



MOPHATO

**1**

**BUKA YA  
MORUTABANA**

# Platinum

Le Re Tlhabetse

Platinum Le Re Tlhabetse Mophato wa 1 Buka ya Morutabana

Maskew Miller Learning

10 Freedom Way, Milnerton, Cape Town, 7441

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# Morutabana yo o rategang

Fa o tsena mo phaposiborutelong letsatsi lengwe le lengwe, ga o tsene fela mo sebakeng se se tladitsweng ka diteseke/dipanka tsa barutwana le dibukakgakololo. O tsena mo lefelong le mo go lona go bopiwang bokamoso, le dikgonego di tsalwang. O tshwere thata e e kwa godimo ya go rotloetsa, go kaela, le go tlhokomela baeteledipele, batlhami, le batlisa phetogo. Ka go aroganya lerato la gago, o dira go le gogolo go feta go ruta fela, o jwala dipeo tsa bopelontle, thotloetso, tlotlo le Botho pelong nngwe le nngwe e e sa leng potlana.



Re tthaloganya gore ga go bobebe ka dinako tsotlhe. Dikgwetlho tsa go ruta ka dinako dingwe di ka utlwalala, bogolosegolo mo mafelong a a se nang didiriswa. Fela, o dira pharologano e kgolo ka kgwetlho nngwe le nngwe e o lebagang le yona. O bontsha barutwana ba gago gore bokgoni jwa bona ga bona bokhutlo le gore ba a bonwa, ba na le boleng, e bile ba kgona go fitlhelela tse dikgolo.

Ke ka lebaka leo didiriswa tsa rona tsa go ruta di leng teng go go tshegetsa. Di tlhamilwe go akantswe ka dipelo tsa CAPS, di totile tsenyeletso le go bopa tikologo ya go ithuta mo ngwana mongwe le mongwe a ka bonang gore o emetswe. Ditshwantsho, dikgang le dithuto di senola mefutafuta ya maemo a rona a loago, go thusa morutwana mongwe le mongwe go ikutlwela a amogelesegile mo phaposiborutelong.

Fela ga re a go lebala. Boitekanelo jwa gago bo botlhokwa fela jaaka katlego ya barutwana ba gago. Re tsenyeleditse didiriswa tsa go itlhokomela gore di go boloke o rotloetsegile go itekanela gonne re itse gore phaposiborutelo ya gago e tlaa tllala botshelo fa o ikutlwela. Boitumelo jwa gago ga bo susumetse fela go ruta ga gago mme go ama le botsalano jo o bo kgang le barutwana ba gago ba ba lebeleletseng go amogela tsholofelo le thotloetso go swa mo go wena.

Fa Aforikaborwa e tswelela go gatela pele ka Basic Education Law Amendments (BELA), e e saenilweng go nna molao ka 2024, thomo ya go tlhola ditsamaiso tsa thuto tse di nang le tekano e bile di tsenyeletsa e a matlafala. Seabe sa gago mo thomong e e botlhokwa thata, e bile go tlhaloganya CAPS le BELA go netefatsa gore phaposiborutelo ya gago e tlelo mo go lona le barutwana ba baakanyediwang katlego ka botlalo.

Maatla a nonofo ya gago go tllisa phetogo e e agang mo rona e o e dirang mo phaposiborutelong di digolo go feta ka fa o lemogang ka rona fa o itse o ruta, itse gore ga o kaele barutwana ba gago fela, o bopa bokamoso jwa loago lwa rona naga ya rona le lefatshe.

Re go lebogela sengwe le sengwe se o se dirang!

## Dirisa tlhatlhamano

O amogetswe mo Kaeding ya Morutabana ya Kgato ya Motheo, motswedi wa boleng o o tshegetsang barutabana fa ba dirisa tlhatlhamano ya thuto ya Mophato 1, 2 le 3, o tlamilwe go akantswe ka leeto la gago la go ruta. Kaedi e e tlamela ka tlhaloganyo ya tiragatso le metswedi e e ikaeletseng go oketsa ditogamaano tsa go ruta le go humisa maitemogelo a bana a thuto. Kaedi ya Morutabana ya Polatinamo e tlamela ka dikaelo tsa beke. Beke nngwe le nngwe e rulagantswe ka mokgwa o o latelang:

- Diteng, megopolo le dikgono: Maitlhamo a kakaretso a go ithuta a tlagisiwa go tshelana lenanathuto.
- LTSM: Didiriswa tsa LTSM tsa beke tse morutabana a tlhokang go di tshelana kgotsa go di kgobokanya di kwadilwe mo lenaaneng.
- Ditswana tsa go ruta: Dikaelo tsa go ruta di tlametswe ka mokgwa o o tshelana wa kgato ka kgato mo thutong nngwe le nngwe.
- Tlhatlhobo: Morutabana o neilwe dikaelo tsa gore a diragatse jang tlhatlhobo e e sa tlhomamang.
- Ditswana le dikarabo: Go tlametswe ka ditswana le dikarabo.
- Matlharetiro a akareditswe kwa bokhutlong ba phapisiwe nngwe le kwa bokhutlong ba Kaedi e ya Go Ruta go na le diruburiki tse di ka diragatsang go tlhatlhoba dikgono.
- Tshegetso ya barutwana ba ditlhoko tse di khethegileng kgotsa dikgwetlho tsa go ithuta: Go neetswe kgakololo ya gore o dira jang le barutwana ba ba bonako mme ba tlhoka khumiso. Ka dinako dingwe bana ba kgaratlha ka phapisiwe mme ba tlhoke tshegetso, kaedi e neelana ka mefuta ya ditshikinyo mo setlhogong se.

Mo go lebelelang se, kaedi e tswela ka phapisiwe sa go lebelela kwa morago le kgolo tse di tswelolang, e tswelatsa/rotloetsa tikologo ya phapisiwe e e nang le tisanomogolo mo barutabana ba tlaa kgonang go tswela go tokafisa dikgono tsa bona tsa phatlhoso mme ba ame phitlhelelo ya barutwana mo go amogelesegang. Kaedi e go laletsa go fukutsa kaedi e, o dirisa ditlhaloganyo le didiriswa tsa yona go oketsa tlhatlhobo ya go ruta ga gago o bo o tlhame maitemogelo a thuto a a fetolang mo phaposiborutelong ya gago.

## Mefutafuta, Tlhatlhobo le Boakaretsi

Mo karolong e, o batla gore o akanye ka ga phaposiborutelo ya gago. Akanya e kete o bona bana ba dutse fa go tshelana, mongwe le mongwe ka kgang ya gagwe, maitemogelo le dikgwetlho. Jaanong o gakololela nako e mongwe wa barutwana ba gago a neng a kgaratlha, gongwe ka mogote o o thuta kgotsa sengwe kwa ntle ga phapisi se se amang go ithuta ga bona. O ne wa dira e nako e nako eo? O ne wa ba fitlhelela jang, wa dira jang gore ba ikutlwe gore ba a bonwa, wa ba wa ba tshelana jang mo bothateng?

Phaposiborutelo ya gago e tladitswe ka mothale o wa mefutafuta, e seng fela ka lemorago mme ka ditlhoko le bokgoni. Naga ya gago e tswela go lebagana le go sa lekalekane go go boteng, e ka nna ka ikonomi, lotso, kgotsa loago, e bile dikgwetlho tse nako le nako di a tlhagelela mo phaposiborutelong ya gago. Le fa go le jalo, ke teng moo, mo pelong ya phaposiborutelo, mo phetogo e diragalang teng. Jaaka morutabana, o na le seabe se segolo mo go netefatseng gore ngwana mongwe le mongwe a ka atlega, go sa kgathalesege gore ba tswa kae kgotsa ba lebagane le maparego afe.

CAPS e baya boakaretsi le mefutafuta mo bogareng jwa yona. Kgang ga se fela ka ga go ruta kharikhulamo mme ke ka ga go lemoga bokgoni jo bo tthaolegileng jo bo morutwaneng mongwe le mongwe le go ba thusa go atlega. Re a thaloganya gore ga go bonolo ka dinako tsothle. Dikgwetlho tse di kwa dikolong tse dintsi di boammaaruri, mme jaaka morutabana, o goga go di arabela kwa pele.

Ke ka ntlha eo didiriswa tsa rona tsa go ithuta le go ruta di tthametsweng go go thusa. Di bontsha tiriso ya tikologo, di bontsha barutwana lefatshe le ba le lemogang mo dithutisong, ditiragalong, le mo ditlhatlhobong tse ba lebaganang le tsona. Didiriswa tse di tsaya tsia mefuta ya morutwaneng le bokgoni jo bo mo phaposiborutelong, di go naya didiriswa tsa go akaretsa le go thegeisa morutwana mongwe le mongwe, go sa kgathalesege lemorago la gagwe.

Ka go dirisa didiriswa tse, ga o rute fela diteng tsa serutwa, o rakantsha barutwana go gago kwa ba leng teng, o lemoga dikgaratlho tsa bona, mme o ba thusa go fenyana mo phaposiborutelong le ona. Ka go dira jalo, o betlela ngwana mongwe le mongwe bokamoso mo bo phosimang, bakeng sa loago, le bakeng sa Aforikaborwa.

## Mefuta ya dipharologantsho

Mo tlhatlhamanong e, re totile mogopolo mo **mefuteng e botlhokwa e le 10 ya ditlhopho tsa mefutafuta**, mongwe le mongwe o tlhophilwe ka ketlholoko go netefatsa kemedi e e namileng e bile e akaretsa boitshupo, dikakanyopono, le boitemo jo bo farologaneng.

Lenaane 1: Mefutafuta e e farologaneng

Ditlhopho tsa mefutafuta	Tlhaloso	Se se akareditsweng mo bukeng
1. Dipharologantsho tsa Setso le Bosemorafe	Se tsa rona kemedi mefutafuta lemorago tse le farologaneng la tse le bosemorafe, go netefatsa gore barutwana ba bontshiwa dikakanyopono le ditso tse di farologaneng.	Re akareditse baanelwa/badiragatsi, bakwadi, le ba ba emetseng ditiragalo, go tswa mo lemoragong la methale ya setso. Dikgang le dikao di akaretsa tlhatlhamano ya ditso, ditlwaelo, le dipuo. Se se thusa barutwana go itumelela go huma ga setso mme se nyatsa go lebelela dilo ka letlhakore le lengwe ka go tlhagisa dikakanyo tse di lekanang ka ga ditiragalo tse di fetileng le dikgang tsa gajaana.
2. Mefutafuta ya bong	mefutafuta e bong e raya kemedi ya bong botlhe e bile e akaretsa dipuisano ka ga ditiro tsa bong, boitshupo jo bo sa tseeng bong jo bo rileng, le bong jo bo sa tsepanang.	O tlaa lemoga kemedi ya bong botlhe mo ditlhangweng, ditshwatshong, le mo dikaong. Re akareditse baanelwa ba boitshupo jo bo sa tseeng bong jo bo rileng, le bong jo bo elang, mmogo le ditirwana tse di gweithang maikarabelo a bong go ya ka setso. Sekao, basimane le basetsana ba tlhagisiwa ba diragatsa mo mefutafuteng ya ditselana tsa boithutedi, go tloga ka go thusa mo phaposiboapeelong go ya go tsa saense le botaki, go godisa tekatekano ya bong.

Dithlopha tsa mefutafuta	Tlhaloso	Se se akareditsweng mo bukeng
3. Mefutafuta ya Ikonomiboago	Se se akaretsa go emela batho go tswa mo lemoragong le le farologaneng la ikonomi le go buisana ka dintlhana tsa go sa lekalekaneng ga ikonomi.	Re tlhagisa baanelwa go tswa go tiriso e ntsi ya ikonomiboago, re totobatsa dikgwetlho di tshwana le phitlhelelo ya thuto, tlhokomelo ya boitekanelo, le didiriswa. Se se letla barutwana go dira ka dikao tsa botshelo jwa leruri le dipuisano tse di bontshang maemo a ditshwanelo tse di akareditse dikao tsa ikonomi, a dira gore ditshwanelo di nyalane le botlhe.
4. Mefutafuta ya Borutapuo	Mefutafuta ya borutapuo e kaya dipuo tse dintsi tse di tlotla ditengwana tse di farologaneng tse di buiwang ke batho ba ba farologaneng.	O tlaa fitlhela ditshwanelo tse di akareditse dikao tsa ikonomi, go tlogela dipuo tse dintsi tse di akareditse dikao tsa ikonomi, go tlogela barutwana go tlogela ditshwanelo tse di farologaneng. O tlaa akareditse dikao tse di totobatsa go botlhokwa jwa phetolelo le thanoletso go segole mo motseng wa lefatshe, go paakanyetsa barutwana go akareditse thata mo tlhaeletsanong ya bona.
5. Go tshela ka bogole le Go fitlhelega	Se se tlhomile mogopolo mo kemeding ya batho ba ba tshelang ka bogole le go bua ka go maparega go fitlhelega.	Barutwana ba ba tshelang ka bogole ba akareditse, ka go netefatsa kemedi ya bona mo dikgangnyeng le mo ditirwaneng. Re buisana gape ka dintlhana tsa go fitlhelela, e ka nna ka namana, thekenoloji, kgotsa loago, le go akaretsa tiriso, puo ya motho-pele. Se se tlhama tikologo e e amogelang thata mo barutwaneng botlhe se bo se rotloetsa kutlwelobothoko le go tlhaloganya.
6. Go ikaya ga Bong le Boakaretsi jwa LGBTQ+	LGBTQ+ e emela Lesbian, Gay, Bisexual, Transgender, Queer kgotsa Questioning, le babangwe. "+" e emela boakaretsi ba go ikaya ga bong, boitshupo jwa bong, le ditlhagiso tsa tse di sa tobiwang, jaaka batho ba boitshupo jo bo sa tseeng bong jo bo rileng, le ba bong jo bo elang. Lereo le le dirisediwa go fitlhelela boitshupo jwa mefutafuta e e namileng ya bong, go godisa kamogelo le boakaretsi.	Dibopego tsa lelapa la LGBTQ+ di emetswe ka gotlhe mo dibukeng, di tlhagisa mefutafuta ya kakanyopono. Re akareditse dikao le dipontsho tse di utulolang dintlhana le ditshwanelo tsa LGBTQ+ le dipuisano ka kemokgatlanong ya thaoelele, go thusa barutwana go tlhaloganya le go tlotla mefutafuta mo molebong wa bong.

Ditlhopha tsa mefutafuta	Tlhaloso	Se se akareditsweng mo bukeng
7. Mefutafuta ya Sedumedi le Semowa	Se se bua ka ga kemedi ya mefuta ya ditumelo le go godisa tlotlo go ditiragatso tse di farologaneng tsa semowa.	Dibuka tsa rona di tsentse diteng tse di itsiseng barutwana ka ditumelo tse di kopaneng le ditiragatso tsa semowa. Gape re rotloeditse mmuisano wa ditumelo go thusa go tswelatsa tlotlo le go tlhaloganya go ralala ditsamaiso tse di farologaneng tsa sedumedi. Dikakanyopon tse tsa sedumedi le tsona di akareditsweng go netefatsa gore ditsamaiso tsona tsa sedumedi di a tlotliwa tse di ntswe ka tekano.
8. Mefutafuta ya Bogodi	Mefutafuta ya bogodi e bua ka go akaretsa batho go tswa go ditlhopeng tse di farologaneng tsa bogodi le go buisana ka dintlhana tse di nyalanang le go gola.	Mo dibukeng, tlamela baanelwa le dikao tse di simolotse ka bana go fitlha ka baga go botobadiitse botlhokwa ba dikamaro tse tse lo lo tlhakaneng, le dikamaro tsa ditlhogo tse di amanang le dikamaro tsa go rola tiro le go gola. Se se tlamela barutwana go tlhaloganya boleng jwa ditlhopha sengwe le sengwe sa kgolo mo loagong.
9. Mefutafuta ya mafelo	Mefutafuta ya mafelo e emela batho le dintlhana tse tsweng mo dikgaoleng le ditlhopeng tse di farologaneng, lefatsheng le selegae.	Dibuka di akaretsa diteng go tswa go dikgaolo tse di farologaneng mo lefatsheng, di bua ka ga dintlhana tsa lefatsheng le diteng tsa selegae tse di maleba le barutwana. Gape re lekalekantse dikao go tswa kwa maitshetlegong a toropo le a magae go bontsha dikgwetlho le dipoelo tse di tlaolegileng tsa tikologo nngwe le nngwe.
10. Mefutafuta tsa go ithuta	Se se raya go bua ka ga mekgwa ya go ithuta, bokgoni, le dipharologano tsa go tlhaloganya, jaaka mefutafuta ya go dira ga boboko.	Re amogetse mefutafuta ya go tlhaloganya le go ithuta ka go tsenyeletsa mekgwa e mentsi ya go go ruta e e arabelang ditaele tse di farologaneng tsa go ithuta. Ditirwana di bopilwe go amogela mefuta e e bulegileng ya ditlhoko tsa go ithuta, go godisa tikologo e e akaretsang ya go ithuta. Gape re tsentse ditlathobho tsa ka bonako, tse di kwalwang pele, gore o di lebelele.

## Go aga phaposiborutelo e e akaretsang le go nna mefutafuta

Kaedi e ya go Ruta e bopilwe go akantswe boakaretsi, mefutafuta, le tekatekanyo mo tlhaloganyong. E tlamela ka didiriswa tse di go tshhegetsang mo go bopeng tikologo ya go ruta e e akaretsang le ditsamaiso tsa go tsenya ditlhopha di le 10 tsa botlhokwa tsa mefutafuta tse di mo Lenaane 1 fa godimo.

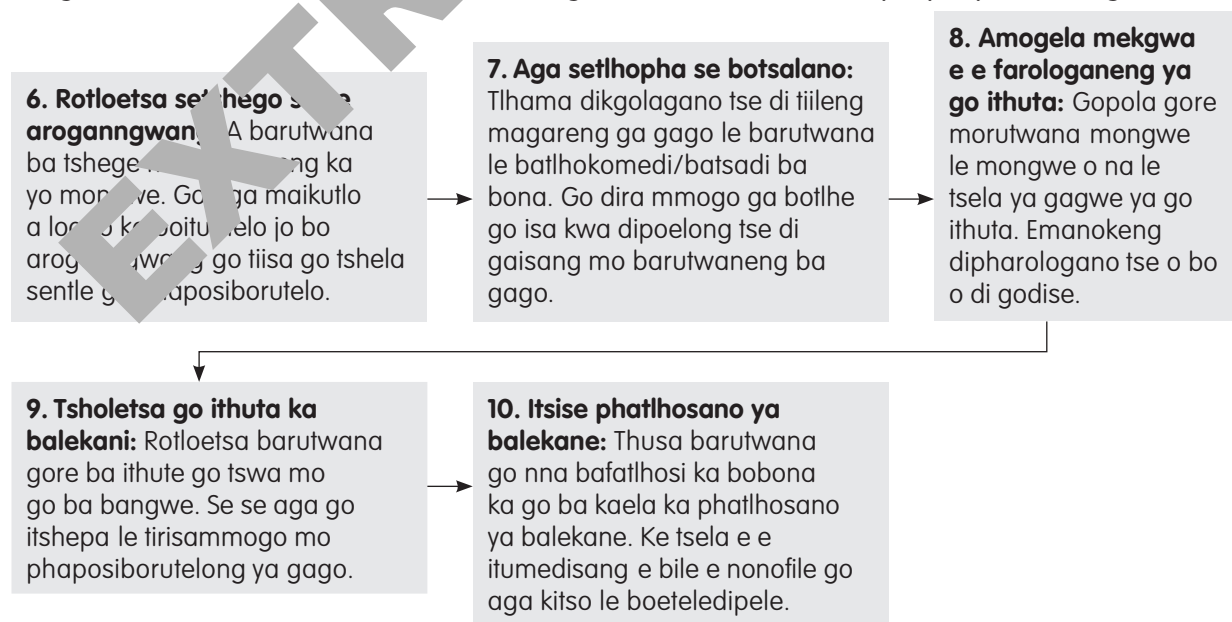
## Mefutafuta mo phaposiborutelong

Tiro ya gago, jaaka morutabana, ke go netefatsa gore phaposiborutelo ya gago ke sebaka se go ithuta, setshego, le tlotlo di tlang tsotlhe mmogo! Fa ke ditogamaano di le 10 tse o ka di dirisang go boloka boitumelo jo bo babalesegileng le go amogelesega mo barutwaneng:

### Ditogamaano 1-5: Go aga tikologo e e amogelesegang e bile e akaretsa



### Ditogamaano 6-10: Go tshela thumolano le o go keteka mefutafuta mo phaposiborutelong



## **Keteka go tlhaolega/kgethega ga morutwana mongwe le mongwe**

Go botlhokwa gore barutwana ba ipone mmogo le maitemogelo a mefutafuta a bona ba tlhagisiwa mo phaposiborutelong. Se se kaya go bontsha mefutafuta ya tlhagelelo ya mmele, dipuo, boitshupo, ditso, tumelo, bong, kamogelo ya bong (go akaretsa LGBTQ+), bogolo, le bokgoni ba go tlhaloganya. Dibuka tsa rona di tlhagisa baanelwa ba lemorago le le farologaneng go tlhagisa maitemogelo a a fapaanang. Re tlhophisa ka kelotlhoko ditshwantsho, tiro ya botaki, le diteng tse di emelang batho ba ba farologaneng, ditikologo, le boammaaruri jo bo boneng Aforikaborwa le go feta.

Re go rotloetsa go dira seo mo phaposiborutelong ya gago. Dirisa go tlotla kganetse go tlotlisa mefutafuta ya lemorago, bontsha ditshwantsho tsa maitshetlego a magae le tsa bona bo bua ka ga batho ba bokgoni jo bo farologaneng jwa mmele, bokgoni jwa go tlhaloganya, boitshupo, go akaretsa LGBTQ+. Buisanang ka ditumelo tsa di farologaneng, bogolo, le mefutafuta ya bong, o bo o utulola maemo a a farologaneng a ikonometri a barutwana ba gago kopanang le ona. Tsaya nako go ruta ka dikgolaganano tsa rona le dinaga tse dinawe le tsa bona bangwe go ralala Aforika le lefatshe. Ka go dira se, o thusa morutwana mongwe le mongwe go ikutlwa gore o a bonwa, o boleng, e bile ke karolo ya morafe o mogolo ka gotlhe.

## **Go tlhokomela go tsaya lelhakore le ditshwantsho**

Mme Adams o ne a ruta thuto ya ditso le ditlwaello. Barutwana ba gagwe ba ne ba tswa mo lemoragong le le farologaneng, mme o ne a itumelane go bona ka foo dipuisano di neng di tsamaya ka teng. Fa thuto e simolola, o ne a kopa barutwana ba gagwe go aroganya ka setso kgotsa tumelo go tswa kwa malapeng a bona.

Lebo, mosetsana yo o nang le go itshepa, o tshela, a tlhalosa ditlwaello tsa Keresemose ya Sekeresete tsa lelapa la ga bona. Lebo o tshela ba le mmalwa le bona ba latela ba buisana ka malatsi ao a boikhutso. Fela, Amina o tshela sege ka nako ya gagwe ya go bua. Lelapa la ga Amina ke la SeSilamo, mme o ne a tshela maitemogelo a bona a go keteka Eid. Ka yona fela nako eo, barutwana ba le mmalwa a simolola go sebelana, mme mongwe wa barutwana, ntle le go lemoga bokete jwa mafoko a go tshela, o se go se letsatsi la boikhutso la nnete.”

Mme Adams a fofotse go sa iketlang go go rileng mo phaposing. A nna le tlhopho ya botlhokwa e a nang a tshela nnete go e dira. Go itlhokomolosa tshwaelo eo go ne go ka kaya gore o letlelela go tsaya lelhakore go mela, fa go e kgalemela go ne go neelana ka tshono ya go ruta thuto e e nang le tshepo.

