



**basic education**  
Department:  
Basic Education  
REPUBLIC OF SOUTH AFRICA



# **Moralo Le Tereka Ya Ho Iphumana (ATP)**

## **Puo ya Lapeng: Sesotho**



### **Kereiti 2 Kotara 3**



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# Selelekela

Matitjhere a mohato o tlase a ratehang,

Sewa se seholo sa COVID 19 se re siile le phephetso e kgolo thutong. Ha re kgutlela ho 'sekolo se tlwaelehileng', bohle re lokela ho sebetsa ka matla le ka bohlale ho etsa bonnete hore mokgwa wa tshebetso wa rona o a iphumana. Sena ke se bohlokwa haholo mohatong o tlase wa thuto, moo bana ba ithutang tsebo ya ho bala le ho ngola. Afrika Borwa e hloka hore o etse ka matla ohle a hao o matlafatse baithuti ba hao ka tsebo ena, ele hore ha ba ithute feela ho bala, feela qetellong ba eba le bokgoni ba ho 'balla ho ithuta'. Tokomane ena e bopetswe ho o thusa ho fihlella sena. Ka ho sebetsa ka moralo ona, re na le tshepo hore o tla kgona ho tobana le tahlehelo ya nako ya thuto le ho ruta, mme o behe baithuti ba hao boemong boo ba tshwanetseng ho ba ho bona. Re lebohela boinehelo, boikitlaetso mmoho le ho sebetsa ka thata ho hlokahalang ho tswa ho wena. O aha setjhaba sa rona ele ka nnete.

Re o lakaletsa mahlohonolo kotareng ena e tlang,

**Sehlopha sa ho Iphumana le ho Tereka sa Moralo wa Thuto wa Selelemo sa Lefapha la Thuto ya Motheo/NECT**



# Dipeelo tsa ho iphumana tsa Moralo wa Thuto wa Selemo

- Dibeke di 10 Kotareng ya 3 ya ho iphumana ya Lefapha la Thuto ya Motheo
- Dibeke tsena tse 10 di arotswe ka potoloho tse 5 tsa thuto.
- Potolohong ya beke tse ding le tse ding tse pedi, dikarolo tsohle tsa thuto ya puo di lokelwa ho akaretswa ka tsela e latelang, o sebedisa nako e nyane:

BONYANE BA CAPS TEKANYETSO YA NAKO	KEREITI 1	KEREITI 2	KEREITI 3
<b>Ho mamela le ho bua</b>	Metsotso e 45	Metsotso e 45	Metsotso e 45
<b>Ho Bala le Medumo</b>	Dihora tse 4 metsotso e 30	Dihora tse 4 metsotso e 30	Dihora tse 4 metsotso e 30
<b>Mongolo</b>	Hora e 1	Metsotso e 45	Metsotso e 45
<b>Ho ngola</b>	Metsotso e 45	Hora e 1	Hora e 1
<b>KAKARETSO</b>	DIHORA TSE 7	DIHORA TSE 7	DIHORA TSE 7

## Tsebo ya Puo ya Lapeng

- Boiphumano ba Moralo wa Thuto wa Selemo (ATP) ya puo ya lapeng e hlophisitswe ho bontsha matitjhore hore ke tsebo efe eo ba tshwanetseng ho aha ho yona bakeng sa karolo e nngwe le enngwe ya thuto.
- Ho bohlokwa ho eellwa hore dibeke tse ding le tse ding tse pedi, tsebo e boptjwang e a tshwana karolong le karolong, e le hore ho be le pheta-pheto e ngata bakeng sa ho aha le matlafatsa tsebo.

## Dikahare tsa Puo ya Lapeng

- Potoloho ya beke tse ding le tse ding tse pedi, matitjhore a lokela ho kgetha mookotaba.
- Mookotaba ona o hlalosa dikahare tsa potoloho eo.
- Mohlala, ha titjhore a kgetha mookotaba '**Lebala la dipapadi**', dikahare tsohle di lokela ho ikamahanya le mookotaba ona, di kenyelletsa le:
- Tlotlontswe e rutwang, mohlala: **bapala, palama, swinka, kotsi, monate, thabisa, jj.**
- **Diraeme kapa dipina** tse rutwang.
- Pale e balwang ka nako ya **Ho bala ka kopanelo**, mohlala: Pale ya sehlooho sa: **Kotsi lebaleng la dipapadi!**
- **Mosebetsi wa Ho Ngola** oo baithuti ba tshwanetseng ho o phetha, mohlala: **Ngola pale ya diratswana tse 2 ka ho itseng ho etsahetseng lebaleng la dipapadi.**

## Medumo le Ho bala ka tataiso ya sehlopha.

- Ho bala ka tataiso ya sehlopha le medumo, ke tsona feela tseo dikahare tsa tsona di sa amaneng le mookotaba.
- Bakeng sa ho ithuta ho bala, baithuti ba lokela ho rutwa medumo ya puo ka mokgwa wa tatellano, le mokgwa wa ho arola le ho kopanya medumo ena.
- Ebe, ba ikwetlisa ho bala mantswe le dipale ba sebedisa tsebo ya bona ho qapodisa mantswe.

**Ha re lekoleng hore ke bokgoni le dikahare dife tse thathamisitsweng Moralong wa Thuto wa Selemo (ATP) bakeng sa Kereiti 2 Kotara 3:**

<b>KAKARETSO YA BOIPHUMANO YA MORALO WA THUTO WA SELEMO: KEREITI 2 KOTARA 3</b>	
<b>HO MAMELA LE HO BUA</b>	
<b>1</b>	Bua ka boiphihlelo ba hae, mohlala, o bua ditaba tse ntjha a sa di phethe.
<b>2</b>	Mamela tlhahlamano ya ditaelo mme a arabele ka tshwanelo.
<b>3</b>	Mamela ntle le tshitiso, a bontshe sebui hlompho.
<b>4</b>	Botsa dipotso bakeng sa tlhakisetsa.
<b>5</b>	Eba le seabo dipuisanong, a botsa ebile a araba dipotso.
<b>6</b>	Sisinya ditharollo tsa qaka.
<b>7</b>	Mamela dipale a akanye qetello, kapa a iqapele qetello ya pale. Mamela dintlha ka botlalo dipaleng mme a arabe dipotso tse bulehileng.
<b>8</b>	Pheta dipale tse bonolo a fetofetola modumo le bophahamo ba lentswe.
<b>9</b>	Sebedisa tlotlontswe e ntseng e eketseha ha a bua.
<b>10</b>	Sebedisa puo e tshwanetseng le batho ba fapaneng.
<b>11</b>	Bapala maemo a fapaneng ka bonketsisane.
<b>12</b>	Araba dilotho le metlae.
<b>13</b>	Etsa metlae le dilotho a sebedisa puo ya karaburetso.

<b>MEDUMO</b>	
<b><i>Tlhokomediso ho titjhere:</i></b>	
<ul style="list-style-type: none"> <li>• <i>Etsa bonnete hore o bopa le ho qhaqholla mantswa</i> <ul style="list-style-type: none"> <li>• <i>Ka ho utlwa (tlhokomediso ya medumo/phonemic awareness)</i></li> <li>• <i>Ka ho utlwa le ho bona (medumo/phonics)</i></li> </ul> </li> </ul>	
<b>1</b>	Hlwaya dikamano tsa tlhaku le modumo ya medumo yohle e rutilweng, tse kenyeletsang: tumanotshi, didumiswa tse kopantsweng, ditshwantsho tsa ditumanotshi mmoho le didumiswa tse pedi.
<b>2</b>	Bopa le arola mantswa a sebedisa medumo yohle e rutilweng, tse kenyeletsang: tumanotshi, didumiswa tse kopantsweng, ditshwantsho tsa ditumanotshi mmoho le didumiswa tse pedi.
<b>3</b>	Bala mantswa ho tswa thutong tsa medumo dipolelong le ditemeng tse ding.
<b>4</b>	Ithuta ho peleta mantswa a leshome ka beke a nkilweng dithutong tsa medumo le mantswa a hlahang kgafetsa.
<b>5</b>	Hlwaya modumo o qalang mmoho le senoko sa ho qetela dipateroneng tse rarahaneng
<b>6</b>	Hlophisa mantswa ka dihlopha tsa malapa a ona.
<b>7</b>	<b>Ellelwa le ho bala:</b>
<b>a</b>	Ellelwa ditlhaku tse tharo tsa didumammoho tse ikemetseng ha di hlahella mantsweng (mohl: <b>ntlo, ntjha, mpho</b> )
<b>b</b>	Boeletsa medumo e tswakilweng e bopilweng ka ditlhaku tse pedi (mohl: <b>kgala, hloma, nyeka</b> ) Ellelwa medumo ya didumannotshi e tswakilweng mantsweng (mohl: hlooho, sephooko, feela) Ellelwa medumo e tshwaetsanang mantsweng (mohl: <b>nkgo, nka, jwang</b> )
<b>c</b>	Sebedisa metswako ya didumammoho ho bopa le ho qhaqholla mantswa (nyatsa = ny-a-ts-a) Ellelwa medumo e qalang le dinoko tse qetellong, dipaterone tse rarahaneng (tjho-tjho-se-la-ng, pha-pha-tha-ng)
<b>d</b>	Ellelwa didumannotshi tse phahameng le tse tlase mantsweng a ngolwang ka ho tshwana (mohl: kopa – Ke <b>kopa</b> metsi, Lebanta le mo <b>kopa</b> hantle, bona – Ke <b>bona</b> setshwantsho, Ke tsamaya le <b>bona</b> .)

