



MOPHATO

2

BUKA YA  
MORUTABANA

# Platinum

Le Re Tlhabetse

Platinum Le Re Tlhabetse Mophato wa 2 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 utlwalela, bogolosegolo mo mafelong a a se nang didiriswa. Fela, o dira pharologano e kgolo ka kgwetlho nngwe le nngwe e o lebaganang 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 tihamilwe 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 ithokomela gore di go boloke o rotloetsegile le go tekenela gonne re itse gore phaposiborutelo ya gago e tlaa tlaa botshelo fa o ikutlwa sentle. Boitekanelo jwa gago ga bo susumetse fela go ruta ga gago mme go ama le botsalano jo o bo agamane le barutwana ba gago ba ba lebeletseng go amogela tsholofelo le thotloetso go tswa mo go wena.

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

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

**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.
- Ditirwana 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.
- Ditirwana le dikarabo: Go tlametswe ka ditirwana le dikarabo.
- Matlharetiro a akareditswe kwa bokhutlong ba phapisi mme nngwe le kwa bokhutlong ba Kaedi e ya Go Ruta go na le diruburiki tse di ka diragatse jang 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 phapisi mme ba tlhoke tshegetso, kaedi e neelana ka mefuta ya ditshikinyo mo setlhogoneng se.

Mo go lebelelang se, kaedi e tswelela ka ditlhatlhamo tsa go lebelela kwa morago le kgolo tse di tswelelang, e tsweletsa/rotloetsa tikologo ya barutwana e e nang le tisanommo go barutabana ba tlaa kgonang go tswelela go tokafiso 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 ditlhatlhamo tsa 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 mogo o tshelana kgotsa sengwe kwa ntle ga phapisi se se amang go ithuta ga bona. O ne wa dira e kete o tshelana 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 tswelela 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 mo 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 fenywa 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 ketlhoko 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 barutwana, le didiriswa. Se se letla bwaritwana 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 tlotla ditengwana barutwana go tlogela ditshwanelo tse di farologaneng. O tlaa akareditse dikao tse di totobatsa go botlhokwa jwa phetolelo le thanoletso tse di sego mo motseng wa lefatshe, go paakanyetsa barutwana go akareditse thata mo tlhaletsanong 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.	Baanelwa ba ba tshelang ka bogole ba akareditsewe, 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 thaolele, go thusa barutwana go tlhaloganya le go tlotla mefutafuta mo molebong wa bong.



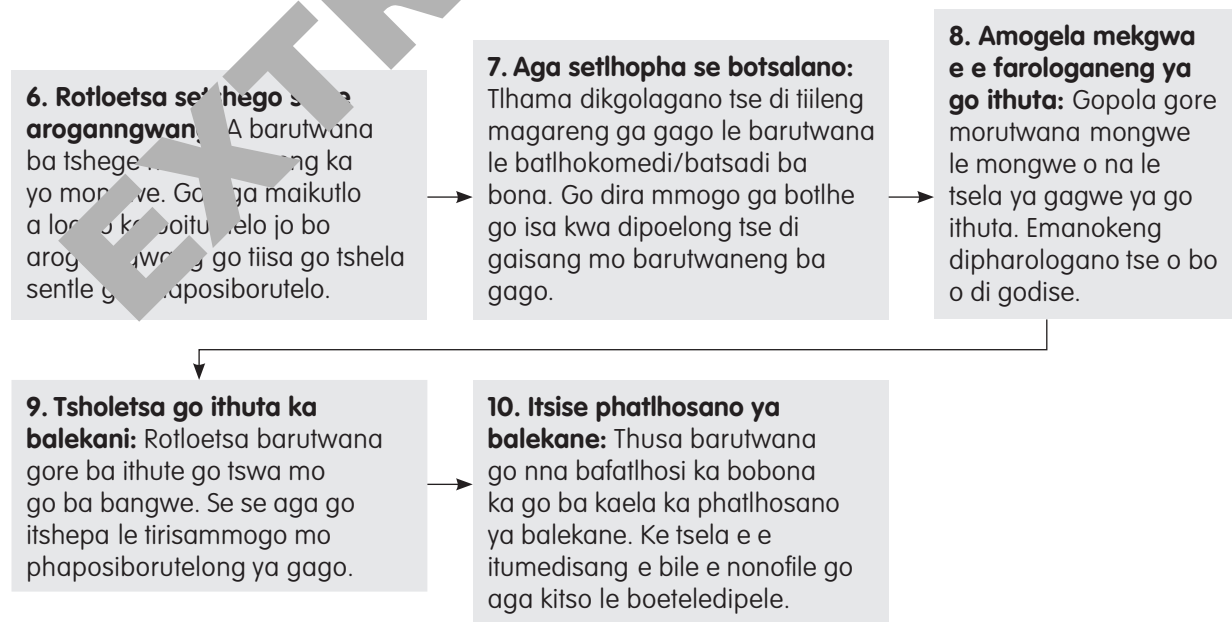
## Mefutafuta mo phaposiborutelong

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 botšego Aforikaborwa le go feta.

Re go rotloetsa go dira seo mo phaposiborutelong ya gago. Dirisa go tlotla kgausano go tlotlisa mefutafuta ya lemorago, bontsha ditshwantsho tsa maitshetlego a magae le tsa tsa bona 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 le kopanang le ona. Tsaya nako go ruta ka dikgolaganano tsa rona le dinaga tse dinaga 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. Dirisa barutwana ba le mmalwa le bona ba latela ba buisana ka malatsi ao a boikhutso. Fela, Amina, barutwana 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 ba 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 fofa go tshela sa iketlang go go rileng mo phaposing. A nna le tlhopho ya botlhokwa e a nang a tshela netse 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 tšhono 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 ntlha 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 ntlha ya gore ba ne ba ka ikutha 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 o nna morutabane o tlhotlha. Mme Adams o ne a dirisa motsotso o boime go rotloetsa barutwana ba bagwano ba bolotsa tlhakanyetso tsa bona, o bontsha gore phaposiborutelo ke mafelo a kgolo, e seng kitso fela.

### Godisa go batla go itse le go bulega

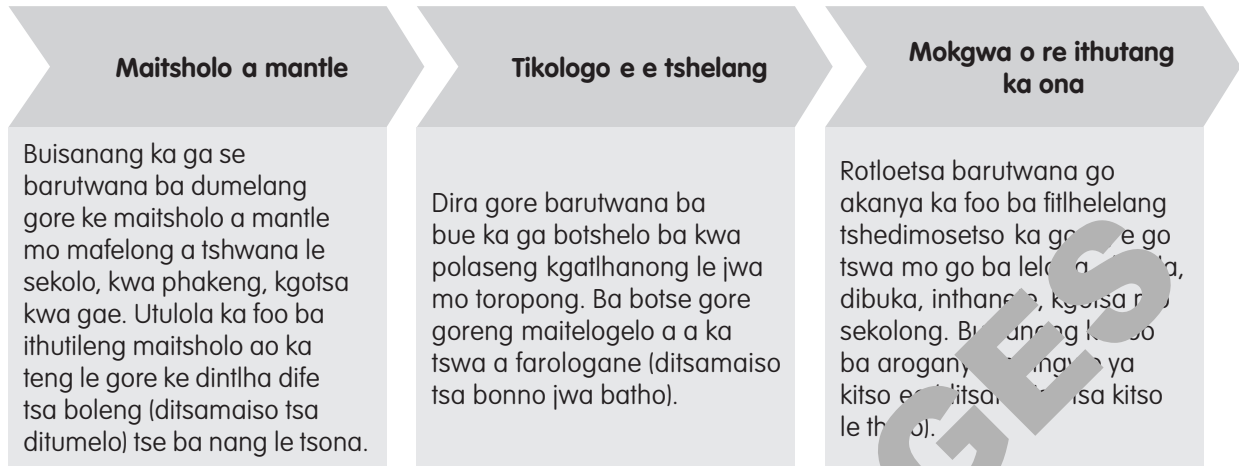
Rotloetsa barutwana go botsa dipotso ba bo ba ithute ka ditso tse di farologaneng le tsa bona. Se se oketsa go batla go itse ka setso, go bulega, le go tlhaloganya, se thusa go thuba maparego mme go agiwe tlotlo ya dipharologano/mefutafuta.

## 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, o 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 tsegetšana.

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 tseletseng, 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 e 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 tloga tirgatso e e matlhagatlhaga go tswa mo barutwaneng. E thusa ka go supa se se 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 e nang barutwana ba bang ditiro ka yona. Go botse dipotso tse di kwaneng go ba tsheleng.</p>	<p><b>Go bontsha 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>Barutwana 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 setlhophha</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 tswelletse.

**Go kgobokanya dintlha**

Tsosolosa 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 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 dirhuto ka go kopa barutwana go tshalaanya 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 ya go ithuta** e go tlamela ka bosupi jwa phitlhelelo ya morutwana mo dintlheng tse di totlhweng ka nako e e rileng go tshala go lekanyetsa tswelopele yotlhe le go dira ditshwetso tse di nang le tshedimosetso go tshala lebelela pele ga bona.

**Diteko tsa Bofelo ba Paka**

Diteko tse di tlhama mmepe go tlathlho ba go itseng go tshala lebelela pele ga bona.

**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 tshitshingo 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 kgweditharong nngwe le nngwe.

Mophato	Serutwa	Paka 1	Paka 2	Paka 3	Paka 4	Palagotlhe
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	Palagotlhe
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 kwaditshelwa mo bukeng e dirisediwa go tlhatlhoba go ithuta mo puisong ya ba ya rulagananngwe tsa go 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 kgona go lemoga mafoko a a dirisiwang gantsi.</li> <li>Bongwe le go dirisa 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 tlaela 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 itlhagisa. 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 thutabana la Thuto le tlamela ka **Letlhomiso la Kaedi ya Tlhatlhobo ya Kgato ya Motheo** go busetsa barutabana mo go bopeng le go diragatseng ditiro tse di inyalanyang le CAPS. Tlhatlhobano e e dirisa thiori e e farologanang mo go bopeng diteng tsa yona, go thusa barutwana bag gago gore lo kgone go arabela melawana le maikaelelo a tlhatlhobo e e rulaganang ke NCS.

