

# MORULAGANYI & MOSUPATSELA WA POELOMAEMONG YA THULAGANYO YA GO RUTA YA NGWAGA (TRN/ATP)



**PUO YA GAE: SETSWANA**

**MOPHATO 2 KGWEDITHARO 2**

Go thusa barutabana le barutwana go fitlhelela dithuto tse ba saletseng kwa morago ka tsona, go nna bomankge ba diteng tse dintshwa, le go nna le dikgono tsa bokamoso.



- Ka kopo, itse gore lenaneo le le rulagantsweng la go ithuta la Puo ya Gae Setswana, le akaretsa lenaneothuto la letsatsi lengwe le lengwe, dibukakgolo, matlharetiro a puiso le didiriswa tsa ka mo phaposing di teng, go ka itseelwa mo go: [www.nect.org.za](http://www.nect.org.za)
- E ke website e e sa duediseng, ka jalo ga go na ditshenyegelo tsa data go itseela se o tla beng o se tlhoka.
- Lokwalo lo, lo ka dirisiwa ka nosi kwantle ga lenaneo le le rulagantsweng la go ithuta.



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# **Morulaganyi & Mosupatsela wa Poelomaemong ya Thulaganyo ya go Ruta ya Ngwaga (TRN/ATP)**

## **Puo ya Gae: Setswana**



## **Mophato 2 Kgweditharo 2**



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# Matseno

Barutabana ba kgato ya motheo ba ba rategang,

Leroborobo la COVID-19 le re tlogetse ka kgwetlho e tona mo go tsa thuto. Fa re tla bo re boela kwa tirisong e e tlwaelegileng ya dikolo, rotlhe re tshwanetse go dira ka botlhale le ka natla go netefatsa gore tsamaiso ya dithuto e boela mo maemong.

Se, se botlhokwa thata mo kgatong ya motheo kwa bana ba ithutang motheo wa dikgono tsa go buisa le go kwala. Aforika Borwa e go tlhoka gore o dire ka bojotlhe go tlhomelela barutwana ba gago ka dikgono tse gore ba se ithute fela go buisa, mme kwa bofelong ba kgone go ‘ithuta go buisa.’

Lokwalo lo, lo diretswe go go thusa go fitlhelela se. Ka go dira le go latela thulaganyo e, re na le tsholofelo ya gore o ka rarabolola tatlhegelo ya nako ya go ruta le go ithuta mme wa baya barutwana mo maemong a ba tshwanetseng go nna mo go ona.

Re go lebogela go ya pele ka maitlamo, boineelo le bonatla jo bo tlhokegang go tswa mo go wena.

O tota o aga setšhaba sa rona.

Re lo eleletsa kgweditharo e ntle go ya pele,

## **Setlhophapha sa NECT sa Puo ya Gae**



# Ditlhokego tsa Poelomaemong ya Thulaganyo ya go Ruta ya Ngwaga (TRN/ATP)

- Go na le dibeke di le 10 mo kgweditharong ya 2 ya poelomaemong ya Thulaganyo ya go Ruta ya Ngwaga (TRN/ATP) ya DBE.
- Mo tshekong nngwe le nngwe ya beke ya 2 x 2, dikarolo tsotlhe tsa go ithuta puo di tshwanetse go diriwa ka tsela e e latelang, go dirisiwa nako e e kwa tlase:

PAOLTLASE YA CAPS KABO YA NAKO	MOPHATO 1	MOPHATO 2	MOPHATO 3
<b>Go reetsa &amp; Go bua</b>	45 metsotso	45 metsotso	45 metsotso
<b>Go buisa &amp; Medumopuo</b>	4:30 metsotso	4:30 metsotso	4:30 metsotso
<b>Mokwalo</b>	1 ura	45 metsotso	45 metsotso
<b>Go kwala</b>	45 metsotso	1 ura	1 ura
<b>PALOGOTLHE</b>	7 DIURA	7 DIURA	7 DIURA

## Dikgono tsa Puo ya Gae

- Poelomaemong ya TRN ya Puo ya Gae e rulagantswe go bontsha barutabana gore ke dikgono dife tse ba tshwanetseng go di aga mo karolwaneng nngwe le nngwe ya puo.
- Go botlhokwa go ela tlhoko gore dibeke dingwe le dingwe tse pedi, dikgono tse di tshwanetseng go godisiwa di batlile di tshwana go ya ka dikarolwana, ka jalo go na le poeletso go godisa le go kopanya dikgono tse.

## Diteng tsa Puo ya Gae

- Tsheko nngwe le nngwe ya dibeke tse pedi, barutabana ba tshwanetse go tlhopha thitokgang.
- Thitokgang e, e tlhalosa diteng tsa modikologo oo.
- Ka sekai, fa morutabana a tlhopha thitokgang '**Rotlhe re ya sekolong**', go raya gore diteng tsotlhe di tshwanetse go amana le thitokgang go akaretsa tse di latelang:
  - a Tlotlofoko** e e rutilweng, sekai: **buisa, golagana, farologanya, ithuta, China, mophato wa ntlha**, jalojalo.
  - b Diraeme kgotsa dipina** tse di rutilweng, sekai: **Bana ba sekolo, tlang sekolong**
  - c** Kgang ya **puisokopanelo** e e buisitsweng, sekai: Kgang ya setlhogo: **Mophato wa bobedi mo Aforika Borwa le China**
  - d** **Tirwana ya go kwala** e barutwana ba tshwanetseng go e dira, sekai: **Kwala temana ka se barutwana ba se dirang mo Aforika Borwa le kwa China.**

## **Medumopuo le Puisokaelo ka Dithlopha**

- Diteng tse di sa amaneng le thitokgang ke medumopuo le lenaneo la puisokaelo ka ditlhophpha fela.
- Gore o kgone go ithuta go buisa, barutwana ba tshwanetse go rutiwa medumo ya puo ka tatelano, go kopanya le go kgaoganya medumo e.
- Go tsweng foo, ba tshwanetse go ikatisa go buisa mafoko le dikgang ba dirisa kitso ya bona ya medumopuo go dumisa mafoko.

Tlaya re bone gore ke dikgono le diteng dife tse di leng mo lenaaneng la TRN (ATP) ya Mophato 2 Kgweditharo 2:

<b>TSHOBOKANYO YA POELOMAEMONG YA TRN: MOPHATO 2 KGWEDITHARO 2</b>
<b>GO REETSA LE GO BUA</b>
<p>Motheo:</p> <p><b>1</b> Bapisa le go kgaoganya dilo le go tlhalosa kgaoganyo ya tsona. <b>2</b> O araba dipotso tse di bulegileng le tse di tswalegileng le go naya mabaka a dikarabo tsa bona. <b>3</b> O bua ka maitemogelo a gagwe jaaka go tlotla kwantle ga go boletsa. <b>4</b> O reetsa ditaelo tse di marara le go di tsibogela ka tshwanelo <b>5</b> Bontsha maikutlo a gagwe ka dikgang le maboko. <b>6</b> O naya ba bangwe sebaka sa go bua, a bontsha bosisi mo go ba bangwe le go neela pegelo e e siameng <b>7</b> Reetsa kwa ntle ga go tsena ba bangwe ganong, o supa tlotlo mo sebung. <b>8</b> Reetsa kgang o ijese monate le go araba dipotso tse di amanang le kgang. <b>9</b> Tsaya karolo mo dipuisanong, o botse le go araba dipotso o be o tshitsinye dikakanyo. <b>10</b> Tshitsinya tharabololo ya bothata bogolo segolo ka nako ya Dipalo <b>11</b> Reetsa dikgang ka boitumelo mo nakong e telele <b>12</b> Lemoga dilo tse di tshwanang le tse di farologanang <b>13</b> Tlhaloganya le go dirisa puo e e maleba ya dirutwa tse di farologaneng <b>14</b> Itirele merumo a dirisa puo ya boikakanyetso <b>15</b> Reetsa dikgang le maboko le go supa ntlhakgolo, dintlha ka bottlalo le tatelano ya ditiragalo. <b>16</b> Tsibogela dithamalakwane le metlae.</p>

<b>MEDUMOPUO</b>
<p><i>Ntlha go morutabana:</i></p> <ul style="list-style-type: none"><li>• Netefatsa gore o aga le go kgaoganya mafoko:<ul style="list-style-type: none"><li>• Ka kutlo (temogo ya medumopuo)</li><li>• Ka kutlo le ka pono (medumopuo)</li></ul></li></ul>
<p><i>Motheo:</i></p> <p><b>1</b> Boeletsa medumopuo ya Kgweditharo ya 1 <b>2</b> Buisa mafoko go tswa mo thutong ya medumopuo mo dipolelong le mo ditlhaweng tse dingwe <b>3</b> Aga mafoko a ditlhaka tse 3, 4 le 5 a ditumammogo tse di pataganeng le ditumanosi tse di pataganeng di rutilwe mo kgweditharong e. <b>4</b> Ithute go peleta mafoko a le sometlhano (15) ka beke go tswa mo thutong ya medumopuo <b>5</b> Dirisa ditumammogo tse di pataganeng go aga le go kgaoganya mafoko, sk. tlo-tla <b>6</b> Bopa mafoko a a nang le ditlhaka di le 3 le 4 o dirise ditlhakanosi le tse di pataganeng tse di rutilweng mo kgweditharong ya 1</p>

## MEDUMOPUO

### 7 Lemoga le go buisa:

- a Lemoga ditlhaka tse tharo tsa modumopuo wa ditumammogo tse di pataganeng mo tshimologong ya lefoko (sk. tsh mo go ‘tshasa’, tlh mo go ‘tlhatswa’)
- b Lemoga ditlhaka tse tharo tsa modumopuo wa ditumammogo tse di pataganeng kwa bofelong jwa mafoko (tlhotlha, kgotlha)
- c Lemoga ditumanosi bonnye di le 3 tse dintšhwa tse di pataganeng (sk. ‘oa’ mo go boa, ‘ee’ mo go seelele)

## MOKWALO

- 1 Tshwara pene le go baya didiriswa tsa go kwalela (buka/tsebe ya buka) ka nepagalo.
- 2 Bopa ditlhakanny le ditlhakakgolo di le 26 ka nepagalo – ntlhatshupo, popo le sekala fa gare ga mela.
- 3 Kwala mafoko ka sekala kgotsa diphatlha tse di nepagetseng fa gare ga ditlhaka le mafoko
- 4 Lekanya mokwalo ka tshwanelo mo meleng ya 17mm
- 5 Dirisa didiriswa tsa mokwalo ka tshwanelo: pensele, sephimodi, sethaledi
- 6 Kopolola le go kwala dipolelo tse di buisegang di le pedi kgotsa go feta ka nepagalo
- 7 Kopolola le go kwala temana e le nngwe ya mela e e magareng ga 3-4 ya setlhengwa se se gatisitsweng.