## MONGOLO

- 1 Bopa ditlhaku tse nnyane le tse kgolo ka nepo. Siya sebaka se lekaneng pakeng tsa mantswa polelong.
- 2 Sebedisa disebediswa tsa ho ngola ka nepo: pensele, raba, rula.
- 3 Boloka ho tshwana le tsepamiso boholo ba ditlhaku tse nyane le tse kgolo lentsweng
  - Sebedisa mongolo o sa kopanang mosebetsing yohle ya ho ngola.
  - Kopitsa a ngole dipaterone tsa mongolo ka mongolo o kopaneng.
  - Kopitsa a ngole bonyane ditlhaku tse pedi ka mongolo o kopaneng ka beke (sebopeho le ho tshwana).
  - *Mofuta wa mongolo o tla itshetleha melawaneng ya sekolo ya ho ngola kapa ya profense*

## HO BALA KA TATAISO YA SEHLOPHA

### ***Tlhokomediso ho titjhere:***

- *Dudisa bana ka dihlopha tsa bokgoni bo tshwanang ba ho bala.*
- *Kgetha diratswana/dibuka ka boemo ba tsebo ya ho bala ya sehlopha ka seng*
- *Mamela setho sa sehlopha ka seng ha se bala ka bo mong mme o fane ka tataiso ha ba bala.*

- 1 Sebedisa medumo, mantswa a hlahang kgafetsa, bokgoni ba ho peleta le ho qapodisa ho hlopholla maemo le sebopeho ha a bala.
- 2 Sebedisa moelelo wa taba le tsebo ya ho hlahloba bakeng sa kutlwisiso.
- 3 Tswela pele ho aha tlotlontswa e hlahang kgafetsa.
- 4 Bala ka bokgeleke bo eketsehang le ka maikutlo.
- 5 Itekola ha a bala, boemong ba ho elellwa mantswa le kutlwisiso.

## HO BALA KA BOIKEMELO

- 1 Balla hodimo a balla motswalle.
- 2 Bala ka boikemelo, dibuka tsa ditaba tseo e seng tsa nnete le dithothokiso.
- 3 Bapala dipapadi tsa mantswa a tlatsetse malapa a mantswa ho matlafatsa bokgoni ba ho bala le tlotlontswa.

## HO BALA KA KOPANELO

- 1 Bala buka e le baithuti kaofela padisommohong / Mamela le ho latela ha titjhere a bala buka
- 2 Hlwaya tlhahlamano ya diketsahalo.
- 3 Hlwaya tikeloho kapa moo diketsahalo di etsahalang teng dipaleng.
- 4 Sebedisa bokantle ba buka le ditshwantsho ho akanya/noha.
- 5 Araba dipotso tsa monahano o phahameng ka tema e badilweng.
- 6 Fana ka maikutlo a hae ho se badilweng.
- 7 Hlwaya mahlalosangwe le malatodi a itseng.
- 8 O toloka tlhahisoleseding ho tloha ho dtafole tse bonolo tse jwaloka khalendara



## HO NGOLA

### **Tlhokomediso ho titjhere:**

- Sebedisa mesebetsi ya ho ngola ka kopanelo ho bontsha mehato ya ho ngola (mekgwaritso, ho ngola le ho phatlalatsa) Fana ka sebopeho (foreimi) sa ho ngola ho thusa baithuti ho ngola dipale tsa bona.

- 1 Ba le seabo dipuisanong ho kgetha sehlooho seo ho tla ngolwa ka sona.
- 2 Peleta mantswe a tlwaelehileng ka nepo, a leke le ho peleta mantswe a sa tlwaelehang ka ho sebedisa tsebo ya medumo.
- 3 Aha pokello ya mantswe le bukantswe/dikshenare eo a iketseditseng yona.
- 4 Balla motswalle seo a se ngotseng.
- 5 Bala le ho buisana ka seo a se ngotseng le motswalle.
- 6 **O phetha mesebetsi ya mongolo, e kenyeletsang mokgwaritso, ho ngola le ho phatlalatsa:**
  - a Ngola seratswana se 1 (bonyane dipolelo tse hlano), ka boiphihlelo ba hae kapa diketsahalo tse jwaloka ditaba tsa letsatsi.
  - b Diratswana tse 1 – 2 (bonyane dipolelo tse robedi), ka boiphihlelo ba hae kapa diketsahalo. Ngola tema ya maikutlo e jwaloka karete ya takaletso ya bophelo bo botle, posekarete, jj.
  - c Pale ya hae ya dipolelo bonyane tse tshelela.
- 7 **O hlwaya a be a sebedise puo ka nepo, ho kenyeletsa le:**
  - a Matshwao a puo: kgutlo, feelwane, letshwao la potso, letshwao la makalo, ditlhaku tse kgolo, masupi
  - b Maemedi
  - c Mabitso
  - d Maetsi
  - e Lekgathe lejwale
  - f Lekgathe lefitile
  - g Lekgathe letlanga

## Ho theha tlwaelo ya ho ithuta puo

- E meng ya mekgwa ya ho etsa bonnete ba hore o sebedisa nako e lekanyeditsweng ka nepo ho akaretsa tsebo yohle e Moralong wa Thuto ya Selema (ATP), ke ho theha tlwaelo ya ho ithuta puo.
- Tlwaelo e sisintsweng ya beke le beke, e ka sebediswang potolohong ya beke tse pedi e ya latela.
  - Tlwaelo ena e sebedisa **BONYANE BA NAKO** bakeng sa puo ya lapeng (dihora tse 7).
  - Tlwaelo ena e hlophisitse ho sebetisa dikereiting tsohle

## Tlwaelo e sisintsweng ya beke bakeng sa puo ya lapeng ya motheo o tlase wa thuto

LETSATSI	KAROLO	MOSEBETSI	NAKO: KAKARETSO	NAKO: HO BUA LE HO MAMELA	NAKO: HO BALA LE MEDUMO	NAKO: MONGOLO	NAKO: HO NGOLA
Mantaha	HO BUA LE HO MAMELA	Mesebetsi ya molomo	Metsotso e 15	Metsotso e 15			
	MONGOLO	Tekanyetso e seng ya semmuso	Metsotso e 15			Metsotso e 15	
	HO BALA LE MEDUMO	Ho bala ka kopanelo	Metsotso e 15		Metsotso e 15		
	HO NGOLA	Tshebetso le ho ngola ka kopanelo	Metsotso e 30				Metsotso e 30
Labobedi	HO BALA LE MEDUMO	Ho bala ka tataiso ya sehlopha	Metsotso e 30		Metsotso e 30		
	HO BALA LE MEDUMO	Ruta modumo le mantswe a matjha	Metsotso e 15		Metsotso e 15		
	MONGOLO	Ruta tlhaku le mantswe a matjha	Metsotso e 15			Metsotso e 15	
	HO BALA LE MEDUMO	Ho bala ka kopanelo	Metsotso e 15		Metsotso e 15		
Laboraro	HO BALA LE MEDUMO	Ho bala ka tataiso ya sehlopha	Metsotso e 30		Metsotso e 30		
	HO BUA LE HO MAMELA	Mesebetsi ya molomo	Metsotso e 15	Metsotso e 15			
	HO BALA LE MEDUMO	Ruta modumo le mantswe a matjha	Metsotso e 15		Metsotso e 15		
	MONGOLO	Ruta tlhaku le mantswe a matjha	Metsotso e 15			Metsotso e 15	
Labone	HO NGOLA	Tshebetso le ho ngola ka kopanelo	Metsotso e 30				Metsotso e 30
	HO BALA LE MEDUMO	Ho bala ka tataiso ya sehlopha	Metsotso e 30		Metsotso e 30		
	HO BALA LE MEDUMO	Kwetliso ya medumo	Metsotso e 15		Metsotso e 15		
	HO BALA LE MEDUMO	Tshebetso le ho ngola ka kopanelo	Metsotso e 15		Metsotso e 15		
Labohlano	HO BALA LE MEDUMO	Ho bala ka tataiso ya sehlopha	Metsotso e 30		Metsotso e 30		
	HO BUA LE HO MAMELA	Mesebetsi ya molomo	Metsotso e 15	Metsotso e 15			
	HO BALA LE MEDUMO	Kwetliso ya medumo	Metsotso e 15		Metsotso e 15		
	HO BALA LE MEDUMO	Tshebetso le ho ngola ka kopanelo	Metsotso e 15		Metsotso e 15		
	HO BALA LE MEDUMO	Ho bala ka tataiso ya sehlopha	Metsotso e 30		Metsotso e 30		
			<b>Dihora tse 7</b>	<b>Metsotso e 45</b>	<b>Dihora tse 4 le metsotso e 30</b>	<b>Metsotso e 5</b>	<b>Hora e 1</b>

Na o a bona hore nako e lekantsweng ya karolo e nngwe le nngwe e nepahetse?

## Mesebetsi e sisintsweng bakeng sa motheo o tlase wa thuto (FP) (o tobaneng le dipeelo tsa Moralo wa Thuto wa Selemo).

- Ka lebaka la hore bongata ba bokgoni bo tshwanang bo lokela ho ntlafatswa, e kaba mohopolo o motle ho etsa mesebetsi e tshwanang kapa ho e pheta beke le beke.
  - Hona ho etsa bonnete ba hore o akaretsa tsebo kapa bokgoni bohle bo hlokwang Moralong wa Thuto wa Selemo.
  - Ho etsa hape le hore ho ruta le ho ithuta ho hlophehe hantle, hobane hang ha baithuti mmoho le wena le tlwaetse mesebetsi, nako e ka senywang ditlhalosong e a bolokeha.
- Moralo o latelang o sisinya mesebetsi e ka etswang kgafetsa beke le beke ho fihlella dipeelo tsa Moralo wa Thuto wa Selemo.
- Moo tsebo kapa dikateng di lokelang ho akaretswa (ho ya ka Moralo wa Thuto wa Selemo) tsena le tsona di lokela ho kenyeletswa.
- Hlokomela: Matitjhere a lokela ho sebedisa mesebetsi ya buka ya mosebetsi ya DBE ha ho hlokahala.