## Mefuta ya ditlhatlhobo tsa Kgato ya Motheo

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

### **Tlhatlho bo ya Motheo**

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

### **Tlhatlho e e tlhomameng**

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

### **Tlhatlho ya kwa Bofelong**

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

### **Ditlhatlhotupo**

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

## **Tlhatlho 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 matlhagatlho 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 nono fileng tsa go buisa, o tshwara bothata go tlhologanyana dipotso, o tshwara ditaelo, le go amogela tshedimosetso e ntšhwa go ralala dirutwa tsotlhe tsa gagwe.



Fa o akanya ka ya barutwana ba gago, o tlaa bona gore Lily ga nosi. Barutwana ba banye ka bontsi mo phapang 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 medumo 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. (setse).

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

## Molebo wa puo yotlhe

Molebo wa puo yotlhe o go tselela 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 tse tse bonolo tsa ntlha tsa puiso.

Barutwana ba tuta ditogamaano tsa go bopa bokao go tswa mo mafokong a a mo tsebeng. Ditogamaano tse di akaretsa 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 popegeng 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.

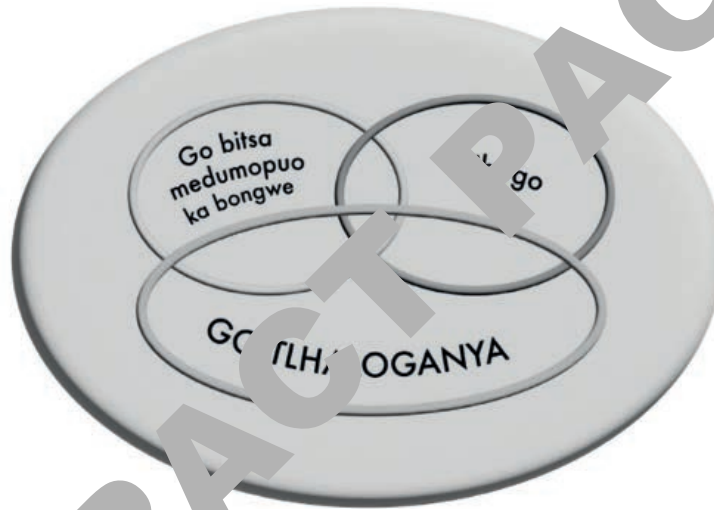
Go botsa dipotso tsa diteko tsa tekatlhaloganyo go netefatsa gore a barutwana ba tlhalogantse se ba se utlhwileng le se ba se buisitseng.

# 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 kgolagano magareng ga dilo tse di ba dikologileng le fa ba ntse ba ikatisa ka dikgono tse di botlhokwa jaaka mopeleto le maloso. 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 ya puo.

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



[Dibuka tse dikgolo tsa bokone, dikgang, Dibuka tsa puiso, Dibuka tse dikgolo, Dikarata tsa Frieze, Diphousetara, Dikarata 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 kwadiweng 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 tshegetsatshegetsa go bitsa medumopuo ka bongwe le didiriswa tse di ka dirisediawang 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 tseeneletseng 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 sekake 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 dipotso 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 tlamela 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 thutshwanang, 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. Tsepe ka 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 ithutisa e bile ke mokgwa o ka ona kgolo le kago ya botshelo e ka fitlhelwang. Mmuisi o o nako ya bokgoni o ka fitlhelela, a boela kwa, a boeletsa le go lebelela gape tshedimosetso ka nako ya kwadilwe. Go botlhokwa gore o godise lerato la go buisa mo barutwaneng. Go dirisa lenaane la motiki 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 tlamela barutwana go ntsha bokao go tswa mo setlhangweng, go go tlaa ba kgontshang go tswela go tswa mo go tlhaloganyeng mofuta wa dipotso tse di bonolo tse di tlhamaletseng, o kwa go fitlheleng go tlhaloganya go go tseeneletseng 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 kanelelelanang, ngangisano le tlhaloso le ka dipegelo, tshobokanyo le go anela ka ditragalo le maitlhomamo. Go na le mefuta 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.

## Didiriswa tsa kago ya puo

Kharikhulamo ya CAPS e tthagisa gore dikgono tse di latelang di tshwanetse go agiwa mo go Setswana Puogae le Puotlaleletso ya Ntsha: go reetsa le go bua, go buisa le fonetiki, go kwala le mokwalo le gore go tshwanetse ga dirisiwa bonnye merero e le tlhano mophato mongwe le mongwe.

Tlhatlhamano e kopanya dikgono tse le merero e le tlhano mo lenaneong la yona, e dirisa dikarolo tse thataro tse di latelang:

**Dibukanapuiso Tse Dikgolo:** Dibukanapuiso Tse Dikgolo di tsenyeletsa fonetiki le go buisa ya mophato e bo e tlamela ka ditirwana le dithutiso tse di agang tlotlofoko le go tlamela le ditshono tsa go katisa go kwala le tiro ya molomo. Dibukanapuiso tse Dikgolo di yona gore medumopuo ya tsona a buisege ka bongwe, di rulagantswe go kopanya ka tse tse mafoko a a tlhomameng ka ditlhaka le difonimi tse di nyalanang di rutiwe. Go na le buisanapuiso e Kgolo e le nngwe ka mophato, tse di akaretsang dikgang le didiriswa tsa paka nngwe le nngwe.

**Dikgoboko:** Mophato mongwe le mongwe o tlamelwa ka dikgoboko tse di nang le dinaane, dinoolwane, dikgang, maboko le dipina tse morutabana a ka akaretsang phaposi. Dikgoboko tse di thusa ka go tlhama lerato la go buisa le la lefoko le le kwalo. Diteng di akaretsa ditso tse di farologaneng, go thusa barutwana to tlotla le tlhahlanganya mefutafuta. Dikgoboko di bopa karolo ya ditirwana tsa puiso e e tloka kaelwang le ditirwana tsa go reetsa le go bua. Go na le kgoboko e le nngwe mophato mongwe le mongwe ka dikgang di le 20 go diriwa ka paka nngwe le nngwe. Dikgoboko di bopetsweng gore barutwana ba di buisetse barutwana kwa godimo.

**Dibukanapuiso tse di tlhophetsweng mophato:** Dibukanapuiso tse di tlhophetsweng mophato di na le palo e e rileng ya dikgang tse di tlhophetsweng mophato tse di oketsang go raraana le boleele fa barutwana ba ntse ba ithuta go buisa. Sete nngwe le nngwe ya Dibukanapuiso Tse Di Tlhophetsweng Mophato e kgaogantswe ka maemo a le 5. Maemo mangwe le mangwe a na ale dibuka di le 8 mme palogotlhe ya dibuka ke 40 e mo go yona dibuka di le 10 di ka dirisiwang mo kgweditharong, di tlamela barutwana ka tshono go buisa le go bua fonetiki fa ba ntse ba e ithuta. Dibukanapuiso tse di tlhophetsweng mophato di na le mafoko a a dirisiwang nako le nako a a atlenegisitsweng le Lefapha la Thutotheo (DBE). Bukanapuiso nngwe le nngwe e simolola ka dikgang tse di maleba le tshimologo ya ngwaga. Fa dikgono tsa barutwaba tsa go buisa a ntse di tokafala, fela jalo le ka boleele le go raraana ga kang nngwe le nngwe. Dibukanapuiso tse di tlhophetsweng mophato di ka dirisediwa go buisa go o ikemetse (ka nosi) le go buisa go kaelwang ga setlhopha.

**Dibuka Tse Bitona:** Bukanapuiso ya Buka e Tona ke bukanapuiso ya 'sebopego se segolo' e e tlhametsweng morutabana, e na le motlanyo o mogolo le ditshwantsho tse di gogelang. Morutabana tlaa dirisa buka e ka nako ya ditirwana tsa go buisa go go tlhakanetsweng.

Go buisa go go tlhakanetsweng go botlhokwa thata mo kagong ya dikgono tsa barutwana tsa go buisa gonne e letla setlhopha sa bana go itemogela dikungwelo tse dintsi tse e leng karolo ya puiso ya buka ya kang. Buka ya bogolo jo bo fetisang kgotsa Buka e Kgolo e go dirisitsweng motlanyo le tiro ya botaki tse dikgolo mo go yona. Morutabana o buisetse buka kwa godimo, gore bana botlhe ba ba buisediwa ba bone ba bo ba itumelele motlanyo le ditshwantsho. Morutabana o buisa kang gantsi mo malatsing a le mmalwa. Ka nako eo yotlhe, barutwana ba tsaya karolo ka matlhagatlhaga mo puisong fa morutabana a kgaotsa go botsa dipotso le diponelopele tsa se se tlaa diragalang mo nakong e e tlang. Bana ba ka nna ba kopiwa go buisa mafoko mangwe kgotsa dikarolo dingwe tsa kang fa ba ntse ba tlwaela mafoko le dipolelwana.

