



KEREITI

3

BUKA YA
MOITHUTI

Platinum

Bokgoni ho tsa Bophelo

Platinum Bokgoni ho tsa Bophelo Kereiti ya 3 Buka ya Moithuti

Maskew Miller Learning
10 Freedom Way, Milnerton, Cape Town, 7441

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Re a o amohela ho Boithabiso ba ho Ithuta



Moithuti ya Ratehang,

Rea o amohela bukeng ena e thabisang! O tla kopana le baphetwa ba hlolang; jwalo ka ha mophetwa e mong le e mong a ikgethile ka tsela ya hae, le wena ho jwalo!



Thabo



Tuck Shop Lady



Lily



Sahil



Tsoho



Amina



Zara



Lulama



Lina



Aiden



Khaya

O tla fumana tse latelang bukeng ya hao, tse tla o thusa ho o tataisa leetong le monate le tletseng ho ithuta le ho sibolla.

Ha re qale: Sehlooho ka seng se tala ka tlhahisoleseding ya bohlokwa eo o tla be o ithuta ka yo.

Nako ya ho utulla: Ditshebetso tse monate tse o kgothalletsang ho utulla mehopolo e metjha ho ithuta dintlha tse monate le ho rarolla diphazele.

Mantswe a matjha: Ithute mantswe a matjha a tla o thusa ho hodisa tlotlontsweng ya hao.

Ha re lekane: Estellong ya sehlooho ka seng, phetha ditshebetso tse na e le hore na o motlotlo ka hore na o ithutile ho le hongata hakae!

Tekanyo ya semmuso: Sena se tla leka hore na o utlwisisa ntho e nngwe le e nngwe e rutuweng nakong yohle ya selemo.

Buka ena e tla o kgothalletsa ho sebetsa o le mong, le ka dihlopha. Le tla bina, le tantshe le ho ithuta hammoho. Etsa bonnete ba hore o lokisetsa tlelase e nngwe le e nngwe mme o botse titjhere ya hao dipotso tse ngata kamoo o ka kgonang.

Itokisetse ho ithuta, ho bapala le ho etsa le metswalle ya hao.

Ithute hamonate.

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Sehlooho 1 Ka nna



Dumela, ke nna Bonolo.
Kajeno ke letsatsi la ka la
pele Kereiting ya 3.



Ke na le dilemo tse robong.



Lena ke lelapa la heso.



Mmala wa thatohatsi ya ka
ke o mosehla.

Ha re qale

Ngola lebitso le fane ya hao.

1. Ke dijo dife **tseo o di** ratang?
2. O hlahetse naheng efe?
3. Tshebetso ya thatohatsi ba hao ke efe?
4. Taka setshwantsho sa hao le motswalle wa hao e mohale.



Mantswe
a matjha

thatohatsi – batho eo o e ratang ka ho fetisisa

naha – se kotwana se seholo sa lefatshe moo sehlopha sa batho se phelang mmoho. Afrika Borwa ke naha.



Tshebetso 1

Sebetsa o le mmona

Ngola dintlha tse hano mabapi le bowena tseo o ka di abelana le motswalle wa hao e motjha.

Lena ke lena o thusang ke lena:

1. Lenano tsa hao
2. Letsatsi la tswalo la hao
3. Phoofolo ya thatohatsi ya hao
4. Sebadiswwa seo o se ratang ka ho fetisisa



Nako ya ho utulla

Dulang le entse sedikadikwe kantle ho mabala a sebang sa lona kapa ka phapusing ya ho rutela ya lona haeba sebaka se lekane.

Behang sekotlolo sa majwe bohareng. Sebopadisa pele se akgela lejwe moyeng. Sebapadi se lekane thonaka majwe a mangata ka moo se ka kgonang, pele kapa lejwe leo ba le akgetseng moyeng. Ebe ho lona sebapadi se seng ho akgela. Sebapadi se nang le majwe a mangata ka ho fetisisa se a hlola.



Katleho o ruta motswalle wa hae ho bapala Diketo

Tlhaloso ya Molanako

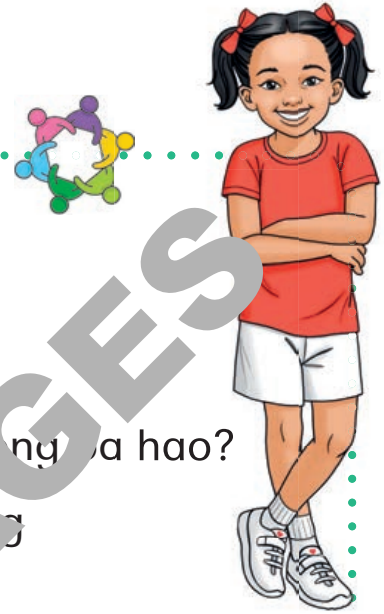
Tshebetso 2

Sebetsang ka dihlopha.

Molanako ke eng?

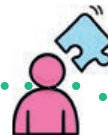
Na o hopola matsatsi a kgethehileng bophelong ba hao?

1. Sheba ditshwantsho. Bolela se etsahetseng setshwantshong ka seng.
2. Bua ka dintho tse kgethehileng tseo o di hopolang bophelong ba hao.
3. Botsa motho e moholo ka ntho e etsahetseng nakong e fetileng. Ngola dipotso tse hlano tse mabapi le ketsahalo ena.
4. Abelana palompeho le sehlopha.



Molanako wa ya bophelo ba hao

Tshebetso 3



Sebetsa o le mong.