## PUISOKAELO KA DITLHOPHA

### Ntlha go morutabana:

- Baya barutwana ka ditlhophpha tsa bokgoni jwa bona jwa go buisa.
  - Tlhophpha ditlhengwa/dibuka tsa maemo a a nepagetseng a setlhophpha.
  - Reetsa mongwe le mongwe wa setlhophpha a buisa ka nosi mme o ba kaele fa ba ntse ba buisa.
- 1 Tswelela go aga tlotlofoko go tswa mo lenaneong la go buisa le le sa rulaganngwang, tlhatlhamano ya go buisa e e tlhophilweng ka seemo le lenaane la mafoko a a tlhagelelang kgapetsakgapetsa
  - 2 Buisetsa kwa godimo le ka setu ka maemo a gago mo setlhopheng sa puisokaelo le morutabana, ke gore, setlhophpha sotlhe se buisa kgang e e tshwanang e e ikaegileng ka maemo a go ruta puiso mo setlhopheng
  - 3 Dirisa mafoko a a nnang a le teng mo phaposiborutelang, medumopuo, tshekatsheko ya tiriso le popego fa o buisa.
  - 4 O ikela tlhoko fa a buisa go ya ka go tsewa tsia le go tlhaloganya
  - 5 Bontsha fa o tlhaloganya matshwaopuso fa o buisetsa kwa godimo (dikhutlo, dipheglwana, matshwao a potso le matshwao tsiboso)
  - 6 Buisa ka thelelo e e oketsegang le go itlhalosa.

## PUISO KA NOSI

- 1 Buisetsa molekane kwa godimo.
- 2 Buisa kwalo ya gagwe le ya ba bangwe.
- 3 Buisa ka nosi sk. dibuka tsa ditshwantsho, dikarata tsa pokon, dibuka tsa dikgang go tswa kwa laeborari kgotsa go tswa kwa sekhlwaneng sa puiso sa phaposiborutelo

## PUISOKOPANELO

- 1 Buisang dibuka le morutabana (puisokopanelo)
  - 2 Supa dintlha tsa botlhokwa mo go se se buisitsweng jaaka, tatelano ya ditiragalo
  - 3 Dirisa matshwaopono go bonelapele se kgang e leng ka ga sona.
  - 4 Buisa diraeme tse di itsegeng, maboko le dipina ka mo phaposing le morutabana mme o dira puisano ka difomete tse di farologaneng.
  - 5 Araba dipotso tsa maemo a a kwa godimo ka ga setlhangwa.
  - 6 O naya kgopoloo ka se se buisitsweng.
  - 7 Supa dintlha tsa botlhokwa mo go se se buisitsweng jaaka baanelwabagolo le lefelo la tiragalo.
  - 8 Buisa ditaelo tse di bonolo mo phaposing
  - 9 Ranola ditshwantsho le dipapatso tse dingwe tse di gatisitsweng jaaka dinepe kgotsa dipapatso, go itirela kgang ya gago. Buisa ditshwantsho kgotsa dipapatso.
- 10 Tsepama mo:**
- a Medumopuo
  - b Go tlhaloganya le maemo a a farologaneng

## GO KWALA

### **Ntlha go morutabana:**

- Dirisa ditirwana tsa go kwala ga kopanelo go diragatsa thulaganyo ya go kwala (go rulaganya, kwalo ya ntlha le phasalatso).
- Naya letlhomeso la go kwala go thusa barutwana go kwala dikgang tsa bona.

1 Abelana ka dikakanyo le mafoko go thusa ka kgang ya barutwana botlhe (kwalokopanelo)

2 Tsaya karolo mo go tlhopheng setlhogo sa go kwala.

3 Ikagele lenaane la mafoko a gago le thanodi.

4 Simolola go peleta mafoko a a tlwaelegileng ka nepagalo.

5 O buisetso molekane se a se kwadileng

### **6 O dira tiro ya go kwala, a akaretsa go rulaganya, kwalo ya ntlha le go phasalatsa:**

- a Kwala bonnye dipolelo di le tharo tsa kgang ya gago kgotsa kgang ya boitlhamedu o dirisa medumo e o e ithutileng, mafoko a a itsegeng a a nang le ditlhakakgolo le dikhutlo
- b Kwala temana e le nngwe (bonnye dipolelo tse 5) ka maitemogelo a gagwe.
- c Kwala setlhangwa se se kgatlhisang jaaka karata ya ditebogo kgotsa lekwalo a dirisa fomete e e neetsweng.
- d Kwala le go tlhalosa dipolelo (dipolelo di le 4 go ya go 6) ka setlhogo go nna le seabe mo go kwaleng buka e e tla dirisiwang kwa sekhutlwanieng sa puiso sa phaposi.

### **7 Lemoga le go dirisa puo ka nepagalo, go akaretsa:**

a Dithlhakakgolo kwa tshimologong ya polelo le maina.

b Dikhutlo le matshwao a potso

c Pakajaanong le pakapheti

d Maemedi

## Dira tsamaiso ya ka metlha go ithuta puo

- Tsela e e siameng ya go netefatsa gore o dirisa nako ka nepagalo le go dira dikgonon tsotlhe tsa TRN, ke go dira tsamaiso ya ka metlha ya go ithuta puo.
- Fa tlase ke tsamaiso ya beke le beke e e akantsweng mme e ka dirisiwa mo modikologong wa dibeke di le pedi.
- Tsamaiso ya beke le beke e dirisa BONNYE JWA NAKO ya Puo ya Gae (7 diura)
- Tsamaiso ya beke le beke e lekanyeditswe go dirisiwa mo mephatong yothle.

## Tsamaiso ya beke le beke e e akantshtsweng ya Kgato ya Motheo ya Puo ya Gae

DIKHUTSHWAFATSO: R&B: Reetsa le go Bua, P&M: Puiso le Medumopuo, M: Mokwalo, GK: Go kwala

LETSATSI	KAROLWANA	TIRWANA	NAKO: PALOGOTHE	NAKO: R&B	NAKO: P&M	NAKO: M	NAKO: GK
Mosupologo	<b>GO REETSAL E GO BUA</b>	Ditiwana tsa molomo	15 metsotso	15 metsotso			
	<b>MOKWALO</b>	Thathobo e sa tlhomamang	15 metsotso				15 metsotso
	<b>PUISO LE MEDUMOPUO</b>	Puisokopanelo	15 metsotso	15 metsotso			
	<b>GO KWALA</b>	Go kwala ga kopanelo le thulaganyo ya go kwala	30 metsotso				30 metsotso
	<b>PUISO LE MEDUMOPUO</b>	Puisokaelo ka ditlhophra	30 metsotso	30 metsotso			
	<b>PUISO LE MEDUMOPUO</b>	Ruta modumo o montšhwale mafoko	15 metsotso	15 metsotso			
	<b>MOKWALO</b>	Ruta tlhaka e ntšhwale mafoko	15 metsotso				15 metsotso
	<b>PUISO LE MEDUMOPUO</b>	Puisokopanelo	15 metsotso	15 metsotso			
	<b>PUISO LE MEDUMOPUO</b>	Puisokaelo ka ditlhophra	30 metsotso	30 metsotso			
Laboraro	<b>GO REETSAL E GO BUA</b>	Ditiwana tsa molomo	15 metsotso	15 metsotso			
	<b>PUISO LE MEDUMOPUO</b>	Ruta modumo o montšhwale mafoko	15 metsotso	15 metsotso			
	<b>MOKWALO</b>	Ruta tlhaka e ntšhwale mafoko	15 metsotso	15 metsotso			15 metsotso
	<b>GO KWALA</b>	Go kwala ga kopanelo le thulaganyo ya go kwala	30 metsotso				30 metsotso
	<b>PUISO LE MEDUMOPUO</b>	Puisokaelo ka ditlhophra	30 metsotso	30 metsotso			
	<b>PUISO LE MEDUMOPUO</b>	Katiso ya medumopuo	15 metsotso				15 metsotso
Labone	<b>PUISO LE MEDUMOPUO</b>	Puisokopanelo	15 metsotso	15 metsotso			
	<b>PUISO LE MEDUMOPUO</b>	Puisokaelo ka ditlhophra	30 metsotso	30 metsotso			30 metsotso
	<b>GO REETSAL E GO BUA</b>	Ditiwana tsa molomo	15 metsotso	15 metsotso			
	<b>PUISO LE MEDUMOPUO</b>	Katiso ya medumopuo	15 metsotso	15 metsotso			
	<b>PUISO LE MEDUMOPUO</b>	Puisokopanelo	15 metsotso	15 metsotso			
	<b>GO REETSAL E GO BUA</b>	Ditiwana tsa molomo	15 metsotso	15 metsotso			
	<b>PUISO LE MEDUMOPUO</b>	Katiso ya medumopuo	15 metsotso	15 metsotso			
	<b>PUISO LE MEDUMOPUO</b>	Puisokopanelo	15 metsotso	15 metsotso			
	<b>PUISO LE MEDUMOPUO</b>	Puisokaelo ka ditlhophra	30 metsotso	30 metsotso			
			<b>7 diura</b>	<b>45 metsotso</b>	<b>4 diura</b>	<b>45 metsotso</b>	<b>1 ura</b>

A o kgona go bona gore kabo ya nako ya karolwana nngwe le nngwe e nepagetse?

## **Ditirwana tse di akantshitsweng tsa Kgato ya Motheo ya Puo ya Gae (e bua ka ditlhokego tsa TRN/ATP)**

- Gonne bontsi jo bo tshwanang ba dikgono bo tshwanetse go godisiwa, e ka nna kakanyo e ntle go dira ditirwana tse di tshwanang beke nngwe le nngwe.
- Netefatsa gore o dira dikgono tsotlhe tse di tlhogegang go ya ka TRN(ATP).
- E dira gape gore go ruta le go ithuta go diriwe sentle gonne fa wena le barutwana le setse le tlwaetse ditirwana tse, ga o senye nako ka go tlhalosa.
- Thulaganyo e e fa tlase e akantsha ditirwana tsa ka metlha tse o ka di dirang beke nngwe le nngwe go wetsa ditlhokego tsa TRN(ATP)
- Fa e le gore go na le dikgono tse di kgethegileng kgotsa thuto e e tshwanetseng go diriwa ( go ya ka ATP) tsotlhe tse di latelang di tshwanetse go akarediwa.
- Ela tlhoko: Barutabana ba tshwanetse go dirisa ditirwana tsa Bukatiro ya DBE fa go tshwanelo.