LETSATSI	KAROLO	MOSEBETSI	MESEBETSI E SISINYWANG
Mantaha	<b>HO MAMELA LE HO BUA</b>	Mesebetsi ya molomo	<ul style="list-style-type: none"> <li>• Tsebisa mookotaba</li> <li>• Ruta mantswa a 3 a tlotlontswa</li> <li>• Ruta pina kapa raeme</li> </ul>
	<b>MONGOLO</b>	Tekanyetso eo e seng ya semmuso	<ul style="list-style-type: none"> <li>• Fana ka tekanyetso eo e seng ya semmuso ho bona hore baithuti ba hopola mantswa le medumo e rutilweng nako e fetileng</li> <li>• Hlahloba hape mongolo – popo ya ditlhaku, tlhaku tse kgolo, sebaka</li> </ul>
	<b>HO BALA LE MEDUMO</b>	Ho bala ka kopanelo MOSEBETSI PELE HO PADISO	<ul style="list-style-type: none"> <li>• Mosebetsi pele ho padiso</li> <li>• Bontsha baithuti ditshwantsho ho tswa paleng</li> <li>• Ba botse ho etsahalang</li> <li>• Ba kope ba nohe se etsahalang</li> <li>• Ba kope ba hlwaye sebaka sa diketsahalo tsa pale</li> </ul>
	<b>HO NGOLA (Potoloho ya beke 1)</b>	Tshebetso le ho ngola ho kopaneng: HO RALA	<ul style="list-style-type: none"> <li>• Bolella baithuti sehlooho               <ul style="list-style-type: none"> <li><b>a</b> Bolella baithuti mosebetsi wa ho ngola oo o o kgethileng, mohlala: Seratswana se 1 sa dipolelo tse 6</li> <li><b>b</b> Diratswana tse 1-2 tsa dipolelo tse 8</li> <li><b>c</b> Karete ya ditakaletso tsa bophelo bo botle / posekarete</li> </ul> </li> <li>• Bontsha baithuti hore ba KGWARITSE/RALE jwang mongolo wa bona</li> <li>• Kopa mehopolo ya moralo (ho ngola ka kopanelo)</li> <li>• Bolella baithuti ho phethela meralo ya bona (ba se kopisane)</li> </ul>
	<b>HO NGOLA (Potoloho ya Beke 2)</b>	Ho ngola le tshebetso ya ho ngola ka kopanelo: HO LOKISA	<ul style="list-style-type: none"> <li>• Ngola moralo wa hao tlapangollong</li> <li>• Ngola lenane la tlhopiso tlapangollong</li> <li>• Bontsha baithuti hore ba LOKISE jwang seo ba se ngotseng ba sebedisa lenane la tlhopiso (ho ngola ka kopanelo)</li> <li>• Bolella baithuti ho lokisa seo ba se ngotseng kapa ba lokise seo molekane wa bona a se ngotseng</li> </ul>

LETSATSI	KAROLO	MOSEBETSI	MESEBETSI E SISINYWANG
Mantaha	<b>HO BALA LE MEDUMO</b>	Ho bala ka tataiso ya sehlopha DIHLOPHA TSE 2 METSOTSO E 15	<ul style="list-style-type: none"> <li>Efa phaposi mosebetsi wa medumo wa ho ngola (ka bobedi kapa ka ho boikemelo)</li> <li>Bala ho tswa ho buka ya mosebetsi ya DBE kapa dibalwa</li> <li>Bitsa sehlopha se senyane ho sebetsa le wena (ba nang le bokgoni bo lekanang ba ho bala)</li> <li>Boeletsa medumo le mantswa a hlahang kgafetsa mmoho le sehlopha</li> <li>Efa sehlopha tema boemong ba bona</li> <li>Mamela moithuti ka mong ha a bala.</li> </ul>

LETSATSI	KAROLO	MOSEBETSI	MESEBETSI E SISINYWANG
Labobedi	<b>HO BALA LE MEDUMO</b>	Ruta modumo o motjha le mantswa	<ul style="list-style-type: none"> <li>Sebedisa lenaneo la medumo ka mokgwa wa puo ya hao</li> <li>Ruta baithuti ho bala modumo o motjha</li> <li>Ba rute ho bala mantswa a sebedisang modumo o motjha le medumo e rutilweng (mantswa a qhaqhohlang)</li> <li>Ba bontshe hore ba qhaqhohle le ho bopa mantswa jwang</li> <li>Etsa mesebetsi e loketseng ya buka ya mosebetsi ya DBE</li> </ul>
	<b>MONGOLO</b>	Ruta tlhaku e ntjha le mantswa	<ul style="list-style-type: none"> <li>Ke mohopolo o motle ho tsamaisa mongolo le medumo</li> <li>Ruta baithuti hore ba ngole jwang tlhaku kapa modumo oo ba ithutileng (Kereiti 2&amp;3 – mongolo o kopaneng)</li> <li>Ruta baithuti hore ba ngole mantswa le dipolelo jwang ba sebedisa modumo</li> <li>Lokisa tshwaro ya baithuti ya pensele, boemo, popo ya tlhaku, sebaka le boholo</li> <li>Etsa mesebetsi e loketseng ya buka ya mosebetsi ya DBE</li> </ul>
	<b>HO BALA LE MEDUMO</b>	Ho bala ka kopanelo PADISO YA PELE	<ul style="list-style-type: none"> <li>Padiso ya pele</li> <li>Balla baithuti pale ka bokgeleke le ka maikutlo.</li> <li>Emisa o hlalose moo ho hlokalang.</li> <li>Supa o be o hlalose dikarolwana tsa puo, tse kenyeletsang: <ul style="list-style-type: none"> <li><b>a</b> Matshwao a puo</li> <li><b>b</b> Mahlalosangwe</li> <li><b>c</b> Malatodi</li> <li><b>d</b> Bongata – ‘di’ le ‘ba’</li> </ul> </li> <li>Kamora ho bala, botsa dipotso tse latelang. <ul style="list-style-type: none"> <li><b>a</b> Hopola (mang, kae, neng, eng, jj)</li> <li><b>b</b> Tatelano (ho etsahetseng pele, hwa latela, qetellong)</li> <li><b>c</b> Mohopolo (o ratile / o nahana eng ka / jj)</li> </ul> </li> </ul>

LETSATSI	KAROLO	MOSEBETSI	MESEBETSI E SISINYWANG
Labobedi	<b>HO BALA LE MEDUMO</b>	Ho balaka tataiso ya sehlopha DIHLOPHA TSE 2 METSOTSO E 15	<ul style="list-style-type: none"> <li>Efa phaposi mosebetsi wa medumo wa ho ngola (ka bobedi kapa ka ho boikemelo)</li> <li>Bala ho tswa ho buka ya mosebetsi ya DBE kapa dibalwa</li> <li>Bitsa sehlopha se senyane ho sebetisa le wena (ba nang le bokgoni bo lekanang ba ho bala)</li> <li>Boeletsa medumo le mantswe a hlahang kgafetsa mmoho le sehlopha</li> <li>Efa sehlopha tema e boemong ba bona</li> <li>Mamela baithuti ka bong ha bala ka boikemelo.</li> </ul>

LETSATSI	KAROLO	MOSEBETSI	MESEBETSI E SISINYWANG
Laboraro	<b>HO MAMELA LE HO BUA</b>	Mosebetsi ya molomo	<ul style="list-style-type: none"> <li>Ruta mantswe a 3 a tlotlontswe ya mookotaba.</li> <li>Bina pina kapa raeme/thothokiso</li> <li>Etsa mosebetsi o mong, mohlala: <ul style="list-style-type: none"> <li><b>a</b> Ditaba – Kopa baithuti ba 2 ho o qoqela ditaba tse ntjha</li> <li><b>b</b> Pheta pale ya boiqapelo – Kopa baithuti bohle ho iqapela pale ka tema e itseng mme ba phetele molekane</li> <li><b>c</b> Dipapadi – Bapala papadi ya puo</li> <li><b>d</b> Metlae – Kopa baithuti ba 2 ba etse metlae kapa ba lothe baithuti ba bang</li> </ul> </li> </ul>
	<b>HO BALA LE MEDUMO</b>	Ruta modumo o motjha le mantswe	<ul style="list-style-type: none"> <li>Sebetisa lenaneo la medumo ka mokgwa wa puo ya hao.</li> <li>Ruta baithuti ho bala modumo o motjha</li> <li>Ba rute ho bala mantswe a sebedisang modumo o motjha le medumo e rutilweng (nantswe a qapodisehang)</li> <li>Ba bontshe hore ba qapodise le ho bopa mantswe jwang</li> <li>Etsa mesebetsi e loketseng ya buka ya mosebetsi ya DBE</li> </ul>
	<b>MONGOLO</b>	Ruta tlhaku e ntjha le mantswe	<ul style="list-style-type: none"> <li>Ke mohopolo o motle ho tsamaisa mongolo le medumo</li> <li>Ruta baithuti hore ba ngole jwang tlhaku kapa modumo oo ba ithutileng (Kereiti 2&amp;3 – mongolo o kopaneng)</li> <li>Ruta baithuti hore ba ngole mantswe le dipolelo jwang ba sebedisa modumo</li> <li>Lokisa tshwaro ya baithuti ya pensele, boemo, popo ya tlhaku, sebaka le boholo</li> <li>Etsa mesebetsi e loketseng ya buka ya mosebetsi ya DBE</li> </ul>