Mme Adams a e nisa puisano nakwana, mme a kopa phaposi yotlhe go akanya se se ntseng se buisane. “Gakgaphela thoko tumelo kgotsa ditlwaello tsa yo mongwe go kaya eng? O ne o ka ikutlwa jwa fa diabe di ne di fetotswe, mme letsatsi la gago le le kgethegileng le bidiwa ‘le e seng la nnete?’” ga nna tidimalo mo phaposiborutelong fa barutwana ba simolola go akanya ka ga ditshwaelo tsa bona.

A tlhalosa botlhokwa jwa go tlhaloganya le go tlotla ditumelo tse di farologaneng, a dirisa maitemogelo a ga Amina jaaka motsotso wa go ruta. Mme Adams ga a ka a omanya kgotsa a tlhabisa barutwana ditlhong fela a ba kaela ka go dirisa puisano e e mabapi le gore goreng go le botlhokwa go tlotla ditso tsotlhe, le fa di sa tlhalelega. Phaposi yotlhe ya akanya ka foo go tsaya lelhakore, go gošwa le ga kgale, go ka bopang megopolo ya ba bangwe, go le gantsi go sa lemosege.

## Dithuto go tswa mo phaposing ya ga Mme Adams

### Go tsaya letlhakore le go akanyetsa go ka tlhagelela e se ka maikaelelo

Barutwana ba ka dira ditshwaelo tse di senolang go tsaya letlhakore, le fa e le ntle le maikaelelo a go utlwiswa botlhoko.

### Lentswe lengwe le lengwe le botlhokwa

Mme Adams o ne a netefatsa gore lentswe la ga Amina le maitemogelo a gagwe di ne di bonwa di na le boleng ke phaposi yotlhe. Ka go oketsa puisano e e akaretsang, a gatelela ntsha ya gore lemorago la mongwe le mongwe le tshwanetswe ke tlotlo.

### Rotloetsa go itebelela/ itshekatsheka

Go na le go ba tlhatlhelela, Mme Adams o ne a laletsa barutwana ba gago go akanya ka ga ntsha ya gore ba ne ba ka ikutiwa jwaga ba ne ba le mo marang a ga Amina se se ne sa thusa barutwana go tlhaloganya botlhokwa jwa phelohlephohle le boitemogo mo phaposong tsa bona.

### Tlhama sebaka sa mmuisano

Fa go tsaya letlhakore kgotsa go gobelela go tlhagelela, ga go a lekana go go didimatsa fela. Go bulela dipuisano go tlaa thusa barutwana go tlhaloganya gore goreng mafoko kgotsa ditiragatso tse dingwe di kgona go utlwiswa botlhoko, o ba naya didiriswa tsa go gwehlha maitlhommo a mo isagweng.

### Go ithuta ka kgwetlho

Go sa iketlang go nna morutabane go tlhotlha. Mme Adams o ne a dirisa motsotso o boime go rotloetsa barutwana ba bagwano ba bolotsa letlhakanyetso tsa bona, a bontsha gore phaposiborutelo ke mafelo a golo, e seng kitso fela.

### Godisa go batla go itse le go bulega

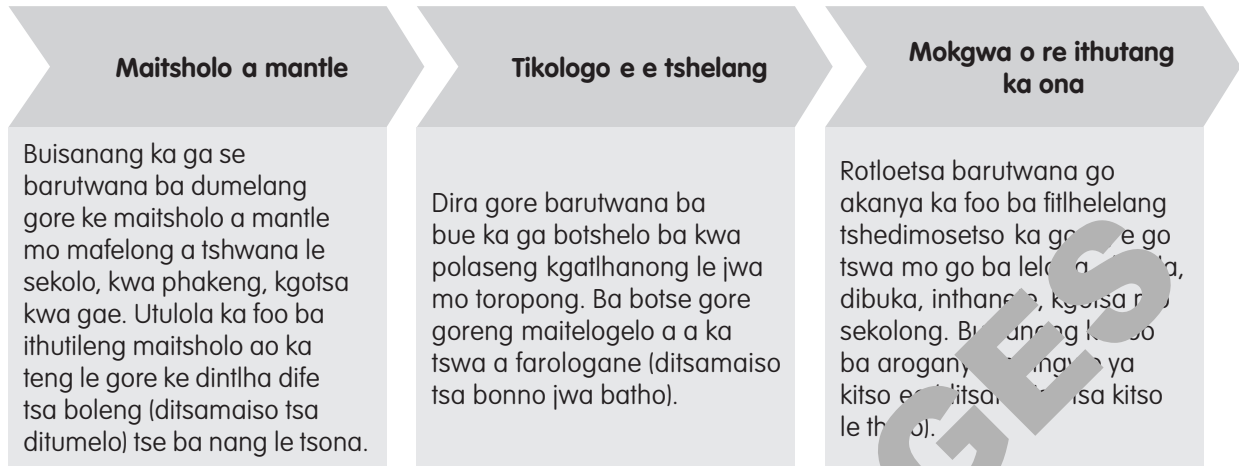
Rotloetsa barutwana go botsa dipotso ba bo ba ithute ka ditso tse di farologaneng le tsa bona. Se se oketsa go batla go itse ka setso, go bulega, le go tlhaloganya, se thusa go thuba maparego mme go agiwe tlotlo ya dipharologano/mefutafuta.

## Go akanya ka ditsamaiso

Ditsamaiso di tloilwe ka dikarolo tse di farologaneng tse di dirisanang mmogo go fitlhelela sengwe. Mo phaposong ya gago, tsamaiso e ka nna ka foo barutwana ba salang melawana morago ka teng, go ba ithutang go tswa mo go wena, kgotsa ka foo ba tshamekang le go abelana le bona mo go. Gape ditsamaiso di teng mo malapeng le mo morafeng, moo batho ba dirang mmogo go tse negetsana.

Go tlhaloganya ditsamaiso go ruta barutwana go bona ka foo dikarolo tse di farologaneng jaaka batho, mafelo, le melawana di golaganeng le go dirisana ka teng. Se ke kgono ya botlhokwa ya go aga go akanya go go tse neletseng, mme e ka simolola go sa le gale ka go dirisa maitemogelo a barutwana.

Mo dibukeng tsa rona tsa kgato ya motheo, re itsise ditsamaiso tsa go akanya ka go bontsha maemo a go tshela a a farologaneng, dinnete tsa loago, le mefutafuta ya batho. Se se akaretsa megopolo e tshwana le Ubuntu le go emela dipharologano tsa barutwana tsa lotso, bong, le dipopego tsa malapa, tse di go nayang tsela ya go itsise go akanya go go raraaneng mo barutwaneng. Fa ke ditirwana dingwe tse di bonolo tsa go thusa barutwana go akanya ka ga ditsamaiso:



## Ditlhatlhobo

Tlhatlhobo e ekaretsa mekwa e e farologaneng ya go leka ka tswelopele le go tlhaloganya ga barutwana. Ditlhatlhobo tsa nako le nako di go thusa go tlo bone ka foo barutwana ba tshwarelelang megopolo ka teng le go dirisa dikgano tsa bona. Mo kगतong ya motheo, tlhatlhobotsweledi e letlelela gore go nne le tekolo tse tswelletseng ya tswelopele ya morutwana le go dirisega ga go ruta. Se se go thusa go sekaseka go kala mekgwa ya gago ya go ruta le kgolo ya barutwana, tse di go thusang go dira tshwetsetaelo tsa letsatsi le letsatsi tse di nang le tshedimosetso.

**Tlhatlhobo ya go ithuta** e tsenyeleditswe ka tlhalelego mo lenaneong la go ruta, go itumedisa, go rerisana, le mekgwa ya tshegetso e rotloetsa go tirtatso e e matlhagatlhaga go tswa mo barutwaneng. E thusa ka go supa barutwana ba tlhokang tshegetso e ntsi teng e bile e kaela thuto ya gago gore e arabele ditlhatlhobo tsa bona. Ditirwana di tlhatlhabiwe e se ka tlhomamo mo gare ga dithuto tsa letsatsi.

<p><b>Lebelela ka nako ya ditirwana</b></p> <p>Lebelela tsela e barutwana ba nang ditiro ka yona go o botse dipotso tse di kwaneng go ba tshetsegisa.</p>	<p><b>Kgonojwe, go diga kgonojwe</b></p> <p>Tekolo ya ka bonako go tlhola go tlhaloganya morago ga thuto ka go dirisa kgonojwe go supa go tlhaloganya.</p>	<p><b>Dithekete tsa go tswa</b></p> <p>Barutwana ba thale kgotsa ba kwale sengwe se ba se ithutileng kwa bofelong jwa thuto go bontsha go tlhaloganya.</p>	<p><b>Akanya-sebedi-aroganyana</b></p> <p>Barutwana ba akanye ka bosii, ba buisane le balekane, ba bo ba aroganye le phaposi go tlhatlhaba go tlhaloganya.</p>
<p><b>Pegelo ya balekane</b></p> <p>Barutabana ba aroganya tiro le barutwana-ka-bona ba bo ba neela pegelo e e agang go lebelela tiro ya bona gape.</p>	<p><b>Dijenale tsa go ithuta</b></p> <p>Barutwana ba boloka dijenale go kwala tse ba di ithutileng, go naya tlhaloganyo mo tswelelong ya bona.</p>	<p><b>Ditirwana le metshameko ya setlhophana</b></p> <p>Ditiro tse di itumedisang, di dirwa mmogo ka kutlwano di go letla go lebelela bokgoni ka nako.</p>	<p><b>Go botsa dipotso ka nako ya dithuto</b></p> <p>Dirisa dipotso tse di bulegileng go rotloetsa barutwana go tlhalosa go akanya le go ntsha mabaka ga bona.</p>

**Tlathlho ba jaaka go ithuta** go akaretsa gore barutwana ba akanye ka tswelopele ya bona, go ba rotloetsa go tsaya maikarabelo le go ithuta ga bona. Ka se, ba tlathlho ba go tlhologanya ga bona, go go godisang go ithuta go go tseletseng le boitemogo.

**Ditšhate tsa Go ithuta ka go Itse se o tshwanetseng go se itse**

Barutwana ba tlatsa tse ba se itseng, se ba batlang go se itse, mme morago e nne se ba se ithutileng go golaganya kitso ya pele le megopolo e mešwa.

**Go tsenya megopolo mo mmepeng**

Barutwana ba tlhama mmepe ka go dirisa se ba se itseng ba bo ba tlaleletsa ka tshedimosetso e ntšhwa fa go ithuta go ntse go tswelotse.

**Go kgobokanya dintlha**

Tsokolosa kotso ya pele ka go dira gore barutwana ba kgobokanye dikakanyo tse di nyalanang le setlhogo se sešwa.

**Ditheke tsa go tswela**

Barutwana ba tlhama moroo tshedimosetso e ntšhwa e golaganang le se ba setseng se ba setseng ba se itse.

**Pheletso ya kgang**

Tlamela ka tshimologo ya kgang o bo o letla barutwana go se feleletsa ba dirisa tshedimosetso ya pele.

**Go tlhalela eng?**

Tlhagisa dikakanyo kgotsa ditshwantsho tse di sa felelang o bo o letla barutwana go tlatsa diphatlha ba dirisa se ba se itseng.

**Dipuisano tse di tshwanetseng go nna le seabe**

Simolola ditshwantsho ka go kopana barutwana go tshaganya setlhogo se sešwa le maitemogelo kgotsa kitso ya nako e e fetileng.

**Dijenale tsa go ithuta**

Beke le beke barutwana ba lebelela ka foo tshedimosetso e ntšhwa e e golaganang le se ba setseng ba se itse.

**Tlathlho ba jaaka go ithuta** e go tlamela ka bosupi jwa phitlhelelo ya morutwana mo dintlheng tse di totlhweng ka nako e e rileng go tshaganya go lekanyetsa tswelopele yotlhe le go dira ditshwetso tse di nang le tshedimosetso go tshaganya lebelela pele ga bona.

**Diteko tsa Bofelo ba Paka**

Diteko tse di tshaganya go tshaganya go tshaganya go itseng le boitemogo.

**Dipaiso tse dikhutshwane tsa tlhologanyo**

Diteko tse dikhutshwane go tlhola go tlhologanya morago ga dithuto.

**Diasenemente tse di kwadilweng**

Ditiro tse di tlathlho ba go tlhologanya di dirwa ka go kwalwa.

**Diporojeke**

Ditiro tsa go tlhama go bontsha kitso.

**Ditlathlho tsa go buisa**

Ditlathlho tsa mongwe ka mongwe go lekanyetsa go buisa ka thelelo.

**Ditiro tsa tiragatso**

Go dirisa kitso mo dipontshong tsa botshelo ba leruri.

**Dipotefolio**

Kgobokanyo ya tiro go sala morago tswelopele ya nako e e rileng.

**Ditlhagiso tsa molomo**

Barutwana ba tlhagisa se ba se tlhologanyang ka molomo.

Tokomane ya CAPS e tlamela ka ditshitshinyo tsa ditirwana tsa tlhatlhobo ya go ithuta tsa Kgato ya Motheo. Tirwana nngwe le nngwe e tshwanetse e bo e bopilwe ka palo e e rileng ya dikarolo tse di dirang ka popego tse di farologaneng tsa puo.

Ditirwana tsa tlhatlhobo di ka ikaega ka tiro e e feditsweng mo dirutweng tsa Dipalo le Dikgono tsa Botshelo.

Ditirwana tse di latelang tsa tlhatlhobo ya go ithuta di tlhokega mo pakeng nngwe le nngwe.

Mophato	Serutwa	Paka 1	Paka 2	Paka 3	Paka 4	Palogothe
1	Puogae	1	1	1	1	4
2	Puogae	1	1	1	1	4
3	Puogae	1	1	1	1	4

Mophato	Serutwa	Paka 1	Paka 2	Paka 3	Paka 4	Palogothe
1	Puotlaleletso ya ntlha	1	1	1	1	4
2	Puotlaleletso ya ntlha	1	1	1	1	4
3	Puotlaleletso ya ntlha	1	1	1	1	4

Ruburiki e e latelang e e kwa morago mo bukeng e dirisediwa go thatlhoba go ithuta mo puisong ya ba ya rulagananngwe tsa tse di tlhokega go ka dirisiwa mo diponagalong tse dingwe tsa go ruta Setswana mo Kgato ya Motheo.

1 = Ga a fitlhelele ka tsela e e tshaelang	2 = Phitlhelelo e e tshaelang	3 = Phitlhelelo ka tekano	4 = Phitlhelelo ka manontlhotlho
<ul style="list-style-type: none"> <li>O kgarama go lemoga mafoko a a manone sa popego.</li> <li>Bongwe go tsalana le modumopuo le letshwao.</li> </ul>	<ul style="list-style-type: none"> <li>O bonya mo go lemogeng mafoko a a dirisiwang gantsi.</li> <li>O kgona go bitsa medumopuo ka bongwe le go dirisa meduopuo eo go kwala mafoko</li> </ul>	<ul style="list-style-type: none"> <li>O itse mafoko a a dirisiwang gantsi.</li> <li>O dirisa kitso ya fonetiki go lemoga mafoko a a sa tlwaelegang.</li> </ul>	<ul style="list-style-type: none"> <li>O kgona go lemoga mafoko mo tirisong.</li> <li>O dirisa dikgono tsa fonetiki ka nonofo.</li> <li>O kgona go lemoga mafoko a a sa tlwaelegang a a fetileng seemo sa mophato.</li> </ul>

1 = Ga a fitlhelela	2 = Phitlhelelo e e tlaelang	3 = Phitlhelelo ka tekano	4 = Phitlhelelo ka manontlhotlho
<ul style="list-style-type: none"> <li>Dipoeletso le go busetsa kwa morago go direga kgapetsa</li> </ul>	<ul style="list-style-type: none"> <li>O buisa mafoko a a tlwaelegileng ka thelelo mme a bo a ema mo mafokong a a sa a tlwaelang</li> </ul>	<ul style="list-style-type: none"> <li>O leka go buisa ka thelelo ka diphoso tse di mmalwa.</li> <li>O leka go buisa ka lebelo le le lekaneng ka dipoeletso tse di mmalwa thata le go tlola mafoko (mafoko a le 30- 40 ka motsotso).</li> </ul>	<ul style="list-style-type: none"> <li>O buisa ka thelelo ditlhangwa tse di tlwaelegileng le tse di sa tlwaelegang.</li> <li>O buisa ka thelelo la mafoko a le 30- 40 ka motsotso.</li> </ul>
<ul style="list-style-type: none"> <li>O buisetsa kwa tlase thata, o tlhabela go itshepa.</li> </ul>	<ul style="list-style-type: none"> <li>O a utlwala. O buisa ka thelelo ditlhangwa tse di tlwaelegileng, tse di dikhutswane.</li> </ul>	<ul style="list-style-type: none"> <li>O lemoga phetogo ya segalo, o leka go tlhagisa ka lebelo la go dirisa matshwao a mafoko.</li> </ul>	<ul style="list-style-type: none"> <li>O buisi yo o itseng go itlhasisa. O supadipharologano mo lentsweng le mo segalong.</li> <li>O dirisa matshwao, puo ya mmele, ka nepagalo.</li> </ul>
<ul style="list-style-type: none"> <li>O bopa bokao go tswa go digakolodi tsa pono sk. ditshwantsho.</li> </ul>	<ul style="list-style-type: none"> <li>O bopa bokao go tswa go digakolodi tsa pono le setlhangwa tse gatisitsweng.</li> <li>O kgona go dirisa ponole e e setlhangwa le le tshwantsho.</li> </ul>	<ul style="list-style-type: none"> <li>O kgona go dikologelwa dintlhakgolo tsa kgang.</li> <li>O kgona go rulaganya ditiragalo tsa kgang ka tatelano.</li> </ul>	<ul style="list-style-type: none"> <li>O tlhaloganya setlhangwa ka botlalo.</li> <li>O kgona go buisana ka poloto, maitshetlego le baanelwa.</li> <li>O tlhagisa dintlhakemo le dikakanyo tsa gagwe.</li> </ul>

Pegelo ya Khari thulana ya Bosetšhaba (NCS) e tlhagisa thutapuo, dipalo, le dikgono tsa botshelo jaaka dikarolo tsa botlho tsa go barutwana ba kgato ya motheo, tse e bileng di tshwanetseng go tlhatlhobisa thutaba la Thuto le tlamela ka **Letlhomiso la Kaedi ya Tlhatlho e e Kgato ya Motheo** go busetsa barutabana mo go bopeng le go diragatseng ditiro tse di inyalanyang le CAPS. Tlhatlho e e dirisa thiori e e farologanang mo go bopeng diteng tsa yona, go thusa barutwana ba gago gore lo kgone go arabela melawana le maikaelelo a tlhatlho e e rulagantseng ke NCS.

## Mefuta ya ditlhatlho tsa Kgato ya Motheo

Lefapha le amogela mefuta e le 4 ya tlhatlho ya Kgato ya Motheo, jaaka e kwadilwe mo tokomaneng ya Kaedi ya Tlhatlho ya NCS:

### **Tlhatlhubo ya Motheo**

E tlhatlhuba kitso ya morutwana e e leng teng kwa tshimologong ya mophato kgotsa kgato gore morutabana a tlhaloganye kitso le ditlhoko tsa morutwana mongwe le mongwe.

### **Tlhatlhubo e e tlhomameng**

Ditlhatlhubo tsa letsatsi-le-letsatsi tse morutabana a di kwadisang go tlhatlhuba tswelelo ya morutwana kgotsa gore a ba na le ditlhoko dingwe, gape e bidiwa tlhatlhubo ya go ithuta.

### **Tlhatlhubo ya kwa Bofelong**

Ditlhatlhubo tse di tlhomameng, tse di rulagantsweng go le gale di kwalwa kwa bofelong jwa kgweditaro kgotsa kgato go tlhatlhuba tswelelo e morutwana a e dirileng mo mophatong, gape e bidiwa tlhatlhubo ya go ithuta.

### **Ditlhatlhubotupo**

Di thusa ka go lemoga dinonofa, mako, dimagana kgotsa ntlwaneng go ithuta morutwana. Gape thusa ka go supa maqala a mo ditsebi go tsa go ruta.

## **Tlhatlhubo ya go buisa mo Kgatong ya Mophato**

Kopana le Lily, morutwana yo o bothale yo o batlang go buisa kwa Mophato 3, o rata go tla mo sekolong. Le fa go ntse jalo, ntle le matlhagatlhaga a gagwe, o lebagane le dikgwetlho mo dirutweng tsotlhe tsa gagwe. Ka nako ya dithuto tsa puo, Lily o ikopa go ya ntlwaneng kgapetsa, ka a boifa gore morutabana wa gagwe o tlaa buisa kgapetsa kwa godimo mo phaposeng. Mo dipalong o kgaratlha ka dipotso dipalo tsa mafoko, o tshwara bothata go di sala morago. Mo khutsafatsong le thutrobotong, ga a kgone go arabela ditaelo tse di kwadilweng tsa ditirwana, mo Dikgonong tsa Botshelo o fosa tshedimosetso ya botlhoko kgono ga a kgone go buisa setlhangwa sa bukatiro. Go a tlhakaega mo barutabaneng ba gagwe go thutabogolo ga se ka dirutwa ka botsona, mme ke gore Lily ga a kgone go buisa ka tse. Ntle le dikgono tse di nonofileng tsa go buisa, o tshwara bothata go tlhaloganyana dipotso, o tshwara ditaelo, le go amogela tshedimosetso e ntšhwa go ralala dirutwa tsotlhe tsa go buisa.



Fa o akanya ka ya barutwana ba gago, o tlaa bona gore Lily ga a nosi. Barutwana ba bannye ka bontsi mo ntloboing ya gago le bona ba kgaratlha ka go buisa ka maemo a a solofetsweng mo dingwageng tsa... Barutwana ba, fela jaaka Lily, ba lebagana le bothata go ralala dirutwa tse di farologaneng, e se ka gore ga ba na kगतलहेगो kgotsa bokgoni, mme e le ka gore ga ba ise ba kgonetse go tloga di-gono tsa go buisa tse di tlokegang gore ba dire tiro ya bona ka botlalo. Kgwetlho e e tlokegang e e totobatsa botlhokwa ba go beela pele kago ya puiso mo Kगतong ya Motheo, go netefatsa gore morutwana mongwe le mongwe o bona tshegetso e a e tlokegang go atlega.

## Melebo ya go ruta puiso

Mongwe le mongwe wa melebo e e farologaneng ya go ruta puiso o gatelela ntlha e e rileng ya dikgato tsa puiso. Melebomegolo e meraro ke:

- Molebo wa go bitsa medumopuo ka bongwe
- Molebo wa go lebelela o bo o bua
- Molebo wa puo yotlhe

Melebo yotlhe e na le maikaelelo a le mangwe: go aga babuisi ba ba ikemetseng ba ba tlhaloganyang se ba se buisang ba bo ba dirisa ditogamaano tse di farologaneng go tlhaloganya mafoko a a sa tlwaelegang.

## Molebo wa go bitsa medumopuo ka bongwe

Molebo wa go bitsa medumopuo ka bongwe o kaya go itse ka foo medumo ya ditlhaka (fimi- fa ba bua ditlhaka) e emelwang ke ditlhaka ka teng (seseto sa matshwao a meduopuo- fimo ba bua ditlhaka), ba bo ba dirisa kitso e go buisa mafoko le dipolelo ka nepagalo le ka thelelo. (ke pono ya botlhokwa e barutwana ba tshwanetseng go e rutiwa mo Kgatong ya Motheo) e e tsegetsang kago ya puo le thutopuo. Seseto sa matshwao a meduopuo a tshwanetse go dirisa jaaka sediriswa se se tsegetsang go rutiwa ga barutwana ka foo ba ka bitsang mafoko le medumopuo ka bongwe ka teng.

## Molebo wa go lebelela o bo o bua

Molebo wa go lebelela o bo o bua o gatelela temogo ya lefoko. Molebo o o tsaya leina la ona go tswa mo go se barutwana ba se dirang: lebelela lefoko (go tselela kwa tsele mo folešekareteng), reetsa morutabana a le buisa o bo o le buela kwa godimo a tsele.