<b>LETSATSI</b>	<b>KAROLWANA</b>	<b>TIRWANA</b>	<b>DITIRWANA TSE DI AKANTSHITSWENG</b>
<b>Mosupologo</b>	<b>GO REETSA LE GO BUA</b>	Ditirwana tsa molomo	<ul style="list-style-type: none"> <li>• Itsise thitokgang</li> <li>• Ruta mafoko a 3 a tlotlofoko ya thotokgang</li> <li>• Ruta pina kgotsa raeme</li> <li>• Barutwana ba oketsa ka mafoko mo dibukeng tsa tlotlofoko</li> </ul>
	<b>MOKWALO</b>	Tlhatlhobo e sa tlhomamang	<ul style="list-style-type: none"> <li>• Naya barutwana tlhathhobo e sa tlhomamang go bona fa ba gopola medumo le mafoko a a rutilweng.</li> <li>• Gape lekola mokwalo – go bopa tlhaka, dithhakakgolo le diphatlha mo gare ga mafoko.</li> <li>• Kopa barutwana go kwala mafoko a le 10 go tswa mo thutong ya medumopuo le mafoko a ba a itseng.</li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Puisokopanelo PELE GA PUISO	<ul style="list-style-type: none"> <li>• Puiso ya pele</li> <li>• Bontsha barutwana ditshwantsho tsa kgang.</li> <li>• Ba kope go bua se se diragalang.</li> <li>• Ba kope go dira ponelope.</li> <li>• Ba kope fa ba ka se lemoge lefelo la kgang.</li> </ul>
	<b>GO KWALA (Tsheko ya beke 1)</b>	Go kwala ga kopanelo le thulaganyo ya go kwala: GO RULAGANYA	<ul style="list-style-type: none"> <li>• Bolelela barutwana setlhogo sa go kwala.</li> <li>• Bolelela barutwana tiro ya go kwala e o e tlhophileng sekai.: <ul style="list-style-type: none"> <li><b>a</b> Kwala dipolelo tse tharo bonnye ka dikgang tsa gagwe</li> <li><b>b</b> O kwala temana e le nngwe (bonnye dipolelo tse 5) ka maitemogelo a gagwe</li> <li><b>c</b> O kwala setlhengwa se se kgatlhisang jaaka karata ya ditebogo kgotsa lekwalo a dirisa fomete e e neetsweng.</li> <li><b>d</b> Kwala dipolelo di le 4 go ya go 6 le go thala ditshwantsho ka setlhogo go abelana mo go kwaleng buka</li> </ul> </li> <li>• Bontsha barutwana gore ba RULAGANYE go kwala ga bona jang.</li> <li>• Kopa dikakanyo tsa go rulaganya (Go kwala ga kopanelo)</li> <li>• Bolelela barutwana go feleletsa dithulaganyo tsa bona (ba seka ba kopisa)</li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
<b>Mosupologo</b>	<b>GO KWALA (Tsheko ya beke 2)</b>	Go kwala ga kopanelo le thulaganyo ya go kwala: GO SIAMISA	<ul style="list-style-type: none"> <li>• Kwala kwalo ya ntlha ya gago mo patitshokong.</li> <li>• Kwala lenaane la go siamisa mo patitshokong.</li> <li>• Bontsha barutwana gore ba SIAMISE jang go kwala ga bona ba dirisa lenaanetekolo (go kwala ga kopanelo)</li> <li>• Bolelela barutwana go siamisa tiro ya bona kgotsa ya molekane.</li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Puisokaelo ka ditlhophpha 2 DITLHOPHA X 15 METSOTSO SETLHOPHA SENGWE LE SENGWE	<ul style="list-style-type: none"> <li>• Baya barutwana mo maemong a a siameng ka go dira medumopuo kgotsa tirwana ya go buisa (puiso ka bobedi kgotsa ka nosi)</li> <li>• Buisa go tswa mo ditlhangweng kgotsa mo Bukatirong ya DBE.</li> <li>• Bitsa setlhophwa go dira le wena (setlhophpha sa bokgoni jo bo tshwanang)</li> <li>• Boeletsa medumopuo le mafoko a pono le setlhophpha.</li> <li>• Naya setlhophpha setlhangwa sa maemo a bona.</li> <li>• Reetsa morutwana mongwe le mongwe a buisa ka nosi.</li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
<b>Labobedi</b>	<b>PUISO &amp; MEDUMOPUO</b>	Ruta modumo o montshwa le mafoko	<ul style="list-style-type: none"> <li>• Dira ka go latela lenaneo la medumopuo ya puo ya gago.</li> <li>• Ruta barutwana go buisa modumo o montshwa.</li> <li>• Ba rute go buisa mafoko a a nang le modumo o montshwa le medumo e e rutilweng (mafoko a a dumisegang)</li> <li>• Ba bontshe gore ba kgaoganye le go kopanya mafoko jang.</li> <li>• Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE.</li> </ul>
	<b>MOKWALO</b>	Ruta tlhaka e ntshwa le mafoko	<ul style="list-style-type: none"> <li>• Ke kakano e e siameng go bapisa mokwalo le medumopuo.</li> <li>• Ruta barutwana go kwala tlhaka kgotsa modumo o ba ithutileng ona. (Mephato 2&amp;3 – mokwalo o o kopaneng)</li> <li>• Ruta barutwana go kwala mafoko le dipolelo tse di dirisang modumo.</li> <li>• Siamisa mokgwa o barutwana ba tshwarang diphensele ka teng, go nna, go bopa tlhaka, go tlogela diphatlha mo magareng le bogolo ba ditlhaka.</li> <li>• Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE.</li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
<b>Labobedi</b>	<b>PUISO &amp; MEDUMOPUO</b>	Puisokopanelo PUISO YA NTLHA	<ul style="list-style-type: none"> <li>• Puiso ya ntlha</li> <li>• Buisetsa barutwana kgang ka thelelo le ka maikutlo.</li> <li>• Ema go tlhalosa fa go tlhokega.</li> <li>• Ba lemose le go ba tlhalosetsa dikarolo tsa puo, go akaretsa:           <ul style="list-style-type: none"> <li><b>a</b> Matshwao a puo</li> <li><b>b</b> Dithuto tsa go gatisa</li> <li><b>c</b> Dipaterone tsa puo</li> <li><b>d</b> Dikarolwana tsa sethangwa</li> </ul> </li> <li>• Morago ga puiso, botsa mefuta e e latelang ya dipotso:           <ul style="list-style-type: none"> <li><b>a</b> Dintlha tse di jaaka baanelwabagolo le lefelo la tiragalo</li> <li><b>b</b> Kakanyo le go buelela (a o ratile / ke eng se o se gopotseng ka/ naya mabaka/ jj)</li> <li><b>c</b> Tsa maemo a kwa godimo (goreng, o ka bo o dirile eng fa ...)</li> </ul> </li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Puisokaelo ka ditlhophpha DITLHOPHA 2 X 15 METSOTSO SETLHOPHA SENGWE LE SENGWE	<ul style="list-style-type: none"> <li>• Baya barutwana mo maemong a a siameng ka go dira medumopuo kgotsa tirwana ya go buisa (puiso ka bobedi kgotsa ka nosi)</li> <li>• Buisa go tswa mo ditlhaweng kgotsa mo Bukatirong ya DBE.</li> <li>• Bitsa setlhophwa go dira le wena (setlhophwa sa bokgoni jo bo tshwanang)</li> <li>• Boeletsa medumopuo le mafoko a pono le setlhophwa.</li> <li>• Naya setlhophwa sethangwa sa maemo a bona.</li> <li>• Reetsa morutwana mongwe le mongwe a buisa ka nosi.</li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
<b>Laboraro</b>	<b>GO REETSA LE GO BUA</b>	Ditirwana tsa molomo	<ul style="list-style-type: none"> <li>• Ruta mafoko a tlotlofoko ya thitokgang a 3</li> <li>• Opela pina kgotsa bua raeme</li> <li>• Barutwana ba oketsa ka mafoko mo dibukeng tsa tlotlofoko tsa bona</li> <li>• Dira tirwana ya molomo e nngwe sekao.:           <ul style="list-style-type: none"> <li><b>a</b> Dikgang – kopa barutwana ba 2 go abelana ka dikgang.</li> <li><b>b</b> Kanelokgang ya boithamedi – Kopa barutwana go itlhama dikgang mme ba abelane le molekane.</li> <li><b>c</b> Naya lenaane le le marara la ditaelo gore barutwana ba le tsibogele</li> <li><b>d</b> Lemoga dilo tse di tshwanang le tse di farologaneng</li> <li><b>e</b> Dira diraeme</li> <li><b>f</b> Tsibogela dithamalakwane le metlae</li> </ul> </li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
Laboraro	<b>PUISO &amp; MEDUMOPUO</b>	Ruta modumo o montšhwa le mafoko	<ul style="list-style-type: none"> <li>• Dira ka go latela lenaneo la medumopuo ya puo ya gago.</li> <li>• Ruta barutwana go buisa modumo o montšhwa.</li> <li>• Ba rute go buisa mafoko a a nang le modumo o montšhwa le medumopuo e e rutilweng (mafoko a a dumisegang)</li> <li>• Ba bontshe gore ba kgaoganye le go kopanya mafoko jang.</li> <li>• Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE.</li> </ul>
	<b>MOKWALO</b>	Ruta tlhaka e ntšhwa le mafoko	<ul style="list-style-type: none"> <li>• Ke kakanyo e e siameng go bapisa mokwalo le medumopuo.</li> <li>• Ruta barutwana go kwala tlhaka kgotsa modumo o ba ithutileng ona. (Mephato 2&amp;3 – mokwalo o o kopaneng)</li> <li>• Ruta barutwana go kwala mafoko le dipolelo tse di dirisang modumo.</li> <li>• Siamisa mokgwa o barutwana ba tshwarang diphensele ka teng, go nna, go bopa tlhaka, go tlogela diphatlha mo magareng le bogolo ba ditlhaka.</li> <li>• Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE.</li> </ul>
	<b>GO KWALA (Tsheko ya beke 1)</b>	Go kwala ga kopanelo le thulaganyo ya go kwala KWALO YA NTLHA	<ul style="list-style-type: none"> <li>• Gopotsa barutwana ka tiro ya go kwala.</li> <li>• Kwala thulaganyo ya gago mo patitšhokong.</li> <li>• Kwala letlhomeso la go kwala mo patitšhokong.</li> <li>• Bontsha barutwana go dira KWALO YA NTLHA (go kwala ga kopanelo)</li> <li>• Bolelela barutwana go dirisa thulaganyo ya bona le letlhomeso go dira kwalo ya ntlha ya bona.</li> </ul>
	<b>GO KWALA (Tsheko ya beke 2)</b>	Go kwala ga kopanelo le thulaganyo ya go kwala PHASALATSO LE KABELANO	<ul style="list-style-type: none"> <li>• Gopotsa barutwana ka tiro ya go kwala.</li> <li>• Kwala kwalo ya gago ya ntlha le ditshiamiso mo patitšhokong.</li> <li>• Lebelela ditshiamiso gape.</li> <li>• Bontsha barutwana gore ba ka PHASALATSA jang se ba se kwadileng ka go se kwala gape ka makgethe kwantle ga diphoso le go tsenya setshwantsho.</li> <li>• Bolelela barutwana go phasalatsa tiro ya bona.</li> <li>• Bolelela barutwana go abelana ka se ba se kwadileng le molekane – ba buise kwalo ya bona le ya ba bangwe.</li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
<b>Laboraro</b>	<b>PUISO &amp; MEDUMOPUO</b>	Puisokaelo ka ditlhophpha DITLHOPHA 2 X 15 METSOTSO SETLHOPHA SENGWE LE SENGWE	<ul style="list-style-type: none"> <li>• Baya barutwana mo maemong a a siameng ka go dira medumopuo kgotsa tirwana ya go buisa (puiso ka bobedi kgotsa ka nosi)</li> <li>• Buisa go tswa mo ditlhangweng kgotsa mo Bukatirong ya DBE.</li> <li>• Bitsa setlhophshana go dira le wena (setlhophha sa bokgoni jo bo tshwanang)</li> <li>• Boeletsa medumopuo le mafoko a pono le setlhophha.</li> <li>• Naya setlhophha setlhangwa sa maemo a bona.</li> <li>• Reetsa morutwana mongwe le mongwe a buisa ka nosi.</li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
<b>Labone</b>	<b>PUISO &amp; MEDUMOPUO</b>	Katiso ya medumopuo	<ul style="list-style-type: none"> <li>• Boeletsa medumo e mebedi e e rutilweng ka Labobedi le Laboraro.</li> <li>• Dira tirwana ya medumopuo le barutwana botlhe sekai.:           <ul style="list-style-type: none"> <li><b>a</b> Kopanya medumo e e rutilweng go dira mafoko</li> <li><b>b</b> Buisa mafoko a medumopuo mo dipolelong le mo setlhangweng</li> </ul> </li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Puisokopanelo PUISO YA BOBEDI	<ul style="list-style-type: none"> <li>• Puiso ya bobedi</li> <li>• Buisetsa barutwana kgang ka thelelo le maikutlo.</li> <li>• Morago ga puiso, botsa dipotso tse di akretsang:           <ul style="list-style-type: none"> <li><b>a</b> Kakanyo le go buelela (a o ratile / ke eng se o se akantseng ka/ naya mabaka / jj)</li> <li><b>b</b> Maemo a kwa godimo (goreng o akanya / fa o ne o le ___ o ne o ka dira eng /a o ka dira kgolagano le... / jj)</li> </ul> </li> <li>• Kopa barutwana go ithamela dipotso tsa bona ka setlhangwa, mme ba botse molekane.</li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Puisokaelo ka ditlhophpha DITLHOPHA 2 X 15 METSOTSO SETLHOPHA SENGWE LE SENGWE	<ul style="list-style-type: none"> <li>• Baya barutwana mo maemong a a siameng ka go dira medumopuo kgotsa tirwana ya go buisa (puiso ka bobedi kgotsa ka nosi)</li> <li>• Buisa go tswa mo ditlhangweng kgotsa mo Bukatirong ya DBE.</li> <li>• Bitsa setlhophshana go dira le wena (setlhophha sa bokgoni jo bo tshwanang)</li> <li>• Boeletsa medumopuo le mafoko a pono le setlhophha.</li> <li>• Naya setlhophha setlhangwa sa maemo a bona.</li> <li>• Reetsa morutwana mongwe le mongwe a buisa ka nosi.</li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
Labotlhano	<b>GO REETSA LE GO BUA</b>	Ditirwana tsa molomo	<ul style="list-style-type: none"> <li>Ruta mafoko a 3 a tlotlofoko ya thitokgang.</li> <li>Opela pina kgotsa o bue raeme.</li> <li>Dira tirwana ya molomo e nngwe sekai.:           <ul style="list-style-type: none"> <li><b>a</b> Baya barutwana ka ditlhophpha go buisana ka setlhengwa, ba dirisa letlhomeso ba ntsha maikutlo a bona le ditshwaelo le go buelela dikarabo tsa bona (Ke rata... / Ga ke a rata... / Ke akanya gore setlhengwa se se kwaletswe go...)</li> <li><b>b</b> Kanelokgang ya boitlhameilo – Kopa barutwana go dira ka ditlhophpha mme batle ka kgang e le nngwe ya thitokgang.</li> </ul> </li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Katiso ya medumopuo	<ul style="list-style-type: none"> <li>Boeletsa medumo e mebedi e e dirilweng ka Labobedi le Laboraro mmogo le medumo e mengwe e e rutilweng mo kgweditharong e.</li> <li>Dira tirwana ya medumopuo le barutwana bottle sekai.:           <ul style="list-style-type: none"> <li><b>a</b> Kopanya medumo go dira mafoko.</li> <li><b>b</b> Aga mafoko o dirisa medumo e e rutilweng – Batla Lefoko</li> <li><b>c</b> Kwala dipolelo tsa gagwe a dirisa mafoko a medumopuo.</li> </ul> </li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Puisokopanelo MORAGO GA PUISO	<ul style="list-style-type: none"> <li>Puiso ya morago</li> <li>Dira tirwana e e tla go akanyisang ka kgang mo go tseneletseng sekai.:           <ul style="list-style-type: none"> <li><b>a</b> Botsaya karolo – bayo barutwana ka ditlhophpha go diragatsa kgang.</li> <li><b>b</b> Bokhutlo jo bontshwa –bolelela barutwana go itirela bokhutlo jo bontshwa jwa kgang mme ba bolelele balekane ba bona.</li> <li><b>c</b> Anela kgang ka setlhophpha – mongwe le mongwe mo setlhopheng o anela karolo ya kgang ka tatelano e e nepagetseng.</li> <li><b>d</b> Anela kgang le molekane – mongwe le mongwe mo setlhopheng o anela karolo ya kgang ka tatelano e e nepagetseng.</li> <li><b>e</b> Tshobokanyo – morutwana mongwe le mongwe o bolelela molekane ka dipolelo tse 2–3 gore kgang e ne e bua ka ga eng.</li> <li><b>f</b> Ba ntsha maikutlo a bona le ditshwaelo go buelela dikarabo tsa bona</li> </ul> </li> <li>Naya barutwana ba ba farologaneng tshono go go dira pegelo ya tiro ya setlhophpha</li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
Labotlhano	PUISO & MEDUMOPUO	Puisokaelo ka ditlhophpha DITLHOPHA 2 X 15 METSOTSO SETLHOPHA SENGWE LE SENGWE	<ul style="list-style-type: none"> <li>• Baya barutwana mo maemong a a siameng ka go dira medumopuo kgotsa tirwana ya go buisa (puiso ka bobedi kgotsa ka nosi)</li> <li>• Buisa go tswa mo ditlhawngweng kgotsa mo Bukatirong ya DBE.</li> <li>• Bitsa setlhophana go dira le wena (setlhophpha sa bokgoni jo bo tshwanang)</li> <li>• Boeletsa medumopuo le mafoko a pono le setlhophpha.</li> <li>• Naya setlhophpha setlhawngwa sa maemo a bona.</li> <li>• Reetsa morutwana mongwe le mongwe a buisa ka nosi.</li> </ul>