LETSATSI	KAROLO	MOSEBETSI	MESEBETSI E SISINYWANG
Laboraro	<b>HO NGOLA (Potoloho ya Beke 1)</b>	Ho ngola le tshebetso ya ho ngola ka kopanelo HO RALA	<ul style="list-style-type: none"> <li>Hopotsa baithuti ka mosebetsi wa ho ngola</li> <li>Ngola moralo wa hao tlapangolong</li> <li>Ngola foreimi ya ho ngola tlapangolong</li> <li>Bontsha baithuti hore ba RALE jwang mongolo wa bona</li> <li>Bolella baithuti hore ba sebedise moralo wa bona mmoho le foreimi ya mosebetsi ho ngola meralo ya bona</li> </ul>
	<b>HO NGOLA (Potoloho ya Beke)</b>	Ho ngola le tshebetso ya ho ngola ka kopanelo HO HLAHISA LE HO PHATLALATSA	<ul style="list-style-type: none"> <li>Hopotsa baithuti ka mosebetsi wa ho ngola</li> <li>Pheta hape ditokiso</li> <li>Bontsha baithuti hore ba PHATLALATSE jwang mongolo wa bona ka ho ngola ka makgethe o sa etse diphoso, mme o be o kenye le setshwantsho</li> <li>Bolella baithuti ho phatlalatsa mesebetsi ya bona</li> <li>Bolella baithuti ho arolelana mengolo ya bona le metswalle – ba ballane</li> </ul>
	<b>HO BALA LE MEDUMO</b>	Ho bala ka tataiso ya sehlopha DIHLOPHA TSE 2 METSOTSO E 15	<ul style="list-style-type: none"> <li>Efa phaposi mosebetsi wa medumo wa ho ngola (ka bobedi kapa ka ho bo mong)</li> <li>Bala ho tswa ho buka ya mosebetsi ya DBE kapa dibalwa</li> <li>Bitsa sehlopha se senyane ho sebetsa le wena (ba nang le bokgoni bo lekanang ba ho bala)</li> <li>Boeletsa medumo le mantswa a bonwang mmoho le sehlopha.</li> <li>Efa sehlopha tema e boemong ba bona</li> <li>Mamela moithuti ka mong ha a bala ka boikemelo.</li> </ul>

LETSATSI	KAROLO	MOSEBETSI	MESEBETSI E SISINYWANG
Labone	<b>HO BALA LE MEDUMO</b>	Boikwetliso ba medumo	<ul style="list-style-type: none"> <li>Boeletsa medumo e mmedi e rutilweng ka Labobedi le Laboraro</li> <li>Etsa mosebetsi wa medumo mmoho le phaposi, mohlala: <ul style="list-style-type: none"> <li><b>a</b> Kopanya medumo mmoho ho bopa lentswe</li> <li><b>b</b> Arola mantswa ka medumo</li> <li><b>c</b> Arola mantswa ka dinoko</li> <li><b>d</b> Arola mantswa ka qaleho le ka meretheto.</li> <li><b>e</b> Hlophisa mantswa ka sehlopha sa mantswa a lelapa</li> <li><b>f</b> Etsa mesebetsi e loketseng ya buka ya mosebetsi ya DBE</li> </ul> </li> </ul>

LETSATSI	KAROLO	MOSEBETSI	MESEBETSI E SISINYWANG
Labone	<b>HO BALA LE MEDUMO</b>	Ho bala ka kopanelo PADISO YA BOBEDI	<ul style="list-style-type: none"> <li>• Padiso ya bobedi</li> <li>• Balla baithuti pale ka bokgeleke le ka maikutlo.</li> <li>• Kamora ho bala, botsa dipotso tse kenyeletsang: <ul style="list-style-type: none"> <li><b>a</b> Tatelano (ho etsahetseng pele, hwa latela, qetellong)</li> <li><b>b</b> Mohopolo(o ratile / o nahana eng ka / jj)</li> <li><b>c</b> Boemo bo hodimo (o nahana hobaneng ha o ne o ___ o ne o tla etsa / na ebe o ikamahanya le... / jj.)</li> </ul> </li> <li>• Kopa baithuti ho ipopela dipotso tsa bona ka seratswana, mme ba botse molekane</li> </ul>
	<b>HO BALA LE MEDUMO</b>	Ho bala ka tataiso ya sehlopha DIHLOPHA TSE 2 METSOTSO E 15	<ul style="list-style-type: none"> <li>• Efa phaposi mosebetsi wa medumo wa ho ngola (ka bobedi kapa ka bo mong)</li> <li>• Bala ho tswa ho buka ya mosebetsi ya DBE kapa dibalwa</li> <li>• Bitsa sehlopha se senyane ho sebetsa le wena (ba enang le bokgoni bo lekanang ba ho bala)</li> <li>• Boeletsa medumo le mantswa a bonwang mmoho le sehlopha.</li> <li>• Efa sehlopha tema e boemong ba bona.</li> <li>• Mamela moithuti ha bala ka bo mong.</li> </ul>

LETSATSI	KAROLO	MOSEBETSI	MESEBETSI E SISINYWANG
Labohlano	<b>HO MAMELA LE HO BUA</b>	Mosebetsi ya molomo	<ul style="list-style-type: none"> <li>• Ruta mantswa a 3 a tlotlontswa ya mookotaba.</li> <li>• Bina pina kapa o etse raeme/thothokiso.</li> <li>• Etsa mosebetsi o mong wa molomo <ul style="list-style-type: none"> <li><b>a</b> Beha baithuti ka dihlopha ho buisana ka seratswana, sebedisa foreimi (ke ratile... / ha ke a rata... / ke nahana seratswana sena se ngolletswe ho ...)</li> <li><b>b</b> Pheta pale ka boiqapelo – Kopa baithuti ho sebetsa ka dihlopha mme ba kopanye tema ya pale.</li> </ul> </li> </ul>
	<b>HO BALA LE MEDUMO</b>	Boikwetliso ba medumo	<ul style="list-style-type: none"> <li>• Boeletsa medumo e mmedi e rutilweng ka Labobedi le Laboraro, mmoho le e meng e rutilweng kotareng ena.</li> <li>• Etsa mosebetsi wa medumo le phaposi <ul style="list-style-type: none"> <li><b>a</b> Kopanya medumo mmoho ho bopa lentswa</li> <li><b>b</b> Arola mantswa ka medumo.</li> <li><b>c</b> Bopa mantswa o sebedisa medumo – Fumana lentswa</li> <li><b>d</b> Ngola polelo ya hao o sebedisa mantswa a modumo</li> <li><b>e</b> Etsa mosebetsi o loketseng wa buka ya mosebetsi ya DBE</li> </ul> </li> </ul>

LETSATSI	KAROLO	MOSEBETSI	MESEBETSI E SISINYWANG
Labohlano	<b>HO BALA LE MEDUMO</b>	Ho bala ka kopanelo MOSEBETSI KAMORA PADISO	<ul style="list-style-type: none"> <li>• Mosebetsi kamora padiso</li> <li>• Etsa mosebetsi ho kopanela le pale boemong bo tebileng, mohlala: <ul style="list-style-type: none"> <li><b>a</b> Tshwantshiso – beha baithuti ka dihlopha ho tshwantshisa pale</li> <li><b>b</b> Qetello e ntjha – bolella baithuti hore ba iqapele qetello e ntjha ya pale mme ba bolelle balekane</li> <li><b>c</b> Pheta pale le sehlopha – setho ka seng se qoqa karolo ya pale ka tatelano e nepahetseng</li> <li><b>d</b> Pheta pale le motswalle – motswalle ka mong a qoqe pale ka tatelano e nepahetseng</li> <li><b>e</b> Akaretsa – moithuti ka mong o phetela motswalle seo pale e neng e le ka sona ka dipolelo tse 2-3</li> </ul> </li> </ul>
	<b>HO BALA LE MEDUMO</b>	Ho bala ka tataiso ya sehlopha DIHLOPHA TSE 2 METSOTSO E 15	<ul style="list-style-type: none"> <li>• Efa phaposi mosebetsi wa medumo wa ho ngola (ka bobedi kapa ka ho bo mong)</li> <li>• Bala ho tswa ho buka ya mosebetsi ya DBE kapa dibalwa</li> <li>• Bitsa sehlopha se senyane ho sebetsa le wena (ba enang le bokgoni bo lekanang ba ho bala)</li> <li>• Boeletsa medumo le mantswa a hlahang kgafetsa mmoho le sehlopha</li> <li>• Efa sehlopha tema e boemong ba bona</li> <li>• Mamela moithuti ka mong ha bala ka boikemelo.</li> </ul>



**Na o hlokometse hore ka hara karolo enngwe le enngwe, ditlwaelo di ya sebediswa? Sheba, ebe o elelletswe hore ditlwaelo di kenyeleditswe:**

### **MESEBETSI YA MOLOMO**

Mantaha: Tsebisa mookotaba, ruta tlotlontswe, ruta pina kapa raeme/thotokiso

Laboraro: Ruta tlotlontswe, bina pina kapa raeme, etsa mosebetsi o mong

Labohlano: Ruta tlotlontswe, bina pina kapa raeme, etsa mosebetsi o mong

### **MEDUMO LE HO NGOLA**

Mantaha: Fana ka tekanyetso eo e seng ya semmuso ho sheba bokgoni ba medumo le ho ngola

Labobedi: Ruta modumo o motjha le mantswe; ruta tsela ya ho ngola ditlhaku le mantswe

Laboraro: Ruta modumo o motjha le mantswe; ruta tsela ya ho ngola ditlhaku le mantswe

Labone: Etsa mosebetsi wa ho ikwetlisetsa ho sebedisa medumo e rutilweng

Labohlano: Etsa mosebetsi wa ikwetlisetsa ho sebedisa medumo e rutilweng

### **HO BALA KA KOPANENLO**

Mantaha: Pele ho padiso

Labobedi: Padiso ya pele

Labone: Padiso ya bobedi

Labohlano: Kamora padiso

### **MONGOLO**

Beke 1 Mantaha: Ho rala

Beke 1 Laboraro: Ho thala

Beke 2 Mantaha: Ho hlophisa

Beke 2 Laboraro: Ho hlahisa le ho phatlalatsa

Na ebe sena se utlwahala? Ke diphetoho dife tseo o ka di etsang?