Go itsisiwe palo e e lekanyeditsweng ya mafoko ka tsele e e rileng. Barutwana ba ikatisa ka mafoko a go fitlha ba kgona go a lemoga le go tsele bonolo. Fa mafoko a e setse e le karolo ya tlotlofoko ya pono ya barutwana, ba ikatisa go a tsele mo Dibukeng tsa Kereiti ka Puiso tse di nang fela le mafoko a a setseng a itlha tsele. Molebo wa go lebelela o bo o bua o dirisiwa kgapetsakgapetsa jaaka karolo ya lenanole la bua go oketsa tlhofoko ya pono ya barutwana (mafoko a a tlwaelegileng a ba kgonang go tsele tsele bonolo).

## Molebo wa puo yotlhe

Molebo wa puo yotlhe o go tsele tlhaloganya le go tlhama bokao jwa mafoko a a kwadilweng. Molebo o dirisa ditlhaloganya tse di tlhaeletsanang ka tshedimosetso le/kgotsa tse di tlotlang kgang. Le fa e le dibuka tsele bonolo tsa ntlha tsa puiso.

Barutwana ba tuta ditogamaano tsa go bopa bokao go tswa mo mafokong a a mo tsebeng. Ditogamaano tse dikaretse go lebelela setshwantsho gore se thuse go dira phopholetso e e nang le tshedimosetso ka ga lefoko le le sa tlwaelegang le go dirisa tiriso ya bokao jwa lona mo popegang ya pono go tlhola gore a phopholetso e a tlhaloganyega. Ditogamaano tse dingwe di akaretsa go itlha ka ga nyalano ya ditlhaka le medumopuo, go aga tlotlofoko ya pono ka tiriso ya difolešekaretsa, le go buisa le go dirisa mafoko a le mangwe ka bokao jo bo farologaneng.

Go botsa dipotso tsa diteko tsa tekatlhaloganyo go netefatsa gore a barutwana ba tlhalogantse se ba se utlhwileng le se ba se buisitseng.

# Tiragatso ya Ditirwana tsa Kago ya Puo le Fonetiki mo Kgatong ya Motheo

## 1. Kago ya Puo

Tirwana e e diriwang mmogo jaaka motshameko wa '**Ke a okomela**' o siametse go aga dikgono tsa puo tsa barutwana ba Kgato ya Motheo. O ba thusa go aga kgo lagano magareng ga dilo tse di ba dikologileng le fa ba ntse ba ikatisa ka dikgono tse di botlhokwa jaaka mopeleto le thaloso. Barutwana ba refosana go supa dilo, go di tlhalosa, kwa bofelong ba pelete lefoko, ba dirisa tse le tsela e e itumedisang le go dirisana go tiisa kago la puo.

Kago ya puo mo Kgatong ya Motheo e bopilwe ka ditirwana tsa Go reetsa (Tse dikgolo), Go bua, Go buisa le Go kwala. Sethalo se se latelang se bontsha ka foo dikarolwana tse di fa tsa tshegetso tsa go buisa go amanang ka teng gape di ka tsenyelediwa go tlamela ka bokgoni mo kgatong ya puo.

[Dibuka tse dikgolo, Kgoboko ya dikgang, Dibuka tsa puiso, Dibuka tse dikgolo, Dikarata tsa Frieze, Diphousetara, Ditshate tsa go kwala le Dipapetlana tsa ditiro tsa DBE]



[Dibuka tse dikgolo, Kgoboko ya dikgang, Dibuka tsa puiso, Dibuka tse dikgolo, Dikarata tsa Frieze, Diphousetara, Ditshate tsa go kwala le Dipapetlana tsa ditiro tsa DBE]

## Go bitsa medumopuo ka bongwe

Go bitsa medumopuo ka bongwe ke bokgoni jwa go fetolela lefoko go tswa mo go kwadiweng go ya go puo ka go dirisa ditirisano tsa kitso ya pele ya letshwao la modumo (tlhaka). Go bitsa medumopuo ka bongwe ke karolo e kgolo ya go ithuta go buisa. Tlhatlhamano e e tshegetsa go bitsa medumopuo ka bongwe le didiriswa tse di ka dirisediwang puiso e e tlhakanetsweng kgotsa e e ikemetseng (ka nosi), le *Bukanapuiso E Kgolo*, seseto sa matshwao a medumopuo le difolešekarata.

## Go tlhaloganya le tsibogo

Barutwana ba Kgato ya Motheo ba rotloediwe mo kagong ya bona ya puo ka go dirisa ditirwana tsa tekatlhaloganyo e bile di ngoka tsibogo. Se se thusa go aga dikgono tsa go akanya go go tseneletseng le go rarabolola mathata gape le go baakanyetsa barutwana dikgwetlho tsa go buisa setlhangwa se se raraaneng le go feta. Dipotso di tshwanetse go bodiwa ka nako ya go buisa Dibuka tse Ditona, Dikgoboko le *Bukanapuiso e Kgolo*. Difolešekarata le diphousetara le tsona di ka dirisetswa ditirwana tsa go tlhaloganya le go tsibogo.

**Go reetsa** puo e e dirisiwang ka nonofo go botlhokwa. Go tlamela barutwana ka saka se tlokotsang le go tokafatsa tlhagiso le kapodiso ya bona. Go ba ruta go akanya le go dirisa tshedimosetso fa ba ntse ba reeditse e bile ba aga megopolo tsa bona. Go na le tsona tsa go anela kgotsa go buisa dikgang tse mo thutong e mme o rotloediwa go dirisa didirisiwangwe tsa gago fa o bona di le maleba. Go buisetsa barutwana dikgang le go ba bona ditso ka ga se ba fetsang go se utlwa go thusa go tlhatlhoba dikgono tsa go tlhaloganya. Tsepe go buisa bokgoni jwa go dula ka tsepamo o reetsa se se buiwang ka tlhoafalo.

Ditirwana tsa go bua di neetswe maemo a a botlhokwa mo thutong e e tletla barutwana go utulola le go tlhagisa dikakanyo, dintlhakemo, le megopolo tsona go itshepa le ka tlhomamo. Di ba tlamela ka ditšhono tsa go akanya, lekola, tlokotlo go buisana ka dintlha tse di bontshang tlotlo ya dintlhakemo tsa ba bangwe le fa go sa reye gore ba tumelana le bona. Ditirwana di tshwanetse go thusa barutwana go aga tlhagiso e e thutshwane, tokafatsa tomagano le go tlhaka, katisa go beela nako e e tlang le go rerisana le ba bangwe, ka moo ba aga dikgono tse di ba matlafatsang go dira ka nonofo mo lefatsheng le tsa nako e e tlang. Difolešekerata le matshwao a medumopuo di ka dirisiwa jaaka didirisiwangwe di simololang ditirwana tsa go bua.

**Go buisa** ke sediriswa se se botlhokwa se se ithuta e bile ke mokgwa o ka ona kgolo le kago ya botshelo e ka fitlhelelwang. Mmuisi go o ne e bokgoni o ka fitlhelela, a boela kwa, a boeletsa le go lebelela gape tshedimosetso ka nako e kwadilwe. Go botlhokwa gore o godise lerato la go buisa mo barutwaneng. Go dirisa lenaane le mofuti mo thutong go thusa go tlaelelsa kago ya dikgono tsa go buisa.

Kgono e e botlhokwa mo go tlhaloganya e tsamaya mmogo le bokgoni jwa go buisa. Jaaka morutabana, o tlhokolele o tletle barutwana go ntsha bokao go tswa mo setlhangweng, go go tlaa ba kgontshane go tswela go tswa mo go tlhaloganyeng mofuta wa dipotso tse di bonolo tse di tlhamaletseng, o kwa go fitlheleleng go tlhaloganya go go tseneletseng ka tiriso ya bokao, dipotso tse di tlhatlhobana le tse di tlhamang le ka go sekaseka le go lokolola didirisiwa.

Ditirwana tsa go kwala di tlhagisetswa go thusa barutwana go tlhaeletsana dikakanyo ka kanelelelele, ngangisano le tlhaloso le ka dipegelo, tshobokanyo le go anela ka ditragalo le maitlhomamo. Go na le mofuta e mentsi ya dikgono tsa go kwala tse di tshwanetseng go agiwa. Bokgoni jwa go kwala dintlhana, manaane, ditaello le go kwala lekwalo la botsalano kgotsa makwalo a semmuso a mefutafuta le ona a botlhokwa. Dikgono tse di tshwanang le tse di a agiwa le go phatlhaladiwa go ralala *Thuto ya Setswana ya Tsaya Kgato*. Di tlhatlhoisiwa ka dithutiso tsa puo le thutapuo go dirisiwa madiri, maina, matlhaodi, makopanyi, jalojalo, go tokafatsa maitlhomamo ka kakaretso. Jaaka morutabana, o lokologe go katolosa mofuta mongwe wa go kwala o o bonang o tlhoka go gatelelelwa ka nako nngwe go arabela ditlhoko tsa barutwana ba gago. Ditšhate tsa mokwalo wa letsogo do ka dirisiwa jaaka sediriswa go thusa barutwana go katisa popego e e nepagetseng ya ditlhaka.



tlhoma mogopolo mo dikgonong tsa go bitsa medumopuo ka bongwe le go lemoga mafoko. Go na le tthatlhamano ya dibuka di le 8 mophato mongwe le mongwe tse di letlang morutabana go ruta le go bontsha ka tiragatso le/kgotsa go ruta diponagalo dingwe mo tirisong, go akaretsa: thulaganyo ya motlanyo go tloga kwa godimo go tla kwa tlase le go tloga kwa molemeng go ya kwa mojeng, gape le go ruta barutwana go ranola matshwao a puo.

Dibuka tse Ditona di rulagantswe sentle go bontsha diponagalo di tshwana le ditlhogo, ditlhogwana, dikai(ditshwantsho), ditlhogwana tsa dikai, manaane, jalojalo. Se se thusa barutwana go matlafatsa dikgono tsa bona tsa thutopuo, go akaretsa:

- Dikgono tsa go tlasela mafoko jaaka go kgopanya mafoko le go a kgaoganya mafoko ka
- Dikgono tsa go tlasela mafoko a maleele mo dipuong tsa mafoko a a tsepileng ka dikarolwana tse dintsi, go tshwana le go kgaoganya mafoko ka dinoko
- Dikgono tsa go tthaloganya jaaka go tshwantsha mo tthaloganyeng, go tloga bokao jwa lefoko, go sekaseka le go dira dikgolaganyo, jalojalo.

**Fonimi/Seseto sa Matshwao a medumopuo:** Fonimi/seseto sa matshwao a medumopuo ke sethusathuto se se bonwang se se dirisiwang mo Kgatong ya Maithe go thusa barutwana go tthaloganya kamano magareng ga medumopuo (difonimi) le matshwao a ona a a kwadilweng. Tthatlhamano ya Polatinamo e akaretsa seseto se se magareng sa tse bontshang tthatlhamano ya difonimi go bapa le matshwao a medumopuo a a nngwang le tsona ka tsela e e ngokang ya pono. Sekao, e ka bontsha tlhaka “b” ba modumopuo le setshwantsho sa sengwe se se simololang ka modumopuo /b/, jaaka “bana” se se thusa barutwana go dira kgolagano magareng ga puo e e buiwang le e e kwadiwang e bo se thusa mo kagong ya go buisa le go kwala. Seseto se tshwanetse go bontshiwa mo sethalang sentle mo phaposiborutelong gore se kgone go lebelelwa bonolo le go dirisiwa nako le nako. Go na gape le dikarata di le 25 mo pakeng nngwe le nngwe ka dikarata di 100 mo mophatong mongwe le mongwe go thusa ka difonimi.

**Diphousetara:** diphousetara ke ditshwao tse di botlhokwa mo barutabaneng. Go na le diphousetara di 8 tse di ka dirisiwang mo mophatong mongwe le mongwe:

- jaaka sediriswa sa go tsetsa go bua go tshegetsa go ruta le go ithuta
- mo ditlhophadi di tshwana ka merero e e farologaneng
- go lemoga le go buisa ka batho, diphologolo le dilo
- mo ditlhakane tse buisanang ka dipontsho tse di rileng
- go bontshapele se se tlaa diragalang mo nakong e e tlang.

**Ditšhate tsa mokwalo wa letsogo:** Ditšhate tsa mokwalo wa letsogo ke didiriswa tse di tshwaneng go tshegetsa kago ya dikgono tsa go kwala mo barutwaneng. Di tlamela ka tshwane se se tlhakileng, se se ka lebelelwang go bopa ditlhaka tsa ditlhakanye le ditlhakane le dipalo ka nepo. Tthatlhamano ya Polatinamo e na le ditšhate di le 4 tsa mokwalo wa letsogo wa puo e e rileng mo mophatong mongwe le mongwe.

**Difolesekarata:** Tthatlhamano e na le difolesekarata di le 200, mme ke didiriswa tsa botlhokwa mo barutabaneng go:

- Itsise tlotlofoko e ntšhwa
- Go bontsha kapodiso ka tiragatso
- Itsise dipuisano tsa megololo e mešwa
- Tshameka metshameko ka disete tse di fetsang nngwe tsa dikaratsa.

**Didiriswa tse dingwe: Dibukatiro Molagodimo tsa DBE** di ka tsenyelediwa ka nonofo mo dikarolwaneng tse di fa godimo go oketsa go ithuta. Sekao, morutabana a ka dirisa Dibukatiro Molagodimo jaaka tirwana e e tlang morafoga ga buisa bukanapuiso go matlafatsa tlotlofokokgolo le megopolomegolo. Ka go kopanya dikarolo tse dingwe le ditirwana tsa Dibukatiro Molagodimo, barutabana ba ka tlhama maitemogelo a go ithuta a a tletseng e bile a dirisega a a tsenyeletsa mefuta e e farologaneng ya go ithuta le go godisa go tlhaloganya dikgono tsa puo go go boteng.

## Temogo ya letshwao la tlhaka le letshwao la palo

Go tlhatlhoba bokgoni jwa barutwana jwa go lemoga ditlhaka, dipalo le go kopanya tsona, simolola ka ditirwana tse di bonolo di tshwana le **dipatlo tsa tlhaka kgotsa palo** tsa Sedi, barutwana baka batla ditlhaka le dipalo tse di fitlhilweng mo sethalong le tse di tlang ya botaki. Malea a go batla mafoko a a akaretsang ditshwantsho le ona a dirisega. Fa barutwana ba ntse ba nna le go itseha mo go lemogeng ditlhaka le dipalo, oketsa go tsona ga tsona le mo ditirong di tshwana le go lemoga o bo o siamisa diphoso le mafoko a peletso o o fosagetseng. Motshameko wa 'Ke a okomela' le ona o ka dirisediwa barutwana ba tshwane, moo ba peletang lefoko le le feletseng ba bo ba tlamela ka tlhaloso kgotsa tirwana lo mo polelong. [setshwantsho]

## Dithutiso tsa Fonetiki

Ditirwana tsa fonetiki di thusa barutwana go tlhama tsona botalano magareng ga ditlhaka le medumopuo. Go ikatisa go bitsa medumo ya ditlhaka le mafoko ba dirisa didiriswa tse di tshwana le ditlhaka tse di segolotsweng, difolešekarata, le diphousetara. Ditirwana tsa fonetiki di ka dirwa ka nosi, ka sebedi, kgotsa ka ditlhopho, barutwana ba tsholwa ba dira sengwe ka go ithuta go go nang le metshameko e e farologaneng.

## Fonetiki ka bone (bono)

Tirwana e e eteletsweng pele ke molekane e, e akaretsa ditlhopho tse barutwana ba le bararo kgotsa ba le nne. Setlhopho tse tsewe le sengwe se na le difolešekarata tsa mafoko. Morutwana a le mongwe o tsholetsa tse tsewe, mme yo mongwe o bitsa modumo wa ditlhaka go buisaetsa lefoko kwa godimo. Ba barutwana ba tletseng mo setlhopheng ba kwala lefoko leo mo dibukeng tsa bona tsa thutiso. Se se re bopetsa go buisa le go kwala fa ba ntse ba dirammogo. [setshwantsho]

## Tlhatlhano ya ditlhaka

Mo tirwana e e eteletsweng pele ke morutabana kgotsa molekane e, barutwana ba dirisa tlhaka tse di segolotsweng kgotsa dibopego go bopa medumo e e rileng. Sekao, go tlhama modumo "tlh" barutwana ba kopanya ditlhaka di tshwana le 't', 'l', 'h'. morago ga go bopa modumopuo, ba ka peleta mafoko a tshwana na le "tlhola", "tlhama", ba dirisa modumopuo o o tshwanang. Mo menogong ya botlhami, barutwana baka thala dilo tse ba kwadileng ka ga tsona, go kopanya fonetiki le botaki.

## Mefuta ya ditirwana tsa go buisa

Ditirwana tsa go bua di bopilwe ka ditogamaano tse tlhano:

1. Temogo ya kgatiso ya tikologo: e rotlwetsa barutwana go lemoga dikgatiso tse di ba dikologileng. Seseto sa matshwao a medumopuo le diphousetara di tshwanetse go bontshiwa mme barutwana ba tshwanetse go rotloetsega go lemoga dikgatiso tse di ba dikologileng kwa magaeng a bona sekao dipapatso, diphousetara le dimakasine.
2. Go buisa go go tlhakanetsweng go tshwanetse ga nna tirwana ya phaposi yotlhe ka dirisa Dikgoboko le Dibuka tse Ditona mmogo le didiriswa dingwe le dingwetse di malea tse di fitlheletsweng ke morutabana. Latela ditaello tse di mo Dibukeng tse Ditona go rotlwetsa barutwana go buisa dikgang le go araba dipotso tsa tlhaloganyo ka ga teng. Go araba dipotso tsa tlhaloganyo go ka dirisiwa jaaka karolo ya thathlho e e setlhogo. Go na le dikungwele tse dintsi tsa go buisa go go tlhakanetsweng. Tse ditlhogeng tse di botlhokwa thata:
  - Barutwana ba bontshiwa puo e e dirisitsweng mo dibukeng. Se se tshokwa go fetisa mo go ithuteng Puotlaleletso ya Ntlha ka barutwana ba tlhologanyo ya Setswana se dirisiwa mo seemong sa tlhologo gore ba tle ba ikagele bokao jwa tse dirisa.
  - Go buisa go go tlhakanetsweng go aga dikgona ka barutwana tsa Setswana le tlotlofoko ya bona.
  - Ka go buisediwa dikgang, barutwana ba a kitso ya bona ya ka foo dibuka le dikgang di dirang ka teng. Sekao, ba ithuta gore dibuka ka gale di nale le setlhogo, ka gale di buisiwa pele go tswa mo tsebeng e e nngwe, le go tswa kwa godimo go ya kwa tlase mo tsebeng e nngwe le e nngwe.
  - Fa o ntse o buisetsa barutwana ka gape o ba direla sekai sa gore ba buise jang sentle. Sekao, o ba direla sekai sa go buisa ka go tlhagisa bokao le gore ba kgaotse leng.

Buka kgotsa didiriswa di le dintsi tsa go buisa go go tlhakanetsweng di tshwanetse go dirisiwa le barutwana go feta makgetho a bona gore ba tle ba tlwaele setlhangwa.

### Karolo 1

- Itsise buka mo barutwaneng. Dirisa dipuo tsa ba bangwe, fa go kgonega.
- Buang ka go setse go le setshwantsho se se mo letlharekapesong.
- Buisetsa barutwana setlhogo. Ba tlhalosetse bokao jwa sona fa go tlhokega.
- Fa o tse o tse dikgang le fa o setse o buisitse, botsa dipotso tse di rotloetsang barutwana go tlhologanyo dikgang le go e nyalanya le matshelo a bona. Sekao: “Zinzi o ya mabentleleng mo magwe le rraagwe. O tle o ye mabentleleng? Ke mang a tsamayang le wena go ya mabentleleng?” Kwa tshimologong ya ngwaga, o ka dirisa dipuo tse barutwana ba di buang kwa magaeng a bona go botsa dipotso tse o bo o ba letle go araba ka dipuo tsa bona. O ka dira se fela o nne o ba rotloetse go bua Setswana le wena o dirise Setswana fa ngwaga o ntse o tswelletse.

### Karolo 2

- Buisa kgang gape o dirisa Setswana fela.
- Fa o ntse o dira se, tlhola gore a barutwana ba a tlhaloganya ka go ba botsa dipotso tse di bonolo. Sekao: “O iphitlhile kae?”

- Tlhoma megopolo ya barutwana mo mafoko a a rileng mo setlhangweng, segolobogolo fa mafoko ao a tlhagelela mo bukanapuisong e e latelang, e barutwana ba tlileng go ithuta go e buisa.
  - Rotloetsa barutwana go buisa dikarolo dingwe tsa kgang le wena, fa go kgonega. Ditemana tse di boelediwang di ka dirisediwa kgato e. sekao, “Ke bona, ke bue, ke be ke bitse go fitlha ba tla.”
3. **Go buisa go go kaelwang ga setlhopha** ke tirwana ya setlhopha se sennye e mogo uona morutabana a dirang le setlhopha se sennye a reeditse puisetsogodimo ya bona. Barutwana go go kaelwang ga setlhopha go tshwanetse ga nna ga maemo a a kwa tlase ga eta didiriwa tse di dirisediwang go buisa go go Tlhakanetsweng. Dibukanapuiso tse di no tshwanetsweng mophato di ka dirisediwa se, fa ba ntse ba tswetse ka mafoko le fonetiki tse tshwanetseng go e rutiwa paka nngwe le nngwe.

Go baakanyetsa katlego ya Go buisa go go kaelwang ga setlhopha

- Kgaoganya barutwana ka ditlhopha kwa tshimologong ya Paka 1. (Go fitlhelela tshedimosetso e ntsi, lebelela mokgwa wa go kgaoganya barutwana ka ditlhopha tsa go go buisa.
  - Baya barutwana ka ditlhopha mo tafoleng kgotsa ka sheshekeletsa mo fatshe.
  - Netefatsa morutwana mongwe le mongwe o na le bukanapuiso kgotsa go na le Bukanaapuiso magareng ga barutwana ba babedi.
  - Dula mo setulong se se kwa tlasenyane tse o nne mo selekanyong sa barutwana.
  - Letlelela barutwana nako ya go batla le go batla dipotso ka ga kgang.
  - Go buisa go go kaelwang ga setlhopha tshwanetse go direga letsatsi le letsatsi mme e tshwanetse go tsaya sebaka sa letsatsi le 15. O tshwanetse go dira le setlhopha se se farologaneng letsatsi le letsatsi.
  - Ditlhopha tse di sa buiseni le sebedi di ka dira puiso ya sebedi kgotsa ka nosi, kgotsa ditirwana tsa morago ga puiso jaaka go feleletsa matlharetiro go tswa go dibukatiro tsa Molagodimo tsa DBE. Morutabana a ka tlhola, pele ga nako, a ba a tsaya tshwetso ya gore o dirisa tirwana tse tswa mo dibukatirong tsa DBE a ba a e baakanya pele ga go buisa go go kaelwang ga setlhopha go ka simolola.
4. **Go buisa ka sebedi** barutwana ba ka dira mmogo ba dirisa Dibukanapuiso tse di tlhophetsweng mophato tse di dirisitsweng mo karolong ya go buisa go go kaelwang ga setlhopha ba dirise difolešekarata.

Go baakanyetsa go buisa ka sebedi go go atlegileng

- Tlhalosetse tshimologong ya Paka 1, tlhalosetsa barutwana se o batlang ba se dira ka nako ya go buisa ka sebedi. Gongwe o ka tlhoka go boeletsa se makgetlhonyana go fitlha barutwana ba tlwaela se se solofetsweng mo go bona ka nako ya go buisa ka sebedi.
- Go le gantsi o beye barutwana ka sebedi mme ka dinako dingwe o ba letlelele go itlhophela balekane.
- Dibedi tsa bokgoni jo bo tlhakaneng di dira sentle gonne babuisi ba ba nonofileng ba ka thusa babuisi ba ba bokoa. Dibedi tsa bokgoni jo bo tshwanang le tsona di dira sentle mo babuising ba ba nonofileng gonne ba ka thusana.
- Tila go bopa sebedi ka babuisi ba ba bokoa mmogo.
- Netefatsa gore barutwana ba dula ba bapile fa ba buisa. Ba ka tlhakanela buka, kgotsa bobedi bo nne le buka e e tshwanang.