**A o lemogile gore mo karolwaneng nngwe le nngwe, tsamaiso ya ka metlha e a dirisiwa?**

**Bona fa e le gore o lemogile tsamaiso ya ka metlha e e akareditsweng:**

### **DITIRWANA TSA MOLOMO**

Mosupologo: Itsise thitokgang, ruta tlotlofoko, ruta pina kgotsa raeme

Laboraro: Ruta tlotlofoko, opela pina kgotsa raeme, dira tirwana e nngwe.

Labotlhano: Ruta tlotlofoko, opela pina kgotsa raeme, dira tirwana e nngwe.

### **MEDUMOPUO & MOKWALO**

Mosupologo: Dira tlhatlhobo e e sa tlhomamang go lekola kitso ya medumopuo le mokwalo.

Labobedi: Ruta medumo e mentshwa le mafoko; ruta gore o kwala jang ditlhaka le mafoko.

Laboraro: Ruta medumo e mentshwa le mafoko; ruta gore o kwala jang ditlhaka le mafoko.

Labone: Dira tirwana ya go ikatisetsa go dirisa medumopuo.

Labotlhano: Dira tirwana ya go ikatisetsa go dirisa medumopuo e e rutilweng.

### **PUISOKOPANELO**

Mosupologo: Pele ga puiso

Labobedi: Puiso ya ntlha

Labone: Puiso ya bobedi

Labotlhano: Morago ga puiso

### **GO KWALA**

Beke 1 Mosupologo: Go rulaganya

Beke 1 Laboraro: Kwalo ya ntlha

Beke 2 Mosupologo: Go siamisa

Beke 2 Laboraro: Go phasalatsa le kabelano

A se se go naya tlhaloganyo? Ke diphetogo dife tse o neng o ka di dira?

# Medumopuo le Puisokaelo ka ditlhophha



**Jaaka morutabana wa kgato ya motheo, maikarabelo a mangwe a gago ke go netefatsa gore barutwana botlhe ba kcona go buisa!**

Dikaedi dingwe tse di botlhokwa tse o tshwanetseng go di latela go ruta medumopuo ke:

**1 Go netefatsa gore o na le lenaneo la medumopuo le feletseng, le akaretsa medumo yotlhe ya puo ya gago.**

- Lenaneo la medumopuo ya Puo ya gae ya Setswana la NECT le neetswe fa tlase – lokologa go le dirisa kgotsa go dirisa lenaneo la medumopuo lengwe le lengwe le le rulagantsweng ke porofense, kgaolo kgotsa sekolo sa gago.

**2 Dirisa lenaneo la medumopuo la gago ka tatelano. Modumo mongwe le mongwe:**

- Netefatsa gore barutwana ba utlwa modumo mme ba lemoga modumo mo mafokong.
- Ruta barutwana kamano ya tlhaka le modumo – gore modumo o lebega jang.
- Ba ikatisetse go kopanya medumo le medumo e mengwe e ba e itseng go dira mafoko.
- Buisa setlhlangwa se se akaretsang mafoko a a dirisang modumo.
- Boeletsa medumo yotlhe e e rutiwang ka metlha.

Dikaedi dingwe tse di botlhokwa tse o tshwanetseng go di latela go ruta go buisa ke:

**1** Rulaganya barutwana ka bokgoni jwa go buisa jo bo tshwanang.

**2** Bitsa setlhophpha sengwe le sengwe go go buisetsa bonnye gangwe mo bekeng.

**3** Leka go reetsa barutwana ba ba kgaratlhang ba buisa bonnye gabedi kgotsa gararo mo bekeng.

**4** Dirisa setlhlangwa sa maemo a a tshwanetseng – ka ditlhophha tse dingwe, o ka tshwanelwa ke go dira poeletso ya medumo le go aga mafoko.

**5** Fa o dira le setlhophpha, reetsa morutwana mongwe le mongwe a buisa ka nosi.

**6** Ruta barutwana go dumisa mafoko a ba sa a itseng ka metlha – fa morutwana a fitlhela lefoko le a palelwang ke go le buisa, ba thuse go le dumisa. O seka wa le tlola kgotsa wa bitsa morutwana yo mongwe go le buisa.

**7** Ka nako ya puisokaelo ka ditlhophha, naya barutwana ka bobedi go dira ditirwana tsa puiso mmogo fa o dira le setlhophpha se se nnye.

**NTLHA:**

- Ga go na makgonatsotlhe' kgotsa 'mokgwa wa ka bonako' wa go thusa barutwana ba ba kgaratlhang.
- O tshwanetse go inaya nako ya go dira le barutwana ba ka bongwe kgotsa ka ditlhophha tse dinnye segolobogolo letsatsi lengwe le lengwe
- Ba tlhoka nako e ntsi ya go ikatisetsa ditirwana di le dingwe tsa temogo ya medumopuo le medumopuo botlhe ka mo phaposing
- E ke nngwe ya karolo e e botlhokwa ya morutabana wa kgato ya motheo

# Lenaneo la Medumopuo: Puo ya Gae Setswana

- Go botlhokwa go ruta barutwana medumo yotlhe ya puo ka tatelano.
- Medumo e e rutiwang mo lenaneong la medumopuo ya Setswana la NECT e neetswe fa tlase, lokologa go dirisa se jaaka kaedi.

## Ela tlhoko:

- Medumo e e leng mo bolokong jo bo setlha e tlhalosiwa ke TRN(ATP) ke ya Mophato 2 Kgweditharo 2
- Leka go netefatsa gore barutwana ba gago ba itse medumo e.

