana o a nyamela.
6. Senqanqane se seholo se seng se na le matshwafo le ho lahla matshwafohlapi a ka ntle.

A re etseng

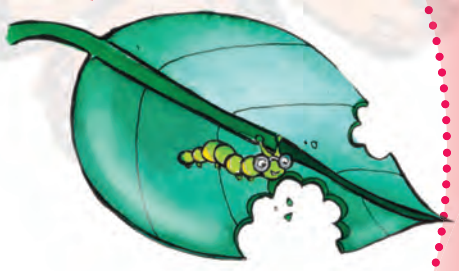
Seha setshwantsho se nepahetseng leqepheng le seuwang ho bontsha bophelo ba serurubele.

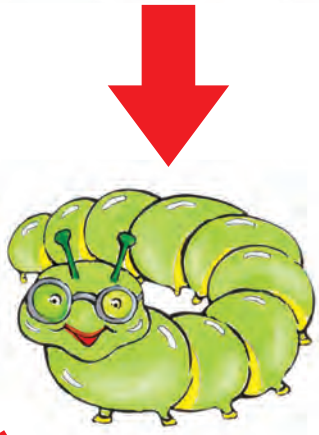
Lesakana la bophelo le bontsha mehato e fapaneng ya tswelopele e latelang ka tsela e itseng. Sheba bophelo ba senqanqane le serurubele mme o bue ka mehato e fapaneng ya bophelo. Etsa mola ho bapisa mohato o mong le o mong le setshwatsho se nepahetseng.

Lesakana le bontshang bophelo ba serurubele



















1. Mahe a qhotswa
2. Dikokobele
3. Kgofu e kgolo
4. Khofu e etsa seboko
5. Serurubele se setle
6. Serurubele se behela mahe

Teacher:
Sign:
Date:

26 Masakana a bophelo

A re bueng

Sheba ditshwantsho o bue le motswalle wa hao ka bophelo ba kgoho.