Puiso e e boelediwa e arabela maikaelelo a mantsi; sa ntsha, go buisetse monate; sa bobedi, go aga go tlhaloganya; sa boraro, kago ya puo le tlotlofoko; sa bone, mmuisi a ka

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 kgao ganyafoko ka
- Dikgono tsa go tlasela mafoko a maleele mo dipuong tsa mafoko a kgopanyeng ka dikarolwana tse dintsi, go tshwana le go kgaoganya mafoko ka dinoko
- Dikgono tsa go tlhaloganya jaaka go tshwantsha mo tlhaloganeng, go a tsa 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 Mabele thusa barutwana go tlhaloganya kamano magareng ga medumopuo (difonimi) le matshwao a ona a a kwadilweng. Tthatlhamano ya Polatinamo e akaretsa seseto se se monehang se se bontshang tthatlhamano ya difonimi go bapa le matshwao a medumopuo a a ngotlang 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 se diragalang sentle mo phaposiborutelong gore se kgone go lebelelwa bonolo le go dirisa nako le nako. Go na gape le dikarata di le 25 mo kgweditharong nngwe le nngwe ka dikarata di 100 mo mophatong mongwe le mongwe go thusa aka difonimi.

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

- jaaka sediriswa se go tsetsa le go bua go tshegetsa go ruta le go ithuta
- mo ditlhopho di bopisanang ka merero e e farologaneng
- go lemoga mo buisana ka batho, diphologolo le dilo
- mo ditlhopho di 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 ditlhakagolo 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.

**Difolešekarata:** Tthatlhamano e na le difolešekarata 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 morafo 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**. Sekao, barutwana ba ka batla ditlhaka le dipalo tse di fitlhlilweng mo sethalong kgotsa mo dirong ya botaki. Malea a go batla mafoko a a akaretsang ditshwantsho le ona a dirisega. Fa barutwana ba ntse ba nna le go itsehepa mo go lemogeng ditlhaka le dipalo, oketsa go kopanya ga tsona le mo ditirong di tshwana le go lemoga o bo o siamisa diphoso le mafoko a a peleto o o fosagetseng. Motshameko wa 'Ke a okomela' le ona o ka dirisediwa barutwana ba tshwanane, moo ba peletang lefoko le le feletseng ba bo ba tlamela ka tlhaloso kgotsa tirwana le lona mo polelong. [setshwantsho]

## Dithutiso tsa Fonetiki

Ditirwana tsa fonetiki di thusa barutwana go tlhama kopanya 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 le sengwe se na le difolešekarata tsa mafoko. Morutwana a le mongwe o tsholetsa ditlhopo, 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 bontsa 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 ba ka 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 tala tse di fitlheletsweng ke morutabana. Latela ditaello tse di mo Dibukeng tse Ditona go rotloetsega barutwana go buisa dikgang le go araba dipotso tsa thaloganyo ka go tshwara. Go araba dipotso tsa thaloganyo go ka dirisiwa jaaka karolo ya thathobo e e tshwara. Go na le dikungwele tse dintsi tsa go buisa go go tlhakanetsweng. Tse di latelang ke 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 tlhola go tshwara Setswana se dirisiwa mo seemong sa tlhologo gore ba tle ba ikagele bokao jwa tse di 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 la le setlhogo, ga 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 ya barutwana. Dirisa dipuo tsa ba bangwe, fa go kgonega.
- Buang kwa tlhogo le setshwantsho se se mo letlharekapesong.
- Buisetsa barutwana setlhogo. Ba thalositse bokao jwa sona fa go tlhokega.
- Fa o buisa kang le fa o setse o buisitse, botsa dipotso tse di rotloetsang barutwana go tlhaganya kang le go e nyalanya le matshelo a bona. Sekao: “Zinizi o ya mabentleleng le mmaagwe le rraagwe. O tle o ye mabentleleng? Ke mang a tsamayang e 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 tseletse.

### Karolo 2

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

- Tlhoma megopolo ya barutwana mo mafoko a a rileng mo sethangweng, 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 kang 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 mme go 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 teta didiriwa tse di dirisediwang go buisa go go Tlhakanetsweng. Dibukanapuiso tse di dirisediwang go 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 kgotso ka shokeletsa mo fatshe.
- Netefatsa morutwana mongwe le mongwe o na le dibukanapuiso kgotsa go na le Dibukanapuiso magareng ga barutwana ba babedi.
- Dula mo setulong se se kwa tlasenyane tse o nne mo seleganyong sa barutwana.
- Letlelela barutwana nako ya go batla le go baba dipotso ka ga kang.
- Go buisa go go kaelwang ga setlhopha go 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 buiseneng tse 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 dirisediwang mo karolong ya go buisa go go kaelwang ga setlhopha ba dirise difolešekarata.

Go baakanyetsa go buisa ka sebedi go go atlegileng

Kwa tshimologong ya Paka 1, tlhalosetsa barutwana se o batlang ba se dira ka nako 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 nono fileng ba ka thusa babuisi ba ba bokoa. Dibedi tsa bokgoni jo bo tshwanang le tsona di dira sentle mo babusing baba 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 tlhokang barutwana go di tlhophisa.
- Baya dibuka moo barutwana ba ka di fitlhelang teng bonolo mo dišeloang kgotsa mo dibokosong.
- Rotloetsa barutwana go buisa fa ba feditse tiro ya bona mo phaposing.

## Tshegetso ya Tlaleletso

O ka fitlhelela 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 tshwanang le ka dikgwetlho tse di tlwaelegileng tse barutwana ba ka naganang ka tsona. Go naganang tse tse di itumedisang go ka thusa go tlhama motheo o o tiileng wa puo ya barutwana ba gago.

## Ditirwana tsa dipharologanyo

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

## Tiro ya bosiamisi

Tiro ya bosiamisi ya Setswana naganang le Puotlaleletso ya Ntsha mo Kgatong ya Motheo e tshwanetse go nna e e tshwanang go dirwa le go arabela dikarolo tse barutwana ba kgaratlang mo go tsona. Ditshikinyo tse di tshwanang ke:

- **Fonetiki le tshwanano ya mafoko:** dirisa difolešekarata, diphousetara le seseto sa mafokopono a a tlwaelegileng le dikaelo tsa fonetiki. Tlhama lebota la mafoko mo phaposiborutelong mo barutwana ba tsenyang mafoko a mašwa a ba a ithutang.
- **Metshameko ya medumopuo:** Tshamekang metshameko e e tobileng medumo ya ditlhaka, jwaka "ke a okomela" ka metshameko ya medumopuo kgotsa mafoko a a rumang.
- **Go naganang tlotlofoko:** Tlhama thanodi ya ditshwantsho e e nang le dikai le maina a dikarolwana tsa ditshwantsho. Rotloetsa barutwana go itirela dithalo le mafoko a mašwa a dikarolwana tsa tsona.
- **Go anela kgang le go e boelets:** 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 ditlhophisa tse dinnye le go buisa mmogo dibukanapuiso tse di lekanyeditsweng. Botsa dipotso ka ga sethangwa 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 tlišang dilwana ba bo ba di tlhalosa. Tiragatso e e thusa ka motšheko le kago ya polelo.
- Botsayakarolo: Tsenya barutwana mo ditirwaneng tsa botsayakarolo moo ba ka ikatisang go bua le go reetsa mo dipontshong tse di farologaneng.
- Metshameko ya mopeleto: Dirisa metshameko e tshwana le ‘Agony’ ka diphoso’ go dira gore katiso ya mopeleto e itumedise. Tsenyeletsa mafoko a ba tshwana mo nakong eo.
- Katiso ya go bopa ditlhaka: Tlamela ka matlharekatiso a barutwana ba tlaa 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 reetsa moo barutwana ba salang morago dikaelo tsa molomo kgotsa ba reetsa ditirwaneng tse ba bo ba araba dipotso ka ga tsona.
- Metshameko ya taelo: Dirisa metshameko e akaretsang 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 kwang buisa le tsona.
- Matlharetiro: Tlhama matlharetiro a aobang dikarolwana tse barutwana ba tlhokang nako e e okeditsweng mo go tsona.
- Didiriswa tsa mafaratlho: Metsameko ya Tutho: Dirisa didiriswa tsa mafaratlhatlha le metsameko e nngwe tse di maleba le dingwaga tsa barutwana e bile di totile dikgono tsa bona tsa barutwana.

## Tiro ya katoloso

Katoloso ya tiro ya Setšhaba Puogae le Puotlaleletso ya Ntsha mo Kgatong ya Motheo e tshwanetse go tšoma mogopolo mo go godiseng go tlhaloganya ga barutwana le go atolosa dikgono tse di tšwanetseng ba tlhokometse gore ditirwana di a diriwa e bile di maleba. Tse di latelang e dingwe tsa dikakanyo tsa ditirwana tsa katoloso:

- Mafoko a lelapa: Itsise mafoko a lelapa (sekao, -enya, -anya) mme barutwana ba tlhamele mafoko a kwala mafoko a mašwa mo lelapeng lengwele lengwe.
- Malea 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.
- Dijonale tsa tlotlofoko: Rotloetsa barutwana go nna le dijonale tsa tlotlofoko moo ba kwalang mafoko a mašwa, bokao jwa ona, ba bo ba a dirise mo dipolelong.
- Tshekatsheko ya baanelwa le poloto: Morago ga go buisa kgang, buisanang ka baanelwabagolo le poloto. Kopa barutwana go tlhalosa 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 tlhatlhoaba 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 tse 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 boletse go 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 dithuto. 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 etsetsega thata fa a kopiwa go tsaya karolo mo ditirwanelong tsa setlhopha.

Morutabana wa nna e a le moga gore Leah o rata go dira a le mongwe e bile ka dinako tsa boikhubo 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 bolediwa. Le fa Leah a ne a dira ka manontlholtho mo ditirong tsa botlhami, o ne a nna le mmelele fa a 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 nono file, 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 didiwang *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 tlamela tikologo e e nang le tshegetso e ntsi. Mo phaposiborutelong, morutabana wa gagwe a dirisa didiriswa tsa pono go mo thusa go laola diphetogo tse di tlwaelegile tsa tlamela ka sebaka moo a ka yang teng fa a ikutlwa gore o fekeetsegile. Leah o ne a fiwa gan nako e e okeditsweng go akanya ka ditaello tsa molomo gape a letleletse go dirisa tlhophoeng 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 tshegetso 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 thutlwa a ritibetse mo maemong a loago. Ka tshegetso e e tshwanetseng, Leah a kgona go tshelaapele, a netefatsa gore go lemogiwa ga bokoa ga se sekgoreletsi sa katlego, mme le go tlotlo 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 ditlhatlhabano tse di maleba tse di tlaa thusang barutwana ba ba tshwanang le Leah go fenyakga dikgwetho le go fitlhelela bokgoni jwa bona jo bo tletseng.