1. Phoustareng, etsa Molanako wa bophelo ba hao. Sheba phoustara e ka tlase mona.
2. O tla hloka khateboto, dipene tsa meba, dikera yone, dikere le sekgomaretsi ho etsa molanako wa ya hao.
3. O ka sebedisa dinepe tsa ha o tlopa wa etsa metako.
4. Ha o qetile, abelana phoustara le sehlopha.



Letsatsi la ka la pele la tswalo



Ho tlopa madi ya ka ya pele ya bolo ya maoto



Ho palama baesekele lekgetlo la pele

Letsatsi la ka la pele kolong



Ho keteka Diwali le lelapa la ka



Ho fallela ntlong e ntjha



Mantwe a matjha

molanako– ntho eo re e sebedisang ho bontsha ka moo dintho di etshetseng. E bontsha se etsahetseng pele le se latetseng.

ketsahalo – ntho e etsahalang

Ntho e makatsang ya nakong fetileng bophelong ba ka



Tshebetso 4

Bapisa ntho ya **nakong e fetileng** le ntho ya nakong ya hajwale.

1. Etsa lenane la dintho tse tharo ho tswa nakong e fetileng. E bapise le ntho ya hajwale.
2. Fumana ntho e makatsang ya lapeng ea nakong e fetileng. Kopa motho e moholo ho thusa. Bontsha sehlopha sa lona. Ba jwetse ka uona.

Mantswena
a matjha

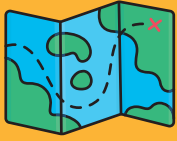
moegepeta – batho ba diana Egepeta

phiramiti – moaho o monyane o ahilweng nako e telele e fetileng o nang le shepi ya kgomo tharo

Nako e fetileng – ntho e seng e etsahetse

hajwale – ntho e etsahalang hona jwale

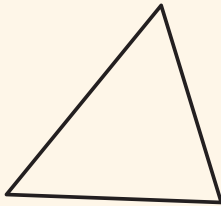
e makatsang – ntho eo o batlang ho tseba ka yona, e hohelane maikutlo a hao.



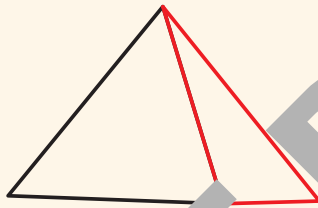
Nako ya ho utulla

1. Taka phiramiti ya Egepeta.
2. Bontsha setshwantsho sa hao ho sehlopha.

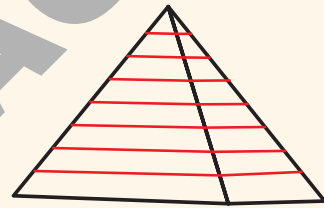
Taka phiramiti



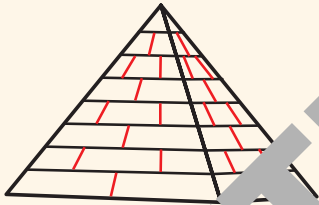
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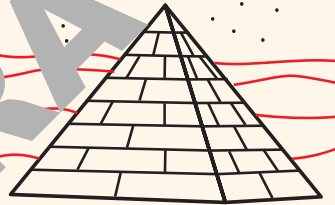
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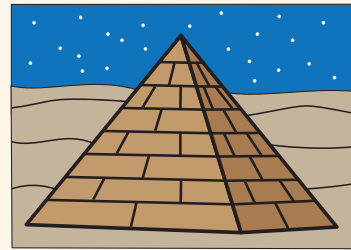
3



4



5



6

Ha re lekole

Etsa phoustara “Ka nna”.

O tla hloka:

khateboto
dikerayone
dimakasine
sekere
sekgomaretsi

1. Etsa phoustara e mabapi le wena. Phoustara ya hao e tlameha ho kenyeletsa dintho tse latelang:
 - a. Lebitso la hao le fane
 - b. Foto ya hao ka o itake
 - c. Ditshwantsho tsa dintho tseo o di ratang. Sena e ka hlophisofofo, mebala le ditho tsa thatohatsi tsa ho sekgomaretsa ditshwantsho tse na phoustareng.
2. Botsa motswalle dipotso.
 - a. Ngola dipotso tse hlano tseo o batlang ho di botsa motswalle wa hao.
 - b. Jwetsa sehlopha seo o se fumaneng mabapi le motswalle wa hao puisonong ya dipotso.



Ha re qale

1. O nahana hore maikutlo ke eng?
2. O ikutlwa jwang nakong eo o tsohang pele o ya sekolong?
3. Nahana ka nako eo o neng o ikutlwa o thabile. Ho etsahetseng?
4. O nahana hore ngwanana le moshanyana ba setshwants'eng sa 1 le 2 ba ikutlwa jwana?



Lentswe
le letjha

maikutlo – tsebo e mabotho a ikutlwang ka yona ka dintho tse etsohang

Dintho tse nthabisang

Tshebetso 1



Sebetsang ka bobedi.

Bala pale e ka tlase. Ngola dikarabo bukeng ya hau ya mesebetsi.

Zahara o dilemo di 9. O dula polasing le mme wa hae, ntate le dikgaitsemi tsa hae tsa mafahano. Yaba ba na tjelete e ngata, empa ke lelapa le momahanyang, le ratanang.

Ka letsatsi le leng, Zahara a hore le letsatsi le lebe sekolong. Metswalle ya hae e ne e sebatleho bapala le yena. A nahana ka taba ena ha a ntse a tsamaya ho leba hae ha sekolo se tswile. Ha a fihla hae, a bua le mme wa hae mme a mo bolella maikutlo a hae. Yaba ka mora moo, o ikutlwa a le betere haholo.