5. **Go buisa ka nosi:** barutwana ba ka dirisa dibukana puiso tse di tlhophetsweng mophato le sediriswa sengwe le sengwe sa go buisetsa monate.

Go baakanyetsa go buisa ka nosi go go atlegileng

- Tlhama tulo e e kgethegileng mo phaposi borutelong moo barutwana ba ka itumelelang go buisa ka bobona.
- Netefatsa gore o na le dibuka tsa dikgang le dibuka tsa tshedimosetso tse di ka naganang barutwana go di tlhophisa.
- Baya dibuka moo barutwana ba ka di fithelelang teng bonolo mo dišelofong kgotsa mo dibokosong.
- Rotloetsa barutwana go buisa fa ba feditse tiro ya bona mo phaposing.

## Tshegetso ya Tlaleletso

O ka fithelela dikakanyo tse dintsi ka ditirwana tsa puo, mopeletso ya arabela, le fonetiki mo mafaratlhatlheng kgotsa mo ditlhopheng tsa balekane ba barutwana ba ba dirang mo diemong tse di tshwanang ba ka tlabana botlhale ka didiriswa tse di tšhophileng le ka dikgwetlho tse di tlwaelegileng tse barutwana ba ka naganang ka tsona go magaisa ditirwana tse tse di itumedisang go ka thusa go tlhama motheo o o tiileng wa lempuo ya barutwana ba gago.

## Ditirwana tsa dipharologanyo

Ditirwana tsa dipharologanyo di tlamelela tšhegetso go barutwana ba ba tlhokang thuso le tiro e e fetang go barutwana ba ba kgonang. Go tšhegetsa le ditirwana tse di fithelwang mo dibukatirong tsa DBE tse e leng tsa Puogae le Puotlaleletso go mephatong yotlhe.

## Tiro ya bosiamisi

Tiro ya bosiamisi ya Setswana nna e e tšhegetsa le Puotlaleletso ya Ntsha mo Kgatong ya Motheo e tshwanetse go nna e e tšhegetsa go dirwa le go arabela dikarolo tse barutwana ba kgaratlhang mo go tsona. Ditshikinyo tšhegetsa tse:

- Fonetiki le tšhophiso ya mafoko: dirisa difolešekarata, diphousetara le seseto sa mafokopono a a tlwaelegileng le a tšhophiso tsa fonetiki. Tlhama lebota la mafoko mo phaposisiborutelong moo barutwana ba tšhegang mafoko a mašwa a ba a ithutang.
- Metshameko ya medumopuo: Tshamekang metshameko e e tobileng medumo ya ditlhaka, ka kakaretso “Ke tšhokomela” ka metshameko ya medumopuo kgotsa mafoko a a rumang.
- Tšhophiso ya motlofoko: Tlhama thanodi ya ditshwantsho e e nang le dikai le maina a dikarolwana tse di tshwantsho. Rotloetsa barutwana go itirela dithalo le mafoko a mašwa a dikarolwana tsa tsona.
- Go anela kgang le go e boeletsa: Dirisa dibuka tse ditona go buisetsa dikgang kwa godimo mme o nte barutwana ba di anele gaape ka mafoko a bona. Se se thusa ka go tlhaloganya le tiroso ya tlotlofoko.
- Go buisetsa go tlhaloganya: dirisa dinako tsa go buisa go go kaelwang go dira ka ditlhopha tse dinnye le go buisa mmogo dibukanapuiso tse di lekanyeditsweng. Botsa dipotso ka ga setlhangwa go tlhola gore a ba a tlhaloganya o bo o rotloetsa dipuisano.

- Go rulaganya kgang ka tatelano: tlamela ka ditshwantsho kgotsa dipolelo go tswa mo kgangnyeng o bo o re barutwana ba di rulaganye go ya ka tatelano go nonotsha go tlhaloganya ga bona.
- Dikgono tsa go kwala: Tlamela ka dikwarolwana tse di simololang dipolelo go thusa barutwana go simolola go kwala dipolelo. Sekao, “Ke bona ” kgotsa “Phologolo e ke e ratang ke .”
- Bontsha o bo o bolela: Nna le dinako tse di tlhomameng tsa go bontsha le go bolela moo barutwana ba ka tlisang dilwana ba bo ba di thalosa. Tiragatso e e thusa ka tlhalela le kago ya polelo.
- Botsayakarolo: Tsenya barutwana mo ditirwaneng tsa batsayakarolo moo ba ka ikhathang go bua le go reetsa mo dipontshong tse di farologaneng.
- Metshameko ya mopeleto: Dirisa metshameko e tshwana le ‘Agang’ ditlhogo go dira gore katiso ya mopeleto e itumedise. Tsenyeletsa mafoko a ba a ithutane mo dikong eo.
- Katiso ya go bopa ditlhaka: Tlamela ka matlharekatiso a barutwana ba a gatisang le go kwala ditlhaka le mafoko a a bonolo go tokafatsa dikgono tsa bona tsa go kwala ka letsogo.
- Ditirwana tsa theetso: Tshamekang metsameko ya go reetsa mo barutwana ba salang morago dikaelo tsa molomo kgotsa ba reetsa dikgangkhutshweng bo ba araba dipotso ka ga tsona.
- Metshameko ya taelo: Dirisa metshameko e e akaretsa ditaelo tse di latelang, “Simone a re,” go nonotsha dikgono tsa go tlhaloganya.
- Dinako tsa go buisa ka nosi: rulaganya puo ya mongwe-ka-mongwe go tota dikgwetlho tse di dirileng tse barutwana ba ka tswang tse nne tsona.
- Matlharetiro: Tlhama matlharetiro mo bobang dikarolwana tse barutwana ba tlhokang nako e e okeditsweng mo go tsona.
- Didiriswa tsa mafaratlhatlha le Metsameko ya Tutho: Dirisa didiriswa tsa mafaratlhatlha le metsameko ya tutho tse di tshwana le dingwaga tsa barutwana e bile di totile dikgono tsa puo ya Setswana.

## Tiro ya katoloso

Katoloso ya tiro ya barutwana Puogae le Puotlaleletso ya Ntlha mo Kgatong ya Motheo e tshwanetse go tlhoma mo popolo mo go godiseng go tlhaloganya ga barutwana le go atolosa dikgono tsa bona fa bantse ba tlhokometse gore ditirwana di a diriwa e bile di maleba. Tse di latelang ke tse dikakanyo tsa ditirwana tsa katoloso:

- Mafoko a lelapa: Itsise mafoko a lelapa (sekao, -enya, -anya) mme barutwana ba tlhame le go kwala mafoko a mašwa mo lelapeng lengwele lengwe.
- Mafoko a mopeleto: Tlhama sefapaano sa mafoko kgotsa malea a mafoko a a totileng dikaelo tse di raraaneng tsa mopeleto kgotsa tlotlofoko.
- Manaane a tlotlofoko ya merero: Itsise tlotlofoko ya merero e e nyalanang le ditlhogo tse di kgatlhisang (sekao, diphologolo, dijo, ditlha). Dira gore barutwana ba dirise mafoko a mo dipolelong kgotsa mo dikgangkhutshweng.
- Dijenale tsa tlotlofoko: Rotloetsa barutwana go nna le dijenale tsa tlotlofoko moo ba kwalang mafoko a mašwa, bokao jwa ona, ba bo ba a dirise mo dipolelong.
- Tshakatsheko ya baanelwa le poloto: Morago ga go buisa kgang, buisanang ka baanelwabagolo le poloto. Kopa barutwana go thalosa baanelwa, dintlha tsa dimelo tsa bona, le tatelano ya ditiragalo.

- Dikgang tse di nang le dipontsho: Kopanya go kwala le go thala ka go dira gore barutwana ba tlhame dikgang tse di nang le dipontsho. Se se ba thusa go rulaganya le go baakanya dikakanyo pele ba kwala.
- Ditirwana: buisetsa kwa godimo dikgang kgotsa ditemana tse ditelele le tse di raraaneng go feta. Botsa dipotso tse di tlhokang dikarabo tse di nang le dintlha tse dintsi go tlatlhuba go tlhaloganya.
- Buka ya phaposiborutelo ya botlhami: A barutwana ba dire mmogo go kwala le go dira dipontsho tsa buka ya phaposi. Morutwana mongwe le mongwe a ka ntsha dipontsho tse di bonolo di le mmalwa, mme buka e ka kopanngwa ya ba ya arogangwa le ba bangwe.
- Mafaratlhatlha a thuto: Dirisa mafaratlhatlha a thuto a a abelanang ka ntshame tse ditirwana tsa puo tse di tseletseng pele. Bontsi jwa mafaratlhatlha bo tse ka dikatselana, tse di nang le beng, tsa go ithuta tse di ageletsweng mo tseweelong ya barutwana.

## Ditlathobho tsa ka bonako tsa barutwana ba bokgoni jo farologaneng

Fa barutwana ba tsewela go ralala Mephato R-3, go tlwaelo go moga bokgoni jo bogolo go farologaneng le mekgwa ya go ithuta mo phaposiborutelong. Fa barutwana ba bantsi ba aga dikgono tsa bona lebelo le le farologaneng, ba bangwe ba ntsha matshwao a ba ba tshelang ka bogole mo go ithuteng kgotsa mo mmeleng a a le amang tsewelelo ya bona ya thuto. Temogo ya go sa le gale ya dikgwetlho tse di botlhokwa thata go tsewelelo e e mo nakong e ka tlamela tshagetso e barutwana ba e tlhokang go atlega.

## Leeto lwa ga Leah

Leah e ne e le morutwana yo o boikhotso o akanyang wa Mophato 2, a tletse ka go batla go itse le botlhami. O ne a rata go thala le go tshela ka diatla tsa gagwe, go le gantsi a nwelelela mo tirong ya botaki sebaka sa ditlhatlho. Leeto o ne a kgaratlha mo dikarolong tse dintsi kwa sekolong, le fa a ne a ntse na le ditlhatlho tse di bonalang. O ne a sa kgone go tlhoma mogopolo ka nako ya dithuto, segolobogole fa o ne o dumo kgotsa go dirwa ka thata mo phaposiborutelong. Go le gantsi o ne a fekeletse ke o tsetego tsa tlwaelo tse di neng di dirwa, jaaka go fetolwa ga barutabana kgotsa mo nakanyo e ntshwa ya go dula, gape o ne a etseetsega thata fa a kopiwa go tsaya karolo mo ditirwanelong tsa setlhopha.

Morutabana wa nna e le moga gore Leah o rata go dira a le mongwe e bile ka dinako tsa boikhotso o ne a shameka sewelo le barutwana-ka-ena. Ka dinako dingwe o ne a bonala a tlhatlha mo go kgotsa a tsielega fa a tshwanelwa ke go sala morago ditaelo tsa molomo, le fa ditaelo tsa boikhotso di diwa. Le fa Leah a ne a dira ka manontlhotlho mo ditirong tsa botlhami, o ne a nna le mmele o tshwanelwa ke go tlhalosa dikakanyo tsa gagwe ka nako ya dipuisano tsa mo phaposing e bile o tla go lebaganya matlho le ba bangwe, se se dira gore go nne thata gore barutabana ba rerisane le ena.

Fa ngwaga wa dithuto o ntse o tsewetse, motlhokomedi le morutabana wa ga Leah ba simolola go tshwenyega thata. Fa tiragatso ya gagwe mo dirutweng tsa botaki e nonofile, dikgaratlho tsa gagwe mo tlhaletsanong, dikamano tsa loago, le go dira ka mokwalo wa tsa go bega tsa lemosega go feta. Motlhokomedi wa gagwe a tshwenngwa ke gore goreng go le thata mo go Leah go tshwarelela dilo tse di lebegang di le bonolo mo baneng ba bangwe ba bogolo jwa gagwe.

Morago ga dikopano di le mmalwa le barutabana ba gagwe, Leah a romelwa go ya go tlhatlhabiwa. Ke ka nako ya lenaneo le mo Leah le ba lelapa la gagwe ba neng ba lemoga gore o na le bokoa bo bo amanang le kago ya tlhaloganyo bo bo didiawang *autism spectrum disorder (ASD)*. Leah o na le dingwaga a ntse a mekamekane le mathata a a amanang le boboi ba go bega ga ditemosi, tlhaeletsano, le tirisano le loago a sa itse gore goreng.

Ka tlhaloganyo e ntšhwa e e fitlheletsweng, morutaba wa ga Leah le mothokomedi wa gage ba dira mmogo go mo tthamela tikologo e e nang le tšhegetso e ntsi. Mo phaposiborutelong, morutabana wa gagwe a dirisa didiriswa tsa pono go mo thusa go laola diphetogo tse di tlwaelegile tsa tlhamela ka sebaka moo a ka yang teng fa a ikutlwa gore o fekeetsegile. Leah o ne a siwa gape nako e e okeditsweng go akanya ka ditaello tsa molomo gape a letleletse go dirisa tlhopho tse dinnye kgotsa ka nosi fa go tlhokela.

Go tlhaloganya seemo sa ga Leah, ga go a thusa ena fela mme go matla a ditlhatlhabana wa gagwe go rulaganya tšhegetso e e maleba ka tsela e e ungwetseng ba boni jwa gagwe. Mo tsamaong ya nako, Leah a nna le go itshepha mo phaposing. A ithuta ka gamaano tsa go samagana le dikgwetho tsa ditemosi tsa go bega a ba a simolola go ikutlwa a ritibetse mo maemong a loago. Ka tšhegetso e e tshwanetseng, Leah a kgona go tšelaapele, a netefatsa gore go lemogiwa ga bokoa ga se sekgoreletsi sa katlego, mme le go tlolele se se lotlololang didiriswa tse di maleba tsa kgolo.

Kgang e e tthagisa botlhokwa ba go lemoga matshano a bokoa a autism go sale gale mmogo le makoa kgotsa bogole jo bongwe, go letlelela ditšhegetso tse di maleba tse di tlaa thusang barutwana ba ba tshwanang le Leah go fenyakga tlho le go fitlhelela bokgoni jwa bona jo bo tletseng.

Mananeo 2, 3 le 4 a na le manaane a a tšheng **makoa a go ithuta, makoa a kagego ya methapo, le makoa bogole mo maeleng** a a ka amang barutwana mo thutong.

*Lenaneo 2: Makoa a go ithuta*

Bokoa	Ditlhaloso
Dyslexia	Bokoa ba go ithuta bo bo amang go buisa, mopeleto, le temogo ya lefoko.
Dysgraphia	Bokoa bo bo amang go kwala, go akaretsa mokwalo wa letsogo, mopeleto, le go rulaganyetsa dikakanyo mo pampiring.
Dyscalculia	Bokoa ba go ithuta bo bo amang go ntsha mabaka a mathematekisi le go tlhaloganya dipalo.
Bokoa ba go akanya se se buiwang (APD)	Bothata ba go akanya le go dirisa tshedimosetso e e buiwang, bogolosegolo mo tikologong e e modumo.
Bokoa ba go akanya ka ditshwantsho	Bokoa bo boboko bo nang le bothata ba go ranola tshedimosetso ya dintshwantsho, e e amang go buisa le go kwala.
Bokoa ba go ithuta ntle le puo (NVLD)	E tllaolwa ka bothata ba go ranola dikaelo tsa ntle le puo jaaka ditlhaloso tsa sefatlhego kgotsa puo ya mmele mme gantsi bo tsamaya le dikgwetho mo dikgonong tsa dipalo le methapo e e rongwang.
Bokoa ba go ithuta go go kgethegileng (SLD)	Setlhopha se se tsenyeletsang bothata ba go buisa (dyslexia), go kwala (dysgraphia), le di mathematekisi (dyscalculia).

Lenaneo 3: Makoa a kagego ya methapo

Bokoa	Tlhaloso
Autism Spectrum Disorder (ASD)	Bokoa bo kagego ya methapo a a amang tlhaeletsano, tirisano ya loago, le maitsholo. A ka kgoreletsa ditikologo tsa go ithuta, bogolosegolo diitsiboso tsa loago le tlhaeletsano.
Bokoa ba tlhalelo ya tlhokomelo le mafolofolo a a fetang tekano (ADHD)	Bokoa bo bo lemogiwa ka bothata mo go tlhomeng mogopolo, go laoleng diitsiboso, le mo go nneng o rulagane.
Bokoa ba kago ya nyalanyo (DCD) (Dyspraxia)	Bokoa bo bo amang nyalanyo ya tsamao ya methapo, dirang gore go nne thata mo barutwaneng go dira ditiro tse tlhokomeleng bokgoni jwa tsamao ya methapo, jaaka go kwala.
Makoa a go tlhagisa puo le Puo	Makoa a, a ama bokgoni jwa motho jwa go tlhagisa puo. A akaretsa bokoa jwa go itlhalosa ka puo (bothata ba go tlhagisa dikakanyo) le bokoa jwa go amogela puo (bothata jwa go tlhagisa puo e e buiwang kgotsa e e kwadiwang).

Lenaneo 5: Makoa a bogole mo mmeleng

Bokoa	Tlhaloso
Cerebral Palsy	Setlhopha sa makoa a amang motsamao, go tia ga mesifa, le nyalanyo, ka ntle a tse kwa bothateng jwa tsamao ya methapo, go itsetsepela le go tlhagisa puo.
Muscular Dystrophy	Bokoa bo bo tlanwang ka tsalo jo bo bakang bokoa jwa mesifa, bokgoni jwa go tsamao le go dira ga mmele mo phaposiborutelong.
Spina Bifida	Bokoa bo tlhologileng kwa tsalong moo mokokotlo o sa bopegeng ka ntle, ka gale bo isa kwa dikgwethlong tsa go tsamaya le bothata ba tlhaganyo mo maemong a mangwe.
Mototwane (Epilepsy)	Bokoa ba methapo ya kutlo bo bo bakang mototwane o o ipoeletsang, bo bo ka bakang kgoreletso ya go tlhoma mogopolo le go ithuta.
Kutlo e e koafetseng (Hearing impairment)	Go latlhegelwa ke kutlo ka bontlhabongwe kgotsa gotlhelele go ka ama bokgoni jwa morutwana jwa go utlwa tshedimosetso e e buiwang mo phaposing.
Pono e e koafetseng (Visual impairment)	Bothata ba go bona, jo bo ka amang go buisa, go kwala le go tsaya karolo mo ditirwaneng tsa go ithuta tse di ikaegileng ka pono.
Tshutisego e e koafetseng (Mobility impairments)	Diemo tse di amang go tsamaya, jaaka go latlhegelwa ke tokololo, kgobalo, kgotsa maemo a tshwana le ramatiki, a a ka dirang gore ditirwana tsa mmele kgotsa ditiro dingwe tsa phaposiborutelo di nne kgwethlo.
Bolwetse bo bo sa foleng (Chronic illness)	Diemo di tshwana le bolwetse jwa khupelo (asema) di ka isa kwa go sa nneng tseng mo sekolong nako le nako kgotsa go batla dikamogelo tse di netefatsang gore barutwana ba tsaya karolo ka botlalo mo ditirwaneng tsa phaposiborutelo.

Manaanenetefatso a a kwa morago mo Kaeding e ya Morutabana ke didiriswa tse di go thusang go lemoga kgonego ya mathata a go ithuta mo barutwaneng. A abelana ka ditsela tse di dirisegang tsa go lekola botsayakarolo mo phaposiborutelong le go bona matshwao a a ka supang go tlhokega ga tlhatlhubo ya seporofesenele. **Manaanenetefatso a ga a dirisetswe go senola malwetse e bile a se ka a dirisediwa go naya barutwana matshwao mangwe.**

A dirise jaaka kaedi ya go lemoga le go sekaseka tshwenyego nngwe le nngwe ka tlhokomelo fa go buisanwa ka ona le batsadi kgotsa batlhokomedi. Kaedi e e tshegetsa go tlhama tiko e e akaretsang le kemonokeng moo morutwana mongwe le mongwe a ka tswelelang pele.

## Molebo wa kgodiso/phatlhoso

Tiori ya phapaano ke molebo wa kgodiso/phatlhoso o o totileng gore barutwana ba motlhomisa le go tlhaloganya jang diponagalo tsa mogopolo ka go itemogela **diphapaano** mo go se se ntseng se rutiwa. Kakanyokgolo ke gore barutwana ba tshware mogopolo ka botlalo go bontshiwa dikao tse dintsi le dintlha tse di tlhagisang dipharologano le dintlhatshwano serutweng se se rileng.

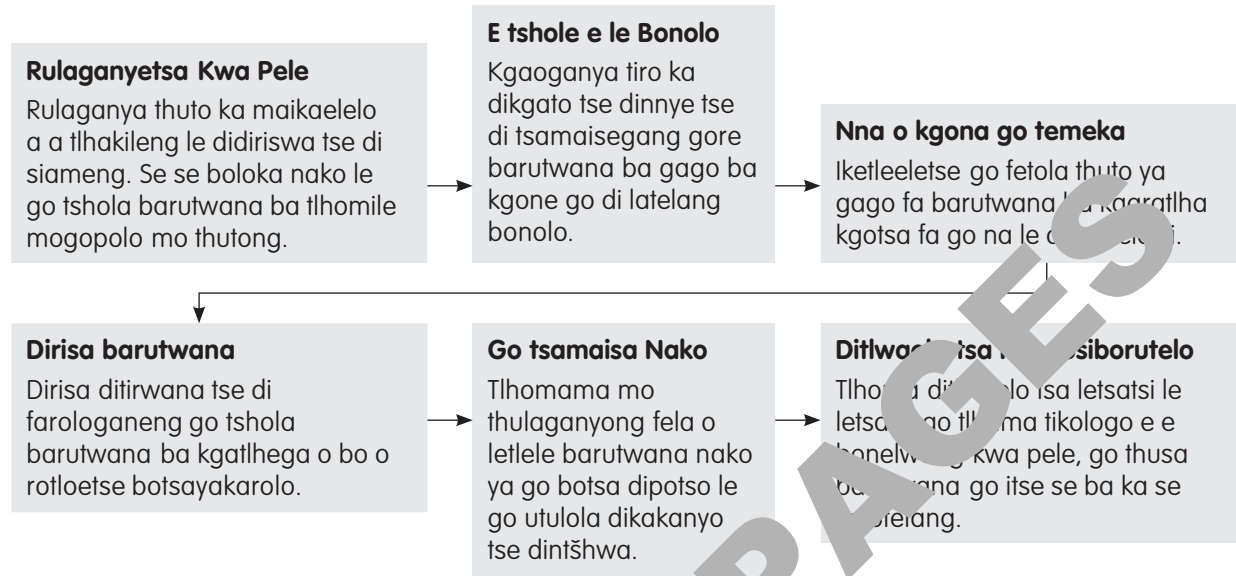
Kakanyo ya motheo ya **Tiori ya phapaano** ke gore barutwana ba tuta botoka fa ba bona dipharologano le dintlhatshwano mo se se ntseng se rutiwa. E tshwara gore barutwana ga ba kgone go tlhaloganya sengwe ka botlalo ntle le gore ba se se ka ditsela kgotsa maemo a a farologaneng. Ka go bontsha mmogo se mogopolo leng sona le se o seng sona, barutwana ba ka tlhoma mogopolo mo go se se leng botlhokwa the.

Ka tsela e e bonolo re ka re, **go ithuta mogopolo se se, ithute tlhoko ya go bona se se fetogang le se se sa fetogeng**. Se se ba thusa go lemoga dikarolo tse di botlhokwa tsa kakanyo. Jaaka barutabana, re ka thusa ka go bontsha dikao tse di farologaneng tse di tlhagisang dipharologano tse, go nolofaetsa barutwana tlhaloganya ka tsenelelo.