Mananeo 2, 3 le 4 a na le manaane a a tshwanang **makoa a go ithuta, makoa a kagego ya methapo, le makoa bogole mo mathematekisi** ka aka 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 tlhaolwa 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 amogela 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 gale a isa kwa bofateng jwa tsamao ya methapo, go itsetsepela le go tlhagisa puo.
Muscular Dystrophy	Bokoa bo bo tlangwang ka tsalo jo bo bakang bokoa jwa mesifa, bokgoni jwa go tsamao le go dira ga mmele mo phaposiborutelong.
Spina Bifida	Bokoa jo bo tlhologileng kwa tsalong moo mokokotlo o sa bopegeng mmele, 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 bonilhabongwe 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.

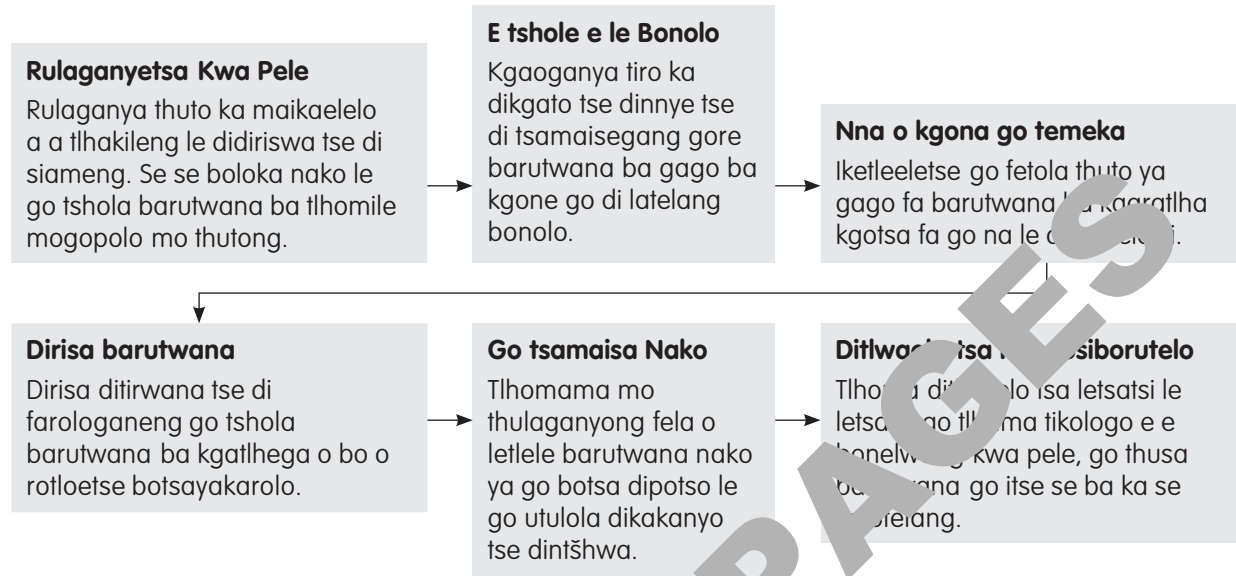
Kakanyo ya motheo ya **Tiori ya phapaano** ke gore barutwana ba tuta botoka fa ba bona dipharologano le dintlhatshwano mo se se ntseng se rutiwa. E tshwara gore barutwana ga ba kgone go tlhaloganya sengwe ka botlalo ntle le gore ba se tsa ka ditsela kgotsa maemo a a farologaneng. Ka go bontsha mmogo 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 tsa se se fapaanang le se se salang se tlhomame. Dikaelo tse di akaretsa:
  - ✓ **Pharologano/ganetso:** E tlhagisa dikao tse di ganetsang go totobatsa dipharologano.
  - ✓ **Phapanyo:** Go bontsha diphapaano mo mogopolong gore ba tshwarelele tirisong e e tshwara go tshwara.
  - ✓ **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 tshala 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 tshala 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. Ditlwaelo 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 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 thulagano 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 bang le ditlhogo tse di rutiwang go dira gore go ithuta go nne le tiragatso.

## Tsamaiso ya Phaposiborutelo

Tsamaiso ya diphaposiborutelo tse di kgolo, 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 loago e tlotlo. Go akaretsa barutwana mo go tlhomeng maitsholo le maikaelelo a go ithuta go go tsa go rua melao le ditsholofelo ga bona.

Ditogamaano tsa di nnye tsa tsamaiso ya phaposiborutelo di akaretsa:

- Go tlhama melaelwane: Tlhaeletsa melawana le melaelwane ka botlalo go tloga kwa tshimologeng e nnye o tswelele go e gatelela. Ditlwalelo le sebopego: Go boloka ditlwalelo tse di tshimologeng go thusa tsamaiso ya diphaposi tse dikgolo.
- Go tloga balekane: Go baya barutwana ka sebedi kgotsa ka ditlhopho go oketsa go ruta ka tloga ka 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 ka le ba kgona go tshwaela go utlwala.

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

Mo phaposisiborutelong, e ka tswa e na le barutwana ba le 15, 20, kgotsa 25, go tla tshwana le tlhatlhamano ya mefuta ya go ithuta. Tse ke ditsela tse ka tsona barutwana ba alogelang, ba akanyang, ba tlhaloganyang, le go gakologelwa tshedimosetso. Go tlhahlela mefuta ya go ithuta e e tsenyeletsang, go botlhokwa thata go lemoga le go emanokena mefuta 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 aroganywe 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 boisa 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 setlhopheng 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 ba na le ditiro tsa tiori tse di tiileng.
- Go ithuta ka Go dira/akanya: 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	Nna le ba bangwe (Tsala ya me)		Beke 1	
	Nna le ba bangwe (Tsala e e siameng) Nna le ba bangwe (Re tlhokomela digole)		Beke 2, 3	
	Batho kwa sekolong Nna le ba bangwe (Kwa gae)		Beke 4, 5	
	Nna le ba bangwe (Re a farologana) Dilo tse di re thusang		Beke 6, 7	
	Re tlhokomela digole Nka nna mogaka		Beke 8, 9	
	Tlhatlhobo ya bofelo		Beke 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><b><i>Ditirwana tsa letsatsi le letsatsi le tsa beke mo dikarolwaneng tsa thuto ya puisokwalo le dirutwa tse dingwe</i></b></p> <ul style="list-style-type: none"> <li>Tlotla ka maitemogelo a gago a botshelo. Se tlotla, o tlotle dikgang o tlotlisa maikutlo le kakanyo.</li> <li>Reetsa kwa maitemogelo tsenwa gare, o tlotle motlo fa sebuile e na le mofosana go tlotlisa.</li> <li>Dirisa tse e e maleba fa o bua le ditsala tsa gago le ditlhopo, o lemoge mokgwa o barwana ba dirisang puo ka teng mo phaposeng (sk. o bolelele batsadi ka mokgwa o kgwele e thubileng letlhabaphefo ka teng le go bolelele ditsala kgang yona eo.</li> <li>Reetsa tatelano ya ditaelo tse di raraaneng (bonnye di le 4) le go di tsibogela ka tshwanelo.</li> </ul>	1-5	<p>Boeletsa medumo ya noko e le nngwe le ditumammogo le ditumanosi tse di pataganeng tse di emelang modumo o lemongwe tse di rutilweng mo Mophato</p> <p>2. Tlhalosa mosola wa ditlhaka tsa alefabeto mo mafokong a a farologaneng, o etse tlhoko medumo e e farologaneng e e emetsweng ke tlhaka kgotsa ditlhaka tse di tshwanang, sekao, n mo go nama (nama ya nku) kgotsa n mo go nama (go nama maoto).</p>	<ul style="list-style-type: none"> <li>Ngatana ya dikgangkhutswe</li> <li>Phousetara 1</li> <li>Phousetara 2</li> </ul>

Bokgoni jwa puo	Diteng, dikgopolo le dikgono	Dibeke		Didiriswa
	<ul style="list-style-type: none"> <li>• Reetsa dintlha tsa botlhokwa tsa kgang, araba dipotso tsa maemo a a kwa godimo, sekao, "A o akanya gore setlhogo se ke sona se se tshwanelang kgang e? Ke goreng o re jalo?"</li> <li>• Botsa dipotso go tlhaloganya o be o tshwaela ka se o se utlwileng, sekao, "A tota seo se diragetse? Jaanong o dirile eng?"</li> <li>• Tlhagisa maikutlo ka ga setlhangwa o be o neele mabaka, sekao, "Ke akanya gore mokwadi a ka bo a neetse bokhutlo jwa boitumelo mo kgannyeng. Ntšwa e, e lekile ka thata gore e sutlhe".</li> </ul>			
	<ul style="list-style-type: none"> <li>• Nna le seabe mo dipuisanong, o botsa dipotso, supa masi mo ditshwaelong le maikutlong a setlhangwe.</li> <li>• Araba dipotso tsa go tshwela mabaka ka go tshwela e o e neele eng? sekao, "Ee, ke akanya gore setlhogo se tshwaela muisi ka se kgang e eng ka ga sona."</li> </ul>	1-10		<ul style="list-style-type: none"> <li>• Kgoboko ya dikgang</li> <li>• Phousetara 1</li> <li>• Phousetara 2</li> </ul>
Puiso le Medumopuo	<ul style="list-style-type: none"> <li>• Supa kamano ya modumo wa tlhaka le leina la tlhaka ya ditlhakanngwe.</li> <li>• Lemoga ditumammogo tse di pataganeng tse di dumisiwang mmogo (tl, th, kg, ng) mo tshimologong le mo bokhutong jwa mafoko (th - tha-ga; ng-se-kgwe-ng; tlh - tlha-ge-ng; kg- kgo-ro-ng).</li> </ul>	1-5	1 Ditirwana tsa medumopuo di dirwa gararo mo bekeng mo metsotsong e le 15.	<ul style="list-style-type: none"> <li>• Buka ya go buisa</li> <li>• Dikarata tsa puiso</li> <li>• Diseto tsa medumopuo</li> </ul>