1. O nahana hore Zahara o ne a ikutlwa jwang ha a ntse a tsamaya ho leba hae ha sekolo se tswile?
2. Hobaneng e ne e le ntho ya bohlokwa hore a bue le mme wa hae ka maikutlo a hae?
3. O nahana hore mme wa Zahara o ile a mo fa keletso efe hore a ikutlwe a le betere?

Dintho tse etsang hore ke hloname

Tshebetso 2



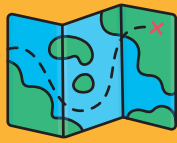
Sebetsang ka dihlopha.

- I. Sebetsang ka dihlopha.
 - a. Ho etsahalang ho setshwantsho?
 - b. Setshwantsho ka seng se etsa hore o ikutlwe jwang?
 - c. Haeba o ne le Ethan, na o ka etsa hore o ikutlwe le betere?



- d. Ke tana dikarabo tsa hao le sehlopha
- Sebetso o le mong.**

2. Ethan ke mokgotsi wa hao wa hlooho ya kgomo. O ikutlwa o hloname hobane ha a thaba. Mo ngolle lengolo ho bontsha hore o a mo tsotella. Ngola dintho tse thabisang tse tla etsa hore a ikutlwe a le betere.



Nako ya ho utulla

Sebetsang ka dihlopha.

Sheba ditshwantsho.

1



2



3



4

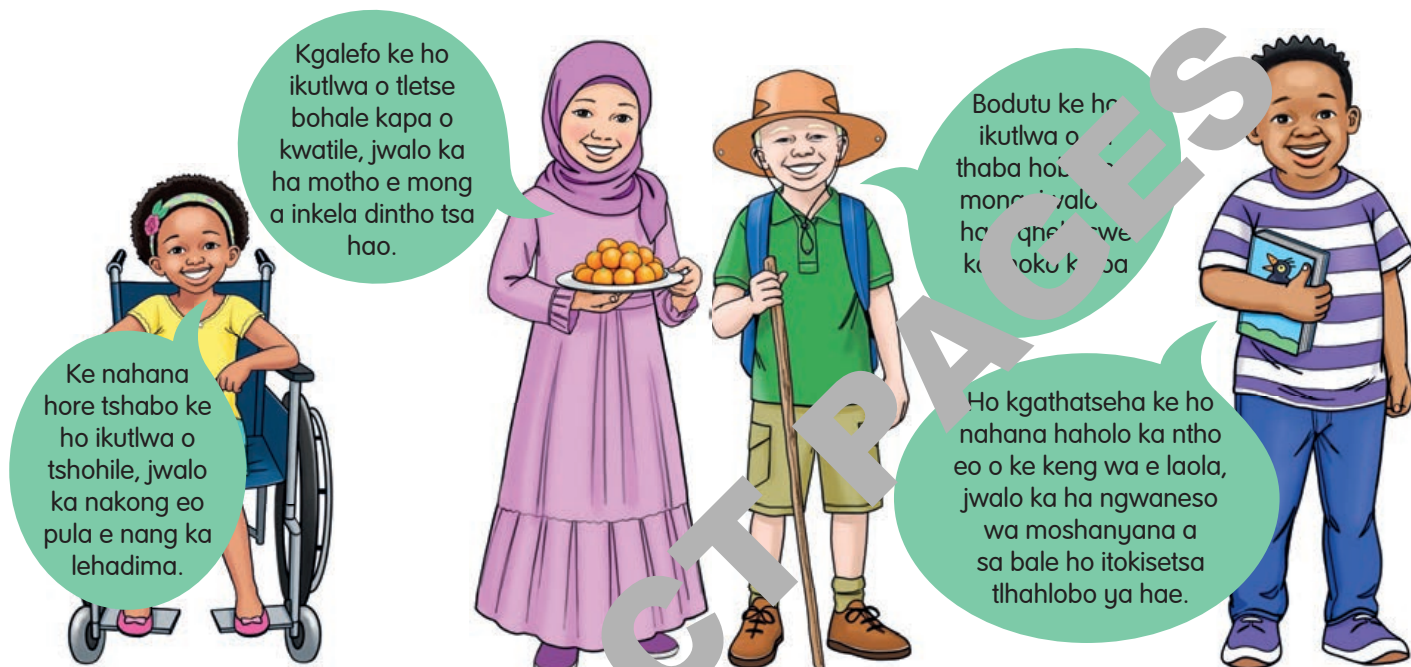


1. Nyalanyane mantswe le ditshwantsho tse nepahetseng. Ngola molo ya setshwantsho le mantswe a sona bukeng ya haqo no ngola.

- a. Lelapa le lerato
- b. Lelapa le lwanang
- c. Ho etsa seo o se thabelang
- d. Metswalle e utlwanang
- e. Metswalle e utlwanang
- f. Ho thatafallwa sekolong
- g. Karolo ya sehlopha
- h. Ho utlwiswa bohloko ke mpodi

Ho elellwa maikutlo

Bala seo bana ba se buang ka maikutlo a sa tshwaneng



Tshebetso 3

Sebetsang ka thiopha.

1. Hlalosa hore na o ikutlwa jwang ka hare ha o thabile, o hloname, o halefile, o tshohile, o kgathatsehile kapa o jewa ke bodutu.
2. Sechleho sa hao le mmele di shebahala jwang ha o ikutlwa o thabile, o hloname, o halefile, o tshohile, o kgathatsehile kapa o jewa ke bodutu?
3. Ke eng e etsang hore o ikutlwe o thabile, o hloname, o halefile, o tshohile, o ngongorehile kapa o jewa ke bodutu?