Diponagalokgolo tsa tiori ya phapaano o ruteng le mo go ithuteng di akaretsa:

- 1. Toba Diponagalo tsa Tsenetseng:** Morutabana o lemoga dintlhaponagalo tsa botlhokwa tsa mogopolo ka go tlhagisa diphapaano tse di gatelelang diponagalo tseo.
- 2. Diphapaano ka Dikao:** Morutabana o dirisa dikaelo tse di farologaneng go thusa barutwana go bona se se fapaanang le se se salang se tlhomame. Dikaelo tse di akaretsa:
  - ✓ **Pharologano/Kganetso:** E tlhagisa dikao tse di ganetsang go totobatsa dipharologano.
  - ✓ **Phapanyo:** Go bontsha diphapaano mo mogopolong gore ba tshwarelele tirisong e e tshwariwang.
  - ✓ **Phapanganyo:** Go tlhagisa ponagalo nngwe le nngwe ka go e tlhaola go tota botlhokwa jwa mogopolo.
  - ✓ **Phapano:** Go koapanya diponagalokgolo go bona gore di dirisana jang mo mogopolong.
- 3. Tlhotlhomiso:** Ka go itemogela dikao tse di farologaneng, barutwana ba ka tlhotlhomisa gore ke diponafalo dife tse di botlhokwa e bile di aga go tlhaloganya mogopolo go go tseneletseng.

## Tsamaiso e e nonofileng ya thuto



## Boitekanelo ba Morutabana

Borutabana ke boithutedi jo bo nang le kgatelelo e kwa godimo ya maikutlo mo baruteging ba bantsi. Ga e se fela boithutedi jo bo batlang se se nnete, ka dikgwetlho tse dintsi, gape e ka tlhagisa dikotsi tse dintsi ka maemo a akwa godimo tshenyoga dintwa mo nageng. Ka ntlha ya se, go botlhokwa thata gore o nne le ditsamaiso tsa go tlhokomela, fokotsa kgatelelo o bo o akanye ya maitemogelo le tshwenyego ya tsona.

### Go tshwenyegela le go akanya

Tsaya metsotswana e le mmalwa go tshela letsatsi lengwe le lengwe o ikatisa go akanya. Dikatiso tsa go hema le go ribatsa dikakanyo tsa thuto go fokotsa kgatelelo ya tlhaloganyo. Didiriswa tsa go akanya tse di sa duelelweng di fitlha mo mafaratlhatlheng e bile di ka dirwa mo phaphosiborutelong ya gago ka nako ya go didimela tse.

### Aga ditlhopha tsa kenelano keng

Ikgolaganyo ka nako o tlhame setlhopha sa barutabana-mmogo-ka-wena go emana nokeng le go ithuta. Go aroganya maitemogelo le ba bangwe go ka go thusa go laola dikgwetlho tsa go ruta ga ba ga go tshela dikakanyo tse dišwa.

### Mokgwa o Botshelo o o ltekanetseng

Boloka lenaneonjo le le lekalekanang, tshola mmele wa gago o le matlhagatlhaga, o bo o tlhokomele lentswe la gago. Ditlwaetso tse di bonolo tsa letsatsi le letsatsi jaaka go nwa metsi, go ja dijo tse di nang le dikotla, le go ikatisa mmele nako le nako go tlaa tshola maatla a gago a le kwa godimo go bo go direletsa boitekanelo jwa gago.

### Boitekanelo jwa tlhaloganyo le maikutlo

Go ruta bana ba banyane ba ba sa sireletsegang go ka utlwalela maikutlo thata. Go botlhokwa go nna le lefelo le le babalesegileng kgotsa tselontle kwa o ka buang ka ga maikarabelo a gago le go akanya ka morwalo wa tlhaloganyo wa tiro ya gago.

**Go dirisa botlhami le ditiragatso tsa go bega mo go ithuteng** Go tsenyeletsa ditirwana tsa botlhami mo ditlwaelong tsa letsatsi le letsatsi tsa phaposiborutelo go ka tsenya barutwana mo tirong le go godisa tsela e ba bonang tikologo ya go ithuta ka yona. Sekao, kopelo, e dirisiwa lefatshe lotlhe go tlhama tikologo e e siameng e eamogelesegang, go laola maikutlo, le go emanokeng kago ya dithuto. Dipatlisiso di bontsha gore kopelo e thusa go dira ga boboko, tthagiso ya puo, le go boloka thuto. Go dirisa kopelo go netefatsa gore ga o ame barutwana ka tsela e e sa amogeleseng ka makoa a go bega kgotsa gobua ka go akaretsa barutwana mo tlhophong ya kopelo gore e tle e nne maitemogelo a a akaretsang.

Motsamao, go opela, le kopelo ya poapoeletso go ka rotloetsa barutwana le go thusa go boloka thuto ka tiriso ya tirwana ya poeletso, morumo, le ka tiragatso ya mmele. Ditirwana tsa di ketsa tsa dipharologanyo mo ditlwaelong e bile di dira gore go ithuta go nne monate.

## Ditikologo tse di farologaneng

Go itsise ditikologo tse di farologaneng kgotsa go fetola thulaganyo ya phaposiborutelo go ka phaphamisa go ithuta. Go tswarela dithuto kwa ntle ka dinako di nnye go tsa go rulaganya phaposiborutelo sešwa go ka thusa. Fa maeto a go tswa mo bolong a sa kgonege, diphetogo tse dinnye tsa phaposiborutelo, jaaka go fetola thulaganyo ya maeto kgotsa go pega didiriwa tse dišwa mo maboteng go ka boloka tikologo e tshela tota.

Maeto, fa a kgonega, a tlamela ka ditšhono tsa go ithuta tse di tletseng maitemogelo. Ka gale netefatsa gore o arabela dikaelo tsa sekolo sa go tsa go rulaganya maeto. Fa maeto e se tlhopho, kopa batsadi kgotsa loago go aba dilwana tsa di nyaka tsa go ithuta le ditlhogo tse di rutiwang go dira gore go ithuta go nne le tiragatso.

## Tsamaiso ya Phaposiborutelo

Tsamaiso ya diphaposiborutelo tse di nnye, e leng selo se se tlwalelegileng mo dikolong tsa dintsi, e ka nna kgwetlho. Go tlhama dikaelo tsa tisanommogo mo phaposiborutelong go ka thusa go aga loago lwa go ithuta le go thusa go tlotlo. Go akaretsa barutwana mo go tlhomeng maitsholo le maikaelelo a go ithuta go go thusa go rua melao le ditsholofelo ga bona.

Ditogamaano tsa di nnye tsa tsamaiso ya phaposiborutelo di akaretsa:

- Go tlhoma melelwane: Tlhaeletsa melawana le melelwane ka botlalo go tloga kwa tshimologeng go tlele o tswellele go e gatelela.
- Tlwalelelo ya sebopego: Go boloka ditlwaelo tse di tsepameng go thusa tsamaiso ya diphaposi borutelo.
- Tlwalelelo ya balekane: Go baya barutwana ka sebedi kgotsa ka ditlhopha go oketsa go ruta ka tiriso ya balekane, tirisano ka kutlwano, le karoganyo ya maikarabelo.
- Dithusathuto tsa pono le tsa kutlo: Dirisa dithusathuto tsa pono (diphousetara, matshwao a matsogo) le dithusathuto tsa kutlo (kopelo, go opa diatla) go tsenya ditaello mo tirisong.
- Taelo e e farologantsweng: Bopa dithuto go arabela ditlhoko tse di farologaneng tsa barutwana mo phaposing.

## Tsamaiso ya Phaposi ya Mophato-ntsi

Mo diphaposing tsa mophato-ntsi, moo mephato e e farologaneng e rutiwang mmogo, go botlhokwa thata go tlhaloganya bokgoni jwa morutabana mongwe le mongwe. Simolola dithuto ka ditirwana tse di akaretsang barutwana botlhe o bo o ba naya ditiro tse di ikaegileng ka maemo a dikgono tsa bona. Dirisa sebedi kgotsa setlhophha go letla barutwana go dirisana ka kutlwano, ba aka tswa ba na le maemo a bokgoni a a tshwanang kgotsa a a farologanang. Aroganya ditiro go netefatsa gore barutwana ba bokgoni botlhe ba sala ba ntse ba na le se ba se dirang gore ba kgona go tshwaela go utlwala.

## Go ema nokeng Mefuta e e Farologaneng ya Go ithuta

Mo phaposiborutelong, e ka tswa e na le barutwana ba le 15, 20, kgotsa 25, go tla bona le tlhatlhamano ya mefuta ya go ithuta. Tse ke ditsela tse ka tsona barutwana ba monogelang, ba akanyang, ba tlhaloganyang, le go gakologelwa tshedimosetso. Go tlhama dikgogo ya go ithuta e e tsenyeletsang, go botlhokwa thata go lemoga le go emanokena makhawa wa go ithuta wa morutwana mongwe le mongwe mme o fetole mokgwa wa gago wa go ithuta gore o arabele ditlhoko tsa bona.

Go latela tsamaiso ya PKP, mekgwa ya go ithutsa e arogetsewe ka ditlhophha tse dikgolo di le nne:

- Go ithuta ka Pono: Ke mokgwa o o tlwaelegile thata. Barutwana ba dira ka manontlhotlho fa tshedimosetso e tlhagisiwa gore ba e bone go tshwana le ka dithalo, ditšhate, le go lebelela.
- Go ithuta ka Kutlo: Barutwana ba ba akanya le go dirisa tshedimosetso go gaisa ka go utlwa, go bua, le go reetsa. Di ba tswa go tlhaloganya megopolo e mešwa.
- Go ithuta ka Go buisa le Go kwala: Barutwana mo setlhophheng se ba tswela sentle ka go buisa le go kwala. Ba dira ka manontlhotlho fa ba akanya le go dirisa tshedimosetso e e kwadilweng e bile bana le ditiro tsa tiori tse di tiileng.
- Go ithuta ka Go dira/lekgomo: Barutwana ba ba rata go ithuta ka go dira sengwe. Ba akanya le go dirisa tshedimosetso ka go kgoma, motsamao, le maitemogelo a go dira sengwe ka diatla, ba manontlhotlho mo ditirong tsa tiragatso.

## Paka 1

Thitokgang	Tlhatlhubo ya motheo	Beke 1	
	Nna	Beke 2, 3, 4	
	Mmele wa me	Beke 5, 6,	
	Ba lelapa la me	Beke 7, 8, 9	
	Sekolo sa me	10	
Bokgoni jwa puo	Diteng, dikgopolo le dikgono	Dibeke	Didiriswa
Go reetsa le go bua (matsatsi a le 4 mo bekeng metsotso e le 15 ka letsatsi)	<p><i>Ditirwana tsa letsatsi le letsatsi le tsa beke mo makaleng otlhe a Puo le dirutwa tse dingwe:</i></p> <ul style="list-style-type: none"> <li>• Reetsa ntle le go tsena ba bangwe mo ganong.</li> <li>• Tlotla ka maitemogelo a gago: tlotla dikgang, tlhalosa dikgang tsa maemo a bosa le ditiragatse tse dingwe tse di tlotlegang j.</li> <li>• Opela dipina o bo o diragatse.</li> </ul> <p><i>Ditirwana tse di totleng go reetsa le go bua – gabedi beke le beke.</i></p>	1-10	Phousetara 1 Phousetara 2 Buka ya kgoboko ya dikgang (Ngatana ya Dikgangkhutshwe kgotsa Buka ya Puiso) Ngatana ya Dikgangkhutshwe
	<ul style="list-style-type: none"> <li>• Reetsa ditiragatse tse di tlotlegang (ditirwana tsa maemo a bosa le ditiragatse) mme o di tsilang ka tshepo.</li> <li>• Nna ka kgatlhegela dikgang, diragatse, maboko le dipina, o bo o diragatse karolo ya kang, pina kgotsa raeme</li> <li>• Araba dipotso tse di botsang ka ga gago ka botlalo.</li> </ul>	1-5	Phousetara 1 Phousetara 2 Buka ya kgoboko ya dikgang (Ngatana ya Dikgangkhutshwe kgotsa Buka ya Puiso)
	<ul style="list-style-type: none"> <li>• Tlhomaganya ditshwantsho tsa kang ka go tlhaeletsana, ka go boeletsatse tatelano ya dikakanyo.</li> <li>• Tlotla ka ditshwantsho go tswa mo diphousetareng, ditshate tsa thitokgang, dibuka, j.</li> </ul>	6-10	Ngatana ya Dikgangkhutshwe kgotsa Buka ya Puiso

Bokgoni jwa puo	Diteng, dikgopolo le dikgono	Dibeke	Didiriswa
	<ul style="list-style-type: none"> <li>• Tsaya karolo mo dipuisanong, o refosane go bua mme o tlotle ba bangwe mo setlhopheng.</li> <li>• Tlhalosa dilo go ya ka mmala, bogolo, popego le bokanakang o dirise tlotlofoko e e nepagetseng.</li> </ul>		
Medumopuo	<p>Temogo ya medumopuo ya letsatsi le letsatsi/ Ditirwana tsa medumopuo tsa metsotso e le 15.</p> <p>Simolola ka ditirwana tsa temogo ya medumo, ruta tlhaka e le 1 go ya go di le 2 mo bekeng nngwe le nngwe o bo o simolola ka go ruta popo ya mafoko o dirisa medumo e e ithutilweng.</p> <ul style="list-style-type: none"> <li>• Farologanya magareng ga medumo ya ntlha e e farologaneng ya mafoko ka kutlo.</li> <li>• Tsaya karolo mo ditirwaneng tsa molomo tsa temogo ya medumopuo mo phaposiborutelong otlhe: a pataganya mafoko a makhutshwane a makhutshwane (ka-tse, katse) o tshamisa wa go emela mafoko ditumammogo le ditumanosi ditumammogo (tsenya "a" mo "ma" boemong jwa "m" o tshamisa "a").</li> </ul> <p>Suphamano ya ditlhaka le medumo e e emeng e le nosi, sk. l, m, a, b, t, go tshwanetse go nne mo ditumanosi di le pedi le bonnye ditumammogo di le thataro.</p> <ul style="list-style-type: none"> <li>• Lemoga le go neela maina otlhe a ditlhaka tsa alefabet; ditumanosi di le pedi le bonnye ditumammogo di le thataro.</li> <li>• Simolola go bopa mafoko a makhutshwane o dirise medumo e o e rutilweng jaaka ka-tse – katse.</li> <li>• Simolola go pataganya ditlhaka go bopa mafoko, sk. e-m-a-ema, lema.</li> </ul>		<p>Buka e kgole</p> <p>Buka e kgole</p> <p>Buka ya puo</p> <p>Buka ya puo</p> <p>Ditirwana tsa mafoko</p> <p>Karolo ya modumo</p> <p>Ditirwana ya tirwana</p>

Bokgoni jwa puo	Diteng, dikgopolo le dikgono	Dibeke	Didiriswa
Puisokaelo	<p><i>Dirirwana tsa go buisa tsa letsatsi le letsatsi:</i></p> <p><i>Puisokaelo ka setlhophha (dithlopha di le 2 ka letsatsi) le dinako tsa puiso ya kopanelo di le 2 - 3 mo bekeng.</i></p> <p><i>Dikgono tsa tshimololo ya go buisa (tse di rutilweng mo dithutong tsa Puisokopanelo le Puisokaelo ka dithlopha).</i></p> <ul style="list-style-type: none"> <li>• Tshwara buka sentle e tlhamaletse o be o phutholole ditsebe ka nepagalo.</li> <li>• Dirisa ditshwantsho go bonelapele gore kgang e ka ga eng: o buisa dibuka tsa ditshwantsho.</li> <li>• Ranola ditshwantsho go itirela kgang ya gago, se se raya gore, o 'buisa' ditshwantsho.</li> <li>• Kgobokanya le go buisa matshwaopapatso le matshwaopapatso mangwe go tswa mo mokwalo wa tikologo.</li> <li>• Lemoga leina la puiso le maina bonnye a letshamele bakane ba gago.</li> <li>• Buisa matshwantsho le ditlhogwana mo phosibutelong.</li> <li>• Buisana tsa go tshwara le go tlhokomela buka.</li> <li>• Peetsa le go buisana ka dikgang ditlhantse tse dingwe tse di buiseditsweng kwa godimo.</li> <li>• Tlhabolola/godisa dikgopolo tsa motheo tsa mokwalo tse di akaretsang: Kgopolo ya buka - bokafantle, lepele, lemorago, setlhogo.</li> <li>• Kgopolo ya setlhantse - lefoko, mafoko a tshwanang, ditlhaka, maina a ditlhaka, go tshwana ga tlhaka le lefoko.</li> </ul>	1-10	<p>Buka e kgolo 1</p> <p>Buka e kgolo 2</p> <p>Buka ya puiso</p> <p>Ngatana ya Dikgangkhutshwe</p>

Bokgoni jwa puo	Diteng, dikgopolo le dikgono	Dibeke	Didiriswa
	<ul style="list-style-type: none"> <li>• Tshupontlha - simolola go buisa fa pele o bo o feleetse kwa morago, buisa go tloga mo molemeng go ya kwa mojang, le go tswa kwa godimo go ya kwa tlase ga tsebe ya buka ka go leba mafoko kgotsa ditlhaka tsa ntlha, tsa bofelo tse di fa gare le tsa bofelo mo tsebeng.</li> <li>• Matshwaopuiso – tlhakakgolo, tlhakannye, khutlo, phegelwana, letshwao la potso.</li> </ul> <p>Puisokopanelo:</p> <p>Dithuto tsa phaposi yotlhe di dirwe ga 2-3 mo bekeng ka metsotso e le 15 go dirisiwe bonnye setlhangwa se le sengwe mo bekeng; morutabano o dira sekao sa dikgato mmogo le barutwana botlhe.</p> <p>Nako nngwe le nngwe ya nako e tla tota go ithuta go tswa mo tse di latelang: kgopolo ya mokwalo, diponagalo tsa setlhangwa, medumopuo, dipatlisiso tsa puo, ditogamano tsa temogano mafoko le go tlhaloganya maemong a a farologaneng a dirisa dipotso tsa tsebe tshimose tse ka tlhalelwano maganyo sešwa, go seelwa tshwero, thatlhobo, dipotso tsa kgari egele.</p> <p>Go buisa botlhe ditlhangwa tsa mokwalo o o godisitweng jaaka maboko, diphousetara, dibuka tse dikgolo le dikgang tsa phaposi tse di dirilweng ka nako ya mokwalokopanelo.</p>		

Bokgoni jwa puo	Diteng, dikgopolo le dikgono	Dibeke	Didiriswa
Puiso ka ditlhopha	<p><i>Puisokaelo ka ditlhopha: Morutabana o dira le ditlhopha tse pedi letsatsi lengwe le lengwe, a dirisa metsotso e le 15 mo setlhopheng se sengwe le se sengwe. Setlhopha sengwe le sengwe se dira le morutabana gabedi ka beke. Morutabana o dira le ditlhopha tsa barutwana tsa bokgoni jo bo tshwanang, a lebaganya barutwana le ditlhangwa mo maemong a go ruta (temogo ya mafoko e e magareng ga 90% - 95%). Dithulaganyo tsa puiso tse di tlhophilweng ka seemo e tla nna tsona tse di tla dirisiwang thata.</i></p> <ul style="list-style-type: none"> <li>• Buisetsa kwa godimo go tswa mo bukeng ya gago mo setlhopheng sa puisokaelo le morutabana, ke gore, setlhopha sotlhe se buisa kang e e tshwanang.</li> <li>• Simolola go aga tlotlofiso e e tlaa nnang e le tlog mo phaposiborutelong go tswa mo lenaneong la puiso e sa rulaganyediwang, e tlamano ya dibuka tsa puiso tse di tlhophilweng ka seemo le maemo a mafoko a a tshwanang a kgapetsakgapetsa.</li> </ul>	1-10	<p>Buka ya puiso ya barutwana Buka ya puiso Ngatana ya Dikgangkhutshwe Buka ya Puiso</p>
Go buisa ka nosi le ka sebedi	<p>Buisa go e ditlhangwa tse di tshwanang jaaka tse di buisitsweng mo makong ya puisokopanelo.</p>	1-10	Buka ya puiso ya barutwana

Bokgoni jwa puo	Diteng, dikgopolo le dikgono	Dibeke	Didiriswa
Go kwala	<p><b>Mokwalo:</b></p> <p><i>Dithuto tse di tlhomameng gane mo bekeng metsotso e le 15.</i></p> <p><i>Ditirwana tsa go matlafatsa mesifa e mentye le go tlhabolola dikgono tsa motsamao wa mesifa e megolo le kgolagano ya leitho le letsogo.</i></p> <ul style="list-style-type: none"> <li>• Thala ka kheraeyone ya mafura</li> <li>• Ikatisa ka go tshwara le go dirisa kheraeyone le pensele.</li> <li>• Tlhabolola tshupontlha: (molema go ya mojeng, le godimo go ya tlase, thala mela e e tlhamaletseng, tshwaraganya marontho, dipopo tsa go ya mojeng le go ya molemeng).</li> <li>• Dirisa mmopa kgotsa tege go bop dikao tsa ditlhaka kgotsa dilwana.</li> <li>• Tlhabolola kgolagano ya leitho le letsogo ka go penta, go kopola pampiri, go sega le go dirisa ditirwana).</li> <li>• Thala dipaterone metsamao ya kwa godimo le kwa tlase, (manyokenyane), dipaterone tsa sediko, dipaterone tsa mela e e tsepameng le tsapameng.</li> <li>• Thala, kopola le go kwala leina la tse di tshwara mo dipapetlaneng tse di tshang lefelo le o simololang go kwala mo go lona le tshwara ya ditlhaka.</li> </ul> <p><b>Kago ya popego ya ditlhaka mo ditshutong tse di tlhomameng tsa mokwalo.</b></p> <p>Amanya thulaganyo ya go ruta ditlhakanye le lenaneo la medumopuo. Bontsha barutwana mokgwa o o siameng wa popo ya ditlhaka le tshupontlha. Barutwana ba ikatisa ka mafoko a le 2 mo bekeng ba kopolola go tswa mo dikgemetsaneng tsa go kwala. Tlhokomela gore barutwana ba dirisa mokgwa o o siameng wa go tshwara pensele. Dirisa pampiri e e sa kwalelang kgotsa dipampitshana</p>	1-10	Tšhate ya mokwalo 1 Tšhate ya mokwalo 2

Bokgoni jwa puo	Diteng, dikgopolo le dikgono	Dibeke	Didiriswa
	<p>tša A4 tse di se nang methalo gore ba kwalele mo go tsona. Fa go kgonagala, simolola ka go ruta go thalela le go kopolola ditlhaka tsotlhe tša alefabethe go tloga kwa tshimologong ya ngwaga, o dirisa dikgemetšhana tša dialefabethe tse di bontshang ntlha e e nepagetseng e go tshwanetseng ga simolola mo go yona fa go kwalwa ntlha ya mokwalo.</p> <ul style="list-style-type: none"> <li>• Bopa ditlhakanye ka nepagalo (ditumanosi di le 2 le bonnye ditumammogo di le 6 sk. l, h, o, m, a, b, t, k).</li> <li>• Kopolola le go kwala leina la gago, mafoko le dipolelo tse dikhutshwane go tswa mo matshwaong, mo diphousetareng, mo patitšhokong j.</li> <li>• Simolola go tlhagisa mokwalo ka ditshwantsho, ditlhaka, dingore, mafoko le dipolelo tse di tšhola.</li> </ul> <p><i>Mokwalokopa nela ka setinopha ka nosi.</i></p> <p><i>Dinako tša go kwala ka barutwana botlhe/ sethlopha se se morutwana le tšhepo di dirwe gararo ka beke mo metsi go tšhola le 15 go agelela le go ganyanya isokopanelo, dipuano le maitemogelo.</i></p> <ul style="list-style-type: none"> <li>• Thepa ditshwantsho go fetisa mola o a. Sk. ka ga maitemogelo a gago.</li> <li>• Kwala dintlhatlhaloso tša sethalo kgotsa setshwantsho.</li> <li>• Kwala mafoko o dirisa medumo e o ithutileng yona.</li> <li>• Kopolola polelo e le nngwe ya dikgang go tswa mo patitšhokong/ tšhateng ka nepagalo.</li> <li>• Abelana dikakanyo mo mokwalokabelanong wa kgang ya phaposi o o kwadilweng ke morutabana mo ditšhateng go bopa ditlhangwa tse dišwa tse di tla buisiwang le go bontshiwa mo sekhutlwaneng sa puiso mo phaposiborutelong.</li> </ul>		

Bokgoni jwa puo	Diteng, dikgopolo le dikgono	Dibeke	Didiriswa
Tiriso ya puo	<ul style="list-style-type: none"> <li>• Dirisa pakajaanong</li> <li>• Dirisa maina</li> <li>• O ikgakolola thuta puo</li> </ul>	1-10	Bukatiro ya DBE

## Thulaganyo ya beke

- Thulaganyo ya thuto e dirisa mokgwa o le mongwe beke le beke.
  - Se se dira gore barutabana le barutwana ba e latele bonolo.
  - Barutwana ba ka ipaakanyetsa tirwana e e latelang fa ba setse ba itse se se tshwanetse.
- Ipaakanyetso thuto e e dirisa CAPS le nako e e abilweng ya diura di le 8. Puo ya gae.