MODUMOPUO WA SETSWANA				TEKOLO
MODUMOPUO	MAFOKO A A DUMISEGANG			
a				
m				
o	o-m-a = oma			
b	a-b-a = aba	o-b-a = oba	o-b-a-m-a = obama	
l	l-a-l-a = lala	l-o-m-a = loma	l-o-b-a = loba	
e	e-m-a = ema	e-l-e-l-a = elela	e-b-o-l-a = ebola	
n	n-o-n-a = nona	n-a-m-a = nama	n-a-n-a-b-e-l-a = nanabela	
i	i-l-a = ila	i-n-a = ina	i-n-a-m-a = inama	
r	r-e-m-a = rema	r-o-m-a = roma	r-o-b-a = roba	
u	u-b-a = uba	u-r-a = ura	u-t-o-l-o-l-a = utolola	
t	t-u-m-a = tuma	t-e-m-o = temo	t-i-l-a = tila	
d	d-u-m-a = duma	d-i-r-a = dira	d-u-b-a = duba	
f	f-o-f-a = fofa	f-a-l-a = fala	f-e-l-a = fela	
g	g-o-g-a = goga	g-o-l-a = gola	g-a-m-a = gama	
h	h-e-m-a = hema	h-u-m-a = huma	h-u-m-a-n-e-g-a = humanega	
j	j-a-l-a = jala	j-e-l-a = jela	j-a-r-a = jara	
k	k-o-b-a = koba	k-i-k-a = kika	k-o-k-o-n-a = kokona	
p	p-i-n-a = pina	p-i-l-o = pilo	p-a-l-a = pala	
s	s-e-l-a = sela	s-e-l-o = selo	s-e-b-a = seba	
w	w-a = wa	w-e-n-a = wena	w-e-l-a = wela	
y	y-a = ya	y-o-n-a = yona	y-o-l-e = yole	
š	š-a = ša	š-a-b-a = šaba	š-a-p-a = šapa	
kh	kh-u-d-u = khudu	kh-i-b-a = khiba	kh-a-i = khai	
ts	ts-a-l-a = tsala	ts-o-m-a = tsoma	ts-e-b-e = tsebe	

MODUMOPUO WA SETSWANA				TEKOLO
MODUMOPUO	MAFOKO A A DUMISEGANG			
mm	mm-e = mme	mm-o-p-a = mmopa	mm-a-p-a = mmapa	
nn	nn-a = nna	nn-a-k-e = nnake	nn-a-y-a = nnaya	
th	th-a-b-a = thaba	th-u-m-a = thuma	th-i-b-a = thiba	
ph	ph-a-l-a = phala	ph-a-k-a = phaka	ph-i-r-i = phiri	
tl	tl-o-l-a = tlola	tl-o-tl-a = tlotla	tl-a-m-a = tlama	
kg	kg-a-o-l-a = kgaola	kg-o-r-a = kgora	kg-a-m-a = kgama	
ng	ng-a-p-a = ngapa	ng-a-l-a = ngala	ng-a-t-a = ngata	
nt	nt-a = nta	nt-i-m-a = ntima	nt-o-m-a = ntoma	
ny	ny-a-l-a = nyala	ny-a-ts-a = nyatsa	ny-e-l-e-l-a = nyelela	
kw	kw-a-l-a = kwala	kw-e-n-a = kwena	kw-a-d-i-s-a = kwadisa	
sw	sw-e-l-a = swela	sw-a = swa	sw-e-ts-e = swetse	
nw	nw-e-l-a = nwela	nw-e-l-e-l-a = nwelela	nw-e-l-e = nwele	
mp	mp-a = mpa	mp-o-n-a = mpona	mp-o-g-i-s-a = mpogisa	
tsh	tsh-i-p-i = tshipi	tsh-a-b-a = tshaba	tsh-i-m-o = tshimo	
ntsh	ntsh-o = ntsho	ntsh-a = ntsha	ntsh-a-b-a = ntshaba	
gw	gw-a-m-a = gwama	gw-a-m-i-s-a = gwamisa	s-e-gw-a-p-a = segwapa	
tshw	tshw-a-r-a = tshwara	tshw-a-n-a = tshwana	tshw-e-n-e = tshwene	
tlh	tlh-a-p-a = tlhapa	tlh-o-k-a = tlhoka	tlh-o-l-a = tlholo	
tsw	tsw-a-l-a = tswala	tsw-i-n-e = tswine	tsw-a-l-e-l-a = tswalela	
rr	rr-e = rre	rr-a-m-e-tl-a-e = rrametlae	rr-e-m-o-g-o-l-o = rremogolo	
tšh	tšh-o-k-o-l-e-t-e = tšhokolete	tšh-i-s-i = tšhisi	tšh-o-tlh-o = tšhotlho	
ntšhw	ntšhw-a = ntšhwa	ntšhw-a-f-a-ts-a = ntšhwafatsa	ntšhw-a-f-a-l-e-ts-a = ntšhwafaletsa	
aa	m-aa-n-o = maano	m-aa-k-a = maaka	m-aa-tl-a = maatla	
oo	m-oo-k-i = mooki	l-oo-kw-a-n-e = lookwane	m-oo-n-o = moono	
ii	t-ii-l-e = tiile	s-ii-lw-e = siilwe	d-ii-l-w-e = diilwe	
ee	f-ee-l-a = feela	s-ee-l-ee-l-e = seelele	s-ee-m-o = seemo	
rw	rw-a-l-a = rwala	m-o-rw-a-l-o = morwalo	m-o-rw-a = morwa	
ngw	ngw-e-d-i = ngwedi	ngw-a-y-a = ngwaya	ngw-a-n-a = ngwana	
mph	Mph-o = Mpho	mph-a-l-a = mphala	mph-o-d-i-s-a = mphodisa	
tlw	tlw-a-e-l-a = tlwaela	mm-u-tlw-a = mmutlw-a	tlw-a-e-ts-e = tlwaetse	
ntlh	ntlh-o-k-a = ntlhoka	ntlh-o-r-i-s-a = ntlhorisa	ntlh-a-p-a-o-l-a = ntlhapaola	

<b>MODUMOPUO WA SETSWANA</b>				<b>TEKOLO</b>
<b>MODUMOPUO</b>	<b>MAFOKO A A DUMISEGANG</b>			
nk	nk-u = nku	nk-o-nk-o = nkonko	m-o-nk-o = monko	
uu	t-uu! = tuu!	th-uu! = thuu!	m-uu! = muu!	
ntl	ntl-o-ng = ntlong	s-e-a-ntl-o = seantlo	ntl-a-m-e-l-a-ng = ntlamelang	
nth	nth-o = ntho	nth-o-m-a = nthoma	nth-o-g-a = nthoga	
nts	nts-o-m-a = ntsoma	nts-o-s-a = ntsosa	nts-i-b-o-s-a = ntsibosa	
nkg	nkg-o-tl-a = nkgotla	nkg-a-tlh-a = nkgatlh-a	m-o-nkg-o = monkgo	
kgw	kgw-e-d-i = kgwedi	m-o-kgw-a-r-o = mokgwaro	s-e-kgw-a = sekqw-a	
ntlw	ntlw-a-n-a = ntlwana	ntlw-a-e-l-a = ntlwaela	d-i-ntlw-a-n-a = dintlwana	
thw	thw-a-l-a = thwala	thw-a-d-i-s-a = thwadisa	s-e-thw-a-l-a = sethwala	
nngw	nngw-e = nngwe	s-e-nngw-a = senngwa	o-m-a-nngw-a = omanngwa	
ntsw	l-e-ntsw-e = lentswe	s-e-ntsw-e = sentswe	ntsw-a-k-e-l-a = ntswakela	
ntšw	ntšw-a = ntšwa	ntšw-a-f-a-ts-a = ntšwafatsa	ntšw-a-ny-a-n-a = ntšwanyana	
tlhw	tlhw-a-r-e = tlhware	tlhw-a-tlh-w-a = tlhwatlhw-a	m-o-tlhw-a = motlhwa	
lw	lw-a-l-a = lwala	m-o-lw-e-ts-e = molwetse	b-o-j-a-lw-a = bojalwa	
ntw	ntw-a = ntwa	ntw-e-l-a = ntwela	ntw-a-ntsh-a = ntwantsha	
nkgw	s-e-nkgw-e = senkgwe	nkgw-a-th-i-s-a = nkgwathisa	nkgw-e-l-a = nkgwela	



# Morulaganyi & Letlhomeso la tiro la Mosupatsela

- Morulaganyi le mosupatsela wa kharikhulamo o o latelang o dirisa tsamaiso e e tlwaelegileng le ditirwana tse di tlhalositsweng mo peleng.

## DBE ATP

- Go na le morulanyi 5 x e e sa kwalelang le mosupatsela, tse o ka di dirisang go rulaganya le go sala morago tiro ya kharikhulamo e o e dirileng mo kgweditharong.
- Fa o rata, o ka itirela tsamaiso e e tlwaelegileng ya gago le ditirwana, fela netefatsa gore di amana le CAPS le ATP/TRN
- Jaanong o ka itlhamela Morulaganyi le Mosupatsela wa gago go bona fa o tsamayang teng ka kharikhulamo ya kgweditharo ya 2

*Gopola gore Lenaneo le le rulagantsweng la Puo ya Gae Mophato 1–3 la NECT le teng go ka itseelwa mo go: [www.nect.org.za](http://www.nect.org.za)*

### **Thitokgang 1:**

Tirwana	Beke 1	Tekolo	Beke 2	Tekolo
<b>KA MOLOMO</b>	TLOTLOFOKO.		TLOTLOFOKO.	
	PINA/RAEUME;		DITIRWANA TSE DINGWE;	
<b>MEDUMOPUO</b>	MEDUMO;		MEDUMO;	
			DITIRWANA;	
<b>MOKWALO</b>	MODUMO/MEDUMO, MAFOKO LE DIPOLELO;		MODUMO/MEDUMO, MAFOKO LE DIPOLELO;	

Tirwana	<b>Beke 1</b>	<b>Tekolo</b>	<b>Beke 2</b>	<b>Tekolo</b>
<b>PUISOKOPANELO</b>	SETLHANGWA;		SETLHANGWA;	
	DIPOTSO TSA GO TLHALOGANYA;			
		TIRWANA YA MORAGO GA PUISO;		
<b>GO KWALA</b>		SETLHOGO LE TIRO;		
<b>PUISOKAELO KA DITLHOPHA</b>		DINTLHA;		

## **Thitokgang 2:**

Tirwana	Beke 1	Tekolo	Beke 2	Tekolo
<b>KA MOLOMO</b>	TLOTLOFOKO.		TLOTLOFOKO.	
	PINA/RAEUME;		DITIRWANA TSE DINGWE;	
<b>MEDUMOPUO</b>	MEDUMO;		MEDUMO;	
			DITIRWANA;	
<b>MOKWALO</b>	MODUMO/MEDUMO, MAFOKO LE DIPOLELO;		MODUMO/MEDUMO, MAFOKO LE DIPOLELO;	

Tirwana	<b>Beke 1</b>	<b>Tekolo</b>	<b>Beke 2</b>	<b>Tekolo</b>
<b>PUISOKOPANELO</b>	SETLHANGWA;		SETLHANGWA;	
	DIPOTSO TSA GO TLHALOGANYA;		DIPOTSO TSA GO TLHALOGANYA;	
			TIRWANA YA MORAGO GA PUISO;	
			SETLHOGO LE TIRO;	
<b>GO KWALA</b>				DINTLHA;
				DINTLHA;
<b>PUISOKAELO KA DITLHOPHA</b>				

### **Thitokgang 3:**

Tirwana	Beke 1	Tekolo	Beke 2	Tekolo
<b>KA MOLOMO</b>	TLOTLOFOKO.		TLOTLOFOKO.	
	PINA/RAEUME;		DITIRWANA TSE DINGWE;	
<b>MEDUMOPUO</b>	MEDUMO;		MEDUMO;	
			DITIRWANA;	
<b>MOKWALO</b>	MODUMO/MEDUMO, MAFOKO LE DIPOLELO;		MODUMO/MEDUMO, MAFOKO LE DIPOLELO;	