Bokgoni jwa puo	Diteng, dikgopolo le dikgono	Dibeke		Didiriswa
	<ul style="list-style-type: none"> <li>• Lemoga ditumanosi tse di pataganeng tse di emelang modumo o le mongwe tse di rutilweng mo Mophato 2., Sk. 'oa', 'ea', 'ee',</li> <li>• Lemoga gore medumo mengwe e ka emelwa ke tlhopho ya mepeleto e e farologaneng, sekao: podi le pula.</li> <li>• Lemoga medumo e e sa utlwaleng mo mafokong, sk. 'o' wa bobedi mo go 'Pooe' ga a utlwale; 'u' wa bobedi mo go 'thuu' ga a utlwale 'maaka' a wa bobedi ga a utlwale.</li> <li>• Lemoga le go dirisa mafoko a a rumang mmogo mo dinokong sk. noka, roka, leka.</li> <li>• Bopa mafoko a a nane le ditlhaka di le 3, 4 o dirisa ditumammogo ditumanosi tse ditlhaka tse di pataganeng di dumiswang mo go tse di rutilwang mo kgaditharong e.</li> <li>• Gaogaoga ditlhaka le mafoko ka tatelano ya alfabete.</li> <li>• Peleta mafoko ka nepo o dirisa kitso ya medumopuo.</li> <li>• Ithute go peleta mafoko a le lesome mo bekeng go tswa mo thutong ya medumopuo le tlotlofoko.</li> <li>• Kwala dipolelo di le tharo tse dikhutshwane tse o di bileliwang ke morutabana.</li> </ul>		<p>Boeletsa medumo ya noko e le nngwe le ditumammogo le ditumanosi tse di pataganeng tse di emelang modumo o le mongwe tse di rutilweng mo Mophato 2.</p> <p>Tlhalosa mabolelo wa ditlhaka tse di emelang modumo a le mafoko a a nane farologaneng, tse tse noko medumo e e farologaneng e e emetswang ke tlhaka kgotsa ditlhaka tse di tshwanang, sekao, n mo go nama (nama ya nku) kgotsa n mo go nama (go nama maoto).</p>	

Bokgoni jwa puo	Diteng, dikgopolo le dikgono	Dibeke		Didiriswa
	<ul style="list-style-type: none"> <li>• Lemoga le go dirisa mafoko a a rumang mmogo mo dinokong sk. noka, roka, leka.</li> <li>• Bopa mafoko a a nang le ditlhaka di le 3, 4, 5 o dirisa ditumammogo le ditumanosi tsa ditlhaka tse di pataganeng tse di dumisiwang mmogo tse di rutilweng mo kgweditharong e.</li> <li>• Kgaoganya ditlhaka le mafoko ka tatelano ya dialefabete.</li> <li>• Peleta mafoko ka nepo o dirisa kitso ya medumopuo.</li> <li>• Ithute go peleta mafoko a le lesome mo bekeng go tswa mo thutong ya medumopuo le tlotlofoko.</li> <li>• Kwala dipolelo di le 10 tse dikhutshwane tse di bilediawang ke moru...</li> </ul>	6-10		<ul style="list-style-type: none"> <li>• Buka ya go buisa</li> <li>• Ngatana ya dikgangkhutswe</li> <li>• Disetlisa medumopuo</li> </ul>
Puisokopanelo	<ul style="list-style-type: none"> <li>• Dirisa metha ya go buisa go buisa ka seithangwa sa ditshwarano, sona, leba setshwarano mme lo tlotle ka seithangwa ka ga sona gore se tserwe go tswa mo motsweding ofe.</li> <li>• Buisa ditlhangwa tse di godisitsweng tse di jaaka maboko, dibuka tse dikgolo, diphousetara le ditlhangwa tsa seileketeroniki/ tsa khomphiuthara le barutwana botlhe (puisokopanelo).</li> <li>• Barutwana botlhe ba buisa buka le morutabana (puisokopanelo) mme ba tlhalosa ntlhakgolo le baanelwabagolo.</li> </ul>	1-10		Buka e kgolo Diphousetara Ngatana ya dikgangkhutshwe

Bokgoni jwa puo	Diteng, dikgopolo le dikgono	Dibeke		Didiriswa
	<ul style="list-style-type: none"> <li>• Buisa ditaelo mo phaposing.</li> <li>• Buisa maboko a a farologaneng mo setlhogong le go buisana ka ga ona.</li> <li>• Araba dipotso tsa maemo a a kwa godimo pele, ka nako le morago ga puiso ya setlhangwa sa kopanelo (sk. o nagana gore go tla diragala eng, ke eng o rialo) gore a setlhangwa se maleba le go neela dikarabo.</li> <li>• Lemoga matshwao a ditsejwana go bontsha puosebui mo mokwalong wa kgang.</li> <li>• Lemoga manalana mo tlogelong o bontsha thui le khutshwafatso, jaaka, 'fatshe boemong jwa lefatshe.</li> </ul>			
Puiso ka diithopha	<p><i>Tlhatlhamano ya thulaganyo ya puiso e tla a tshwafatso (thata.)</i></p> <ul style="list-style-type: none"> <li>• Buisa ka setu kwa godimo go tshegetsa buising ya gagano ya puisokaelo ka diithopha le morutabana, e gore, diithopha sotlhe se tlogela kgang e le nngwe mo kgangong ya puisokaelo le setlhopha.</li> <li>• Dirisa medumopuo, mo bokaong jwa dikgono tsa temogo ya popego ya mafoko fa ba buisa ka setu le kwa godimo.</li> <li>• Dirisa ditogamaano tsa go itshiamisa fa o buisa: go buisa gape, go kgaotsa le go ikatisa go bua lefoko pele ga ba le buela kwa godimo.</li> </ul>	1-10	<p><i>Puisokaelo ka diithopha Morutabana o dira ka diithopha tse pedi letsatsi le letsatsi, o nna metsotso e le 15 le setlhopha sengwe le sengwe.</i></p>	<p>Buya puiso ya barutwana Buka e kgolo Ngatana ya dikgangkhutshwe</p>



Bokgoni jwa puo	Diteng, dikgopolo le dikgono	Dibeke		Didiriswa
Puisetsogodimo	Reetsa ka tlhwaafalo mme o tseye karolo mo dipuisanong.	1-10		Kgoboko ya dikgang Buka ya go buisa
Mokwalo	<ul style="list-style-type: none"> <li>Bopa ditlhakanye le ditlhakagolo mo mokwalong o o tshwaraganeng le go simolola go tshwaraganya ditlhaka tse di farologaneng le go aga mafoko mo mokwalong o o tlhophilweng o o tshwaraganeng.</li> <li>Dirisa didiriswa tsa go kwala ka nepo (sk. pensele, raba, rula).</li> <li>Kwala mafoko a makhutshwane ka mokwalo o o tshwaraganeng.</li> <li>Tsenya diphatlha mo go maleba mo mafokong a mo moleng.</li> <li>Kwala polelo sentle ka nepo mo mokwalokgatiso le mokwalo o o tshwaraganeng.</li> <li>Tshwantsho ya ditshwantsho le go aga polelo go bontsha o tlhaloganya mang.</li> </ul>	1-10	<p><i>Dithuto tse di tlhomameng di dirwa ga 3 ka beke mo metsotsong e le 15.</i></p> <p><i>Le fa dithuto tsa mokwalo di tshwana go ikopanya ka go kwala mafoko tse a tshwaraganeng ka nosi mo mokwalo o tshwaraganeng, morutwana ba santse ba ka dirisa mokwalokgatiso go fitlha kwa bofelong jwa paka ya bobedi. Mofuta wa mokwalokgatiso kgotsa o o tshwaraganeng, o tla itsisiwe ke pholisi ya sekolo/porofense ya gore go kwalwa jang.</i></p>	Buka ya go buisa seto tsa mafoko. Tshate ya mokwalo
	<ul style="list-style-type: none"> <li>Kwala ditaelo (sk. go tsala).</li> <li>Abelana ka dikakanyo, mafoko le dipolelo mo kgannyeng ya mo phaposeng (mokwalokopanelo).</li> <li>Dirisa ditshwantsho go tlhophisa setlhogo se o kwalang ka sona.</li> <li>Tlotla le tsala ya gago go simolola go ipaakanyetsa go kwala.</li> </ul>	4-10	<p><i>Mokwalokopanelo wa ditlhophisa le wa morutwana tse dinnye di dirwe gabedi go ya garara ka beke. Dirisa ditirwana tsa mokwalokopanelo go bontsha tiriso e e nepagetseng ya matshwaopuiso, mopeleto le thutapuo (dipaka, bontsi ji.)</i></p>	Tshate ya mokwalo