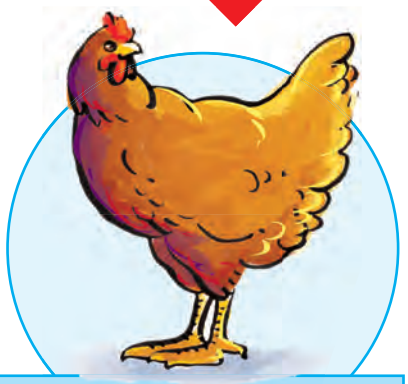
Bophelo ba kgoho





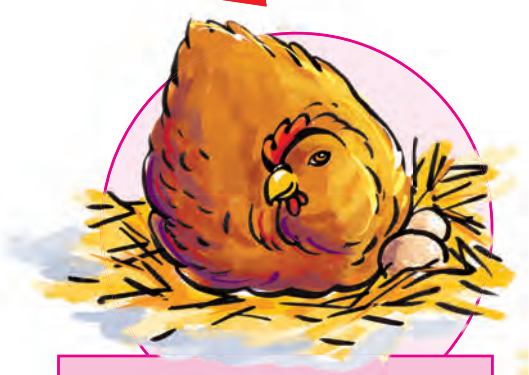
Sethole se behela mahe





Kgoho e kgolo





Se fuwama mahe



Ditsuonyana di a qhotswa



Ditsuonyana di a hola



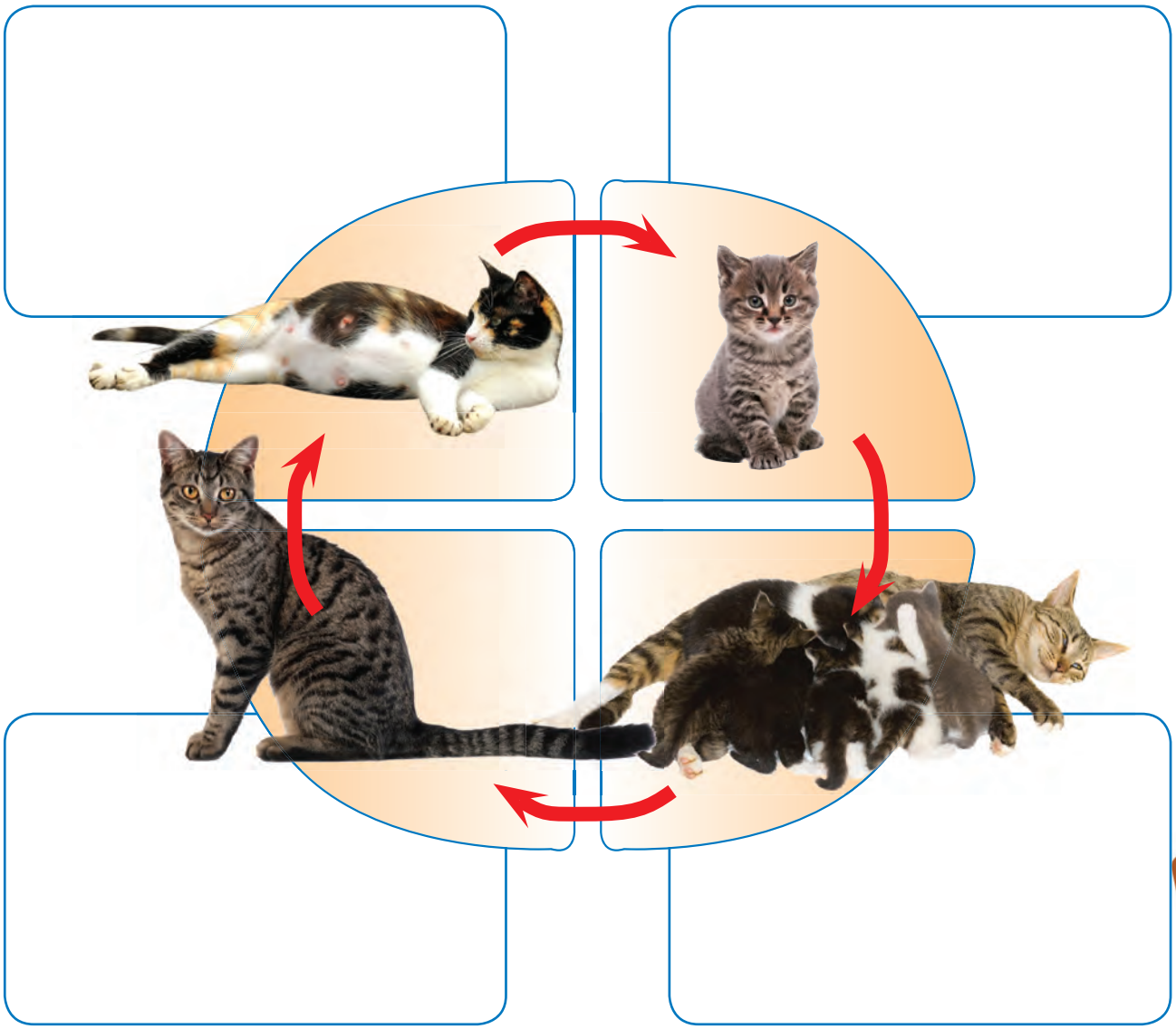
A re etseng

Jwale etsa lesakana la hao la bophelo.
Fana ka mabitso setshwantshong se seng le se seng lebiding la pale ho bontsha lesakana la bophelo ba katse. Sebedisa dihlooho tse latelang ho o thusa.

Nomora mehato 1-4 o di sebedise lebiding la pale.

	Katse e nyenyane e a hlaha.		Katse e kgolo.
	Katse ya mme e emere dikgwedi tse 9.		Katse ya mme e nyantsha madinyane a yona.

Lesakana la bophelo ba katse



Teacher:
Sign:
Date:

27 Bontsha bokgoni ba hao



A re etseng Etsa katse motswalle wa hao.



O tla hloka: Pampiri ya A-4
Pensele
Pente ya phofo le metsi
Dithupa tsa ho hlwekisa ditsebe

- Etsa setshwantsho sa sefahleho sa katse pampiring.