# Medumo le ho bala ka tataiso ya sehlopha

**Jwaloka titjhere ya mohato o tlase wa thuto, boikarabelo bo bohlokwa ka ho fetisisa ke ho etsa bonnete ba hore baithuti ba tseba ho bala!**

**Ditataiso tsa motheo tseo o lokelang ho di latela ho ruta medumo ke ho:**

- 1 Etsa bonnete hore o phetha lenaneo la medumo, le kenyeletsang medumo yohle ya puo ya hao.**
  - Lenaneo la medumo la NECT la Sesotho le kenyeleditswe ka tlase - lokoloha ho le sebedisa, kapa o sebedise lenaneo le leng le leng le hlwailweng ke profense ya hao, setereke kapa sekolo.
- 2 Sebetsa lenaneo la hao ka mokgwa wa tatelano. Bakeng sa modumo o mong le o mong:**
  - Etsa bonnete hore baithuti ba utlwa modumo, mme ba kgona ho qoholla modumo mantsweng.
  - Ruta baithuti dikamano tsa lentse le modumo – kamoo modumo o shebahalang ka teng.
  - Kwetlisa ho kopanya modumo mmoho le medumo e meng e tsejwang ho bopa mantse. Bala diratswana tse kenyeletsang mantse a sebedisang modumo.
  - Boeletsa medumo yohle e rutilweng kgafetsa.

Ditataiso tsa motheo tseo o lokelang ho di latela ho ruta ho bala ke ho:

- 1** Hlophisa baithuti ka dihlopha tsa bokgoni ba bona ba ho bala.
- 2** Bitsa sehlopha ka seng ho o balla, bonyane hang ka beke.
- 3** Baithuti ba sokolang, leka ho ba mamela habedi kapa hararo ka beke.
- 4** Sebedisa tema e nepahetseng – ka dihlopha tse ding, o ka iphumana o sebetsa tabeng ya ho boeletsa medumo le ho etsa popo ya mantse.
- 5** Ha o sebetsa le sehlopha, mamela moithuti ka mong a bala ka boikemelo.
- 6** Ruta baithuti ho qapodisa mantse ao ba sa a tsebeng kamehla – ha moithuti a fihla lentse le o a sa tsebeng ho le bala, mo thuse ho le qapodisa. O se ke wa le feta kapa wa bitsa moithuti e mong ho bala lentse leo.
- 7** Ka nako ya ho bala ka tataiso ya sehlopha, beha baithuti ka bobedi ho phetha mesebetsi ya ho bala mmoho, ha o ntse o sebetsa le sehlopha se senyane.



# Lenaneo la medumo: Puo ya Lapeng Sesotho.

- Ho bohlokwa ho ruta baithuti medumo yohle ya puo ka mokgwa wa tatelano.
- Medumo e rutilweng lenaneong la medumo la Sesotho Puo ya Lapeng la NECT e tlhahlamantsitswe ka tlase – lokoloha ho e sebedisa jwalo ka tataiso.
- Ka lebaka ka sewa se seholo, bana ba bangata ba fetilwe ke thuto e bohlokwa ya medumo.
- Ka kopo fumana hore ke medumo efe eo baithuti ba e tsebang le eo ba sa e tsebang, mme o sebetse lenaneo ka mokgwa wa tatelano, ho tobana le thuto eo baithuti ba sa e tholang.

## Ela hloko:

- **Medumo e ka dibolokong tse putswa** ke e hlwailweng ho tswa ho ATP ya Kereiti ya 2 Kotara 3 (hodima didumannotshi tsohle)
- Etsa bonnete hore baithuti ba hao ba tseba medumo ena
- Ho tlatselisa, ka kopo ruta baithuti ba hao dihlolongwanthao tse tlwaelehileng tsa:

MEDUMO SESOTHO				HLAHLIBA
MODUMO	MANTSWE A QAPODISEHANG			
a				
m	m-a-m-a = mama	a-m-a = ama		
o	o-n-a = ona	o-m-a = oma		
n	n-o-n-a = nona	n-a-n-a = nana	n-a-m-a = nama	
l	l-o-m-a = loma	l-o-n-a = lona	m-o-l-a = mola	
e	e-m-a = ema	e-m-e = eme	e-n-a = ena	
i	i-n-a = ina	i-l-e = ile	i-m-a = ima	
w	w-e-n-a = wena	w-o-n-a = wona	w-a-n-e = wane	
b	b-a-l-a = bala	b-a-n-a = bana	b-o-n-a = bona	
y	y-e-n-a = yena	y-o-n-a = yona	y-a-n-e = yane	
mm	mm-e = mme	mm-i-l-a = mmila	mm-o-n-e = mmone	
nn	nn-e = nne	b-a-nn-a = banna	nn-a-n-a = nnana	
ll	ll-a = lla	ll-e-l-a = llela	ll-i-l-e = llile	
u	u-l-u = ulu	b-u-l-a = bul	m-o-b-u = mobu	
k	k-a-m-a = kama	k-o-b-o = kobo	k-e-n-a = kena	
d	d-u-l-a = dula	d-i-l-a = dila	d-u-k-a = duka	
t	t-a-u = tau	t-o-l-a = tola	l-e-t-a-m-o = letamo	
s	s-e-s-a = sesa	s-o-m-o = somo	s-i-l-a = sila	
r	r-e-a = rea	r-u-a = rua	l-e-r-a-t-o = lerato	
h	h-u-l-a = hula	h-e-m-a = hema	h-o-k-o = hoko	
f	f-o-f-a = fofa	f-o-l-a = fola	f-e-l-a = fela	
p	p-a-n-a = pana	p-a-k-a = paka	p-e-p-a = pepa	
j	j-a-l-a = jala	j-e-l-e = jele	j-e-k-e = jeke	

MEDUMO SESOTHO				HLAHLIBA
MODUMO	MANTSWE A QAPODISEHANG			
q	q-a-l-a = qala	q-e-l-a = qela	q-o-q-a = qoqa	
mp	mp-a = mpa	mp-o-n-e = mpone	mp-e-h-a = mpeha	
nt	nt-a = nta	nt-a-t-e = ntate	nt-o-m-a = ntoma	
ng	ng-a-t-a = ngata	ng-o-l-a = ngola	m-o-ng-o-l-o = mongolo	
ny	ny-a-l-a = nyala	ny-e-k-a = nyeka	ny-o-k-o = nyoko	
kg	kg-o-m-o = kgomo	kg-e-n-a = kgena	kg-o-l-o = kgolo	
ph	ph-u-l-a = phula	ph-o-k-a = phoka	ph-e-m-a = phema	
tl	tl-a-l-a = tlala	tl-o-l-a = tlola	tl-a-m-a = tlama	
nk	nk-o = nko	nk-a = nka	m-o-nk-o = monko	
sh	sh-e-b-a = sheba	sh-a-p-a = shapa	sh-o-b-a = shoba	
hl	hl-a-p-a = hlapa	hl-o-l-a = hlola	hl-e-k-a = hleka	
ts	ts-o-k-a = tsoka	ts-e-k-a = tseka	l-e-ts-a-ts-i = letsatsi	
th	th-a-b-o = thabo	th-u-l-a = thula	th-i-p-a = thipa	
tj	tj-o-t-o = tjoto	tj-o-d-i-e-ts-a = tjodietsa	tj-a-l-e = tjale	
tw	tw-e-b-a = tweba	n-tw-a = ntw-a	n-tw-e-n-g = ntweng	
jw	jw-a-l-a = jwala	jw-a-l-e = jwale	jw-a-n-g = jwang	
lw	lw-a-n-a = lwana	lw-a-n-e-l-a = lwanela	l-e-lw-a-l-a = lelwala	
rw	rw-a-l-a = rwala	rw-e-s-a = rwesa	m-o-rw-e-ts-a-n-a = morwetsana	
sw	sw-a-sw-a = swaswa	sw-a-b-i-l-e = swabile	m-a-sw-a-b-i = maswabi	
hw	hw-a-m-a = hwama	l-e-hw-a-t-a-t-a = lehwatata	hw-e-t-l-a = hwetla	
kw	kw-a-l-a = kwala	kw-e-n-a = kwena	kw-a-kw-a-r-i-r-i = kwakwariri	
nw	nw-a = nwa	nw-e-l-e = nw-e-l-e	m-o-nw-a-n-a = monwana	
qw	qw-e-l-a = qwela	qw-a-qw-a = qwaqwa	qw-a-h-a - qwaha	
qh	qh-o-m-a = qhoma	qh-o-ts-a = qhotsa	m-a-qh-u-ts-u = maqhutsu	
aa	t-w-aa = twaa	m-aa-n-o = maano		
ee	f-ee-l-a = feela	l-ee = lee	s-e-l-ee-l-e = seleele	
oo	hl-oo-h-o = hlooho			
uu	th-uu-b-e = thuube	ph-uu! = phuu!	t-uu = tuu	
tsh	tsh-e-l-a = tshela	tsh-o-l-a = tshola	tsh-e-l-e-l-a = tshelela	
mph	mph-o-q-a = mphoqa	mph-a = mpha	mph-e-h-e-l-a = mphehela	
nkg	nkg-o = nkgo	nkg-o-n-o = nkgono	nkg-i-n-a = nkgina	
ntj	ntj-a = ntja	ntj-e-l-a = ntjella	ntj-a-m-e-l-a = ntjamela	
nng	nng-w-e = nngwe	b-o-n-ngw-e = bonngwe	s-o-nng-w-e = sonngwe	