Bokgoni jwa puo	Diteng, dikgopolo le dikgono	Dibeke		Didiriswa
	<ul style="list-style-type: none"> <li>• Botsa dipotso go thusa go ranola tiro ya go kwala.</li> <li>• Kwala bonnye temana e le nngwe ya dipolelo di le robedi (jaaka. dikgang tsa gago, kgang ya boithamedi, tlhaloso ya tiragalo kgotsa tekelelo).</li> <li>• Kwala le go thadisa dipolelo ka setlhogo, go nna le seabe mo bukeng ya laeaborari ya phaposi.</li> </ul>		<p><i>Ba neele letlhomeso la go kwala go ba thusa go kwala kgang kgotsa tlhaloso mme o ba kaele ka dikgato tsa thulaganyo ya go kwala. Barutwana ba simolola go itirela ditharisa tsa bona.</i></p>	
Tiriso ya puo	<ul style="list-style-type: none"> <li>• Kwala mafoko go dira dipolelo o dirisa ditlhakakgolo, khutlo, letshwao la potso, phegelwana, letshwao la tsiboso le letshwao la ditsejwana.</li> <li>• Dirisa kitso ya medumopu le melao ya mopeleto go kwala mafoko a tswa tlwaelegang.</li> <li>• Dirisa pakajampong, pakapheti le tshwanele ka tshwanele.</li> <li>• Dirisa tshwanele ya sediri le tshwanele.</li> <li>• Tshwanele ya tshwanele le thanodi mafoko o dirise tlhaka e e tshwanele lefoko jaaka apole, buka, dira, ema, jj.</li> </ul>	1-10		Bukatiro ya DBE

## Thuto e nngwe ya beke

1. Thuto e nngwe ya thuto e dirisa mokgwa o le mongwe beke le beke.
  - Se se dira gore barutabana le barutwana ba latele bonolo.
  - Barutwana ba ka ipaakanyetsa tirwana e e latelang fa ba setse ba itse setlwaelo.
2. Ipaakanyetso thuto e e dirisa CAPS le nako e e abilweng ya diura di le 8 tsa 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		
Medumopuo	15	Medumopuo	15	Medumopuo	15	Medumopuo	15	Medumopuo	15
Puisokaelo	15	Puisokaelo	15	Puisokaelo	15	Puisokaelo	15	Puisokaelo	15
Puiso ka ditlhopha	30	Puiso ka ditlhopha	30	Puiso ka ditlhopha	30	Puiso ka ditlhopha	30	Puiso ka ditlhopha	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>Morutabana o tshela puiso barutwana. <ol style="list-style-type: none"> <li>Morutabana: Dumela lang barutwana ba Mophato wa 1.</li> <li>Barutwana: Dumela morutabana (leina)</li> </ol> </li> <li>Kopa barutwana go dumedisa barutwana ka bone ba ba tsheleng le bone: Dumela (leina)</li> </ol>
Potso ya letsatsi	<ol style="list-style-type: none"> <li>Gaobanya barutwana ka ditlhopha tsa Potso ya Letsatsi. <ol style="list-style-type: none"> <li>Batla tlhoka ditlhopha di le 5.</li> <li>Setlhopha se le sengwe se tla nna le tshono ya go araba potso ya letsatsi gangwe ka beke.</li> <li>Potso: O rata mmala ofe? Batla dilwana tsa mmala oo mo phaposingborutelo.</li> </ol> </li> </ol>
Dipina/ maboko	Maina, maina ga a tshwane. itsise pina mo phaposing. Fa ke go supa bua leina la gago. Supa morutwana, morutwana a re: maina, maina ga a Tshwane. Leina la me ke _____, le simolola ka _____.

# Beke 1: Nna le ba bangwe (Tsala ya me)

Didiriswa tse di supilweng		
Buka e kgolo, letlapakwalelo, dipensele, buka ya puiso, buka ya go kwalela, buka ya medumopuo, dikarata tsa mafoko		
Mafoko a a tlhagelelang gantsi	Mafoko a medumo	Tlotlofoko
Itumela, tshega, dikgang, mmogo, tlotla	Jaaka, maabane, jaanong, baagi, maano	Tshameka, botlhokoa, seotswana, tswela, tsak sedidi, maitshwarello

Ditirwana tsa letsatsi le letsatsi:

- Reetsa kwa ntle ga go tsena ba bangwe ganong, o supe tlotlo mo bua.
- Refosana go bua.
- Bua ka maitemogelo a gago.
- Tshitsinya tharabololo ya bothata segolo bogolo ka ntle ya bua.

Dikgono	Dikaelo tsa go ruta	Didiriswa
<b>Go reetsa le go bua</b> (15 Metsotso x4)	<ul style="list-style-type: none"> <li>• Kgomaretsa phousetara mo letlapakwalelong.</li> <li>• Naya barutwana metsotswa e e sekaseka le go tlhaka gore go diragala eng mo go yona.</li> <li>• Kwala setlha go mo letlapakwalelong le go se tlhalosa.</li> <li>• Botsa dipontso tsa phousetara go aga tlotlo mo barutwaneng.</li> </ul>	Phousetara Letlapakwalelo Sekgomaretsi
<b>Medumopuo</b> (15 metsotso)	<p><b>Maano a a nna tse dilatelang:</b> Ruta medumo e 2 ka beke.</p> <p><b>Maano a letsatsi la Labotlhano direla barutwana</b> mopeleto le piletso ya polelo e le nngwe ka medumo / modumo o ba ithutileng one.</p> <p><b>Tsamaiso ya go ruta</b></p> <ul style="list-style-type: none"> <li>• Kgomaretsa karata e e nang le ditlhaka tsa modumo mo letlapakwalelong.</li> <li>• Laela barutwana go o buisa le go ba tlhalosetsa ka ditumanosi tse pataganeng.</li> <li>• Ba neele sekao sa modumo le go ba laela go neela mafoko a mangwe a ba a itseng a modumo.</li> <li>• Morago ga go neela mafoko a kwale mo letlapakwalelong / o kgomaretse dikarata tsa mafoko a a nang le modumo.</li> </ul>	Dikarata tsa mafoko Letlapakwalelo Tshate ya modumo Tshoko Buka ya medumopuo Dipensele

Dikgono	Dikaelo tsa go ruta	Didiriswa
	<ul style="list-style-type: none"> <li>Buisa mafoko ao le barutwana.</li> <li>Barutwana ba ka kopololela mafoko a modumo mo dibukeng tsa medumopuo.</li> <li>Fa o feditse ka modumo, kgomaretsa dikarata tsa mafoko ao fa barutwana ba tla a bonang teng le go a ikgakolola.</li> </ul>	
Puisokopanelo (15 metsotso ka letsatsi)	<p><b>Ela tlhoko dintlha tse di latelang:</b></p> <ul style="list-style-type: none"> <li>Puisokopanelo ke tiro ya phaposi yotlhe.</li> <li>Baya barutwana mo maemong a a siameng kgotsa mo mmetsheng fo ba tlaa kgonang go bona Buka e kgolo e e buisiwang le go reetsa ka tlhoafalo.</li> <li>O ka ba neela mesamo e mennye fa o na yone go e dirisa ka nako ya puiso.</li> <li>Ba gakolole ka dikaelo jaaka: go tswa molemeng go ya kwa mojeng le go tswa godimo go ya tlase.</li> </ul> <p><b>Pele ga puiso</b></p> <ul style="list-style-type: none"> <li>Buisetsa barutwana serihogele kgang ga bedi.</li> <li>Ba laele go lebelela bokantle jwa buka e kgolo le go rana ditshwantsho se se tlagelelaneng.</li> <li>Kopa barutwana go dira ponelopele ya kopano ya ditshwantsho,</li> <li>Ba tshwantsho jaaka: o akanya gore re tlile go buisa eng? A akanya gore go tlaa diragala eng?</li> <li>Kopola mafoko a maswa go tswa mo puisong le go a tlhalosa.</li> <li>A kwale mo dikarateng tsa mafoko le go tlhalosetsa barutwana fa ba tlile go kopana le one mo puisong.</li> </ul> <p><b>Dipotso e ka nna tse di latelang:</b></p> <ul style="list-style-type: none"> <li>Ditsala tsa gago ke bomang?</li> <li>Le rata go dira eng fa lo le mmogo?</li> </ul>	Buka e kgolo Ngatano ya dikgangkhutswe

Dikgono	Dikaelo tsa go ruta	Didiriswa
	<p><b>Ka nako ya puiso</b></p> <ul style="list-style-type: none"> <li>Buisetsa godimo kgang go tswa mo buka e kgolo fa barutwana ba lebeletse mafoko a o a supang le go reetsa dintlha tsa puiso.</li> <li>Dirisa lebelo le le nepagetseng le tiriso e emaleba ya matshwao a puiso.</li> <li>Fa puiso e ntse e tsweletse tla o emisa go laela barutwana go buisa mafoko a o a supileng le dipotso tse di tswalegileng le tse di bulegileng.</li> <li>Fa puiso e feletse, laela barutwana go tlotla dintlha tsa kgang e e buisitsweng go tlhola fa ba tlhalogantse.</li> </ul> <p><b>Marago ga puiso</b></p> <ul style="list-style-type: none"> <li>Botsa dipotso jaaka:- ke eng se o se buisang ka kgang?</li> <li>A o ka nna le tsala ya seotswana? Na, lebaka la karabo ya gago</li> </ul>	
<b>Puisokaelo ka ditlhopha</b>	Dira le ditlhopha. Dira le ditlhopha di le 2 ka letsatsi, metsotso e le 15 setlhopha.	Buka ya puiso, Tsala ya me
	<p><b>Ela tlhoko dintlha tse di latelang:</b></p> <ul style="list-style-type: none"> <li>Kgaoganyo barutwana a ditlhopha go ya ka bokgoni jwa seotswana go buisa.</li> <li>Kgomaretsa barutwana a ditlhopha mo leboteng go buisa barutwana ba itse ditlhopha tsa bone.</li> <li>Ukaganya barutwana a mebala go farologanya ditlhopha, gongwe maungo kgotsa diphologolo tse di tlhaga.</li> <li>Go dira le setlhopha fa barutwana ba ba seng mo ditlhopeng ditirwana tsa mo phaposeng go di dira.</li> <li>Gakolola barutwana botlhe ka melawana ya go tshwara buka sentle, jaaka: go tlhapa diatla pele o tshwara bula, go se kwalele mo bukeng ya puiso, go se gagole buka.</li> </ul> <p><b>Pele ga puiso</b></p> <ul style="list-style-type: none"> <li>Laela setlhopha go nna ka tlhako ya pitse kgotsa ka mokgwa wa sediko. Ba neele dibuka tsa puiso le go ba laela go lebelela setlhogo le bokafantle jwa yona. Buisa setlhogo le bone le go ba letla go dira ponelopele ya kgang go ya ka ditshwantsho.</li> </ul>	