Thuto 1		Thuto 2		Thuto 3		Thuto 4		Thuto 5	
Go reetsa le go bua	15	Go reetsa le go bua	15	Go reetsa le go bua	15	Go reetsa le go bua	15		
Medumo puo	15	Medumo puo	15	Medumo puo	15	Medumo puo	15	Medumo puo	15
Puisokaelo	15	Puisokaelo	15	Puisokaelo	15	Puisokaelo	15	Puisokaelo	15
Puiso ka ditlhopho	30	Puiso ka ditlhopho	30	Puiso ka ditlhopho	30	Puiso ka ditlhopho	30	Puiso ka ditlhopho	30
		Mokwalo	15	Mokwalo	15	Mokwalo	15		
		Go kwala	20		20		20		
Gotlhe: diura di le 8 ka beke									

## Ditirwana tsa letsatsi le letsatsi

Ditumediso	<ol style="list-style-type: none"> <li>1. Morutabana o dumedisa barutwana.             <ol style="list-style-type: none"> <li>a. Morutabana: Dumelang barutwana ba Mophato wa 1.</li> <li>b. Barutwana: Dumela morutabana (leina)</li> </ol> </li> <li>2. Kopa barutwana go dumedisa barutwana ka bone ba ba bapileng le bone: Dumela (leina)</li> </ol>
Potso ya letsatsi	<ol style="list-style-type: none"> <li>1. Kgaoganya barutwana ka ditlhopha tsa Potso ya Letsatsi.             <ol style="list-style-type: none"> <li>a. O tlaa tlhoka ditlhopha di le 5.</li> <li>b. Setlhopha se le sengwe se tla nna le _____, go araba potso ya letsatsi gangwe ka _____.</li> <li>c. Potso: O rata mmala ofe? Bona ditirwana tsa mmala oo mo phaposingborutela.</li> </ol> </li> </ol>
Dipina/ maboko	<p>Maina, maina ga a tshwanelele dipina mo phaposing. Fa ke go supa bua leina la _____, supa morutwana, morutwana a re: maina, maina ga a tshwanelele. Leina la me ke _____, le simolola ka _____.</p>

# Beke 1: Tlathobho ya Motheo

Didiriswa tse di supilweng		
Ngatana ya Dikgangkhutshwe le Buka ya Puiso, dilwana tse di mo phaposiborutelong, barutwana, diphousetara		
Mafoko a a tlhagelelang gantsi	Mafoko a medumo	Tlotlofoko
Go buisa, go bala, reetsa, bua, tlotla, kwala, mokwalo	Medumo ya tikologo: go duma ga koloi, go lela, terena, medumo ya diphologolo.	dumedisa, ikitsise, barutwana, phaposiborutelo, barutwana, dibuka, melawana, tlhagelelang

Dikgono	Go reetsa le go bua ( 4 x 15) metsotso
Dikaelo tsa go ruta	<p><b>Thuto 1:</b> Ditumediso le go ikitsise Barutwana ba ikitsise le go botsana matsogo.</p> <ul style="list-style-type: none"> <li>Ditirwana tsa letsatsi le letsatsi</li> <li>Go bua ka letsatsi le letsatsi</li> <li>Tshate ya maemo a barutwana</li> <li>Matsatsi a matsalo a barutwana.</li> </ul> <p><b>Thuto 2:</b> Ba tlotla ka didiriswa mo phaposiborutelong</p> <p><b>Thuto 3:</b> Ba melawana melawana ya mo phaposiborutelong.</p> <p><b>Thuto 4:</b> Ba tlotla ka ditshwantsho tsa melawana ya phaposi.</p> <p>Feleletsa Tirwana 1.</p>
Didiriswa	<p>Barutwana ba kanya manno a barutwana mo phaposiborutelong.</p> <p>Diphosetlana tsa maina le difane tsa bone.</p>
Dikgono	<b>Medumopuo</b> (5 x 15 metsotso)
Dikaelo tsa go ruta	<p><b>Thuto:</b></p> <ul style="list-style-type: none"> <li>Barutwana ba diragatsa medumo e e mo tikologong ya bona jaaka tshipi ya sekolo, medumo ya diphologolo, go opa diatla le go kiba ka maoto.</li> <li>Feleletsa tirwana 2</li> </ul>
Didiriswa	Diletswa, tshipi le dikarolo tsa mmele.
Dikgono	<b>Puisokopanelo</b> (5x 15 metsotso)

Dikgono	Go reetsa le go bua ( 4 x 15) metsotso
Dikaelo tsa go ruta	<p>Thuto: Morutabana o tswelletsa thuto ya go lemosa barutwana botlhokwa ba go tlhokomela dikwala.</p> <ul style="list-style-type: none"> <li>• Morutabana o buisa gammogo le barutwana mo bukeng e le nngwe e tshwanang.</li> <li>• Pele ga puiso- Ba tlotla ka ditshwantsho</li> <li>• Puiso ya ntlha- Go tlotla ka tlotlofoko le go ithuta puiso</li> <li>• Puiso ya bobedi- Go tlhaloganya mokwalo, kang le bono wa.</li> <li>• Puiso ya boraro- go tlotla ka kgang, go e tlhologanya le go e nyalanya le matshelo a bona.</li> <li>• Feleletsa Tirwana 3</li> </ul>
Dikgono	<b>Puiso ka ditlhopha</b> (metsotso e le 15 setlhopha e nngwe le sengwe gabedi ka beke).
Dikaelo tsa go ruta	<p><b>Thuto:</b> Morutabana le bana ba buisa ka go tshwara buka sentle le go e tlhokomela</p> <ul style="list-style-type: none"> <li>• Morutabana o kgaoganya barutwana ka ditlhopha. Morago fa a setse a itse bokgoni ba bona o ba aroganya go ya ka bokgoni jwa bone jwa puiso.</li> <li>• Puiso ya ntlha buisana ka bokafantle ba buka.</li> <li>• Barutwana ba buisa ka bobona</li> <li>• Ditlhopha tse tlhe di tsa karolo le go araba dipotso ka kgang.</li> <li>• Feleletsa Tirwana 4</li> </ul>
Didiriswa	Dibuka tsa puiso tsa kgato ya go buisa tsa Tirwana wa 1
Dikgono	<b>Mokwalo</b> (4 x 15 metsotso)
Dikaelo tsa go ruta	<p><b>Thuto:</b> Barutwana ba bontshiwa mekgwa e e siameng ya go kwala.</p> <ul style="list-style-type: none"> <li>• Go simolola ka fa molemeng go ya kwa mojeng.</li> <li>• Go tswa kwa godimo go ya kwa tlase.</li> </ul> <p><b>Thuto:</b> Morutabana o ba bontsha mekgwa wa katse. Feleletsa Tirwana 5</p>
Didiriswa	Phousetara ya mokwalo tlhakanye Buka ya go kwalela Buka ya ditshwantsho le dikherayone tsa mafura.
Dikgono	<b>Go kwala</b> (dithuto tse 3 x metsotso e 20)
Dikaelo tsa go ruta	<p><b>Thuto 1:</b> Go thala setshwantsho ka se ba tlotlang ka sone.</p> <p><b>Thuto 2:</b> Morutabana o bontsha bana bokgone ba go ilhagisa dikakanyo tsa bona ka mekgwa wa go thala ditshwantsho – Feleletsa tirwana ya go kwala fa tlase.</p>
Didiriswa	Dibuka tsa go kwalela, dipensele, dikherayone.

**Go reetsa le go buisa.**

Tirwana 1

Ke setshwantsho se fe se se sa tsamaelaneng le tse dingwe?

Aw: setlhako, ntšwa, kausu

Aw: koloi ya motshameko, mpopi, thipa

Aw: pene, pensele, pitsa

**Medumopuo**

Tirwana 2

Neele leina la setshwantsho.

- Ke setshwantsho sefe se se simololang ka modumo "a"

Setshwantsho sa apole e khibidu, panana, menku, perekisi, monna yoo u... ntlo le mosadi yo o omisang diaparo mo moleng wa go tlhatswa.

- Neela gore setshwantsho se dira modumo ofe? Ditshwantsho: apole, koloi, ntšwa, terena le lesele le lelang.

**Puisokaelo**

Tirwana 3

Barutwana ba tlotla ka kgang e ba kileng ba tse buisetswa ke morutabana.

**Puiso ka ditlhopho**

Tirwana 4

Barutwana ba tlotla kgang ka ditshwantsho.

- Bala dilo tse di tshwantsho tse bala le palo ya dilwana. Aw: kopanya ditshwantsho tsa dikoloi tse di farologaneng.

**Mokwalo**

Tirwana 5: Barutwana ba gatisa mokwalo: a e i o u le go kopolola ditlhaka-

- Ba gatisa mokwalo go le go neela maina a tsone.

AW- Barutwana ba tshwantsha dikologa pelo ka sediko

**Go kwala**

Tirwana 6

- Barutwana ba kwala maina a bone le difane tsa bone.
- Itshwantsho o bontshe tlhogo 1, molala o le 1, matlho a 2, matsogo a 2, maoto a 2, ditsebe di le 2, nko, molomo le moriri.
- Tshasa setshwantsho ka mebala e e kailweng:

AW-Setshwantsho sa katse (like a puzzle) Barutwana ba tshwanetse go penta dikarolo tse di farologaneng. 1 = hibidu 2=botala jwa tlhaga 3= botala jwa loapi 4= pinki

- Barutwana ba tshwantsha bolo e kgolo le e nnye.

**Go tshameka le go ithuta: Barutwana ba tshameka motshameko wa go ithiba matlho ka lesela le go fopholetsa barutwana ka bone.**

Papetlana ya Tirwana 1

Leina le sefane:

Mophato: Letlha:

Gatisa dipaterone tse di latelang:

The worksheet displays four distinct tracing patterns on a light gray grid background. Each pattern begins with a solid black dot and a small arrowhead pointing in the direction of the line's path. The patterns are: 1) a straight horizontal line; 2) a smooth, low-frequency wavy line; 3) a sharp zigzag line; and 4) a smooth, high-frequency wavy line. A large, semi-transparent watermark with the text 'EXTRACT PAGES' is oriented diagonally across the center of the grid.

## Papetlana ya Tirwana 2

Leina le Sefane:

Mophato:

1 Letlha:

Dira dipaterone tsa gago ka dilwana tse di tshwaregang jaaka dilwana tsa mo phaposiborutelong sekao: ditulo tse di mebalabala, dikherayone jj.

EXTRACT PAGES

# Beke 2: Nna

Didiriswa tse di supilweng		
Kgankhutshwe, phousetara 1, phousetara 2		
Mafoko a a tlhagelelang gantsi	Mafoko a medumo	Tlotlofoko
Mosimane, marekelo, ditshamekisi, mosadimogolo, tsamaya	Dula, reka, nako, supa, koloi, molema	Letlhabaphefo, lebenkele, toropo, gaufi, tlhakanya

Dikgono	Go reetsa le go bua (4 x 15 metsotso)
Dikaelo tsa go ruta	<p>Ditirwana tsa letsatsi le letsatsi le tsa beke mo makaleng otlhe go barutwa tse dingwe.</p> <p><b>Thuto 1: Dikgang tsa bokhutlo jwa beke</b></p> <ul style="list-style-type: none"> <li>• Botsa barutwana go tlotla ka mafelo a bona beke.</li> <li>• Morutabana a ka ba botsa dipotso, o bone mme o ne o ile golo gongwe? O tshamekile le mang? A o itumeletse mafelo a mang?</li> <li>• Feleletsa tirwana 1.</li> </ul> <p><b>Thuto 2: Phousetara</b></p> <p>Pele ga puiso –dipotso, go rotla tsa barutwana go tlotla.</p> <ul style="list-style-type: none"> <li>• Bolelela barutwana Setlhogong ga phousetara.</li> <li>• Botsa dipotso tse di farologane go godisa tlotlofoko le tlhaloganyo ya bona.</li> <li>• Botsa, o bona eng go diragala eng mo setshwantshong?</li> <li>• Tshwantshanya ba mme setshwantshong?</li> <li>• A ba bue ka tsa ba bano, bogolo le mebala mo setshwantshong.</li> <li>• Maikutlo a barutwana phousetareng.</li> </ul> <p><b>Thuto 3: Mela maboko a phousetara mme o a kgomaretse mo phousetareng.</b></p> <ul style="list-style-type: none"> <li>• A barutwana barutwana mme o a kwale gape mo letlapakwalelong.</li> <li>• Botsa barutwana bokao ba one.</li> <li>• A ba a dirise mo dipolelong.</li> </ul> <p><b>Thuto 4: Buisetsa bana kgankhutshwe: Nna, Fa morago ga dijo, kgotsa kwa lefelong jwa letsatsi, ba buisetse kgang.</b> Dirisiwa dipotso tse di fitlhelwang pele le morago ga puiso go tsamaisa thuto.</p> <ul style="list-style-type: none"> <li>• O ka e buisa malatsi a mabedi, go ya ka boleele jwa kgang.</li> <li>• Buisa setlhogo botsa barutwana gore ba nagana gore kgang e ile go bua ka eng?</li> <li>• Go ba ngoka, morutabana a ka tlotla ka lentle la buka, mokwadi wa buka le ditshwantsho.</li> </ul>
Didiriswa	Phousetara 1 Phousetara 2
Dikgono	Medumopuo (5 x 15 metsotso)



Dikgono	Go reetsa le go bua (4 x 15 metsotso)
Dikaelo tsa go ruta	<p><b>Thuto 1:</b> Tsholetsa papetlana ya modumo (a).</p> <ul style="list-style-type: none"> <li>• Botsa barutwana go supa kgotsa go bua modumo.</li> <li>• A ba bue ka dilwana tse di simololang ka modumo (a).</li> </ul> <p><b>Thuto 2:</b> Morutabana o tsholetsa dilwana tse di simololang ka modumo.</p> <ul style="list-style-type: none"> <li>• O botsa gore di simolola ka modumo ofe?</li> <li>• Ba kwala mo dibukeng tsa modumo.</li> </ul> <p><b>Thuto 3:</b> Morutabana o kgomaretsa mafoko a modumo mo letlapakwalelong.</p> <ul style="list-style-type: none"> <li>• O bapisa mafoko a modumo o o tshwanang.</li> <li>• Santlha, ela tlhoko gore mafoko a na le morumo o o tshwanang.</li> <li>• Dira kholomo a tsenye mo kholomong.</li> <li>• A kwale ka fa tlase ga a mangwe.</li> <li>• A barutwana batle ka mafoko a a nang le morumo o o tshwanang.</li> <li>• Feleletsa tirwana 2.</li> </ul> <p><b>Thuto 4:</b> Mafoko a go leba le go bua</p> <ul style="list-style-type: none"> <li>• Kgomaretsa mafoko a go leba le go bua mo letlapakwalelong.</li> <li>• Buisa buka ya puiso 1 go bua gore a barutwana ba ka kgona go nyalanya mafoko a go leba le go bua mafoko a a mo bukeng e kgolo.</li> <li>• Feleletsa tirwana 3.</li> </ul> <p><b>Thuto 5:</b> Papetlana ya modumo</p> <ul style="list-style-type: none"> <li>• Naya barutwana naya mme mongwe papetlana ya modumo go ya ka palo ya bona mo phapang borutelong gongwe ba bangwe ba ka dira ka ditlhopho tsa sebedi.</li> <li>• Ka go tsamaisa ba ka kgomaretsa medumo eo go ya ka tatelano ya medumo.</li> </ul>
Didiriswa	Dikarolo tsa mafoko tsa go leba 1-3 Buka ya puiso kgang 1
Dikgono	Puiso kopanelo (5 x 15 metsotso)
Dikaelo tsa go ruta	<p><b>Thuto 1:</b> Phousetara 1</p> <ul style="list-style-type: none"> <li>• Lebelela tsamaiso ya go ruta go reetsa le go bua.</li> <li>• Buisang phousetara lotlhe ka phaposi.</li> </ul> <p><b>Thuto 2:</b> Buka e kgolo (Setlhangwa sa 1)</p> <ul style="list-style-type: none"> <li>• Dirisa kopanelo ya ntlha ya go buisa Buka e Kgolo 1 jaaka e e go fang nako tshono ya go itse sekwalwa le buka.</li> <li>• Supa dikarolo tse di farologaneng tsa buka jaaka lentle la buka, setlhogo, mokwadi, ditshwantsho, motshwantshi, mokwatla wa buka, diteng tsa buka, ditsebe tsa buka, le ditlhogwana tse di farologaneng mo bukeng.</li> <li>• Dirisa mafoko a otlhe a mo bukeng e kgolo.</li> <li>• Lebelela ditshwantsho tsoatlhe tse di mo bukeng mme le tlotle ka se se diragalang.</li> </ul>

Dikgono	Go reetsa le go bua (4 x 15 metsotso)
	<p><b>Thuto 3:</b> Buka e Kgolo (Setlhangwa 1)</p> <ul style="list-style-type: none"> <li>• Dipotso tsa pele ga puiso.</li> <li>• Tlhalosa setlhogo sa setlhangwa sa ntlha, lentle la buka le setshwantsho.</li> <li>• Tsala e e siameng ke e e ntseng jang? Ba dira eng?</li> <li>• Buisa buka gangwe o ba eteletse pele ka mo le ka kgonang.</li> </ul> <p><b>Thuto 4:</b> Dikgang tsa malatsi a boikhutso.</p> <ul style="list-style-type: none"> <li>• Fa morago ga go tlotla ka malatsi a bona a boikhutso (lebelela go reetsa le go bua mo thutong ya ntlha) tlhama mafoko a go leba le go bua barutwana.</li> <li>• Mafoko a e tla nna mafoko a a dirisediwang go kwalwa dipolelo ka malatsi a bone a boikhutso.</li> <li>• Buisa mafoko otlhe ao ba botlhe.</li> <li>• Bontsi ba barutwana bo tla tlhoka go dirisa mafoko a a ishwanang go bopa dipolelo tsa bona. Se, se tla thusa barutwana ba dikgang tshegetso.</li> <li>• Feleletsa tirwana 4.</li> </ul> <p><b>Thuto 5:</b> Tshate ya maemo a bosa.</p> <ul style="list-style-type: none"> <li>• Simolola tshate ya maemo a bosa mo pamposingborutelong.</li> <li>• Maemo a bosa a ka tlotliwa metsatsi le letsatsi le mafoko a maSwa a ka tlholwa.</li> <li>• Lebelela maemo a bosa a nna tse tshweetso gore ke mafoko afe a a tlhalosang maemo a bosa a metsatsing leo.</li> <li>• Kwala mafoko/dipolelo, a gomaretse mo letlapengkwalelo.</li> <li>• Buisa mafoko/dipolelo a nna mogo le barutwana.</li> </ul>
Didiriswa	Phousetara 1 Buka e Kgolo 1 Pamposingborutelong Pele
Dikgono	Mafoko ka ditlhophha (morutabana o dira le ditlhophha tse pedi ka letsatsi le metsotso e le nne setlhophha sengwe le sengwe, gabedi ka beke).
Dikaelo tsa ruta	<p><b>Thuto 1:</b> Dikarata tsa mafoko a a tlhagelelang mo puisong.</p> <ul style="list-style-type: none"> <li>• Dirisa dikarata tsa mafoko go itsise mafoko a maSwa, go gatelela mafoko a ba a itseng le go ba tlwaetsa mafoko a maSwa a a fitlhelwang mo dibukeng tsa ditlhangwa, puiso ka nosi le dibuka tse dikgolo.</li> <li>• Tlhalosa mafoko a maSwa a barutwana ba sa a itseng.</li> <li>• Kopa barutwana go dirisa mafoko mo dipolelong tsa bone (ka go kwalwa kgotsa ka molomo).</li> </ul> <p>Pele ga puiso:</p> <ul style="list-style-type: none"> <li>• Barutwana ba tlotla ka ditshwantsho le bokwantle jwa buka.</li> <li>• Ba akanya ka ponelopele ya ditshwantsho le gore buka e ka tswa e bua ka eng?</li> <li>• Morutabana o tla tsamaya a botsa ka ditshwantsho le go tlhalosa mafoko a maSwa.</li> </ul>

Dikgono	Go reetsa le go bua (4 x 15 metsotso)
	<p><b>Thuto 2:</b> Buka ya puiso ya 1</p> <ul style="list-style-type: none"> <li>• Morutabana a ka baa melawana ya go nna le go buisa mmogo.</li> <li>• A ka gakolola barutwana ka melawana e metlhano ya menwana ya go ithuta go buisa. Rotloetsa ka go fa dinaledi kgotsa go akgola.</li> <li>• Ba ba seng mo setlhopheng se se buisang ba ka dira ditirwana tsa boeletso jaaka tsa medumo.</li> <li>• Fa morago ga puiso ba ka tlhaloganya sethangwa le go arak dipotsa.</li> <li>• Ba botse ka se Moanelwa a se dirileng mo kangkhutshweng a go mo dira tsala e e siameng.</li> </ul> <p><b>Thuto 3:</b></p> <ul style="list-style-type: none"> <li>• Dirisa mafoko a go leba le go bua go ikgakolola.</li> <li>• Dumelela barutwana go buisetsa buka kwa dlimo ka bobona mo puisong ka ditlhopha.</li> <li>• Thusa barutwana go dirisa medumo mo mafokong ekgwa ya go buisa jaaka go tlogela lefoko o buisa polelo yotlhe.</li> </ul>
Didiriswa	Buka ya kgoboko ya Dikgang (Kgang ya 1) Buka ya puiso
Dikgono	Puiso ka nosi
Dikaelo tsa go ruta	<ul style="list-style-type: none"> <li>• Morago ga go buisa mo ditlhopheng, barutwana ba ka buisa ka nosi kgotsa ka sebedi go gatelela mafoko a badilweng le a ithutilweng a buka 1.</li> <li>• Morutwana bangwe o bangwe o newa nako ya go buisa tsebe fa barutwana ba bangwe ba tsebe tsebe.</li> <li>• Morago jaaka ikgakololo botsa barutwana go neela dintlha tse ba di gopolang mo bukeng.</li> </ul>
Didiriswa	Buka ya puiso ya morutwana ya 1- kgato ya 1
Dikgono	Letlakwalo (4 x 15 metsotso)
Dikaelo tsa go ruta	<ul style="list-style-type: none"> <li>• Ela tlhoko gore barutwana ba tshwere dipensele sentle le go baya buka/tsebe sentle.</li> <li>• Ela tlhoko gore ba bopa ditlhaka tse dinnye sentle, gatelela kwa di lebelelang teng, popo le sekgala magareng ga mela.</li> <li>• Ela tlhoko sekgala se se siameng magareng ga ditlhaka le mafoko.</li> </ul> <p><b>Thuto 1:</b> ( Tirwana 4)</p> <ul style="list-style-type: none"> <li>• Boeletsa tlhaka a (tlhakanye fela) mo letlapakwalelong.</li> <li>• Ela tlhoko tshimologo, kwa di lebelelang teng le popo)</li> <li>• Barutwana ba kopolola mafoko a: ala, aga, aba, aka, ata, alola</li> <li>• Ba kopolola polelo: Aki o aga a ja apole e kima.</li> </ul>