MEDUMO SESOTHO				HLAHLIBA
MODUMO	MANTSWE A QAPODISEHANG			
ngw	ngw-a-n-a = ngwana	ngw-a-n-a-n-a = ngwanana	ngw-e-ts-i = ngwetsi	
nts	nts-u = ntsu	nts-e-b-a = ntseba	nts-i-p-a = ntsipa	
nth	nth-o = ntho	nth-u-l-a = nthula	nth-o-l-a = nthola	
ntl	ntl-o = ntlo	ntl-o-l-a = ntlola	ntl-e-l-a = ntlela	
tjh	tjh-a-b-a = tjhaba	tjh-e-l-e = tjhele	l-e-tjh-o-b-a = letjhoba	
tlh	tlh-a-p-a = tlhapa	tlh-a-p-i = tlhapi	tlh-o-l-o = tlholo	
tlw	n-tlw-a-n-a = ntlwana	u-tlw-a = utlwa	u-tlw-i-s-i-s-a = utlwisisa	
thw	thw-a-s-a = thwasa	d-i-thw-e-l-e = dithwele	m-o-thw-e-b-e = mothwebe	
shw	shw-e-l-e = shwele	s-e-shw-e-shw-e = seshweshwe	shw-e-shw-e = shweshwe	
qhw	qhw-a-e-l-a = qhwaela	qhw-e-ts-e = qhwetse	qhw-e-l-a = qhwela	
nqhw	nqhw-a-e-l-a = nqhwaela	nqhw-e-l-a = nqhwela	nqhw-e-ts-e = nqhwetse	
ntlh	ntlh-a = ntlha	m-a-ntlh-a = mantlha	ntlh-a-b-a = ntlhaba	
ntjh	ntjh-a = ntjha	ntjh-a-f-a-ts-a = ntjhafatsa	ntjh-e-i-l-e = ntjheile	
ntsw	ntsw-a-k-i = ntswaki	ntsw-a-k-e-l-a = ntswakela	ntsw-e-l-a = ntswela	
tlhw	tlhw-a-r-i-ts-a = tlhwaritsa	tlhw-a-r-e = tlhware	d-i-tlhw-a-r-e = ditlhware	
kgw	kgw-a-o = kgwao	kgw-a-r-i-ts-a = kgwaritsa	kgw-a-th-a = kgwatha	
hlw	hlw-a-y-a = hlwaya	l-e-hlw-a = lehlwa	hlw-a-hlw-a = hlwahlwa	
nthw	nthw-e-s-a = nthwesa	nthw-e-n-a = nthwena	nthw-a-n-a-n-y-a-n-a = nthwananyana	
tshw	tshw-a-r-a = tshwara	tshw-e-l-a = tshwela	tshw-a-y-a = tshwaya	
ntshw	ntshw-a-n-tsh-a = ntshwantsha	ntshw-e-l-a = ntshwela	ntshw-a-n-e-l-a = ntshwanela	
nkgw	nkgwa-kg-w-a-th-o-l-l-a = nkgwakgwatholla	nkgw-e-s-a = nkgwesa	nkgw-a-th-a = nkgwatha	
ntsh	ntsh-a = ntsha	ntsh-i-ts-e = ntshitse	ntsh-i-y-a = ntshiya	
tjhw	tjhwa-tl-a = tjhwatla	tjhwa-tl-e-h-a = tjhwatleha	tjhwa-tl-e-h-i-l-e = tjhwatlehile	
mptjh	mptjh-e = mptjhe	mptjh-a-n-e = mptjhane		
ntlhw	ntlhw-e-l-a = ntlhwela	ntlhw-e-s-a = ntlhwesa	ntlhw-e-k-i-s-e-ts-a = ntlhwekisetsa	
ntjhw	ntjhw-a-t-l-e-l-a = ntjhwatlela	ntjhw-a-t-l-i-s-a = ntjhwatlisa	ntjhw-a-t-l-e-ts-e = ntjhwatletse	



## Moralo wa mosebetsi wa Moralo le Tereka

- O ka nna wa kgetha ho sebedisa tlwaelo e hlalositsewang karolong e fetileng, kapa tjhe.
- Hore o kgetha tlwaelo efe ho e sebedisa, o lokela ho akaretsoa karolo e nngwe le e nngwe ya puo ka beke.
- Hape hopola ho ela hloko nako e abetswang karolo ka nngwe ka beke. Sheba leqephe la 4.
- Sheba kakaretso ya boiphumano ya Moralo wa Thuto wa Selemo leqephe la 5 bakeng sa tataiso.
- Sebedisa tereka e ka tlase ho bopa rekoto e bobebe ya mosebetsi oo o o etsang beke le beke.

*Hopola, lenaneo le hlophisitsweng la Puo ya Lapeng ya Kereiti 1- 3 la NECT le a fumaneha ho tswa webosaeteng: [www.nect.org.za](http://www.nect.org.za)*

### Mookotaba 1:

Mosebetsi	Beke 1	Hlahloba	Beke 2	Hlahloba
<b>KA MOLOMO</b>	TLOTLONTSWE:		TLOTLONTSWE:	
	PINA/RAEME:		PINA/RAEME:	
	MESEBETSI E MENG:		MESEBETSI E MENG:	
<b>MEDUMO</b>	MEDUMO:		MEDUMO:	
	MESEBETSI:		MESEBETSI:	
<b>MONGOLO</b>	MODUMO/MEDUMO, MANTSWE LE DIPOLELO:		MODUMO/MEDUMO, MANTSWE LE DIPOLELO:	

Mosebetsi	Beke 1	Hlahloba	Beke 2	Hlahloba
<b>HO BALA KA KOPANELO</b>	SERATSWANA:		SERATSWANA:	
	DIPOTSO TSA KUTLWISISO:		DIPOTSO TSA KUTLWISISO:	
	MOSEBETSI KAMORA PADISO:		MOSEBETSI KAMORA PADISO:	
<b>HO NGOLA</b>	SEHLOOHO LE MOSEBETSI:		SEHLOOHO LE MOSEBETSI:	
<b>HO BALA KA TATAISO YA SEHLOPHA</b>	DINTLHA:		DINTLHA:	



## Mookotaba 2:

Mosebetsi	Beke 1	Hlahloba	Beke 2	Hlahloba
<b>KA MOLOMO</b>	TLOTLONTSWE:		TLOTLONTSWE:	
	PINA/RAEME:		PINA/RAEME:	
	MESEBETSI E MENG:		MESEBETSI E MENG:	
<b>MEDUMO</b>	MEDUMO:		MEDUMO:	
	MESEBETSI:		MESEBETSI:	
<b>MONGOLO</b>	MODUMO/MEDUMO, MANTSWE LE DIPOLELO:		MODUMO/MEDUMO, MANTSWE LE DIPOLELO:	

Mosebetsi	Beke 1	Hlahloba	Beke 2	Hlahloba
<b>HO BALA KA KOPANELO</b>	SERATSWANA:		SERATSWANA:	
	DIPOTSO TSA KUTLWISISO:		DIPOTSO TSA KUTLWISISO:	
	MOSEBETSI KAMORA PADISO:		MOSEBETSI KAMORA PADISO:	
<b>HO NGOLA</b>	SEHLOOHO LE MOSEBETSI:		SEHLOOHO LE MOSEBETSI:	
<b>HO BALA KA TATAISO YA SEHLOPHA</b>	DINTLHA:		DINTLHA:	

### Mookotaba 3:

Mosebetsi	Beke 1	Hlahloba	Beke 2	Hlahloba
<b>KA MOLOMO</b>	TLOTLONTSWE:		TLOTLONTSWE:	
	PINA/RAEME:		PINA/RAEME:	
	MESEBETSI E MENG:		MESEBETSI E MENG:	
<b>MEDUMO</b>	MEDUMO:		MEDUMO:	
	MESEBETSI:		MESEBETSI:	
<b>MONGOLO</b>	MODUMO/MEDUMO, MANTSWE LE DIPOLELO:		MODUMO/MEDUMO, MANTSWE LE DIPOLELO:	

Mosebetsi	Beke 1	Hlahloba	Beke 2	Hlahloba
<b>HO BALA KA KOPANELO</b>	SERATSWANA:		SERATSWANA:	
	DIPOTSO TSA KUTLWISISO:		DIPOTSO TSA KUTLWISISO:	
	MOSEBETSI KAMORA PADISO:		MOSEBETSI KAMORA PADISO:	
<b>HO NGOLA</b>	SEHLOOHO LE MOSEBETSI:		SEHLOOHO LE MOSEBETSI:	
<b>HO BALA KA TATAISO YA SEHLOPHA</b>	DINTLHA:		DINTLHA:	

### Mookotaba 4:

Mosebetsi	Beke 1	Hlahloba	Beke 2	Hlahloba
<b>KA MOLOMO</b>	TLOTLONTSWE:		TLOTLONTSWE:	
	PINA/RAEME:		PINA/RAEME:	
	MESEBETSI E MENG:		MESEBETSI E MENG:	
<b>MEDUMO</b>	MEDUMO:		MEDUMO:	
	MESEBETSI:		MESEBETSI:	
<b>MONGOLO</b>	MODUMO/MEDUMO, MANTSWE LE DIPOLELO:		MODUMO/MEDUMO, MANTSWE LE DIPOLELO:	

Mosebetsi	Beke 1	Hlahloba	Beke 2	Hlahloba
<b>HO BALA KA KOPANELO</b>	SERATSWANA:		SERATSWANA:	
	DIPOTSO TSA KUTLWISISO:		DIPOTSO TSA KUTLWISISO:	
	MOSEBETSI KAMORA PADISO:		MOSEBETSI KAMORA PADISO:	
<b>HO NGOLA</b>	SEHLOOHO LE MOSEBETSI:		SEHLOOHO LE MOSEBETSI:	
<b>HO BALA KA TATAISO YA SEHLOPHA</b>	DINTLHA:		DINTLHA:	

### Mookotaba 5:

Mosebetsi	Beke 1	Hlahloba	Beke 2	Hlahloba
<b>KA MOLOMO</b>	TLOTLONTSWE:		TLOTLONTSWE:	
	PINA/RAEME:		PINA/RAEME:	
	MESEBETSI E MENG:		MESEBETSI E MENG:	
<b>MEDUMO</b>	MEDUMO:		MEDUMO:	
	MESEBETSI:		MESEBETSI:	
<b>MONGOLO</b>	MODUMO/MEDUMO, MANTSWE LE DIPOLELO:		MODUMO/MEDUMO, MANTSWE LE DIPOLELO:	

Mosebetsi	Beke 1	Hlahloba	Beke 2	Hlahloba
<b>HO BALA KA KOPANELO</b>	SERATSWANA:		SERATSWANA:	
	DIPOTSO TSA KUTLWISISO:		DIPOTSO TSA KUTLWISISO:	
	MOSEBETSI KAMORA PADISO:		MOSEBETSI KAMORA PADISO:	
<b>HO NGOLA</b>	SEHLOOHO LE MOSEBETSI:		SEHLOOHO LE MOSEBETSI:	
<b>HO BALA KA TATAISO YA SEHLOPHA</b>	DINTLHA:		DINTLHA:	