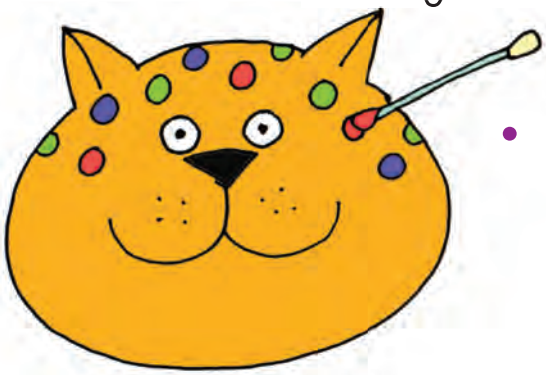




- Kopanya dipente ho etsa mmala e meraro e fapaneng.



- Sebedisa thutswana ya ditsebe mmaleng o mong le o mong.



- Etsa matheba a mmala e fapaneng ho kgabisa.





A re bueng

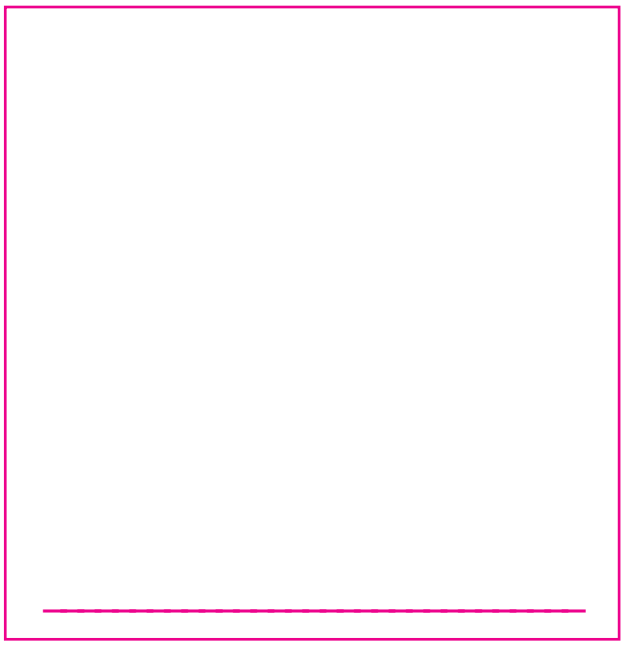
Bolella motswalle wa hao ka thatohatsi ya hao ya katse.
Bolela hore o lokela ho e hlokomela jwang.





A re etseng

Etsa ditshwantsho tsa ntho tse nne tseo o tlamehang ho di etsetsa thatohatsi ya hao ya katse. Jwale ngola se hohelang ka tlasa setshwantsho se seng le se seng.











28 Tlhokomelo ya tikoloho ya rona

A re bueng

Sheba diphousetara tse latelang o buwe le motswalle wa hao hore di o bolella eng.

Sheba letshwao la ho ntjhafatsa dintho.
O kile wa bona letshwao le tjena hokae?



A re baleng

Re ka boloka tikoloho e hlwekile jwang?

Re lokela ho hopola **F S** le **R**.

Fokotsa: Re lokela ho fokotsa ho lahla dintho hohle.

Sebedisa: Hape Re lokela ho sebedisa dintho tse ding hape pele re ka di lahla.

Ntjhafatsa: Re lokela ho fumana mokgwa wa ho sebedisa pampiri, dibotlolo le makotikoti.

A re ngoleng

Tafoleng e latelang ngola mabitso a ntho tseo o ka di ntjhafatsang "recycle". Re se re o qalletse lenaneo.