Dikgono	Dikaelo tsa go ruta	Didiriswa
	<ul style="list-style-type: none"> <li>Buisa le barutwana mafoko a tlotlofoko go tswa mo dikarateng tsa mafoko.</li> <li>Laela barutwana ba ba mo setlhopheng go isa kgang go tloga ka tsebe 1-6 le go ba kaela fa go tlhokega.</li> <li>Botsa dipotso ka se ba se buisitseng.</li> </ul> <p><b>Morago ga puiso</b></p> <ul style="list-style-type: none"> <li>Botsa dipotso jaaka, ke matswao afe a puiso a o kopaneng le one fa o ntse o buisa?</li> <li>Neela mebala e basetsana ba e ratang.</li> <li>Goreng Bibo a robala kwa ntle bosigo?</li> </ul>	
Puiso ka nosi	<ul style="list-style-type: none"> <li>Dira le barutwana ba ba ditlhong kgotsa ba nang le dikgwetho tsa go buisa.</li> </ul>	<p>Buka ya puiso</p> <p>Dikarateng tsa mafoko</p> <p>Letlapakwalelo</p>
Go kwala (30 metsotso gararo ka beke)	<p><b>Ela tlhoko di ntlha tse di latelang:</b></p> <ul style="list-style-type: none"> <li>Barutwana botlhe ba kwala tirwana e tshwanang.</li> <li>Laela barutwana go phatlalatsa dibuka tsa bone fa ba feletseng teng nakong e fetileng.</li> <li>Tlhalosetsa barutwana ditaelo tsa tirwana e nngwe le e nngwe.</li> <li>Buisa le barutwana ditaelo gabedi pele ba simolola go kwala.</li> </ul> <p><b>Ka nako e go kwala</b></p> <ul style="list-style-type: none"> <li>Barutwana gore barutwana ba na le didiriswa tse tshwanang tsa go kwala.</li> </ul> <p>Tsamaya mo gare ga bona go tlhola fa botlhe ba tlhalogantse ditaelo le go thusa ba ba nang le dikgwetho. Ba direle dikao tsa tirwana fa go kgonega.</p> <p><b>Tirwana 1</b></p> <ul style="list-style-type: none"> <li>Laela barutwana go kopolola dipolelo le go tsenya tlhakakgolo, khutlo le phegelwana.</li> </ul> <p><b>Tirwana 2</b></p> <ul style="list-style-type: none"> <li>Laela barutwana go thala setswantsho sa gagwe le tsala morago a kwale dipolelo di 2 ka ga sona.</li> </ul> <p><b>Tirwana 3</b></p> <ul style="list-style-type: none"> <li>Barutwana ba ikwalela mafoko a le thataro go ikagela thanodi ya bona.</li> </ul>	<p>Buka ya go kwala</p> <p>Dipensele</p>

Dikgono	Dikaelo tsa go ruta	Didiriswa
<p><b>Mokwalo</b> (15 metsotso ga nne ka beke)</p>	<p><b>Ela tlhoko dintlha tse dilatelang:</b></p> <ul style="list-style-type: none"> <li>• A barutwana ba na le didiriswa tse di maleba?</li> <li>• Diragatsa mokgwa wa go tsenya diphatlha fa gare ga mafoko o dirisa monwana wa bosupa ka go o baya fa thoko ga tlhaka kgotsa lefoko.</li> <li>• Tlhokomela mokgwa wa bone wa go tshwara le go dirisa kheraeyone le pensele.</li> <li>• Ba gakolole go ela tlhoko ditlhaka go tswa mo tshateng ya mokwalo.</li> </ul> <p><b>Ka nako ya mokwalo</b></p> <ul style="list-style-type: none"> <li>• Buisa ditaelo le bone gabedi.</li> </ul> <p><b>Tirwana 1</b></p> <ul style="list-style-type: none"> <li>• Barutwana ba bopa ditlhakanye le ditlhakakgolo.</li> </ul> <p><b>Tirwana 2</b></p> <ul style="list-style-type: none"> <li>• Barutwana ba kwale ditlhaka a modumo – aa, go bopa mafoko a modumo oo. Sk:- aa aa, jaaka baabale.</li> </ul> <p><b>Tirwana 3</b></p> <ul style="list-style-type: none"> <li>• Barutwana ba kopolola ditlhaka tlase le ditlhaka goa go, sk:- d g k j p h y f</li> </ul> <p><b>Tirwana 4</b></p> <ul style="list-style-type: none"> <li>• Barutwana ba kopolola mafoko a modumo o a ithutile one mo bekeng.</li> </ul>	<p>Tshate ya mokwalo Dibuka tsa mokwalo Dipensele</p>

## Ditirwana

### Tirwana 1: Go reetsa le go bua

Barutwana ba ka tlotla ka ga gore ba jele jang malatsi a bona a boikhutso le ditsala tsa bone.

#### Dikarabo: Tlhatlhobo e e sa tlhomamang

- A morutwana o tlotla ka ga gagwe?
- A morutwana o bua leina/maina a ditsala?
- A morutwana o tlhagisa dintlha ka ga gagwe le ditsala tsa gagwe?

#### Tshwaya tse di latelang:

- O reetsa kgang ka go tlhaloganya.
- O kgona go baya dikgang ka tatelano.
- O dirisitse matshwao a puiso sentle.

### Tirwana 2: Medumopuo

Ke mafoko a fe a a nang le modumo wa ditumanosi tse di paraganeng "aa, ee"?

#### Dikarabo tse di solofetsweng:

Jaaka  
Jaanong  
Maabane  
Feela  
Beela ji

### Tirwana 3: Puiso

Barutwana ba tlotla kgang e ba e buisetswang ke morutabana.

Dirisa lenaane kolo go bawela barutwana.

### Tirwana 4: Go kwala le mokwalo

Barutwana ba ka kwala dipolelo go tswa mo kgang e ba e buisitseng le morutabana.

- Ba ka dirisa tlotlofoko e ba e dirisitseng go bopa dipolelo.

# Beke 2: Nna le ba bangwe (Tsala e e siameng)

Didiriswa tse di supilweng		
Letlapakwalelo, didiriswa tse di mo phaposi borutelong, ditshwantsho tse di maleba, diphousetara, le Ngatana ya dikgangkhutshwe.		
Mafoko a a tlhagelelang gantsi	Mafoko a medumo	Tlotlofoko
Tsala, mongwe, nnete, bonolo, nna, thusana, siameng.	Baeti, gae, belaela, mae, molaetsa	Keketega, makunutu, khololola, tshepegang

Dirirwana tsa letsatsi le letsatsi

- Reetsa kwa ntle ga go tsena ba bangwe ganong, o supe tlotlomo se...
- Refosana go bua.
- Bua ka maitemogeloa a gago.
- Tshitsinya tharabololo ya bothata segolo segolo ka nako y...

Dikgono	Go reetsa le go bua	Didiriswa
Dikaelo tsa go ruta	<ul style="list-style-type: none"> <li>• Reetsa kwa ntle ga go tsena ganong o supe dikgang tsa gago.</li> <li>• Simolola ka go botsa ba bangwe ana dipotso go tswa mothutong ya beke e e tshileng go ba gakolola.</li> <li>• Kgomaretsa phousetara maemong a barutwana batla...</li> <li>• Kwala se...</li> </ul> <p>Dih...</p> <p>Ar...</p> <p>le bor...</p> <p>...</p>	Phousetara Letlapakwalelo Sekgomaretsi
Medumopuo (15 metsotso ka letsatsi)	<p>Dirirwana tsa letsatsi le letsatsi tsa metsotso e le 15 tse di totileng medumopuo.</p> <p>Supa kamano ya medumo le ditlhaka tsa tlhaka nosi tsotlhe.</p> <p>Boeletsa ditumammogo tse di tlwaelegileng, sk, tl, ts.</p> <ul style="list-style-type: none"> <li>• Direla barutwana polelo ya dithenekiso ka mafoko a modumo gore ba o tlhaloganye, Sekao; Baeti ba tlogetse molaetsa kwa gae.</li> <li>• Laela barutwana go neela dikao tsa bona tsa modumo – ae.</li> </ul>	Dikarata tsa mafoko