# Lenaneo la tekanyetso

## Tekanyetso ya ho ithuta

- **Lenane la thlopiiso** le latelang le kenyeletsa **dintlha tse bohlokwa tsa tsebo ya ho bala le ho ngola** bakeng sa baithuti ba hao hore ba tsebe ho eba le tsebo mohatong ona.
- Ena ke **tsebo ya motheo ya ho tseba ho ngola le ho bala** eo **baithuti bohle ba lokelang ho e fumana qetellong ya Kereiti 3**.
- Ha hona mokgwa o bobebe wa ho latela 'Tekanyetso ya ho ithuta', kapa 'Tekanyetso e thusang morutwana le titjhare ho fihlela sepheo sa thuto'.
- Ho o thusa ho etsa sena ka tsela ya maleba, o ka nna wa batla ho leka tse latelang:
  - a** Etsa **buka ya direkoto tsa tekanyetso**, mme o e boloke ho wena ka nako tsohle.
  - b** Buka ena e lokela ho ba le letshwao la LEKUNUTU.
  - c** Bukeng ena, **eba le karolo ya moithuti ka mong**.
  - d** Nakong yohle ya letsatsi, **ela hloko tshebetso ya baithuti**, mme o ngole dintlha tsa seo o se bonang mabapi le bokgoni bona.
- Ka ho qoholleha ela hloko **baithuti bao ba sa bontsheng kgatelopele**, mme o **sebetse le bona** ho tobana le diphephetso tsa bona.

## Lenane la thlopiiso: Mohato o tlase Puo ya Lapeng

<b>Bokgoni ba ho laola mosebetsi wa hae le boithati (MESEBETSI YA SEHLOOHO)</b>	✓
Latela ditakanyetso le ditebello ka phaposiburutelong	
Laola maikutlo a hae	
Sebetsa ka boikemelo	
Sebetsa mmoho le ba bang dithlophisong tsa sehlopha	
Tadimana le ho phethela mesebetsi nakong e lekantsweng	
Hopola le kgokahanya thuto e fetileng le thuto e ntjha	
Theha le ho boloka dikamano tse ntle	
Pheella le diphephetsong – ha a inehela	
<b>HO MAMELA LE HO BUA</b>	✓
Sebedisa tlotlontswe e ntseng e eketseha ha a bua	
Latela ditaelo	
Botsa dipotso	
Araba dipotso ka nepo, a sebedisa ka ho eketseha dipolelo tse ntse di thatafala le ho feta	
Sebedisa tsebo ya ho qoqa le ho buisana ka nepo	
<b>TLHOKOMELO YA MEDUMO LE MEDUMO</b>	✓
Arola mantswa ho ya ka medumo ya ona (ka kutlo)	
Kopanya medumo mmoho ka ho bitsa mantswa (Ka kutlo)	
Elellwa le ho bala mantswa ohle a rutilweng (o ithuta kgokahanyo ya tlhaku le modumo)	
Bopa le ho qhaqholla mantswa a ngotsweng a sebedisa medumo e rutilweng	

<b>HO BALA</b>	✓
Leka kamehla ho arola (qapodisa) mantswe a matjha a sebedisa tsebo ya modumo wa tlhaku.	
Bala ditema tsa leqephe la mosebetsi ka nepo le ka bokgeleke bo eketsehileng.	
<b>KUTLWISISO</b>	✓
<i>Mohatong o tlase, bokgoni bona bo lokela ho ahwa nakong ya ho bala ka kopanelo – ha titjhere a balla seratswana se thata hodimo.</i>	
Bontsha kgahleho le ho batla ho tseba dipaleng tse balwang ka kopanelo.	
Araba dipotso tsa motheo tsa poeletso ka nepo.	
Fana ka mohopolo o nang le kelello, o tiileng ho dipotso tse ‘batlang lebaka’.	
Akaretsa diketsahalo tsa sehlooho tsa pale e balletsweng hodimo.	
Bua ka ho hlaka sepheo kapa molaetsa wa pale e badilweng.	
Hopola le ho hokanya dipale tsa nako e fetileng le tse ntjha.	
<b>MONGOLO</b>	✓
Tshwara pensele le disebediswa tsa ho ngola ka nepo – a sebedisa menwana e meraro ho tshwara	
Bopa ditlhaku tse rutilweng ka nepo le ka ho hlaka	
Ngola ka lebelo le hlokahalang – a qeta mosebetsi ka nako e lekantsweng	
<b>HO NGOLA</b>	✓
Sebedisa mongolo ho bua mohopolo wa hae (ha a kopitse)	
Ngola ka boikemelo (sebedisa maano a ho ngola ho phethela mosebetsi wa mongolo)	
Sebedisa tsebo ya nyallano ya modumo wa tlhaku ho ngola mantswe (mopeleto o qapilweng)	
Bala mongolo wa hae, a balla metswalle.	

## Tekanyetso ya ho ithuta

- O ka kgetha ho iketsetsa **tekanyetso ya mosebetsi ya semmuso ya hao** (FAT) ho ya ka tataiso tse **Karolong ya Poeletso 4 ya CAPS**.
- Kapa, **mohlala wa tekanyetso ya mosebetsi ya semmuso ya Kotara 3 e kenyeditswe ka tlase**. O ka sebedisa tekanyetso ena ya mosebetsi ya semmuso e le jwalo, kapa o ka e amahanya le maemo hore o e sebedise ka phaposiburutelong ya hao.
- 'Karete ya dintlha' e kenyeditswe moo o ka tlatsang sephetho sa tekanyetso ya baithuti ya karolo enngwe le enngwe.

Re tshepa o fumane tataiso ena ya tekanyetso e le molemo.

Tekanyetso ya thuto: Karete ya dintlha							
Mabitso a baithuti	Ho mamela le ho bua	Medumo	Ho bala le kutlwisiso	Mongolo	Ho ngola	Ka kakaretso	
<b>Nomoro ya mosebetsi ya tekanyetso</b>	<b>Hlahlobo ya phaposi</b>	<b>3.1</b>	<b>3.1</b>	<b>3.3</b>	<b>3.1</b>	<b>3.5</b>	
1	O mamela tateleano ya ditaelo mme o araba ka nepo	O mamedisisa dintlha paleng mme o araba dipotso tse bulehileng	O aha mantse a sebedisa medumo e rutiweng selemong sena.	O hlwaya ditshwantsho tsa ditumanotshi	O balla buka e boemong ba hae hodimo. O sebedisa mantse a bonwang, medumo, tsebo ya hae ho hlahloba moelelo ho kgetholla.	O araba dipotso. O a lepa. O hlophisa diketsahalo botjha ka tateleano e nepahetseng.	O boloka ho tshwana ha: boholo ba ditlhaku tse nyane le tse kgolo polelong.
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

## Kereiti 2 Kotara 3: Mohlala wa Tekanyetso ya semmuso

3.1: HO MAMELA LE HO BUA/ KUTLWISISO	
<b>SEPHEO</b>	<p><b>Mamela a be a tadimane le seratswana ka ho:</b></p> <ul style="list-style-type: none"> <li>• Araba dipotso ka dintlha tsa seratswana</li> <li>• raba dipotso tse buleheling</li> <li>• Tlhahlamanya diketsahalo tsa seratswana ka nepo</li> <li>• Noha ka mophetwa wa pale</li> </ul>
<b>HO KENYWA TSHEBETSONG</b>	<ul style="list-style-type: none"> <li>• Sena se ka etswa nako e nngwe le enngwe ho tloha bekeng ya 4 ho isa bekeng ya 7</li> <li>• Etsa sena ka bo Lahlano ka nako ya mosebetsi wa molomo: puisano ya ho bala ka kopanelo ka bo Labohlano</li> </ul>
<b>MOSEBETSI</b>	<ul style="list-style-type: none"> <li>• Sebedisa pale ya nako ya ho bala ka kopanelo ya beke e fetileng.</li> <li>• Efa phaposi mosebetsi wa ho phethela mosebetsi.</li> <li>• Ebe, o biletsa moithuti ka mong tafoleng ya hao ho phetha tekanyetso.</li> <li>• Kopa baithuti ho araba mofuta wa dipotso tse 1-2 tse latelang ka seratswana: <ul style="list-style-type: none"> <li><b>Dipotso tse otlohileng ka dintlha</b></li> <li><b>1</b> Mang..?</li> <li><b>2</b> Eng...?</li> <li><b>3</b> Neng...?</li> <li><b>4</b> Jwang...?</li> <li><b>5</b> Kae...?</li> <li><b>Dipotso tse bulehileng</b></li> <li><b>1</b> O nahana...?</li> <li><b>2</b> Na o ka etsa kgokahanyo...?</li> <li><b>3</b> Ha o ne o le....o ne o tla etsa eng? Hobaneng?</li> <li><b>Tatelano</b></li> <li><b>1</b> Ho etsahetse eng qalong ya pale?</li> <li><b>2</b> Ho etsahetse eng pheletsong ya pale?</li> <li><b>3</b> Ho etsahetse eng kamora ...?</li> <li><b>4</b> Ho etsahetse eng pele: ...kapa...?</li> <li><b>Bonhi</b></li> <li><b>1</b> Ho etsahetse eng ho mophetwa...pheletsong ya pale? Hobaneng?</li> <li><b>2</b> O noha hore ho etsahetse eng ho....pheletsong ya pale? Hobaneng?</li> </ul> </li> <li>• Hlahloba moithuti ka mong o sebedisa rubiriki e ka tlase.</li> </ul>