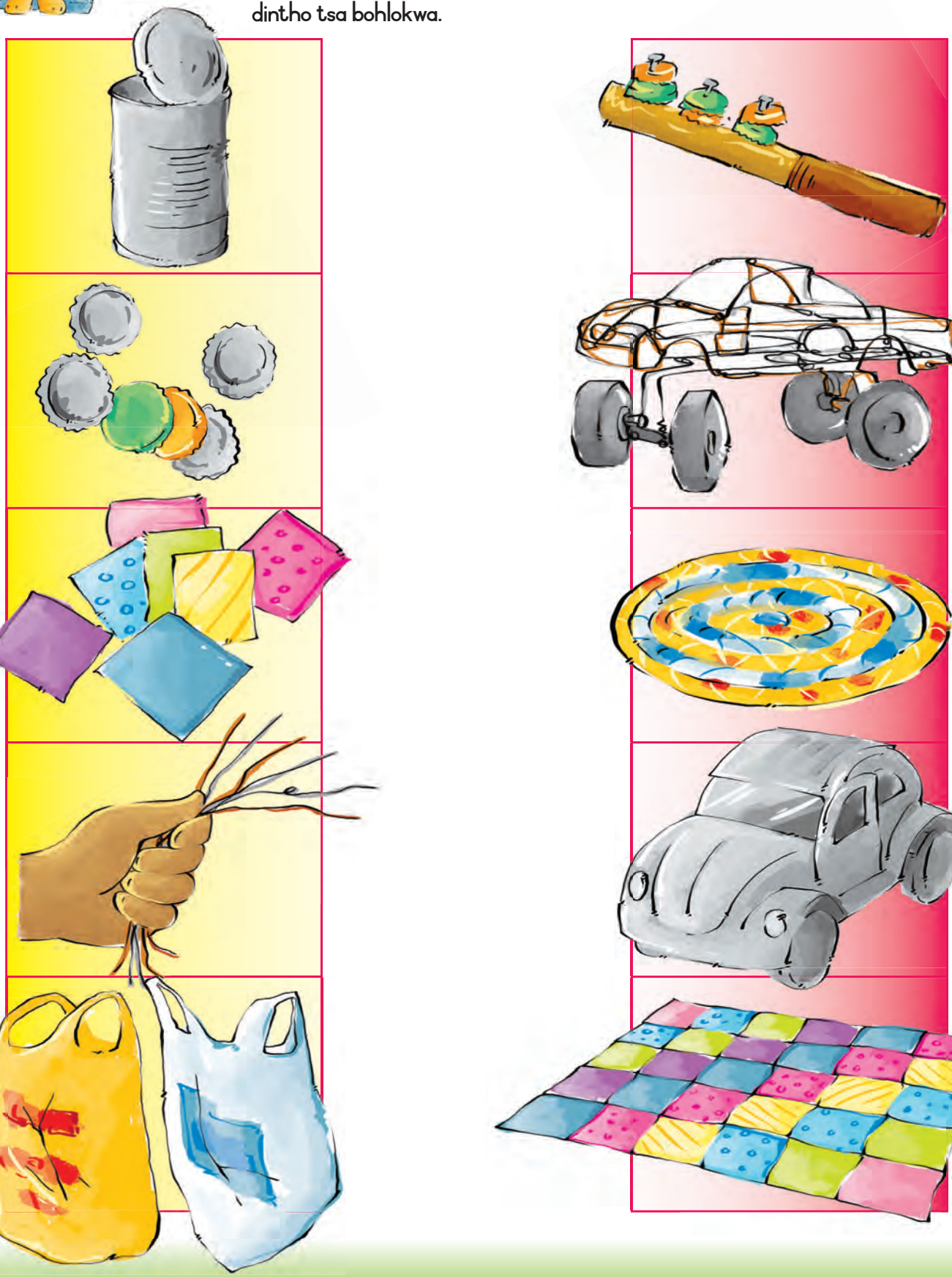
Ntjhafatsa kgalase	Ntjhafatsa polasitiki	Ntjhafatsa pampiri	Etsa moitedi
Botlolo tsa kgale	Mekotlana ya polasitike	Dikoranta	Mahlaku a meroho

Teacher:
Sign:
Date:

Ntjhafatsa

A re ngoleng

Etsa mola o tlohang dinthong tse ka letsohong le letshehadi ho isa nthong tse ka letshohong le letona. Bontsha hore di ka sebediswa jwang ho etsa dintho tsa bohlokwa.





A re ngoleng

Nahana ka dintho tse ka etsang moitedi o motle. Ngola lentswe le leng le le leng ka tlase kholomong e nepahetseng ho qetella tafole. O ka nahana ka tse ding tsa ntho tsa hao, di arohanye ho latela kholomo tse nepahetseng.

mekotlana ya polasitike	dihaba tsa meroho	manala
makotikoti a Senomaphodi	dikgaketlana tsa mahe	

Dintho tse sa boleng	Dintho tse bolang



A re etseng

Etsa phousetara e bontshang thibelo ya ho lahla dintho fatshe.
Etsa setshwantsho o ngole molaetsa.