4. Kgetha maikutlo a le mang ho ana. Bukeng ya hao ya ho ngola, etsa pokello ya ditshwantsho le mantswe a bontshang maikutlo ao.

Tshebetso 4



Sebetsang ka bobedi.

Sheba ditshwantsho mme o bale dipolelo.



1

Ke ikutlwa ke batla ho nka mantswe le phahameng kapa ho nka leletsa. Sefahleho le mmele wa ka di tshuthumala. Ke ikutlwa ke batla ho utlwisana le motho e mong bohloko kapa ho lahlela mmele e nngwe hampe feela.



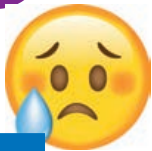
2

Pelo ya ka e tshaba kapele mme ke a fufulelwa, ke fufulelwa le matsohong mona. Ka dinako tse ling ke ikutlwa ke shwele ditho, jwalo ka ha e ka ke sitwa ho tsamaya kapa ho bua. Ke ikutlwa ke tshwasehile jwalo kaha eka ha ke kgone ho tsamaya kapa ho bua.



3

Ke nahana ka dintho tse mpe tse etsahalang. Ho thata ho laola menahano ya ka e mebe. Ke ikutlwa jwalo ka terene e mathang ka lebelo e sitwang ho ema.



4

Ke ikutlwa ke se na mang we, jwalo ka ha eka ke nna feela motho ya tsebang hore na ke ikutlwa jwang. Ke lakatsa eka nka ba le batho ba bang ba tla nthusa.

1. Nyalanya mantswe le ditshwantso le ditlhaloso tsa ona. Ngola palo ya setshwantsho le mantswe a sona bukeng ya hao ya ho ngola.

a. Bodutu	c. Ho kgathatseha
b. Kgalefo	d. Tshabo
2. O ka eketsa ditlhaloso dife bakeng sa bodutu, kgalefo, ho kgathatseha le tshabo?
3. Ke neng o ikutlwang o jewa ke bodutu, o halefile, o kgathatsehile kapa o tshohile?

pokello – phousetara eona eona o kgomaretsang dintho pampiring kapa hantebotong, tse kang difoto, ditshwantsho le mantswe

ho shwa ditho – ho shwa ditho kapa setho sa mmele se sitwa ho sisinyeha



Mantswe
a matjha

Ditsela tse nepahetseng tsa ho hlahisa maikutlo a rona



Nako ya ho utulla

Bala keletso e mabapi le ditsela tse nepahetseng tsa ho hlahisa maikutlo a sa tshwaneng.

1



Ha o ikutlwa o halefile.
Hula moya butle na ke telele, e hore kelello le mmele wa hao di kokobele.
Nahana hore na hobaneng o ikutlwa o halefile.
Bala ho tloka ho 10, o bale butle. Jwale ebe o etsa qelete theotse moya hore na o butla ho etsang ka mora mona.

2

Ha o ikutlwa o tshohile:
Hula moya butle nako e telele, e le hore kelello le mmele wa hao di kokobele.
Nahana hore na ke hobaneng o ikutlwa o tshaba. Na ke ntho e o behang kotsing e le kannete, kapa o mpa o inahanela yona?
Itjwetse dintho tse sa tshoseng. E re: "Nka kgona ho laola sena."



3



Ha o ikutlwa o ngongorehile:
Tsepamisa mohopolo
mohatong o le mong ka
nako.
Rera hore na o tla rarolla
mathata a mohato ka mong
jwang.
Buisana le motho eo o
mo tshepang ka se o
kgathatsang.

Ha o ikutlwa o
jewa ke bodutu:
Buisana le motho eo
o mo tshepang ka
tsela eo o ikutlwang
yona.
Leka ho ba hara ba
ba bang ho o ikutlwe
o tere.



4

Ngola kapa o take ka tse
eo o ikutlwang ka yona
jenaleng.

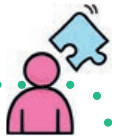
1. Na o nahane hore batho
ba ka ho simo ba fumane keletso e nepahetseng mabapi
le ho hlahisa maikutlo a sa tshwaneng?
2. Ke difela dife tse ding tse ntle tseo o ka hlahisang
maikutlo ka tsona ha o ikutlwa o halefile, o tshohile, o
kgathatsehile kapa o jewa ke bodutu?

Mantswa
a matjha

keletso – ha motho e mong a o fa maikutlo a thusang
kapa tlhahiso ho nolofatsa kapa ho ntlafatsa dintho.

jenale – buka e kgethehileng moo o ka ngolang menahano,
maikutlo le mehopolo ya hao.

Tshebetso 5



Sebetsa o le mong.

Ikeketse jenale ya ka moo o ikutlwang ka teng.

1. Bukeng ya hao ya diketsahalo tsa letsatsi ka lenane la setshwantsho sa sefahleho se bontshang kamoo o ikutlwang kateng kajeno.
2. Ngola dipolelo tse hlano mabapi le hore na hobaneng o ikutlwa ka tsela ena.
3. Ngola ditsela tseo o ka hlahisana ka moo o ikutlwang kateng e ke keng ya ba kotsi ho wena kapa ho batho ba bang.



Nako ya ho utulla

Bapalang papadi ya ho hakanya maikutlo.