Dikgono	Go reetsa le go bua (4 x 15 metsotso)
	<p><b>Thuto 2:</b> (Tirwana 4)</p> <ul style="list-style-type: none"> <li>• Boeletsa tlhaka b (tlhakanye fela) mo letlapakwalelong. Tsepamisa mogopolo mo go simololeng tlhaka, kwa e lebelelang teng le popo ya tlhaka.</li> <li>• Barutwana ba kopolola mafoko a: bua, bula, bana, bina.</li> <li>• Barutwana ba kopolola polelo: Bana ba bula buka.</li> </ul> <p><b>Thuto 3:</b> (Tirwana 4)</p> <ul style="list-style-type: none"> <li>• Boeletsa tlhaka d (tlhakanye fela) mo letlapakwalelong. Tsepamisa mogopolo mo go simololeng tlhaka, kwa e lebelelang teng le popo ya tlhaka.</li> <li>• Barutwana ba kopolola mafoko a: dula, duma, dutla, dikoloi.</li> <li>• Barutwana ba kopolola polelo: Dikoloi di a duma.</li> </ul> <p><b>Thuto 4:</b> (Tirwana 4)</p> <ul style="list-style-type: none"> <li>• Boeletsa tlhaka a, b, d (tlhakanye fela) mo letlapakwalelong. Tsepamisa mogopolo mo go simololeng tlhaka, kwa e lebelelang teng le popo ya tlhaka.</li> <li>• Barutwana ba kopolola mafoko a: a, b, d, duma, dula, dutla, dikoloi.</li> <li>• Barutwana ba kopolola polelo: Bone ba a di atile.</li> </ul>
Didiriswa	Phousetara ya mokwalo 1 Buka ya mokwalo
Dikgono	Go kwala (dithuto tse 3 x 20 metsotso)
Dikaelo tsa go ruta	<p><b>Thuto 1:</b> (Tirwana 1)</p> <ul style="list-style-type: none"> <li>• Barutwana ba kwala ka sepele se dirileng ka malatsi a boikhutso.</li> <li>• Ba ka tshwanela ba sekwantsho go tshegetsa dipolelo tsa bone.</li> </ul> <p><b>Thuto 2:</b> Ba ka dirisa medumo e ba ithutileng yone go aga mafoko a a tsamaelang le tshwantsho.</p> <p><b>Thuto 3:</b> Barutwana ba ka kwala dipolelo tsa bone ba dirisa medumo e ba ithutileng yone mo bekeng.</p>
Didiriswa	Phousetara ya go kwalela

**Kgakololo ya go ruta medumo e e thata: o ka dira ditirwana tsa go boeletsa mafoko jaaka medumo, go tlatsa mafoko a a tlogetsweng le metshameko ya go nyalanya mafoko.**

**Tirwana 1 Go reetsa le go bua tomagano le go kwala le go buisa**

- Barutwana ba ka tlotla ka malatsi a bona a boikhutso.
- Ba tshwantsha ditsala tsa bona le go kwala maina a bona
- Maikutlo a bona, le gore ba ka fetola eng.
- Ba tshwantsha moanelwa mogolo o ba buisitseng ka ene.
- Ba ikaelela go dira eng ka malatsi a a tlang le ditsala tsa bone.

**Dikarabo: Tlhatlhobo e e sa tlhomamang**

A morutwana o tlotla ka maitemogelo a gagwe?

- A morutwana o araba dipotso tse di botsang ka ga gagwe?
- A morutwana o kwadile leina la moanelwamogolo? Tshwaya tse di tlatelang.
- O reetsa kgang ka go tlhologanya.
- O kgona go gopola le go kwala baanelwa.
- O kgona go tshwantsha.
- O kwala leina la setshwantsho.
- O peleta sentle.
- O dirisitse matshwao a puiso sentle.

**Tirwana 2 Medumopuo Tomagano le go reetsa le go bua le go buisa**

- Kago ya mafoko: o lemoga medumo, o fetola medumo o tshwanang le a go nyalanya.
- Ga o tsenya -t- mo go -g- wa a-----
- Ga o tsenya -b- mo go -g- wa a-----
- Ga o tsenya o mo go i wa a na ke-----
- Ga o tsenya p mo go o wa a ke-----
- Ga o tsenya e mo go o wa a ma ke-----

**Dikarabo**

1. ata
2. aba
3. ba
4. pa
5. rena

- Tlhatlhobo e e sa tlhomamang, Tiromolomo le tiragatso.
- O kgona go farologanya medumo ya ntsha e e farologaneng ya mafoko ka kutlo.
- Tsaya karolo mo motshamekong wa go emela mafoko a ditumammogo le ditumanosi ka a mangwe.
- tshekeletsi
- O kgona go lemoga ditumanosi le ditumammogo.
- O kgona go aga le go kgaoganya dinoko.

**Barutwana ba ka tshameka fela jalo ka go tsenya medumopuo e mengwe mo go e mengwe le fa mafoko ao a se na bokao go gatelela fela go tlhaloganya.**

**Tirwana 3** Puiso le tekatlhaloganyo, tomaganyo le go reetsa le go bua.

- Barutwana ba nyalanya mafoko a go leba le go bua a mo letlapakwalelong le a a mo setlhangweng.
- Morago ba ka a buisa ka go a kgaoganya ka medumo le dinoko ka go opa diatla.
- Barutwana ba ka araba dipotso go tswa mo kgangkhutshwe.

Tlhatlhobo e e sa tlhomamang: O kgona go gopola dintlha ka setlhangwa.

- O kgona go araba dipotso tse di tswalegileng le tse di bulegileng.

**Tirwana 4** Go kwala le mokwalo

Barutwa ba dirisa mafoko a Buka e kgolo go bopa dipolelo tsa bone.

- Ba ka kwala dipolelo ka malatsi a bone a boikhutso.
- Ba ka dirisa tlolofoko e ba e buisitseng go bopa dipolelo.
- Ba ele tlhoko popo, bogolo le metsamao ya ditlhaka mo nengweng ya buka. Tlhatlhobo e e sa tlhomamang: -O kgona go tshwantsha setshwantsho go tsa molaetsa.
- Kwala dintlhatlhaloso ka sethalo kgotsa setshwantsho.

Kopolola polelo e le nngwe ya dikgang go tswa mo letlapakwalelong ka nepagalo.

**Go tshameka le go ithuta**

Motshameko wa go kgonamisa ditlhaka ba... ba tla bua gore ke modumo ofe. Yo o kgonneng o newa naledi.

## Papetlana ya tirwana 1

Leina le sefane:	
Mophato:	Letlha:

- Itshwantshe o tshameka le ditsala tsa gago. Kwala maina a bone ka thuso ya morutabana.

EXTRACT PAGES

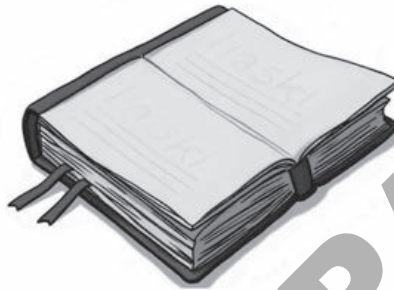
Papetlana ya tirwana 2

Leina le sefane:

Mophato:

Letlha:

Nyalanya mafoko le ditshwantsho.  
Aga, apole, buka, koloi, itumela



# Beke 3: Nna (Ke kgethegile)

Didiriswa tse di supilweng		
Buka ya puiso Kgang 2, phousetara 1, phousetara 2		
Mafoko a a tlhagelelang gantsi	Mafoko a medumo	Tlotlofoko
Kgethegile, mpona, letlalo, matlho, nkamogele, nthate, mphethole, nkatle	Ema, apereng, sekotshe, reeditse, tsebe, nnete, ene, sentle	Bonya, gaufi, tsutsubane, bogobe, mako, matlhale, borukgwe, mosese, maret

- Araba dipotso tse di botsang ka ga gago.
- Reetsa le go kgatlhegela dikgang, diraeme, maboko le dipina.
- O bo o diragatsa karolo ya kgang, pina kgotsa raeme.

Dikgono	Go reetsa le go bua (4 x 15 metsotso)
Dikaelo tsa go ruta	<p>Ditirwana tsa letsatsi le letsatsi le tsa bofelo tsa maboko le dipina otlhe a Puo le dirutwa tse dingwe.</p> <p><b>Thuto 1:</b> Melawana ya phaposi.</p> <ul style="list-style-type: none"> <li>• Morutabana o kgomaretsa ditshwantsho tsa melao ya phaposi mo letlapakwalelong.</li> <li>• Morutabana o dira karolo ya phaposi mmogo le bana.</li> <li>• Feleletsa tirwana.</li> </ul> <p><b>Thuto 2:</b> Phousetara – a puiso, go rotloetsa barutwana go tlotla.</p> <ul style="list-style-type: none"> <li>• Bolelela barutwana go tlotlhogolo sa phousetara.</li> <li>• Ba tlotla ka phologanyo ya batho mo phousetareng.</li> <li>• Ba bua ka magutlo a batho, a ba itumetse kgotsa ba tenegile.</li> <li>• Ba bua ka ditragalo tse di mo phousetareng.</li> <li>• Ba bua ka popego, mmala le bogolo jwa batho mo phousetareng.</li> </ul> <p><b>Thuto 3:</b> Morutabana o kwala mafoko a maSwa a phousetara mme o a kgomaretse mo phousetareng.</p> <ul style="list-style-type: none"> <li>• A buisetse barutwana mme o a kwale gape mo letlapakwalelong.</li> <li>• Botsa barutwana bokao ba one.</li> <li>• A ba a dirise mo dipolelong.</li> </ul> <p><b>Thuto 4:</b> Buisetsa bana leboko la: Ke kgethegile, Fa morago ga dijo, kgotsa kwa bofelong jwa letsatsi, ba buisetse Leboko.</p> <ul style="list-style-type: none"> <li>• Barutwana ba ka buisa leboko le morutabana.</li> <li>• Ba diragatsa dikarolo dingwe tsa leboko</li> <li>• Barutwana le morutabana ba tlotla ka ditshwantso tsa leboko.</li> </ul>
Didiriswa	Phousetara 1 Phousetara 2

Dikgono	Go reetsa le go bua (4 x 15 metsotso)
Dikgono	Medumopuo (5 x 15 metsotso)
Dikaelo tsa go ruta	<p><b>Thuto 1:</b> Tsholetsa papetlana ya modumo (e).</p> <ul style="list-style-type: none"> <li>• Botsa barutwana go supa kgotsa go bua modumo.</li> <li>• A ba bue ka dilwana tse di simololang ka modumo (e).</li> </ul> <p><b>Thuto 2:</b> Morutabana o tsholetsa dilwana tse di simololang ka modumo (e).</p> <ul style="list-style-type: none"> <li>• O botsa gore di simolola ka modumo ofe?</li> <li>• Ba kwala mo dibukeng tsa modumo.</li> </ul> <p><b>Thuto 3:</b> Morutabana o kgomaretsa mafoko a modumo mo letlapakwalelong.</p> <ul style="list-style-type: none"> <li>• O bapisa mafoko a modumo o o tshwanang.</li> <li>• Santlha, ela tlhoko gore mafoko a na le morumo o o tshwanang.</li> <li>• Dira kholomo a tsenye mo kholomong.</li> <li>• A kwale ka fa tlase ga a mangwe.</li> <li>• A barutwana ba tle ka mafoko a a na le morumo o o tshwanang mo oo.</li> <li>• Feleletsa tirwana 2</li> </ul> <p><b>Thuto 4:</b> Mafoko a go leba le go bua</p> <ul style="list-style-type: none"> <li>• Kgomaretsa mafoko a go leba le go bua mo letlapakwalelong.</li> <li>• Buisa buka ya puiso 2 go bona gore a barutwana ba ka kgona go nyalanya mafoko a go leba le go bua le mafoko a mo bukeng ya puiso.</li> <li>• Feleletsa tirwana 2</li> </ul> <p><b>Thuto 5:</b> Papetlana ya modumo</p> <ul style="list-style-type: none"> <li>• Barutwana o tle ka simolola mafoko a modumo (e) mo dibukeng tsa bona.</li> <li>• Ka go phosadi ba ka kgomaretsa medumo eo go ya ka tatelano ya mafoko a di simolola.</li> </ul>
Didiriswa	<p>Mafoko a go leba 1-3</p> <p>Buka ya puiso –kgang ya 2</p>
Dikgono	Puiso kopanelo (5 x 15 metsotso)
Dikaelo tsa go ruta	<p><b>Thuto 1:</b> Phousetara 1</p> <ul style="list-style-type: none"> <li>• Lebelela tsamaiso ya go ruta go reetsa le go bua.</li> <li>• Buisa phousetara lotlhe ka phaposi.</li> </ul> <p><b>Thuto 2:</b> Buka e kgolo (Setlhangwa sa 1)</p> <ul style="list-style-type: none"> <li>• Dirisa kopanelo ya ntlha ya go buisa Buka e Kgolo 1 jaaka e e go fang nako, tshono ya go itse sekwalwa le buka.</li> <li>• Supa dikarolo tse di farologaneng tsa buka jaaka lentle la buka, setlhogo, mokwadi, ditshwantsho, motshwantshi, mokwatla wa buka, diteng tsa buka, ditsebe tsa buka, le ditlhogwana tse di farologaneng mo bukeng.</li> <li>• Dirisa mafoko a otlhe a mo bukeng e kgolo.</li> <li>• Lebelela ditshwantsho tsofhe tse di mo bukeng mme le tlotle ka se se diragalang.</li> </ul>

Dikgono	Go reetsa le go bua (4 x 15 metsotso)
	<p><b>Thuto 3:</b> Buka e Kgolo (Setlhangwa 1)</p> <ul style="list-style-type: none"> <li>• Dipotso tsa pele ga puiso.</li> <li>• Tlhalosa setlhogo sa setlhangwa sa ntlha, lentle la buka le setshwantsho.</li> <li>• Ba dirisa ditshwantsho go bonela pele kgang.</li> <li>• Ba akgole, ba lebelele ditshwantsho tsotlhe mo bukeng</li> </ul> <p><b>Thuto 4:</b> Puiso ya ntlha</p> <ul style="list-style-type: none"> <li>• Morutabana o baakanya mafoko a tlotlofoko le go a buisa mme o buisa mo bukeng e kgolo.</li> <li>• O buisetsa kgang kwa godimo mme barutwana ba nkaatelele go buisa fa morago ga gagwe.</li> <li>• O supa a ntse a buisa mokwalo o o godisitsweng barutwana ba lebeletse.</li> </ul> <p><b>Thuto 5:</b> Puiso ya bobedi</p> <ul style="list-style-type: none"> <li>• Mo puisong e, morutabana o buisa le barutwana.</li> <li>• O buisa gammogo le bona mme lenwele la gagwe le kwa godingwana ga la bone.</li> <li>• O buisa ka lebelo le le oketsehileng</li> </ul> <p>Puiso 3</p> <ul style="list-style-type: none"> <li>• Barutwana ba buisetsa kwa godimo le morutabana</li> <li>• Morago ba araba puiso tsa kgang e ba e buisitseng.</li> <li>• Feleletsa tirwana</li> </ul>
Didiriswa	Phousetara 1 Buka e kgolo 1 Pampiri Pene
Dikgono	Puiso ka ditlhophha (morutabana o dira le ditlhophha tse pedi ka letsatsi l metsotso e nne) setlhophha sengwe le sengwe, gabedi ka beke.
Dikaelo tsa go ruta	<p><b>Thuto 1:</b> Go buisana ka go tshwara buka sentle.</p> <ul style="list-style-type: none"> <li>• Go tlhapa diatla, go se tlatse buka leswe.</li> <li>• Go se jele mo bukeng.</li> <li>• Go phutholola buka sentle le go se e gagole.</li> </ul> <p>Pele ga puiso: Barutwana ba kgaogangwa ka ditlhophha tsa bokgoni ba go buisa.</p> <ul style="list-style-type: none"> <li>• Barutwana ba tlotla ka ditshwantsho le bokwantle jwa buka.</li> <li>• Ba akanya ka ponelolepele ya ditshwantsho le gore buka e ka tswa e bua ka eng?</li> <li>• Morutabana o tla tsamaya a botsa ka ditshwantsho le go tlhalosa mafoko a maSwa.</li> </ul>

Dikgono	Go reetsa le go bua (4 x 15 metsotso)
	<p><b>Thuto 2:</b> Boeletsa ka setlhopha se sengwe.</p> <ul style="list-style-type: none"> <li>• Morutabana a ka baa melawana ya go nna le go buisa mmogo le barutwan.</li> <li>• A ka gakolola barutwana ka melawana e metlhano ya menwana ya barutwana go buisa. Rotloetsa ka go fa dinaledi kgotsa go akgola.</li> <li>• Ba ba seng mo setlhopheng se se buisang ba ka dira ditirwana tse feleletso jaaka tsa medumo.</li> <li>• Fa morago ga puiso ba ka tlhaloganya setlhangwa le go araba dipotso.</li> </ul> <p><b>Thuto 3:</b> Barutwana ba buisa setlhangwa ka bo bona.</p> <ul style="list-style-type: none"> <li>• Morutabana a ka tsaya 15 metsotso setlhopha sengwe se se buisang.</li> <li>• Dumelela barutwana go buisetsa buka kwa godimoka ka bona mo puisong ka ditlhopha.</li> <li>• Barutwana ba ba sa tseyeng karolo mo go buisang ba ka dira ditirwana tse dingwe jaaka go feleletsa mokwalo kgotsa barutwana DBE.</li> </ul> <p><b>Thuto 4:</b> Puiso ya 2.</p> <ul style="list-style-type: none"> <li>• Morutabana o buisa le barutwana ba bona go leba le go bua</li> <li>• Barutwana ba buisa setlhangwa ka bona.</li> <li>• Morutabana o tsamaya mo gare ga bona go ela tlhoko ba ba tlhokang thuso.</li> <li>• O ba thusa go dumisa mafoko sentle le go netefatsa fa ba buisa ka thelelo.</li> </ul> <p><b>Thusa 5:</b> Puiso ya 3</p> <ul style="list-style-type: none"> <li>• Barutwana ba buisa ka bona ka segalo se se oketsegileng.</li> <li>• Ba araba dipotso.</li> <li>• Morutabana o netefatsa barutwana ba ba tlhokang thuso. Ka go dumisa mafoko sentle.</li> </ul>
Didiriswa	Buka ya kgang ya dikgang, kgang ya 2. Puiso ya puiso 1
Dikgato	Morago ka nosi
Dikaelo tsa go ruta	<ul style="list-style-type: none"> <li>• Morago ga go buisa mo ditlhopheng, barutwana ba ka buisa ka nosi kgotsa ka sebedi go gatelela mafoko a a badilweng le a a ithutilweng a buka 2.</li> <li>• Morutwana mongwe le mongwe o newa nako ya go buisa tsebe fa barutwana ba bangwe ba tlhwaile tsebe.</li> <li>• Morago jaaka ikgakololo botsa barutwana go neela dintlha tse ba di gopolang mo bukeng.</li> <li>• Barutwana ba bangwe ba ka newa dibuka go ya go buisa kwa gae.</li> </ul>
Didiriswa	Buka ya puiso barutwana buka 2 kgang 1
Dikgato	Mokwalo (4 x 15 metsotso)



Dikgono	Go reetsa le go bua (4 x 15 metsotso)
Dikaelo tsa go ruta	<ul style="list-style-type: none"> <li>Ela tlhoko gore barutwana ba tshwere dipensele sentle le go baya buka/tsebe sentle.</li> <li>Ela tlhoko gore ba bopa diilhaka tse dinnye sentle, gatelela kwa di lebelelang teng, popo le sekgala magareng mela.</li> <li>Ela tlhoko sekgala se se siameng magareng ga diilhaka le mafoko.</li> </ul> <p><b>Thuto 1:</b> (Tirwana 4)</p> <ul style="list-style-type: none"> <li>Boeletsa tlhaka e (tlhakanye fela) mo letlapakwalelong.</li> <li>Ela tlhoko tshimologo, kwa di lebelelang teng le popo)</li> <li>Barutwana ba kopolola mafoko a: ema, eta, ela, epa, efa, ke</li> <li>Ba kopolola polelo: Ene o eme fa kerekeng.</li> </ul> <p><b>Thuto 2:</b> (Tirwana 4)</p> <ul style="list-style-type: none"> <li>Boeletsa tlhaka f (tlhakanye fela) mo letlapakwalelong. Tsepamisa mogopolo mo go simololeng tlhaka, kwa e lebelelang teng le popo ya tlhaka.</li> <li>Barutwana ba kopolola mafoko a: fe, fa, fea, fefa, lefofa</li> <li>Barutwana ba kopolola polelo: Afifi, fashaba lefifi.</li> </ul> <p><b>Thuto 3:</b> (Tirwana 4)</p> <ul style="list-style-type: none"> <li>Boeletsa tlhaka g (tlhakanye fela) mo letlapakwalelong. Tsepamisa mogopolo mo go simololeng tlhaka, kwa e lebelelang teng le popo ya tlhaka.</li> <li>Barutwana ba kopolola mafoko a: gama, gola, magogo, mogodu</li> <li>Barutwana ba kopolola polelo: Gaba o gola gompieno.</li> </ul> <p><b>Thuto 4:</b> (Tirwana 4)</p> <ul style="list-style-type: none"> <li>Boeletsa tlhaka e (tlhakanye fela) mo letlapakwalelong. Tsepamisa mogopolo mo go simololeng tlhaka, kwa e lebelelang teng le popo ya tlhaka.</li> <li>Barutwana ba kopolola mafoko a: Pule, faga, pitsa, gape.</li> <li>Barutwana ba kopolola polelo: Ene o faga pitsa gape.</li> </ul>
Didiriswa	<p>Usetara ya mokwalo 1</p> <p>Buka ya mokwalo</p>
Dikgono mo	Go kwala (dithuto tse 3 x 20)
Dikaelo tsa go ruta	<p><b>Thuto 1:</b> (Tirwana 1)</p> <ul style="list-style-type: none"> <li>Barutwana ba itshwantsha le go bontsha se ba kgonang go se dira.</li> <li>Ba ka tshwantsha setshwantsho go tshegetsa dipolelo tsa bone.</li> </ul> <p><b>Thuto 2:</b> Ba ka dirisa medumo e ba ithutileng yone go aga mafoko a a tsamaelanang le diitshwantsho.</p> <p><b>Thuto 3:</b> Barutwana ba ka kwala dipolelo tsa bone ba dirisa medumo e ba ithutileng yone mo bekeng.</p>
Didiriswa	Buka ya go kwalela.

**Kgakololo: Morutabana a ka thusa barutwana ba ba santseng ba palelwa ke go bopa ditlhaka ka go ba neela tiro e ntsi ya go kwala dipaterone.**

**Tirwana 1 Go reetsa le go bua tomagano le go kwala le go buisa**

- Barutwana ba tlotla ka melao ya phaposi le maikarabelo a bone jaaka barutwana.
- Barutwana ba tlotla ka dipharologanyo magareng ga bona le ditsala tsa bone.
- Ba tlotla ka se ba kgonang go se dira botoka.
- Ba tlotla ka se ba se ratang.
- Barutwana ba ka diragatsa leboko kgotsa pina.