Teacher:
Sign:
Date:

30 Matsatsi a bodumedi le a mang a kgethehileng



A re bueng

Bua le motswalle wa hao ka ditumelo tse fapaneng tse sebedisang matshwao a na. Bontsha hore ke lefeng leo e leng la tumelo ya hao. Ha o sa bone letshwao, le etsetse motswalle wa hao.



Sefapano ke letshwao le bontshang bokresete. Jesu mora wa modimo o shweletse sefapanong a shwella dibe tsa rona.



Kgwedi e tolokileng le naledi di etsa letshwao la islam. Ma Moslem a rapela ha hlano ka letsati.



Letshwao la Judaean ke naledi ya David. Morena David e ne e le morena wa Maiseraele.



Letshwao la ma Hindu ke letshwao la OM. Le ngotswe ka puo ya kgale ya Sanskrit e leng puo ya India.

Dibaka tse fapaneng tsa thapelo

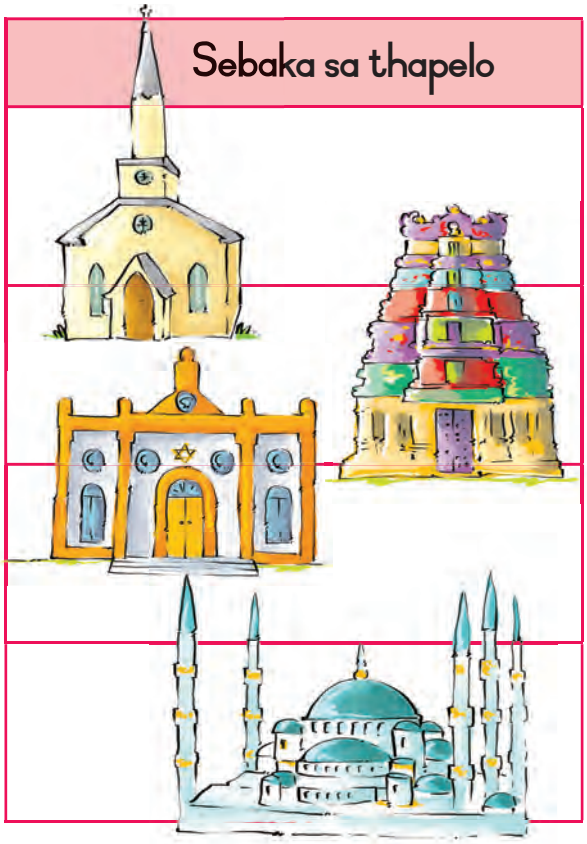


A re etseng

Etsa mola o bapisa tumelo e nngwe le e nngwe le sebaka sa thapelo. Ngola lebitso la moaho ka tlasa setshwantsho.

tempele | synagogue | mosque | kereke

Tumelo
Islam
Hinduism
Bokeresete
Judaism

Sebaka sa thapelo




A re etseng

Botsa metswalle e mene hore tumelo ya bona e emelwa ke letshwao lefe. E ngole pela mabitso a bona.

Lebitso la motswalle	Letshwao

Kotara ya 2 – Beke ya 8 – Leqephe la mosebetsi

Teacher:
Sign:
Date:

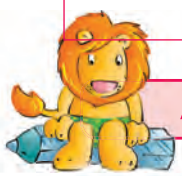
Ho hlahlobo



A re ngoleng

Etsa lenane la dijo tseo o di jeleng ho tloha maobane hoseng. Ka lebokoseng ka letsohong le letshehadi Kenya (✔) pela sejo se nepahetseng.

Dijo tseo ke di jeleng ho tloha maobane	Na di lokile?



A re ngoleng

Ngola lenane la dijo tse nepahetseng tseo re lokelang ho di ja ka mehla.





A re etseng

Etsa setshwantsho sa dijo tseo o di ratang, o bolele hore di tswa sehlopheng sefe sa dijo.

Di tswa dihlopheng dife? _____

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