Tirwana	<b>Beke 1</b>	<b>Tekolo</b>	<b>Beke 2</b>	<b>Tekolo</b>
<b>PUISOKOPANELO</b>	SETLHANGWA;		SETLHANGWA;	
	DIPOTSO TSA GO TLHALOGANYA;		DIPOTSO TSA GO TLHALOGANYA;	
			TIRWANA YA MORAGO GA PUISO;	
			SETLHOGO LE TIRO;	
<b>GO KWALA</b>				DINTLHA;
				DINTLHA;
<b>PUISOKAELO KA DITLHOPHA</b>				

#### **Thitokgang 4:**

Tirwana	Beke 1	Tekolo	Beke 2	Tekolo
<b>KA MOLOMO</b>	TLOTLOFOKO.		TLOTLOFOKO.	
	PINA/RAEUME;		DITIRWANA TSE DINGWE;	
<b>MEDUMOPUO</b>	MEDUMO;		MEDUMO;	
			DITIRWANA;	
<b>MOKWALO</b>	MODUMO/MEDUMO, MAFOKO LE DIPOLELO;		MODUMO/MEDUMO, MAFOKO LE DIPOLELO;	

Tirwana	<b>Beke 1</b>	<b>Tekolo</b>	<b>Beke 2</b>	<b>Tekolo</b>
<b>PUISOKOPANELO</b>	SETLHANGWA;		SETLHANGWA;	
	DIPOTSO TSA GO TLHALOGANYA;			
		TIRWANA YA MORAGO GA PUISO;		
<b>GO KWALA</b>		SETLHOGO LE TIRO;		
<b>PUISOKAELO KA DITLHOPHA</b>		DINTLHA;		

### **Thitokgang 5:**

Tirwana	Beke 1	Tekolo	Beke 2	Tekolo
<b>KA MOLOMO</b>	TLOTLOFOKO.		TLOTLOFOKO.	
	PINA/RAEUME;		DITIRWANA TSE DINGWE;	
<b>MEDUMOPUO</b>	MEDUMO;		MEDUMO;	
			DITIRWANA;	
<b>MOKWALO</b>	MODUMO/MEDUMO, MAFOKO LE DIPOLELO;		MODUMO/MEDUMO, MAFOKO LE DIPOLELO;	

Tirwana	<b>Beke 1</b>	<b>Tekolo</b>	<b>Beke 2</b>	<b>Tekolo</b>
<b>PUISOKOPANELO</b>	SETLHANGWA;		SETLHANGWA;	
	DIPOTSO TSA GO TLHALOGANYA;		DIPOTSO TSA GO TLHALOGANYA;	
			TIRWANA YA MORAGO GA PUISO;	
			SETLHOGO LE TIRO;	
<b>GO KWALA</b>				DINTLHA;
				DINTLHA;
<b>PUISOKAELO KA DITLHOPHA</b>				



# Lenaneo la tlhatlhobo

## Tlhatlhobo ya go ithuta

- Lenaanetekolo le le latelang le akaretsa **kgodiso ya dikgono tsa go buisa le go kwala tse di botlhokwa thata** gore barutwana ba gago e nne bo mankge mo kgatong ya motheo.
- Tse ke **dikgono tsa go buisa le go kwala tse di botlhokwa tse barutwana botlhe ba tshwanetseng go nna le tsona** kwa **bofelong jwa Mophato 3**.
- Ga gona tsela ya ka bonako e e bonolo go latela ‘Tlhatlhobo ya go Ithuta,’ kgotsa ‘Tlhatlhobo e e Tlhomameng.’
- Go go thusa go dira se ka tsela e e mosola, o ka rata go leka go latela tse di latelang:
  - a Dira **buka ya tlhatlhobo ya go rekotela** mme o e tshole ka dinako tsotlhe.
  - b Buka e etshwanetse go tshwaiwa KHUPAMARAMA/SEPHIRI
  - c Ka mo bukeng e, **nna le karolo ya morutwana mongwe le mongwe**.
  - d Go ralala letsatsi, **tlhokomela gore morutwana o dira jang** mme o **kwale dintlha ka se o se lemogileng** mabapi le dikgono tse.
- Nna kelotlhoko ka **barutwana ba ba senang tswelopele** mme o **dire le bona** go rarabolola dikgwetlhlo tsa bona.

## Lenaanetekolo: Kgato ya Motheo, Puo ya Gae

DIKGONO TSA TLHALOGANYO	✓
O latela ditsholofelo le ditekanyetso tsa ka mo phaposing	
O laola maikutlo a gagwe	
O dira ka nosi	
O na le tirisano mmogo mo tirong ya setlhophya.	
O tlhoma mogopololo mo go se a se dirang e bile o fetsa ditiro ka nako e e lebeletsweng.	
O gopola le go golaganya dithuto tse di fetileng le tse dintšhwa.	
O simolola le go tshwarelala botsalano jo bo siameng.	
O a tswelela mo dikgwetlhong – ga a ineele	
GO REETSA LE GO BUJA	✓
O a gola mme o dirisa tlotlofoko e e kwa godimo, e e oketsegang.	
O latela ditshupetso	
O botsa dipotso	
O araba dipotso ka tshwanelo a dirisa dipolelo tse di oketsegang tsa maemo a kwa godimo.	
O dirisa dikgono tsa puisano le go buisana ka tshwanelo.	
TEMOGO YA MEDUMOPUO LE MEDUMOPUO	✓
O kgaoganya mafoko ka medumo ya yona ka molomo	
O kopanya medumo go dira mafoko ka molomo	
O lemoga le go buisa medumo yotlhhe e rutilweng (o ithuta kamano ya dithhaka le medumo)	
O aga le go kgaoganya mafoko a a kwadilweng a dirisa medumo e e rutilweng.	

<b>PUISO</b>	✓
Ka metlha o leka go dumisa mafoko a mantšhwa a dirisa kitso ya tlhaka le modumo.	
O buisa kgang e e mo matlharetirong ka thelelo e e oketsegang le ka nepagalo.	
<b>GO TLHALOGANYA</b>	✓
<i>Mo kgatong ya motheo, dikgono tse di tshwanetse go agiwa ka nako ya puisokopanelo – fa morutabana a buisetsa setlhengwa se se marara kwa godimo.</i>	
O bontsha phisego le kgatlhegelo mo dikgannyeng tsa puisokopanelo.	
O araba dipotso tse di bonolo tse a di gopolang ka nepagalo.	
O naya dikakanyo tse di nang le mabaka mo dipotsong tsa ‘goreng?’	
O dira tshosobanyo ya ditiragalo tse di botlhokwa tsa kgang e e buiseditsweng kwa godimo.	
O dira puisano ka maikaelelo kgotsa molaetsa wa kgang e e buisitsweng.	
O gakologelwa le go golaganya dikgang tse di fetileng le tse dintšhwa.	
<b>MOKWALO</b>	✓
O tshwara phen sele le dilwana tsa go kwala ka nepagalo – a dirisa menwana e meraro ya go tshwara.	
O kgona go bopa ditlhaka tse a di rutilweng ka nepagalo e bile di bonagala.	
O kwala ka lebelo le le amogelesegang – o kgona go fetsa ditiro ka nako e e neetsweng.	
<b>GO KWALA</b>	✓
O dirisa go kwala go bua ka dikakanyo tsa gagwe (ga a kopise)	
O kwala ka nosi (o tshola le go dirisa maano a go kwala go fetsa ditiro tsa go kwala)	
O dirisa kitso ya tlhaka le modumo go kwala mafoko (mopeleto wa tlhamo)	
O buisetsa ditsala mokwalo wa gagwe.	

## Tlhatlhobo ya go Ithuta

- O ka itlhophela go **dira tlhatlhobo e e tlhomameng ya gago** (Tiro ya Tlhatlhobo e e Tlhomameng) go ya ka dikaedi tse di neetsweng mo **karolong 4 e e tlhabolotsweng ya CAPS**.
- Kgotsa o ka dirisa sekai sa **Tiro ya Tlhatlhobo e e Tlhomameng** ya Kgweditharo 2 e e **neetsweng fa tlase**. O ka dirisa sekai se jaaka se ntse kgotsa wa se fetola go se dirisa ka mo phaposing ya gago.
- ‘Karata ya maduo’ e akarereditswe moo o ka tsenyang dipholo tsa barutwana tsa tlhatlhobo tsa karolwana nngwe le nngwe ya puo.

## Tiriso ya Ruburiki

- Diruburiki tse di latelang di na le ditekanyetsi tsa ditlhalosi di le nne.
- Di bontsha kaedi ya selekanyo sa maemo mangwe le mangwe.
- Godimo ga foo, maduo a tekanyetso ya ditlhalosi a neetswe. Se, se bontshitswe ka mo masakaneng a a fa thoko ga ditlhalosi
- O ka dirisa dikarolwana tse go tlhatlhoba barutwana ba gago ka ditsela tse di farologaneng, go ya ka keletso ya porofense kgotsa kgaolo ya gago. Sekai:
  - a** O ka itlhophela go dira maemo a palogare kgotsa selekanyo sa tirwana ya tlhatlhobo.
  - b** Kgotsa, o ka itlhophela go naya morutwana mongwe le mongwe maduo.

## SEKAI:

- a** Morutabana wa ga Kagiso o beile sefapano mo tekanyetsong ya se a se fitlheletseng.
- b** O bona gore sefapano gantsi se wela ka mo MAEMONG 2 / SELEKANYO 3–4. Fela, o na le MAEMO 1 / SELEKANYO 1–2 maduo. Ka jalo, o mo naya **Selekanyo sa 3**.
- c** Go tsweng foo, o dira maduo a gagwe go ya ka maduo a a tekanyetso nngwe le nngwe. O fitlhelela maduo a 5 go tswa go 14. Fa o a arola ka 2, o fitlhelela **2.5**, e a e fetolelang mo **Selekanyong sa 3**.

RUBURIKI	MAEMO 1 SELEKANYO 1–2	MAEMO 2 SELEKANYO 3–4	MAEMO 3 SELEKANYO 5–6	MAEMO 4 SELEKANYO 7
<b>TEKANYETSO 1</b>	Morutwana o anela bonnye jwa kgang ka tatelano e e fosagetseng. (1)	Morutwana o anela bontlhannwe jwa kgang ka tatelano e e nepagetseng, mme o akaretsa dintlha tse dintsikgotsa tse dinnye tsa kgang. (2) <b>X</b>	Morutwana o anela bontsi jwa kgang ka tatelano e e nepagetseng mme a ka akaretsa dintlha tse dintsikgotsa tse dinnye tsa kgang. (3)	Morutwana o anela kgang ka tatelano e e nepagetseng le dintlha tse di lekaneng go tlhaloganya kgang. (4–5)
<b>TEKANYETSO 2</b>	Morutwana o ikhutsa kgafetsa, wa okaoka le go boeletsa mafoko kgotsa dipolelwana. (1)	Morutwana ka dinako dingwe o ikhutsa kgafetsa, wa okaoka le go boeletsa mafoko kgotsa dipolelwana. (2) <b>X</b>	Morutwana o anela kgang ka thelelo mme o ikhutsa ka dinako dingwe le go okaoka kgotsa go boeletsa mafoko kgotsa dipolelwana. (3)	Morutwana o anela kgang ka thelelo le go itshepa, kwantle ga go ikhutsa, go okaoka kgotsa go boeletsa mafoko kgotsa dipolelwana. (4–5)
<b>TEKANYETSO 3</b>	Ga go na pharologano ya segalo le modumo wa lentswe kgotsa morutwana ga a utlwagale. (1) <b>X</b>	Morutwana o farologanya segalo le modumo wa lentswe ka dinako dingwe e se ka fa go tshwanetseng. (2)	Morutwana o farologanya segalo le modumo wa lentswe fa a buisa mme puiso ya gagwe e na le matswela. (3)	Morutwana o farologanya segalo le modumo wa lentswe fa a buisa mme puiso ya gagwe e na le matswela a magolo. (4)

## Go fetola

- Fetolela maduo a a godimo ga 14 go selekanyo sa 1–7 ka go arola ka 2.