**Dikarabo: Tlhatlhobo e e sa tlhomamang**

- A morutwana o araba dipotso tse di botsang ka ga gagwe?
- A morutwana o kgona go opela pina le go diragatsa?
- A morutwana o kgona go tsaya karolo mo dipuisanong a refosano go tloira ba bangwe mo setlhopheng.

**Tshwaya tse di latelang:**

- O reetsa kgang ka go tlhaloganya.
- O kgona go gopola le go kwala baanelwa.
- O kgona go tshwantsha.
- O kwala leina la setshwantsho.
- O peleta sentle.
- O dirisitse matshwao a puiso sentle.
- O kgona go opela pina le go diragatsa.

**Tirwana 2 Medumopuo Tomagano le go reetsa le go bua le go buisa**

- O kgona go farologana magareng ga medumo ya ntlha e e farologaneng ya mafoko ka kutlo.
- Sekeletsa mafoko a sa nololang ka modumo -e-

**Dikarabo**

1. epa
  2. sesepa
  3. etela
  4. kopes
  5. e...
- Tlhatlhobo e e sa tlhomamang, Tiromolomo le tiragatso.
  - O kgona go farologanya medumo ya ntlha e e farologaneng ya mafoko ka kutlo.
  - Tsaya karolo mo motshamekong wa go emela mafoko a ditumammogo le ditumanosi ka a mangwe.
  - tshekeletsi
  - O kgona go lemoga ditumanosi le ditumammogo.
  - O kgona go aga le go kgaoganya dinoko.

**Barutwana ba ka bopa medumo ka mebele ya bona go e tlhaloganya botoka le go e gatisa gore e tsenelele.**

**Tirwana 3** Puiso le tekatlhaloganyo, tomaganyo le go reetsa le go bua.

- Barutwana ba nyalanya mafoko a go leba le go bua a mo letlapakwalelong le a a mo setlhangweng.
- Morago ba ka a buisa ka go a kgaoganya ka medumo le dinoko ka go opa diatla.
- Barutwana ba ka araba dipotso go tswa mo kgangkhutshwe.

Tlhatlhobo e e sa tlhomamang: O kgona go gopola dintlha ka setlhangwa.

- O kgona go araba dipotso tse di tswalegileng le tse di bulegileng.

**Tirwana 4** Go kwala le mokwalo

Barutwana ba dirisa mafoko a Buka e kgolo go bopa dipolelo tsa bona.

- Ba ka kwala dipolelo ka se ba kgonang go se dira le dipharologanyo e bone le ditsala go ya ka popego, mmala le se ba se ratang.
- Ba ka dirisa tlotlofoko e ba e buisitseng go bopa dipolelo.
- Ba ele tlhoko popo, bogolo le metsamao ya ditlhaka mo tselanong ya buka.

Tlhatlhobo e e sa tlhomamang:

- O kgona go tshwantsha setshwantsho go felela go laetsa.
- Kwala dintlhatlhaloso ka sethalo kgotsa setshwantsho.

Kopolola polelo e le nngwe ya dikgang go tswa mo letlapakwalelong ka nepagalo.

**Go tshameka le go ithuta**

Morutabana o dira dikaratsa tsa mame o tlogela ditumanosi. Barutwana ba tshwanetse go akanya gore ke tumanosi efe e nna tshwanelang lefoko leo le go nna le bokao jo bo siameng. Fa a nepile lefoko, a ka newa mmele o: s-ga. Barutwana ba aka leka ka gore soga, saga, siga suga, sega? Mafoko a a newa getse? Ke suga le sega.

Papetlana ya tirwana 1

Leina le sefane:	
Mophato:	Letlha:

Itshwantshe o dira sengwe se o se ratang. Tlatsa ke rata go \_\_\_\_\_.

EXTRACT PAGES

## Papetlana ya tirwana 2

Leina le sefane:	
Mophato:	Letlha:

Tshwantsha khutlonne mo mafokong a modumo o o tshwanang. Morago a kopolole mo kholomong ya one.

ema bona lema sega rema ntlo  
ina reka pina sekolo bina

EXTRACT PAGES

# Beke 4: Nna le ditsala tsa me

Didiriswa tse di supilweng		
Kgangkhutshwe 2, phousetara 1, phousetara 2, dibuka tsa puiso		
Mafoko a a tlhagelelang gantsi	Mafoko a medumo	Tlotlofoko
rata, tshameka, lela, gomotsa, tenega, melao, go tlhabisa dithlong, bapaditswe, roboto	Botlhale, bolo, bua, bula, buka, bala, bona	tshwana, farologana, molele, mokhutshwane, tshega, jwa melo, morato dikededi, tlhakatlhakana, tshaka

- Araba dipotso tse di botsang ka ga gago.
- Reetsa le go kgatlhegela dikgang, diraeme, maboko le dipina.
- O bo o diragatse karolo ya kgang, pina kgotsa raeme.

Dikgono	Go reetsa le go bua (4 x 15 metsotso)
<b>Dikaelo tsa go ruta</b>	<p>Ditirwana tsa letsatsi le letsatsi le tsa beke mo nna tsa go tllhe a Puo le dirutwa tse dingwe.</p> <p><b>Thuto 1:</b> Mefuta ya ditsala.</p> <ul style="list-style-type: none"> <li>• Barutwana ba tlotla ka mekgwa ya ditsala tse di siameng.</li> <li>• Ba neele ka maina a ditsala tsa bone.</li> <li>• Mabaka a go rata ditsala tse.</li> <li>• Feleletsa tirwana 1.</li> </ul> <p><b>Thuto 2:</b> Phousetara go ipotsa go rotloetsa barutwana go tlotla.</p> <ul style="list-style-type: none"> <li>• Bolelela barutwana go tlotla go sa phousetara.</li> <li>• Ba tlotla ka batho ba manyo ya batho mo phousetareng.</li> <li>• Ba bulela mefuta a batho, a ba itumetse kgotsa ba tenegile.</li> <li>• Ba bulela dithlong tse di mo phousetareng.</li> <li>• Ba bulela ka popego, mmala le bogolo jwa batho mo phousetareng.</li> </ul> <p><b>Thuto 3:</b> Morutabana o kwala mafoko a maswa a phousetara mme o a kgatlhetse mo phousetareng.</p> <ul style="list-style-type: none"> <li>• A buisetse barutwana mme o a kwale gape mo letlapakwalelong.</li> <li>• Botsa barutwana bokao ba one.</li> <li>• A ba a dirise mo dipolelong.</li> </ul> <p><b>Thuto 4:</b> Buisetsa bana kgangkhutshwe: Ke nna oo, Fa morago ga dijo, kgotsa kwa bofelong jwa letsatsi, ba buisetse Leboko.</p> <ul style="list-style-type: none"> <li>• Barutwana ba ka tlotla le morutabana ka ditshwantsho tsa kgangkhutshwe.</li> <li>• Ba reeditse ka tlhoafalo mme morutabana o eta a ema a ba botsa ditshwantsho go bona gore a ba tlhaloganya kgang.</li> <li>• Morago barutwana ba nyalanya kgang le matshelo a bone.</li> </ul>
<b>Didiriswa</b>	Phousetara 1 Phousetara 2 Kgangkhutshwe



Dikgono	Go reetsa le go bua (4 x 15 metsotso)
Dikgato	Medumopuo (5 x 15 metsotso)
Dikaelo tsa go ruta	<p><b>Thuto 1:</b> Tsholetsa papetlana ya modumo (e).</p> <ul style="list-style-type: none"> <li>• Botsa barutwana go supa kgotsa go bua modumo.</li> <li>• A ba bue ka dilwana tse di nang le modumo (e) fa gare.</li> </ul> <p><b>Thuto 2:</b> Morutabana o tsholetsa dilwana tse nang le modumo (e) fa gare.</p> <ul style="list-style-type: none"> <li>• O botsa gore di simolola ka modumo ofe?</li> <li>• Ba kwala mo dibukeng tsa modumo.</li> </ul> <p><b>Thuto 3:</b> Morutabana o kgomaretsa mafoko a modumo mo letlapakwalelong.</p> <ul style="list-style-type: none"> <li>• O bapisa mafoko a modumo o o tshwanang.</li> <li>• Santlha, ela tlhoko gore mafoko a na le modumo o tshwanang.</li> <li>• Dira kholomo a tsenye mo kholomong.</li> <li>• A kwale ka fa tlase ga a mangwe.</li> <li>• A barutwana ba tle ka mafoko a a na le modumo mo oo.</li> <li>• Feleletsa tirwana 2.</li> </ul> <p><b>Thuto 4:</b> Mafoko a go leba le go bua</p> <ul style="list-style-type: none"> <li>• Kgomaretsa mafoko a go leba le go bua mo letlapakwalelong.</li> <li>• Buisa Buka e kgolo 2 go bona gore a barutwana ba ka kgona go nyalanya mafoko a go leba le go bua le mafoko a Buka ya puiso.</li> <li>• Feleletsa tirwana 1.</li> </ul> <p><b>Thuto 5:</b> Papetlana ya modumo</p> <ul style="list-style-type: none"> <li>• Barutwana ba simolola mafoko a modumo (e) mo dibukeng tsa bona.</li> <li>• Ka go refosa bona ka kgomaretsa medumo eo go ya ka tatelano ya mafoko a diala tse.</li> </ul>
Didiriswa	<ul style="list-style-type: none"> <li>• Dibukeng tsa puiso</li> <li>• Dikarolo tsa mafoko</li> <li>• Tlata ya modumo</li> </ul>
Dikgato	Puisokopanelo (5 x 15 metsotso)
Dikaelo tsa go ruta	<p><b>Thuto 1:</b> Phousetara 1</p> <ul style="list-style-type: none"> <li>• Lebelela tsamaiso ya go ruta go reetsa le go bua.</li> <li>• Buisa phousetara lotlhe ka phaposi.</li> </ul> <p><b>Thuto 2:</b> Buka e kgolo (Setlhangwa sa 1)</p> <ul style="list-style-type: none"> <li>• Dirisa kopanelo ya ntlha ya go buisa Buka e Kgolo 1 jaaka e e go fang nako, tshono ya go itse sekwalwa le buka.</li> <li>• Supa dikarolo tse di farologaneng tsa buka jaaka lentle la buka, setlhogo, mokwadi, ditshwantsho, motshwantshi, mokwatla wa buka, diteng tsa buka, ditsebe tsa buka, le ditlhogwana tse di farologaneng mo bukeng.</li> <li>• Dirisa mafoko a otlhe a mo bukeng e kgolo.</li> <li>• Lebelela ditshwantsho tsofhe tse di mo bukeng mme le tlotle ka se se diragalang.</li> </ul>

Dikgono	Go reetsa le go bua (4 x 15 metsotso)
	<p><b>Thuto 3:</b> Buka e Kgolo (Setlhangwa 1)</p> <ul style="list-style-type: none"> <li>• Dipotso tsa pele ga puiso.</li> <li>• Tlhalosa setlhogo sa setlhangwa sa ntlha, lentle la buka le setshwantsho.</li> <li>• Ba dirisa ditshwantsho go bonela pele kang.</li> <li>• Ba akgole, ba lebelele ditshwantsho tsotlhe mo bukeng</li> </ul> <p><b>Thuto 4:</b> Puiso ya ntlha</p> <ul style="list-style-type: none"> <li>• Morutabana o baakanya mafoko a tlotlofoko le go a buisa mme o buisa mo bukeng e kgolo.</li> <li>• O buisetsa kang kwa godimo mme barutwana ba mabotelele go buisa fa morago ga gagwe</li> <li>• O supa a ntse a buisa mokwalo o o godisitsweng barutwana ba lebeletse.</li> </ul> <p><b>Thuto 5:</b> Puiso ya bobedi</p> <ul style="list-style-type: none"> <li>• Mo puisong e, morutabana o buisa le barutwana</li> <li>• O buisa gammogo le bona mme lentle la gagwe le kwa godingwana ga la bone.</li> <li>• O buisa ka lebelo le le oketsenileng.</li> </ul> <p><b>Puiso 3</b></p> <ul style="list-style-type: none"> <li>• Barutwana ba buisetsa kwa godimo le morutabana</li> <li>• Morago ba araba dipotso tsa kang e ba e buisitseng.</li> <li>• Feleletsa tirwana</li> </ul>
Didiriswa	Buka e kgolo Diphousetara
Dikgato	Puiso ya ditlhopho (morutabana o dira le ditlhopho tse pedi ka letsatsi l metsotso e le 15 se tshopho sengwe le sengwe, gabedi ka beke.
Dikaelo tsa go ruta	<p><b>Thuto 1:</b> Barutwana ba buisa ka bobona.</p> <p>Pelona puiso: Barutwana ba kgaogangwa ka ditlhopho tsa bokgoni ba go buisa.</p> <ul style="list-style-type: none"> <li>• Barutwana ba tlotla ka ditshwantsho le bokwantle jwa buka.</li> <li>• Ba akanya ka ponelopele ya ditshwantsho le gore buka e ka tswa e bua ka eng?</li> <li>• Morutabana o tla tsamaya a botsa ka ditshwantsho le go tlhalosa mafoko a maswa.</li> </ul> <p><b>Thuto 2:</b> Boeletsa ka setlhopho se sengwe.</p> <ul style="list-style-type: none"> <li>• Morutabana a ka baa melawana ya go nna le go buisa mmogo le barutwana.</li> <li>• A ka gakolola barutwana ka melawana e metlhano ya menwana ya go ithuta go buisa. Rotloetsa ka go fa dinaledi kgotsa go akgola.</li> <li>• Ba ba seng mo setlhopheng se se buisang ba ka dira ditirwana tsa tlaletso jaaka tsa medumo.</li> <li>• Fa morago ga puiso ba ka tlhaloganya setlhangwa le go araba dipotso</li> </ul>

Dikgono	Go reetsa le go bua (4 x 15 metsotso)
	<p><b>Thuto 3:</b> Barutwana ba buisa setlhangwa ka bo bona.</p> <ul style="list-style-type: none"> <li>• Morutabana a ka tsaya metsotso e 15 setlhophha sengwe le sengwe.</li> <li>• Dumelela barutwana go buisetsa buka kwa godimo ka bobona mo puisong ka ditlhophha.</li> <li>• Barutwana ba ba sa tseyeng karolo mo go buiseng ba ka dira ditiriso tse dingwe jaaka go feleletsa mokwalo kgotsa Bukatiro ya DBE.</li> </ul> <p><b>Thuto 4:</b> Puiso ya 2.</p> <ul style="list-style-type: none"> <li>• Morutabana o buisa le barutwana mafoko a go leba le go tlogela.</li> <li>• Barutwana ba buisa setlhangwa ka bobona.</li> <li>• Morutabana o tsamaya mo gare ga bona go ela tlhoko le tseba tlhokang thuso.</li> <li>• O ba thusa go dumisa mafoko sentle le go netefatsa go buisa ka thelelo.</li> </ul> <p><b>Thusa 5:</b> Puiso ya 3</p> <ul style="list-style-type: none"> <li>• Barutwana ba buisa ka bobona ka segalo se se sekeisegileng.</li> <li>• Ba araba dipotso.</li> <li>• Morutabana o tshegetsisa barutwana go tlogela tlhokang thuso. Ka go dumisa mafoko sentle.</li> </ul>
Didiriswa	Dibuka tsa dikgato tsa puiso tsa Mophato 1 Dibuka tsa puiso
Dikgato	Puiso ka nosi
Dikaelo tsa go ruta	<ul style="list-style-type: none"> <li>• Morago ga go buisa ditlhophheng, barutwana ba ka buisa ka nosi kgotsa ka sebedi go tlogela mafoko a a badilweng le a a ithutilweng a buka 2.</li> <li>• Morutwana a bangwe le mongwe o newa nako ya go buisa tsebe fa barutwana ba hlophisa ba hwaile tsebe.</li> <li>• Morutwana a dikgakololo botsa barutwana go neela dintlha tse ba di gopolang mo puisong.</li> </ul> <p>Barutwana ba bangwe ba ka newa dibuka go ya go buisa kwa gae.</p>
Didiriswa	Dibuka tsa dikgato tsa go buisa tsa Mophato wa1 (Dibuka tsa puiso tsa barutwana)
Dikgato	Mokwalo (4 x 15 metsotso)
Dikaelo tsa go ruta	<ul style="list-style-type: none"> <li>• Ela tlhoko gore barutwana ba tshwere dipensele sentle le go baya buka/tsebe sentle.</li> <li>• Ela tlhoko gore ba bopa ditlhaka tse dinnye sentle, gatelela kwa di lebelelang teng, popo le sekgala magareng mela.</li> <li>• Ela tlhoko sekgala se se siameng magareng ga ditlhaka le mafoko.</li> </ul> <p><b>Thuto 1:</b> (Tirwana 4)</p> <ul style="list-style-type: none"> <li>• Boeletsisa tlhaka e (tlhakanye fela) mo letlapakwalelong.</li> <li>• Ela tlhoko tshimologo, kwa di lebelelang teng le popo)</li> <li>• Barutwana ba kopolola mafoko pega, sekolo, reka, meno, sela</li> <li>• Ba kopolola polelo: Ke reka pene.</li> </ul>

Dikgono	Go reetsa le go bua (4 x 15 metsotso)
	<p><b>Thuto 2:</b> (Tirwana 4)</p> <ul style="list-style-type: none"> <li>• Boeletsa tlhaka a (tlhakanye fela) mo letlapakwalelong. Tsepamisa mogopolo mo go simololeng tlhaka, kwa e lebelelang teng le popo ya tlhaka.</li> <li>• Barutwana ba kopolola mafoko a: aka, araba, mala, alola.</li> <li>• Barutwana ba kopolola polelo: Amo o araba potso.</li> </ul> <p><b>Thuto 3:</b> (Tirwana 4)</p> <ul style="list-style-type: none"> <li>• Boeletsa tlhaka b (tlhakanye fela) mo letlapakwalelong. Tsepamisa mogopolo mo go simololeng tlhaka, kwa e lebelelang teng le popo ya tlhaka.</li> <li>• Barutwana ba kopolola mafoko a: Bonolo, bula, buka, dirisa.</li> <li>• Barutwana ba kopolola polelo: Bonolo o bula buka o e hana.</li> </ul> <p><b>Thuto 4:</b> (Tirwana 4)</p> <ul style="list-style-type: none"> <li>• Boeletsa tlhaka e, a, b (tlhakanye fela) mo letlapakwalelong. Tsepamisa mogopolo mo go simololeng tlhaka, kwa e lebelelang teng le popo ya tlhaka.</li> <li>• Barutwana ba kopolola mafoko a: Emri, bono, apole.</li> <li>• Barutwana ba kopolola polelo: Emri o bona apole mo godimo ga tafole.</li> </ul>
Didiriswa	Phousetara ya mokwalo 1 Buka ya mokwalo
Dikgato	Go kwala (3 x 20 metsotso)
Dikaelo tsa go ruta	<p><b>Thuto 1:</b> (Tirwana 1)</p> <ul style="list-style-type: none"> <li>• Barutwana ba itshwara le go bontsha se ba kgonang go se dira.</li> <li>• Ba ka tshwara tshepo tshwantsho go tshegetsa dipolelo tsa bone.</li> </ul> <p><b>Thuto 2:</b> Barutwana ba dirisa medumo e ba ithutileng yone go aga mafoko a a tsamamang le tshwantsho.</p> <p><b>Thuto 3:</b> Barutwana ba ka kwala dipolelo tsa bone ba dirisa medumo e ba ithutileng yone mo bekeng.</p>
Didiriswa	Buana go kwalela.
Tiriso ya puo	<ul style="list-style-type: none"> <li>• O dirisa paka jaanong.</li> <li>• O dirisa bongwe le bontsi.</li> <li>• O ikgakolola thuta puo.</li> </ul>

**Kgakololo: Morutabana a ka leka go fa barutwana ba ba ditlhong nako ya go ipaakanya pele mme ba tlotle ka fa morago ga barutwana ba ba bonakonyana.**

**Tirwana 1 Go reetsa**

- Barutwana ba tlotla ka se tsala e siameng e ba diretseng sona.
- Barutwana ba tlotla ka maitemogelo a bona.
- Ba tlotla ka go refosana, ba neela ba bangwe nako ya go tlotla.
- Ba reeditse kwa ntle ga go kgoreletsa barutwaba ka bone.
- Ba tlotla ka diponagalo tsa ditsala tse di siameng.

**Dikarabo: Tlhatlhobo e e sa tlhomamang**

- A morutwana o araba dipotso tse di botsang ka ga gagwe?
- A morutwana o kgona go tsaya karolo mo dipuisanong a refosana le go tlotla ba bangwe mo setlhopheng.

**Tshwaya tse di latelang:**

- O reetsa kgang ka go tlhologanya.
- O kgona go gopola le go kwala baanelwa.
- O kgona go tshwantsha.
- O kwala leina la setshwantsho.
- O kgona go tlotla kgang.

**Tirwana 2 Medumopuo Tomagano le go reetsa le go bua le go buisa**

- O kgona go lemoga kamano ya tlhaka le medumo e e emeng e le nosi. Sekao: l,h,m,a,b,t go tshwanetse go nne ditumanosi di le tse di le ditumammogo di le thataro.
- Barutwana ba kwala mafoko a a tlhano a a nang le modumo e fa gare.

**Dikarabo Ela tlhoko dikarabo tse di mangwe tsa barutwana.**

1. mena
2. peso
3. reka
4. sega
5. nep

- Tlhatlhobo e e sa tlhomamang, Tiromolomo le tiragatso.
- Tlhatlhobo go farologanya medumo ya ntlha e e farologaneng ya mafoko ka kutlo.
- Tsaya karolo mo motshamekong wa go emela mafoko a ditumammogo le ditumanosi ka a mangwe.
- tshekeletsi.
- O kgona go lemoga ditumanosi le ditumammogo.
- O kgona go aga le go medumo.

**Barutwana ba opa diatla go ya ka medumo ya mafoko. Sekao: go kgaoganya mafoko ka medumo.**

**Tirwana 3** Puiso le tekatlhaloganyo, tomaganyo le go reetsa le go bua.

- Barutwana ba nyalanya mafoko a go leba le go bua a mo letlapakwalelong le a a mo setlhangweng.
  - Morago ba ka a buisa ka go a kgaoganya ka medumo le dinoko ka go opa diatla.
  - Barutwana ba ka araba dipotso go tswa mo kgangkhutshwe. Sekao:1. Mosimane Na...  
mosimane yo o ntseng jang
2. Fa a batla dilwana o ne a dira eng?
  3. O tlogedisitswe ke eng matepe?
  4. O ithutile eng go tswa mo kgannyeng?

**Tlhatlhobo e e sa tlhomamang: O kgona go gopola dintlha ka setlhangwa.**

- O kgona go araba dipotso tse di tswalegileng le tse di bulegile.

**Tirwana 4** Go kwala le mokwalo

Barutwana ba dirisa mafoko a Buka e kgolo go bopa dipolelo tsa bone.

- Ba ka kwala dipolelo ka se ba kgonang go se dira le dipolelo tsa bone le ditsala go ya ka popego, mmala le se ba se ratang.
- Ba ka dirisa tlotlofoko e ba e buisitseng go tlogela dipolelo.
- Ba ele tlhoko popo, bogolo le metsamele go ditlhako mo methalong ya buka.

**Tlhatlhobo e e sa tlhomamang:**

- O kgona go tshwantsha setshwantsho go dirisa molaetsa.
- Kwala dintlhatlhaloso ka sethako ka go tshwantsho.

Kopolola polelo e le nngwe e e kgang go tswa mo letlapakwalelong ka nepagalo.

**Barutwana ba bapokoa, ba ka kwala lefoko le le nosi fela, mme morago ga ba setse ba tlhaloganya batla kwala dipolelo.**

**Go tshameka le go ithuta**

Morutwana o tla dikarata tsa mafoko tsa bogolo jo bo godisitsweng. O di baya fa fatshe mme barutwana ba bapedi ba gaisana ka yo o boneng lefoko pele. Yo o setseng lefoko pele ke ena mofenyi wa ntlhamo oo.