1. Ngola mabitso maikutlo a sa tshwaneng dikgetjhaneng tsa khateleho kapa tsa pampiri.
2. Beha dikarete kapa dipampiri tse mennweng ka lebokoseng le ngotsweng Maikutlo.
3. Fananyetsanang ka ho nka karete ka lebokoseng.
4. Sheba karete ya hao, empa o e pate e le hore sehlopha sa hao se se ke sa e bona.
5. Tshwantshisa maikutlo a kareteeng ya hao. O se ke wa bua.
6. Hakanya hore na ke maikutlo afe ao motho ka mong a a tshwantshisang.
7. Motho a ka hlahisa maikutlo ka mang jwang ka tsela e nepahetseng?



Ho kopa tshwarelo – Ka moo o ka ikopelang tshwarelo

Bala ka mehato ya ho kopa tshwarelo.

Mehato ya ho kopa tshwarelo

Ha re etsa phoso mme re utlwisa motho e mong ka phoso, ke ntho ya bohlokwa hore re kope tshwarelo. Haeba o adim polo ya maoto ya motswalle wa hao mme e phunyehe ka phoso, kopa tshwarelo. Ho kopa tshwarelo ho bontsha hore o a utlwisisa hore o entse phoso. Ho bontsha hore o tsotella ka moo motswalle wa hao a ikutlwang kateng. Ho kopa tshwarelo ke ho nka mohato wa ho lokisa bothata boo o bo bakileng.



Ho kopa tshwarelo



Kopa tshwarelo



Etsa se nepahetseng ho lokisa bothata bona.



Amohela ha motho a kopa tshwarelo



Tswela pele ka bophelo

Tshebetso 6



Sebetsang ka dihlopha.

1. Nahana ka boemo ba ha o ne o entse phoso e hlalung hore o kope tshwarelo.
2. Hlalosa ka moo o neng o ka latela mohato wa ho kopa tshwarelo hore o ikopele tshwarelo.



ho kopa tshwarelo – ho ikopela tshwarelo ka ntho eo o e entseng e utlwisang e mong bohloko

ho bopa kgotso – ho etsa ntho e iteng ho bontsha hore o swabetse ho utlwisana e mong bohloko



Nako ya ho utlwa

1. Nahana ka tse o entseng phoso, moo o ileng wa lokela ho kopa tshwarelo.
2. Ngole tse o sebedisa mohato wa ho kopa tshwarelo ho kopele tshwarelo. Sebedisa ditlhaliso tse ka tlase ho o tse.

Dumela

1. Hlwaya bothata

a. Hlalosa se etsahetseng.

b. Ke bomang ba amehang?

c. Se etsahetse neng, hona hokae?

d. Ke phoso efe eo o e entseng?

2. Kopa tshwarelo

a. Kopa tshwarelo ka phoso eo o e entseng.

O ka re:

Ke kopa tshwarelo ka (seo o se entseng, ke ne ke sa ikemisetsa ho (o utlwisisa bohloko / e se hore o hloname / o lebala).

b. Amohela phoso eo o e entseng.

O ka re:

Ke ne ke tlamehile ho ba hlokolotsi haholwanyane. / Ke ne ke sa tlameha ho tshaba ka nna feela. / Ke ne ke tlameha ho o kenelisa.

c. Bontsha hore o utlwisisa maikutlo a hae.

O ka re:

Ke a utlwisisa hore o tlameha o ile wa ikutlwa o (hloname/kwatile/halefile) hobane (hlalosa lebaka).

3. Rupa kgotso

a. Hlalosa seo o se etsang kapa seo o se entseng ho lokisa bothata boo o bo bakileng.

b. Bolela hore na o tlo bontsha jwang hore o swabetse phoso ya hao.

4. Amohela ha motho a kopa tshwarelo

- a. Kopa motho eo hore a amohele ha o kopa tshwarelo.
- b. Bontsha hore o tiile ha o re o kopa tshwarelo.

5. Tswela pele ka bophelo

- a. Tshepisa hore o tla etsa dintho ha tle nakong e tlang.

O ka re:

Ke a tshepisa hore (bolela seo o tla se etsa nakong e tlang).

- b. Hlalosa seo o tshapanang hore se tla etsahala kamoso.

O ka re:

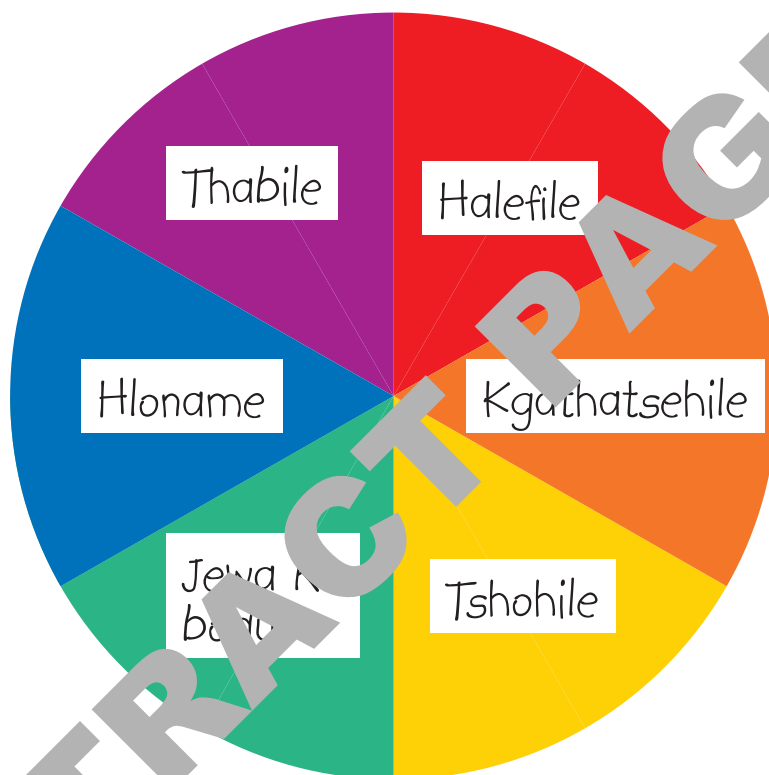
Ke tshepa hore ke ba metswalle hape re be re thabele ho ba mmona jwalo ka ha re ne re tlwaetse.