## Re solo fela fa kaedi e ya tlhatlhobo e tla go tswela mosola

- Go botlhokwa go gopola gore ditiro tsa ditlhatlhobo tse le mekgwa ya go bala ke dikakantsho.
- Ka kopo ikobele melao ya ditlhokego tsa tlhatlhobo ya porofense kgotsa kgaolo ya gago.

Maina a Barutwana	Go reetsa le go bua	Medumopuo	Puiso le Go tlhaloganya	Mokwalo	Go kwala	Gotlhe
	O kwala sethangwa se se kgatlhisang jaaka karata ya ditebogo kgotsa lekwalo. O kwala kgang ya gagwe ya bonnye temana e 1 (5 dipolelo) a dirisa letlhomeso la go kwala.				2.6	
	Kwala ditlhakakgolo le dithakannye tsotlhе ka mokwalokgatiso ka go itshepa le ka nepagalo. O tlogela diphathla tse di tshwanetseng mo magareng a mafoko.				2.5	
	Araba dipotso tse di tlhamaletseng. O dira ponelopele. O bay a ditiragalo ka tatelano E e nepagetseng. O dira diphopholetso tsa kitso.				2.4	
	O buisetsa kwa godimo ka maemo a gagwe. O dirisa medumopuo, mafoko a a tlwaelegileng le kgono ya go dumisa mafoko. O buisa ka thelelo e e oketsegileng le go itlhalosa				2.3	
	O aga mafoko ka ditumanosi tse di pataganeng bonnye di le tharo. O aga mafoko a ditlhaka a le 3, 4 le 5 a dirisa ditumammogo tse di pataganeng le ditumanosi tse di rutilweng mo kgweditharong.				2.2	
	O reetsa dikgang le maboko mme o lemoga kakanyokgolo, dintlhа le tatelano ya ditiragalo tsa kgang.		Go ela tlhoko ka mo phaposing	Palo ya Tirwana ya Tlhatlhobo	2.1	
			1		2	
					3	
					4	
					5	
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					9	
					10	
					11	
					12	

## Mophato 2 Kgeditharo 2: Sekai sa Tlhatlhobo e e Thomameng

2.1: GO REETSA LE GO BUA/ GO TLHALOGANYA	
<b>MAIKAELELO</b>	<ul style="list-style-type: none"> <li><b>O reetsa dikgang le maboko le go lemoga kakanyokgolo, dintlha le tatelano ya ditiragalo tsa kgang.</b></li> </ul>
<b>TIRISO</b>	<ul style="list-style-type: none"> <li>Se se ka diriwa ka nako nngwe le nngwe go simolola ka beke 7–9.</li> <li>Dira se, ka nako nngwe le nngwe e morutwana a dirang puiso ka nosi kgotsa tirwana ya go kwala.</li> </ul>
<b>TIRWANA</b>	<ul style="list-style-type: none"> <li>Bitsa barutwana ka bongwe go araba mofuta wa potso e le nngwe kgotsa di le pedi tse di latelang ka setlhangwa:</li> </ul> <p><b>Kakanyokgolo</b></p> <ol style="list-style-type: none"> <li>1 Kgang ke ka ga eng?</li> <li>2 O akanya gore kakanyokgolo ya kgang ke eng? Goreng?</li> <li>3 Fa go botsolotsa go tlhokega, naya morutwana tshono ya go itlhophela mo dilong di le pedi jaaka: O akanya gore kakanyokgolo ke ... kgotsa...?</li> </ol> <p><b>Dintlha</b></p> <ol style="list-style-type: none"> <li>1 Mang..?</li> <li>2 Eng...?</li> <li>3 Leng...?</li> <li>4 Jang...?</li> </ol> <p><b>Tatelano</b></p> <ol style="list-style-type: none"> <li>1 Go diragetse eng kwa tshimologong ya kgang?</li> <li>2 Go diragetse eng kwa bokhutlong jwa kgang?</li> <li>3 Go diragetse eng morago ga ...?</li> </ol> <ul style="list-style-type: none"> <li>Tlhatlhoba morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase.</li> </ul>

RUBURIKI	MAEMO 1 SELEKANYO 1–2	MAEMO 1 SELEKANYO 3–4	MAEMO 1 SELEKANYO 5–6	MAEMO 1 SELEKANYO 7
<b>KAKANYOKGOLO</b>	Morutwana o lemoga kakanyokgolo ya setlhangwa fa a newa tšhono ya go itlhophela. (1-2)	Morutwana o lemoga kakanyokgolo ya setlhangwa ka nosi mme ga a itshepe e bile ga a kgone go buelela karabo ya gagwe. (3-4)	Morutwana o lemoga kakanyokgolo ya setlhangwa ka nosi fela ga a kgone go buelela karabo ya gagwe. (5-6)	Morutwana o lemoga kakanyokgolo ya setlhangwa ka nosi e bile o kgona go buelela karabo ya gagwe. (7)
<b>DINTLHA</b>	Morutwana o gopola ntlha e le nngwe ya kgang ka nepagalo. (1)	Morutwana o gopola dintlha dingwe tsa kgang fa a botsolotswa. (2)	Morutwana o gopola dintlha tsotlhe tsa kgang fa a botsolotswa. (3)	Morutwana o gopola dintlha tsotlhe tsa kgang ka bonako, thelelo le ka tshwanelo. (4)
<b>TATELANO</b>	Morutwana ga a kgone go baya tatelano ya ditiragalo tsa setlhangwa ka nepagalo. (0)	Morutwana o kgona go baya tatelano ya ditiragalo tsa setlhangwa ka nepagalo fa a tshegetswa. (1)	Morutwana o kgona go baya tatelano ya ditiragalo tsa setlhangwa fela o tsaya lobaka. (2)	Morutwana o kgona go baya tatelano ya ditiragalo tsa setlhangwa ka bonako le ka nepagalo. (3)

## 2.2: MEDUMOPUO

<b>MAIKAELELO</b>	<ul style="list-style-type: none"> <li><b>O aga mafoko ka ditumanosi tse di pataganeng tse dintšwa bonnye di le tharo</b></li> <li><b>O aga mafoko a ditlhaka tse 3, 4 le 5 a dirisa ditumammogo tse di pataganeng di rutilwe mo kgweditharong e.</b></li> </ul>																
<b>TIRISO</b>	<ul style="list-style-type: none"> <li>Dira se mo bekeng ya 7 kgotsa 8, ka nako ya dithuto tsa medumopuo mafelo a beke</li> </ul>																
<b>TIRWANA</b>	<ul style="list-style-type: none"> <li>Dira lenaneothalo la ‘Batla lefoko’ mo patitshokong, o akaretse medumo e 16 3 x ditumanosi tse di pataganeng tse dintšwa; ditumammogo tse di pataganeng tse 3 tse di rutilweng, ditumanosi le ditumammogo tse di sa pataganang.</li> <li>Sekai:</li> </ul> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>ii</td><td>oo</td><td>e</td><td>aa</td></tr> <tr> <td>tl</td><td>tlh</td><td>ts</td><td>a</td></tr> <tr> <td>a</td><td>n</td><td>u</td><td>p</td></tr> <tr> <td>m</td><td>f</td><td>b</td><td>t</td></tr> </table> <ul style="list-style-type: none"> <li>Bontsha barutwana gore ba bope jang mafoko ba dirisa medumo e e mo lenaanethalong sekao: th – a – b – a = thaba</li> <li>Bolelela barutwana gore ba tshwanetse go bopa mafoko a bontsi jo ba ka bo kgonang.</li> <li>Naya barutwana metsotso e le 10 go dira se. Phutha dibuka tsa bona, o di tshwaye mme o bale mafoko a ba a bopileng ka nepagalo</li> <li>Tlhatlhoba morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase</li> </ul>	ii	oo	e	aa	tl	tlh	ts	a	a	n	u	p	m	f	b	t
ii	oo	e	aa														
tl	tlh	ts	a														
a	n	u	p														
m	f	b	t														

RUBURIKI	MAEMO 1 SELEKANYO 1–2	MAEMO 2 SELEKANYO 3–4	MAEMO 3 SELEKANYO 5–6	MAEMO 4 SELEKANYO 7
<b>O AGA MAFOKO KA DITUMANOSI TSE DI PATAGANENG TSE DINTŠHWA: oo; ee; uu</b>	Morutwana ga a dirise nngwe ya ditumanosi tse di pataganeng go aga mafoko – o dirisa ditumanosi tse di sa pataganang fela (0)	Morutwana o dirisa nngwe ya tumanosi e e pataganeng e ntšwa go aga mafoko. (1)	Morutwana o dirisa ditumanosi tse di pataganeng tse dintšwa tse pedi go aga mafoko ka nepagalo. (2)	Morutwana o dirisa ditumanosi tse di pataganeng tse dintšwa tse tharo go aga mafoko ka nepagalo (3)
<b>O AGAMAFOKO A DITLHAKA DI LE 3, 4 LE 5</b>	Morutwana o aga mafoko a ditlhaka di le 3 a a ka fa tlase ga nne ka nepagalo. (1)	Morutwana o aga mafoko a ditlhaka di le 3 a le mane kgotsa go feta ka nepagalo (2)	Morutwana o aga mafoko a ditlhaka di le 3 le 4 ka nepagalo (3)	Morutwana o aga mafoko a ditlhaka di le 3, 4 le 5 ka nepagalo (4)

**2.3: PUISO**

<b>MAIKAELELO</b>	<ul style="list-style-type: none"> <li>Buisetsa kwa godimo go tswa mo bukeng go ya ka maemo a gagwe</li> <li>O dirisa mafoko a pono, medumopuo, le dikgono tsa go dumisa mafoko</li> </ul>
<b>TIRISO</b>	<ul style="list-style-type: none"> <li>Se, se ka diriwa nako nngwe le nngwe go simolola ka beke ya 6 go ya go 8</li> <li>Dira se ka nako ya puisokaelo ka ditlhophpha</li> </ul>
<b>TIRWANA</b>	<ul style="list-style-type: none"> <li>Ka nako ya puisokaelo ka ditlhophpha bitsa barutwana ba ba leng mo setlhopheng go tla go go buisetsa ka nosi</li> <li>Kopa morutwana go buisetsa kwa godimo go tswa mo setlhengweng sa maemo a gagwe. Netefatsa gore setlhengwa se akaretsa mafoko a a dumisegang</li> <li>Tlhatlhoba morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase</li> </ul>