Dikgono	Go reetsa le go bua	Didiriswa
	<p>Belaela, magae, legae.</p> <p>Tirwana 1</p> <ul style="list-style-type: none"> <li>• Laela barutwana go kopololela mafoko a modumo o ba ithutileng o ne mo dibukeng tsa medumopuo.</li> </ul> <p>Tirwana 2</p> <ul style="list-style-type: none"> <li>• Kwala mopeleto wa mafoko a le 5 a o a bileliwang ke morutabana</li> </ul>	
Puisokopanelo	<p>Dithuto tsa barutwana botlhe di dirwa ga 2-3 mo bekeng, metsotso e le 15 o dirisa bonnye setlhangwa se le sengwe mo bekeng morutabana o bontsha barutwana dikgato tsofhe mo phaposing.</p> <ul style="list-style-type: none"> <li>• Buisa ditaelo tse di bonolo mo phaposingborutelong.</li> <li>• Ranola ditshwantsho le dikgatiso ding tsa mmedia jaaka dinepe kgotsa dipapatso go itirela kgang ya gagae (buisa, dinepe kgotsa dipapatso).</li> <li>• Dirisa matshwantsho go boneapele se kgang e leng ka sona bokafantle jwa buka le dithalo mo phaposing.</li> <li>• Tlhaola ditaelo tse di bonolo se se buisitsweng: sk, tatelano, magalo.</li> <li>• Arabela potsotso maemo a a kwa godimo mo phaposing ya, le morago ga go buisa setlhangwa sa kopanelo sk, go ne go tlaa diraga eng fa?</li> </ul>	<p>Buka e bonolo E tlaa e koma 7</p>
Puisokaelo ka ditlhopho (15 metsotso setlhangwa)	<p>Murutabana o dira le ditlhopho dile 2 ka letsatsi a dirisa metsotso e le 15 le setlhopho sengwe le sengwe. Setlhopho sengwe le sengwe se dira le morutabana gabedi ka beke.</p> <ul style="list-style-type: none"> <li>• Buisetsa kwa godimo le ka setu ka maemo a gago mo setlhopheng sa puisokaelo le morutabana, ka gore, setlhopho sotlhe se buisa kgang e e tshwanang e e ikaegileng ka maemo a go ruta puiso mo setlhopheng.</li> <li>• Dirisa ditshwantsho mo setlhangweng gore o se tlhaloganye.</li> <li>• Dirisa mafoko a a nnang a le teng mo phaposiborutelong, medumopuo, tshakatsheko ya tiriso le popego fa o buisa.</li> </ul>	<p>Buka ya puiso Ngatana ya dikgangkhutshwe</p>

Dikgono	Go reetsa le go bua	Didiriswa
	<ul style="list-style-type: none"> <li>Bontsha fa o tlhloganya matshwaopuiso fa o buisetsa kwa godimo (dikhutlo, diphegelwana, matshwao a puiso le matshwao tsiboso).</li> <li>Tswelela go aga tlotlofoko go tswa mo lenaneong la go buisa le le le sa rulagangwang, tlhatlhamano ya go buisa e e tlhopilweng ka seemo sa lenaane la mofoko a a tlhagelelang kgapetsakgapetsa.</li> </ul>	
Puiso ka bobedi kgotsa ka nosi	<p>Simolola go ruta puiso ka bobedi kgotsa ka nosi. Tlhopha ditlhangwa tse di tlwaelegileng kgotsa di le mo maemong a morutwana a ka kgonang go buisa a le nosi (tse di leng bonolo mo go tse di diriwang mo puiso kopanelong go feta 95% ya temogo ya nepagalo ya mafoko fa a buisa setlhangwa).</p> <ul style="list-style-type: none"> <li>Buisa ka nosi ,sk, dibuka tsa ditshwano, dikarata tsa poko, dibuka tsa dikgang go tswa kwa laeborari kgotsa kwa sekhutlwaneng sa puiso tshaposiborutelo. Nepagalo – ntlhatshupo, popote sekgala fa gare ga mela.</li> <li>Kwala mafoko ka sekgala kgotsa diphatlha tse di nepaetseng gore ga ditlhaka le mafoko.</li> <li>Kopolola le tshwara dipolelo tse di buisang a a pedi kgotsa go feta ka kopanelong go feta 95% ya temogo ya nepagalo.</li> </ul> <p>Kwala le go dirisa matshwao a puiso jaaka khutlo.</p>	Buka ya puiso Leapolelo
Go kwala (20 metsotse ka letsatsi)	<p>Diriswana tsa mokwalo di diriwa ke barutwana botlhe ka nako e e tshwanang.</p> <p><b>Tirwana 1</b></p> <ul style="list-style-type: none"> <li>Bopa dipolelo ka mafoko a a latelang: Tsala , Dikgang , Seipone , Itumela , Siameng.</li> </ul> <p><b>Tirwana 2</b></p> <ul style="list-style-type: none"> <li>Dirisa setshwantsho se se neetsweng go bopa dipolelo di le lesome( 10 ) kgotsa ditemana di le pedi ka sona. Tlhokomela gore dipolelo di maleba le setlhogo le go ela tlhoko tiriso ya ditlhakakgolo le matshwao a puiso jaaka khutlo.</li> </ul>	Buka ya go kwala



## Ditirwana

### Tirwana 1: Go reetsa le go bua

Barutwana ba ka tlotla kgangkhutshwe e ba e itlhametseng ka ga tsala e e siameng.

#### Dikarabo: Tlathhobo e e sa tlhomamang

- A morutwana o tlotla ka ga gagwe?
- A morutwana o bua dintlha tse di maleba?
- A morutwana o tlhagisa dintlha ka ga gagwe le tsala ya gagwe e e siameng?

#### Tshwaya tse di latelang:

- O tlotla ka boitshepo.
- O kgona go baya dintlha tsa gagwe ka nepagalo.
- O kgona go aga dintlha ka tatelano.

### Tirwana 2: Medumopuo

Ke mafoko a fe a a nang le modumo wa ditumammago tse di tlogaganeng "tl, ts"?

#### Dikarabo tse di solofetsweng:

Tsala

Tsela

Tsaya

Tlala

Letlapa

(Ela tlhoko dikarabo tsa barutwana)

### Tirwana 3: Puiso

Barutwana ba buisetsa kgang nngwe le nngwe go tswa mo Bukeng ya kgoboko ya dikgang.

Dirisa lenaane go tshwaela barutwana.

### Tirwana 4: Go kwala le mokwalo

Barutwana ba dirisa mafoko a a latelang mo dipolelong.

Tsala

Tsela

Tsaya

Tlala

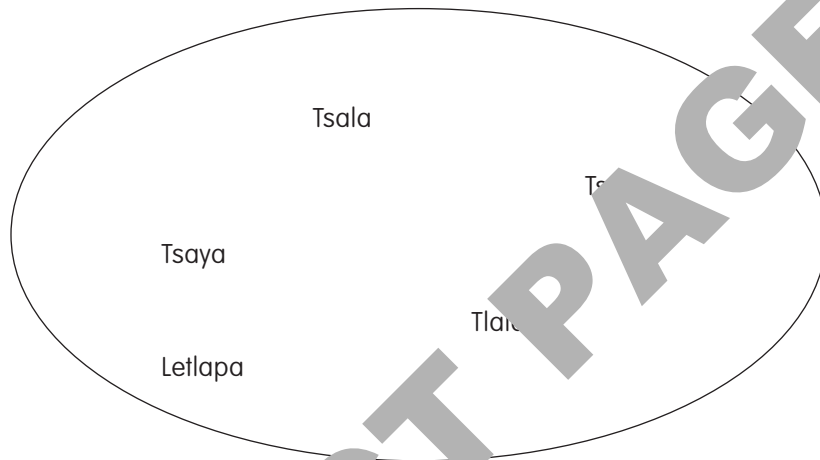
Letlapa

Morutabana o dirisa lenaane go tshwaela barutwana.

## Papetlana ya Tirwana 1

Leina le sefane:	
Mophato:	Letlha:

Dirisa mafoko a a latelang mo dipolelong.



- 1.
- 2.
- 3.
- 4.
- 5.

# Beke 3: Nna le ba bangwe (Re tlhokomela digole)

Didiriswa tse di supilweng		
Buka ya puiso, buka ya kgoboko ya dikgang, phousetara, buka e kgolo, dikarata tsa mafoko a modumo le a maswa		
Mafoko a a tlhagelelang thata	Medumopuo	Tlotlofoko
Batho, bogole, bona, thusa, sotla, bothoko, kitso,	Thata, thaba, thusa, thiba, thobane, lerothodi	Tokafatsa, didiriswa, ditlho, ditlhokego, seremo, morw...

Ditirwana tsa letsatsi le letsatsi

- Reetsa kwa ntle ga go tseno ba bangwe ganong, o supe tlotlo mo buisa
- Refosana go bua.
- Dirisa mafoko a a nepagetseng a a tsamaelanang le diteng tsa letsatsi.
- Bua ka maitemogelo a gago, sk, Go tlotla dikgang tsa gago

Dikgono	Dikaelo tsa go ruta	Didiriswa
Go reetsa le go bua	<ul style="list-style-type: none"> <li>• Dumedisa barutwana le go buisa ka malatsi a beke, sk; gompieno go la bokae? Letsatsi le le latelang e na boe le la bokae?</li> <li>• Tlhola gore ke mofuta e leng letsatsi la matsalo go ya karata ya matsalo.</li> <li>• Letla barutwana go itlhopelang yone ba dirisa tsa mmele.</li> <li>• Ba kwalele tlogole go tlotla ka sona.</li> </ul>	Phousetara
Medumopuo	<p>Ela tlhoko ditlho tse di latelang:</p> <p>Go ruta medumopuo e le 2 ka beke, th le tl.</p> <p>Barutwana ba kgone go bopa mafoko ka modumo le go kgaoganya ka dinoko.</p> <ul style="list-style-type: none"> <li>• Barutwana ba kgone go kwala mopeleto ka mafoko a modumo gore ba o gakologelwe le go o tlhologanya.</li> </ul> <p>Tsamaiso ya go ruta</p> <ul style="list-style-type: none"> <li>• Itsele modumo ka mokgwa o o latelang: Kgomaretsa tshate e e nang le setshwantsho sa ngwana a nwa me o fitlhe lefoko gore ba fopholetse tiragalo.</li> <li>• Ba bontshe lefoko le go le buisa le bone. Ba bolelele ditlhaka tse di bopang modumo – th.</li> </ul>	Letlapakwalelo Tshate ya modumo Buka e kgolo Buka ya medumopuo Dipensele Dikheraeyone