Ka boikokotso / Motswalle wa hao

(Lebitso la hao)

Ha re lekole

1. Etsa lebidi la maikutlo le tshwanang le le ka tlase bukeng ya hao ya ho ngola.



2. Taba setshwantsho ho bontsha ka moo maikutlo ka nngwe ka nngwe ya lebidi a shebahalang kateng. Ngola mantswe ka hodima setshwantsho.
3. Bontsha lebala la mmala la hao ho motswalle mme o hlahlobe la hae.



Sehlooho 3 Tshireletso ya bophelo bo botle



Mantswe
a matjha

bohlweki ba bophelo bo botle – tsela eo re hlokomelang mmele ya rona le bo e boloka e hlwekile

tshireletso – ho ipoloka bo tshireletsehile nthong efe kapa efe e ka o lematsang

tshireletso ya bophelo bo botle – ho boloka bophelo ba hao bo botle bo sireletsehile dikotsing

Ha re qale

1. Na o kile wa itematsa? O ile wa hlokomelwa ke mang?
2. Na o kile wa thusa motho ya itemaditseng? O ile wa thusa jwang?
3. Re boloka mmele ya rona e hlwekile jwang?
4. Bolela melao ya bohloeki ba Bophelo bo botle eo o e tsebang.



Tshebetso 1



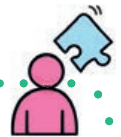
Sebetsang ka dihlopha

1. Sheba ditshwantsho. Baisanang ka se bontshwang ke ditshwantsho
2. Bapalang mabapi ya ho akanya.
Tshwantsho ntho e nngwe ya bohloeki ba bophelo bo botle o e etsang ka letsatsi, ka mohlala, ho borosola meno.
O ka boela wa tshwantshisa ka moo o thusang motho ya tswileng kotsi.
Motho a le mong o a tshwantshisa. Ba bang kaofela sehlopheng ba lokela ho hakanya hore na ke eng. Etsa bonnete ba hore e mong le e mong o fumana bonyane menyeta e mmedi.
3. Hlophisa ntho e itseng eo sehlopha sa hao se ka e tshwantshisang ka phapusing ya borutelo.

Ditlwaelo tsa motheo tsa thuso ya pele maemong a kang ho tswa mokola, ho longwa ke diphoofolo, ho sehwa le ho tija

Ke ntho ya bohlokwa ho tseba ka thuso ya pele. Jwale re ka kgona ho thusa motho ka potlako haeba a lemetse ka tswile kotsi. Re lokela ho tseba mkgwa wa ho sebetsana le motho ya tswileng kotsi ka tsela e nepahetseng. Ho seng jwalo, re ka mpefatsa boemo.

Tshebetso 2



Sebetsa o le mong.

1. Kgetha mantswa a tseba a nepahetseng ka le-bokoseng le tseba e bakeng sa dintlha tse ka khiting ya thuso ya pele.

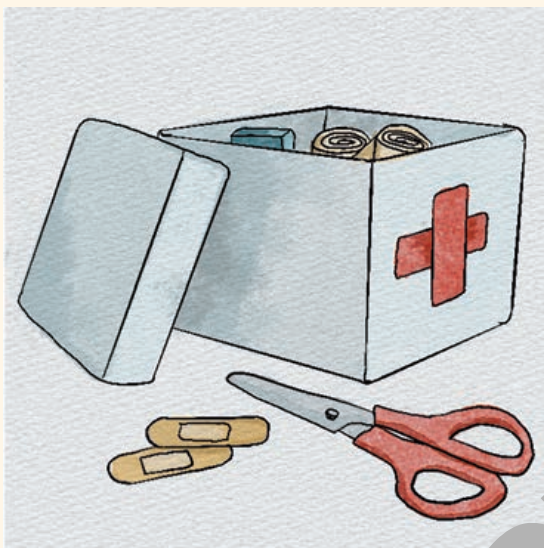
ke di-twizzer
masela a tlamisang
dipolasetara
diphete tsa maqeba



2. Ngola nomoro le mantswa bukeng ya hao ya mosebetsi.



Nako ya ho utulla



thuso – ho thusa

thuso ya pele – thuso ya pele eo o lokelang ho etsa ho thusa mme o ulemetseng pele naak kapa mooki a fihla

busetsa – ho kgutlisetsa ntho eo o neng o e sebedisa moo o e nkileng teng

Mohlomong ha o na khiti ya thuso ya pele lapeng. Ho ena le hoo, o ka nna wa baka e bohokose kapa sebaka se kgethehileng moo o ka boloka ntho e nngwe le e nngwe eo o tla e hloka haeba motho e tlang a lemala. Kamehla etsa bonnete ba hore lebokose lena le dula sebakeng se le seng. Le behe moo bana bano ba manyenyane ba ke keng ba le fihlella

1. Taka metshwantsho sa khiti ya hao ya thuso ya pele sebakeng ya hao ya mosebetsi.
2. Bolella metswalle ya hao dintho tse ka khiting ya hao ya thuso ya pele le hore na o di sebedisetsang.
3. Mamela ha metswalle ya hao e o bolella dintho tse ka khiting ya bona ya thuso ya pele le hore na ba di sebedisetsang.