RUBURIKI	MAEMO 1 SELEKANYO 1–2	MAEMO 2 SELEKANYO 3–4	MAEMO 3 SELEKANYO 5–6	MAEMO 4 SELEKANYO 7
<b>DIKGONO TSA GO DUMISA MAFOKO</b>	Morutwana o tlhoka tshegetso e ntsi ya medumopuo go tswa go morutabana go buisa lefoko le a sa le itseng. Morutwana o kgarathela go kgaoganya mafoko ka dinoko kgotsa medumo. (1–2)	Morutwana o leka go buisa mafoko ao a sa a itseng fela o a kgaratlha. Morutwana o leka go dirisa medumopuo fela o tlhoka tshegetso go tswa go morutabana.. Morutwana a ka kgaoganya mafoko ka dinoko kgotsa medumo ka tshegetso ya morutabana. (3–4)	Morutwana o dirisa medumopuo le dinoko go dumisa mafoko ao a sa a itseng mme o kgonia go kopanya medumo go bopa mafoko. (5–6)	Morutwana o dirisa medumopuo le dinoko go dumisa mafoko ao a sa a itseng mme o kgonia go kopanya medumo go bopa mafoko.. (7)
<b>MAFOKO A PONO</b>	Morutwana o itse mafoko a pono kgotsa a a tlhagelelang kgapetsa a le mmalwa. (1–2)	Morutwana o itse mafoko a pono kgotsa a a tlhagelelang kgapetsa a mangwe. (3–4)	Morutwana o itse mafoko a pono kgotsa a a tlhagelelang kgapetsa a le mantsi. (5–6)	Morutwana o itse mafoko a pono kgotsa a a tlhagelelang kgapetsa otlhe a a rutilweng (7)

#### 2.4: GO TLHALOGANYA

<b>MAIKAELELO</b>	<p><b>O reetsa le go tlotla ka sethangwa go:</b></p> <ul style="list-style-type: none"> <li>• Araba dipotso tse di tlhamaletseng ka dintlha tsa kgang.</li> <li>• O dira ponelopele.</li> <li>• O bayo ditiragalo tsa sethangwa ka tatelano e e nepagetseng.</li> <li>• O dira diphopholetso tsa kitso.</li> </ul>
<b>TIRISO</b>	<ul style="list-style-type: none"> <li>• Se se ka diriwa ka nako nngwe le nngwe go simolola ka beke 4–7.</li> <li>• Dira se ka Labotlhano ka nako ya tirwana ya molomo: Puisano ya puisokopanelo kgotsa ka Labotlhano ka nako ya Puisokopanelo: Tirwana ya morago ga puiso.</li> </ul>
<b>TIRWANA</b>	<p><b>1</b> Dirisa kgang ya puisokopanelo go tswa mo bekeng e e fetileng.  <b>2</b> Baya barutwana mo maemong a a siameng go fetsa tiro.  <b>3</b> Go tsweng foo, biletsha barutwana kwa tafoleng ya gago ka bongwe go feleletsa tlhatlhobo.  <b>4</b> Kopa barutwana go arabu 1–2 ya potso mofuta mongwe le mongwe ka ga sethangwa.:.</p> <p><b>Dipotso tse di tlhamaletseng ka dintlha</b></p> <p><b>1</b> Mang...?  <b>2</b> Eng...?  <b>3</b> Leng...?  <b>4</b> Jang...?  <b>5</b> Kae?</p> <p><b>Dira ponelopele</b></p> <p><b>1</b> O akanya gore go tla diragala eng se se latelang? Goreng?  <b>2</b> O akanya gore kgang e tla fela jang? Goreng?</p> <p><b>Tatelano</b></p> <p><b>1</b> Go diragetse eng kwa tshimologong ya kgang?  <b>2</b> Go diragetse eng kwa bokhutlong jwa kgang?  <b>3</b> Go diragetse eng morago ...?  <b>4</b> Go diragetse eng la ntlha: ...kgotsa...?</p> <p><b>Diphopholetso tsa kitso</b></p> <p><b>1</b> O ka dira diphopholetso tsa kitso efe ... go tswa mo ...?  <b>2</b> O akanya gore goreng...?  <b>3</b> Goreng o akanya gore ...?  • Tlhatlhoba morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase.</p>

RUBURIKI	MAEMO 1 SELEKANYO 1–2	MAEMO 2 SELEKANYO 3–4	MAEMO 3 SELEKANYO 5–6	MAEMO 4 SELEKANYO 7
<b>DIPOTSO TSE DI TLHAMALETSENG TSA DINTLHA</b>	Morutwana o kgona go gopola ntlha e le nngwe ya kgang. (1)	Morutwana o kgona go gopola dintlha dingwe tsa kgang fa a botsolotswa. (2)	Morutwana o kgona go gopola dintlha tsothe tsa kgang fa a botsolotswa. (3)	Morutwana o kgona go gopola dintlha tsothe tsa kgang ka bonako, thelelo le ka nepagalo. (4)
<b>PONELAPELE</b>	Morutwana o kgaratlha go dira ponelapele e le nngwe e e amogelesegang e bile o kgona go buelela karabo ya gagwe. (1)	Morutwana o dira diponelapele e le nngwe e e amogelesegang e bile o kgona go buelela karabo ya gagwe. (2)	Morutwana o dira diponelapele tse pedi tse di amogelesegang e bile o kgona go buelela karabo e le nngwe ya gagwe (3)	Morutwana o dira diponelapele tse pedi tse di amogelesegang e bile o kgona go buelela dikarabo tsa gagwe ka bobedi. (4)
<b>TATELANO</b>	Morutwana ga a kgone go dira tatelano ya ditiragalo go tswa mo setlhangweng, le ka tshegetso. (1)	Morutwana o kgona go dira tatelano ya ditiragalo go tswa mo setlhangweng ka tshegetso (2)	Morutwana o dira tatelano ya ditiragalo ka nepagalo go tswa mo setlhangweng fela o tsaya nako. (3)	Morutwana o dira tatelano ya ditiragalo tsothe ka bonako le ka nepagalo go tswa mo setlhangweng. (4)
<b>PHOPHOLETSO YA KITSO</b>	Morutwana o kgaratlha go dira diphopholetso tsa kitso ka ga moanelwa kgotsa tiragalo ya kgang, le fa a tshegediwa. (1)	Morutwana o dira diphopholetso tsa kitso tse di amogelesegang ka ga moanelwa kgotsa tiragalo ya kgang, kwantle ga tshegetso. (2)		

## 2.5: MOKWALO

<b>MAIKAELELO</b>	<ul style="list-style-type: none"> <li>O kwala ditlhakanny le ditlhakakgolo tsotlhe ka mokwalo o o sa tshwaraganang sentle le ka go itshepa. O tlogela diphatlha mo magareng ga mafoko ka tshwanelo.</li> </ul>
<b>TIRISO</b>	<ul style="list-style-type: none"> <li>Dira se ka nako ya thuto ya Mokwalo ka Mosupologo mo bekeng ya 7 kgotsa 8.</li> </ul>
<b>TIRWANA</b>	<ul style="list-style-type: none"> <li>Dira thuto ya go kwala jaaka metlha.</li> <li>Phutha dibuka tsa barutwana kwa bofelong jwa modikologo wa go kwala.</li> <li>Tlhatlhoba mokwalo wa morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase.</li> </ul>

RUBURIKI	MAEMO 1 SELEKANYO 1–2	MAEMO 2 SELEKANYO 3–4	MAEMO 3 SELEKANYO 5–6	MAEMO 4 SELEKANYO 7
<b>GO BOPA TLHAKA</b>	Morutwana o kgaratlha go bopa ditlhakanny le ditlhakakgolo tsotlhe ka nepagalo. Go na le diphoso tsa go bopa ditlhaka le bogolo ba tsona. Morutwana o kwalela ka bonya. (1–2)	Morutwana o na le tswelopele mo go bopeng ditlhakanny le ditlhakakgolo. Go santse go na le diphoso tsa popo ya ditlhaka le bogolo ba tsona. Lebelo la go kwala le tokafetse. (3–4)	Morutwana o na le tswelopele e ntsi mo go bopeng ditlhakanny le ditlhakakgolo. Go na le diphoso tse di mmalwa tsa popo ya ditlhaka le bogolo ba tsona. Lebelo la go kwala le siame. (5–6)	Morutwana o na le tswelopele e e kgatlhisang mo go bopeng ditlhakanny le ditlhakakgolo. Go na le diphoso tse di mmalwa tsa popo ya ditlhaka le bogolo ba tsona. Lebelo la go kwala ke le le kgatlhisang (7)
<b>GO TLOGELA DIPHATLHA MO MAGARENG GA MAFOKO MO DIPOLELONG</b>	Go tlogela diphatlha mo magareng ga mafoko ga go tshwane, ka nako nngwe diphatlha di ditona kgotsa di dinnye. (1–2)	Go tlogela diphatlha mo magareng ga mafoko ga go tshwane ka dinako dingwe, ka nako nngwe diphatlha di ditona kgotsa di dinnye (3–4)	Go tlogela diphatlha mo magareng ga mafoko go le gantsi go a tshwana e bile go nepagetse. (5–6)	Go tlogela diphatlha mo magareng ga mafoko go a tshwana e bile go nepagetse (7)

## 2.6: GO KWALA

<b>MAIKAELELO</b>	<ul style="list-style-type: none"> <li>O kwala setlhangwa sa maikutlo a gagwe jaaka karata ya ditebogo kgotsa lekwalo.</li> <li>O kwala kgang ya gagwe ya bonnye temana e le 1 (dipolelo tse 5) a dirisa letlhomeso la go kwala.</li> </ul>
<b>TIRISO</b>	<ul style="list-style-type: none"> <li>Dira ditirwana tsa go kwala tse pedi tse di farologaneng tse mo dibekeng tse di farologaneng.</li> </ul>
<b>TIRWANA</b>	<ul style="list-style-type: none"> <li>Dira thuto ya go kwala jaaka metlha.</li> <li>Phutha dibuka tsa barutwana kwa bofelong jwa modikologo wa go kwala.</li> <li>Tlhatlhoba go kwala ga morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase.</li> </ul>

RUBURIKI	MAEMO 1 SELEKANYO 1–2	MAEMO 2 SELEKANYO 3–4	MAEMO 3 SELEKANYO 5–6	MAEMO 4 SELEKANYO 7
<b>POPEGO LE BOLEELE: KARATA YA DITEBOGO KGOTSA LEKWALO</b>	Morutwana o dirile diphaso di le dintsi ka fomete kgotsa setlhangwa ga se a felela. (0)	Morutwana o dirile diphaso dingwe ka fomete kgotsa setlhangwa se se khutshwane thata. (1)	Morutwana o dirile phoso e le nngwe ka fomete. Boleele jwa setlhangwa ke jo bo tshwanetseng. (2)	Morutwana o dirisitse fomete ka nepagalo e bile boleele jwa setlhangwa ke jo bo tshwanetseng. (3)
<b>POPEGO LE BOLEELE: KGANG YA GAGWE</b>	Morutwana ga a rulaganya dipolelo ka temana KGOTSA morutwana o kwadile dipolelo tse di ka fa tlase ga 4 (1)	Morutwana o rulagantse dipolelo ka temana. Morutwana o kwadile dipolelo di le 4. (2)	Morutwana o rulagantse dipolelo ka temana. Morutwana o kwadile dipolelo di le 5.(3)	Morutwana o rulagantse dipolelo ka temana. Morutwana o kwadile go feta dipolelo di le 5.(4)
<b>O DIRISA KITSO YA MEDUMOPUO</b>	Morutwana ga a itshwenye go kwala mafoko ape ka nosi. (0)	Morutwana o leka go kwala mafoko mangwe ka nosi a dirisa kitso ya medumopuo fela mafoko ga a lemosega. (1)	Morutwana o leka go kwala mafoko mangwe ka nosi a dirisa kitso ya medumopuo, bontsi jwa mafoko a a lemosega (2)	Morutwana o leka go kwala mafoko mangwe ka nosi a dirisa kitso ya medumopuo, mme mafoko otlhe a a lemosega. (3)