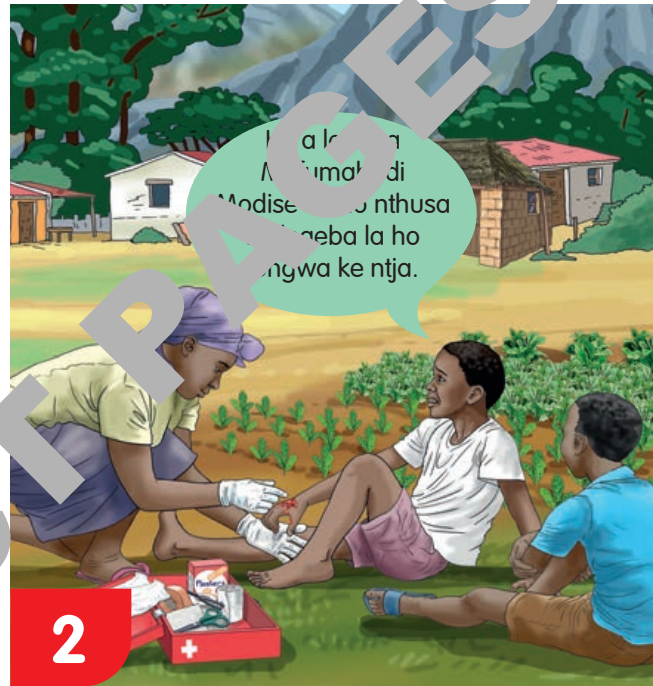
Mokola le ho longwa ke diphoofolo

Kgoba matshwafo mme o dule o otlolohile o shebisitse hlooho pele hanyenyane. Penya karolo e bonolo ya nko ya hao metsotso e 10 kapa ho fihlela mokola o emisa. Hema ka molomo.

Ke a leboha Nkgono. Jwale ke se ke tseba hore na ke emise mokola jwang.



Mokgwa wa ho emisa mokola

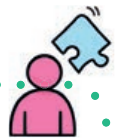


Ho sebetsana le leqeba la ho longwa ke ntja

Tshebetso 3

Sebetsano le mong.

1. Ngola mehato eo o lokelang ho e latela ha o tswa mokola.
2. Sheba setshwantsho 2. Ngola dintho tsohle tse ka khiting ya thuso ya pele ya Mofumahadi Johnson



Maqeba a ho sehwa le ho tjha

Maqeba a ho sehwa

Ho sehwa ke ha letlalo la hao le lemala mme le buleha. O ka sehwa ha o sebedisa thipa kapa sekere. Ho ka nna ha ba bohloko mme o ka nna wa bona madi.

Le ka mohla, o se ke wa thetsa madi a motho e mong.



Tshebetso 4



Sebetsa o le mong.

1. Ngola botjha meha o ya ho oka maqeba a ho sehwa ka tatellano e nepahetseng bukeng ya hao ya mosebetsi.

Mokgwa wa ho oka maqeba a ho sehwa

1. Beha pampara kapa lesela la ho tlamisa.
2. Hlatywa diatla.
3. Hata la leqeba ka lesela le hlwekileng ho emisa ho tswa madi.
4. Hlwekisa leqeba la ho sehwa metsing a phoroselang.
5. Sebedisa diatlana haeba o thusa motho e mong.
6. Nyanyatsa senyanyatsi se thusang leqeba hore le se ke la petla.

7. Phaphatha leqeba ka thaole e hlwekileng ho le omisa.
8. Bolella motho e moholo

Maqeba a ho tjha

Ho tjha ke ha letlalo la hao le utlwiswa bohloko ke nako e tshesang haholo. Seo se ka etsahala ha o thetsa sefo, metsi a tshesang kapa lelakabe. Maqeba a ho tjha bangata a ba le matjhatjhetsi. A bohloko haholo.

Mokgwa wa ho oka maqeba a ho tjha

1. Bolella motho e moholo.
2. Beha sebaka se tjheleng tsa metsi a batang metsotso e ka bang 10.
3. Kwahela leqeba la ho tjha ka setlamisi sa maqeba a ho tjha.
4. Eya ngakeng ha ho tsoa tebile.

O se ke wa etsa sena:

1. O se ke wa sebedisa leqhwa kapa metsi a batang po.
2. O se ke wa sebedisa setlotso sa matsoho kapa sa mmele kapa botoro. Sena se ka etsa hore dikokwanahloko di kene.
3. O se ke wa phunya matjhatjhetsi. Matjhatjhetsi a sireletsa mmele hore dikokwanahloko di se kene.

matjhatjhetsi – ha letlalo le tjha, le etsa dipudulana

Lentswe
le letjha

Tshebetso 5



Sebetsang ka bobedi.

1. Balang pale hammoho.

Mae o ya habo Amy ho ya bapala le yena. Amy o re o tlo ba etsesa tee. O hlahloba hore na ho na le metsi ka ketleleng. Jwale o laeta ketlele. O ntsha dipi se pedi. Ha metsi a betse ka ketleleng, Amy o leka tshela metsi a tjhesang ka koping. Ketlele e a wa Mae a belang a tjhesa letsoho la Amy. O qalella ho lla. O a le tetheba le leholo le lefubedu letsohong la hae.

2. Araba dipotso bukenng ya hao ya mesebetsi.

- a. Ho etsahetseng?
- b. Mae a ka tjhesa Amy jwang?
- c. Mae o bapala ho qala ka ho etsang?
- d. Bukeng ya hao ya mesebetsi, ngola dintho tse tharo tseo Amy a sa lokelang ho di etsa.

Dintho tsa motheo tsa bophelo bo botle le bohloeki

Bophelo bo botle bo bolela ho boloka mmele ya rona e le matla e bile e phetse hantle. Bohloeki ke ho dula re hlwekile e le hore re leleke dikokwanahloko re tsebe ho dula re phetse hantle.

E latelang ke melao ya bophelo bo botle le bohleki



O se ke wa
thetsa madi a
batho ba bang.
Rwala diatlana.



Hlatswa diatla
kgantsi

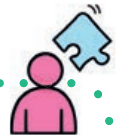


Hlapa bonyane
hanngwe ka
letsatsi.



Kwahela
molomo ha o
thimola kapa o
kgohlela

Tshebetso 6



Sebetsa o le mong.

Ngola ditlhaloso bukeng ya hao ya mesebetsi.

1. O tloka ho etsang ha o thimola?
2. O etsang ho boloka mmele wa hao o hlwekile? Ngola dipolelo tse tharo.
3. Etsa lenane la tekolo la bohleki leo o ka le sebedisang letsatsi le leng le le leng.

O lokela ho hlatswa diatla:

- a. pele o ja le ka mora ho ja
- b. pele o thusa motho ya itemaditseng
- c. ka mora ho sebedisa ntlwana
- d. pele o lokisa dijo kapa o pheha
- e. ka mora ho lahla ditshila
- f. ka mora ho tshwara phoofotswana ya moya ya lapeng kapa diphoofolo tse ding
- g. ka mora ho mina.

Tshebetso 7



Sebetsang ka bobedi

1. Buisanang ho bona ke neng ho leng bohlokwa ho hlatswa diatla.
2. Sheba ditswantsho. Nyalanya dipolelo tse ka hodimo ho ditswantsho tse leqepheng la 36.
3. Nka nomoro ya setshwantsho le polelo e nepahetseng naufi le sona bukeng ya hao ya mosebetsi.

Lentswe
le letjha

lenane la tekolo – lenane la dintho tsohle tseo o lokelang ho di etsa e le hore o se ke wa lebala mohato o mong

Nako ya dijo tsa
mantsiboya!

1



2



3



4



5



6



7



Tshebetso 8



Sebetsang ka bobedi.

1. ha o itematsa mme letlalo la hao le sehwa kapa le phunyeha.
2. Ngola ditlhaku feela bukeng ya hao ya mosebelisi.

Ka moo o lokelang ho hlapa matsotswana a mabedi

- a. Sebedisa borashe ba manala le sesepa ho hlatswa ka tlasa manala.
- b. Omisa diatla ka thaole e hlwekileng kapa ka pampiri-thaole.
- c. Pudutsa sesepa diatleng o sebedisa metsi a futhumetseng.
- d. Kolobisa diatla ka metsi a futhumetseng.
- e. Pikitla diatla bonyane metsotswana e 20 ho tlosa dikotwana ohloko. Hlatswa bokahare le bokantle ba diatla hammoho le dipakeng tsa menwana.
- f. Hlatswa sesepa diatleng, kapa o tshele sesepa se diatleng tsa hao.

leqeba – ha o itematsa mme letlalo la hao le sehwa kapa le phunyeha

Lentswe
le letjha

Dintha tseo re lokelang ho di etsa



A

Dintha tseo re sa lokelang ho di etsa



B

dintha tse qhahlelang – ntho eo o e dihileng ka phoso

Lentswe
le letjha

Dintho tseo re lokelang ho di etsa



1

Dintho tseo re sa lokelang ho di etsa



2



3



4

Tshebetso 9



Sebetsa le sehlopha.

1. Sheba setshwantsho sa B leqepheng la 38. Ke hobane'ng ha re lokela ho hlwekisa ditshila?
2. Kgetha polelo e nepahetseng.

Thuto e tswang paleng ena ke ya hore:

- a. Le ka mohla o se ke wa fapohela penkeleng la meroho.
 - b. Kgetha morara o butswa seng leela.
 - c. Morara o molemo bakeng sa hao.
 - d. Kamehla hlatswa lithlwana pele o di ja.
3. O ka be o entse eng eba o ne o dihetse morara fatshe? Hobane'ng?

Ha re lekole

1. Bolela hore na dipolelo tse latelang ke **Nnete** kapa **Leshano**. Ngola nomoro le nnete kapa bohata bukeng ya hao ya mosebetsi.
 - a. O lokela ho borosola meno habedi ka le mosi.
 - b. Haeba o tswa mokola, o lokela ho nana ma.
 - c. Re lokela ho tlotsa leqeba la moya ka setlotso sa matsoho kapa sa mmele.
 - d. O lokela ho hlatswa diatla metsotswana e 5 feela.
 - e. O lokela ho hlapa ho nngwe ka beke.
2. Ngola polelo e le nngwe ka e nngwe le e nngwe ya tse latelang:
 - a. Tshireletso ya bophelo bo botle
 - b. Thuso ya me ya motheo
 - c. Seo o lokelang ho se etsa ha motho a tswa mokola
 - d. Seo o lokelang ho se etsa haeba motho a lonngwe ka phoofolo
 - e. Ka moo o ka okang leqeba la ho sehwa
 - f. Dintho tsa motheo tsa bophelo bo botle le bohloeki