RUBIRIKI	BOEMO BA 1 TEKANYETSO 1-2	BOEMO BA 2 TEKANYESO 3-4	BOEMO BA 3 TEKANYETSO 5-6	BOEMO BA 4 TEKANYETSO 7
Dipotso tse otlolohileng ka dintlha	Moithuti ha a kgone ho hopola dintlha ho tswa paleng.	Moithuti o hopola dintlha tse itseng tsa pale ka nepo, ka tlhotlhelletso e itseng.	Moithuti o hopola dintlha kaofela tsa pale ka nepo, ka tlhotlhelletso e itseng.	Moithuti o hlwaya dintlha kaofela tsa pale ka potlako, ka bokgeleke le ka nepo.
Dipotso tse bulehileng	Moithuti ha a kgone ho araba potso e bulehileng ka tema.	Moithuti o araba potso e bulehileng ka tema ka tshehetso e itseng.	Moithuti o araba potso e bulehileng ka tema, feela ha a kgone ho fana ka lebaka karabong ya hae.	Moithuti o araba potso e bulehileng ka tema ka nepo, mme o kgona ho fana ka lebaka.
Tatelano	Moithuti ha a kgone ho tlhahlamanya diketsahalo tsa seratswana ka nepo.	Moithuti o kgona ho tlhahlamanya diketsahalo tsa seratswana ka nepo ka tshehetso e itseng.	Moithuti o tlhahlamanya diketsahalo tsa seratswana ka nepo empa o nka nako.	Moithuti o tlhahlamanya diketsahalo tsa seratswana ka nepo ka potlako.
Bolepi	Moithuti ha a kgone ho etsa bolepi bo utlwahalang ka mophetwa kapa ntho e itseng ho tswa temeng.	Moithuti o etsa bolepi bo utlwahalang ka mophetwa kapa ntho e itseng ho tswa temeng ka tshehetso e itseng.	Moithuti o etsa bolepi bo utlwahalang ka mophetwa kapa ntho e itseng ho tswa temeng kantle ho tshehetso e itseng.	Moithuti o etsa bolepi bo hlwahlwa ka mophetwa kapa ntho e itseng ho tswa temeng kantle ho tshehetso.

3.2: MEDUMO	
<b>SEPHEO</b>	<ul style="list-style-type: none"> <li>• <b>Bopa mantswe o sebedisa medumo e rutilweng</b></li> </ul>
<b>HO KENYA TSHEBETSONG</b>	<ul style="list-style-type: none"> <li>• Etsa sena bekeng ya 5 kapa 6, ka Mantaha ka nako ya thuto ya mongolo</li> </ul>
<b>MOSEBETSI</b>	<ul style="list-style-type: none"> <li>• Bolella baithuti ho phetla leqephe le hlwekileng mme ba ngole sehlooho: Teko ya medumo</li> <li>• Ebe, o bontsha baithuti hore ba mene leqephe ka lehare jwang dibukeng tsa bona, mme ba nomore ho tloha ho 1-10 ka thoko, le 11-20 mahareng a leqephe.</li> <li>• Hlalosetsa baithuti hore o tlile ho bitsa nomoro ebe o bitsa modumo kapa lentswe</li> <li>• Ha baithuti ba sa tsebe ho ngola modumo kapa lentswe, ba tshwanetse ba take mola o monyane pela nomoro.</li> <li>• Kwetlisa baithuti ho kgutsa ka nako ya diteko, mme ba seke ba sheba mosebetsi wa mang kapa mang.</li> <li>• Bokeletsa lenane la medumo e 10 eo o tla e bitsa – o etse bonnete ba hore medumo eo ya teko ke e rutilweng.</li> <li>• Pheletsong ya teko, kgobokanya dibuka tsa baithuti tsa teko mme o tshwaye teko.</li> <li>• Hlahloba moithuti ka mong o sebedisa rubiriki e ka tlase.</li> </ul>

<b>RUBIRIKI</b>	<b>BOEMO BA 1 TEKANYETSO 1-2 MATSHWAO 1-5</b>	<b>BOEMO BA 2 TEKANYETSO 3-4 MATSHWAO 6-10</b>	<b>BOEMO BA 3 TEKANYETSO 5-6 MATSHWAO 11-15</b>	<b>BOEMO BA 4 TEKANYETSO 7 MATSHWAO 15-20</b>
	Moithuti o nepile medumo e pakeng tsa 1-5.	Moithuti o nepile medumo e pakeng tsa 6-10.	Moithuti o nepile medumo e pakeng tsa 11-15.	Moithuti o nepile medumo e pakeng tsa 16-20.

<b>3.3: MEDUMO / HO BALA</b>	
<b>SEPHEO</b>	<ul style="list-style-type: none"> <li>• Elellwa ditlhaku tse pedi tsa didumammoho tse ikemetseng ha di hlahella mantsweng. O balla buka e boemong ba hae hodimo.</li> <li>• O sebedisa mantswa, medumo, tsebo ya ho hlahloba moelelo le ho kgetholla mantswa.</li> </ul>
<b>HO KENYWA TSHEBETSONG</b>	<ul style="list-style-type: none"> <li>• Sena se ka etswa nako enngwe le enngwe ho tloha bekeng ya 6 ho isa bekeng ya 8</li> <li>• Etsa sena ka nako ya ho bala ka tataiso ya sehlopha</li> </ul>
<b>MOSEBETSI</b>	<ul style="list-style-type: none"> <li>• Ka nako ya 'ho bala ka tataiso ya sehlopha' bitsa setho ka seng sa sehlopha ho tla mme se o balle ka boikemelolo.</li> <li>• Qala ka ho kopa moithuti a bale mantswa a tswang dithutong tsa medumo dipolelong le ditement tse ding.</li> <li>• Ebe, o kopa moithuti ho o balla hodimo seratswana se boemong ba hae. Etsa bonnete hore seratswana se kenyeletsa mantswa a kgethollehang</li> <li>• Hlahloba moithuti ka mong o sebedisa rubiriki e latelang.</li> </ul>

RUBIRIKI	BOEMO BA 1 TEKANYETSO 1-2	BOEMO BA 2 TEKANYESO 3-4	BOEMO BA 3 TEKANYETSO 5-6	BOEMO BA 4 TEKANYETSO 7
<b>Ellelwa ditlhaku tse pedi tsa didumammoho tse ikemetseng ha di hlahella mantsweng</b>	Moithuti o sokola ho bala medumo le mantswe ohle ka nepo.	Moithuti o bala a mang a mantswe le medumo ka nepo.	Moithuti o bala boholo ba mantswe le medumo ka nepo.	Moithuti o bala mantswe le medumo yohle ka nepo.
<b>BOKGELEKE</b>	Moithuti o bala ka ho qeya-qeya, a kgutse ha fihla mantsweng ao a sa a tsebeng, a phete mantswe kapa polelwana.	Moithuti o a bala a kgutse nakwana kapa a qeye-qeye. Moithuti o na le 'matheba a makukuno' ao a leng thata ho feta ho ona.	Moithuti o bala a kgefutsa ha nakwana morethethong wa hae wa ho bala. Moithuti thatafalla ke mantswe a itseng mme / kapa dibopeho tsa dipolelo.	Moithuti o bala ka bokgabane a kgefutsa. Moithuti o kgona ho itokisa ha a bala mantswe a thata mme / kapa dibopeho tsa dipolelo.
<b>TSEBO YA HO KGETHOLLA</b>	Moithuti o hloka tshetsetso e ngata ka medumo ho tswa ho tijjhere ho bala lentse le o sa le tsebeng. Moithuti o sokola ho arola mantswe ka dinoko ka medumo ya lona. Moithuti o tseba mantswe a mmalwa a bonwang / a phetwang kgafetsa.	Moithuti o leka ho sebedisa medumo ho bala mantswe ao a sa a tsebeng empa o hloka tshetsetso ho tswa ho tijjhere. Moithuti o kgona ho arola mantswe ka dinoko kapa medumo ya ona ka tshetsetso ho tswa ho tijjhere. Moithuti o tseba mantswe a mang a bonwang / mantswe a phetwang kgafetsa.	Moithuti o sebedisa medumo le lethathamo ho qapodisa mantswe ao a sa a tsebeng, empa o hloka thuso moo le moo ho kopanya medumo ho bopa lentse. Moithuti o tseba mantswe a mangata a bonwang / mantswe a phetwang kgafetsa.	Moithuti o sebedisa medumo le lethathamo ho qapodisa mantswe ao a sa tsebeng, mme o kgona ho kopanya medumo ho bopa lentse. Moithuti o tseba mantswe ohle a bonwang ao a rutilweng / mantswe a phetwang kgafetsa.



3.4: MONGOLO / HO NGOLA	
<b>SEPHEO</b>	<ul style="list-style-type: none"> <li>Boloka ho tshwana le ho lekana ha: boholo ba ditlhaku tse nyane le ditlhaku tse kgolo lentsweng.</li> <li>Ngola diratswana tse 1-2 ka diketsahalo tsa bophelo ba hae. O sebedisa matshwao a puo ka nepo.</li> </ul>
<b>HO KENYA TSHEBETSONG</b>	<ul style="list-style-type: none"> <li>Etsa sena o sebedisa thuto ya mongolo bakeng sab eke 3-4, beke 5-6, kapa beke 7-8.</li> </ul>
<b>MOSEBETSI</b>	<ul style="list-style-type: none"> <li>Etsa thuto ya mongolo jwaloka tlwaelo.</li> <li>Kgobokanya dibuka tsa baithuti pheletsong ya potoloho ya mongolo.</li> <li>Hlahloba mongolo le ho ngola ha moithuti ka mong o sebedisa rubiriki e latelang.</li> </ul>

RUBIRIKI	BOEMO BA 1 TEKANYETSO 1-2	BOEMO BA 2 TEKANYESO 3-4	BOEMO BA 3 TEKANYETSO 5-6	BOEMO BA 4 TEKANYETSO 7
<b>MONGOLO: HO TSHWANA</b>	Moithuti o sokola ho ngola ditlhaku ka boholo bo lekanang, kapa ditlhaku di sa le kgolo. Ha hona phaphang e hlakileng pakeng tsa boholo ba ditlhaku tse kgolo le tse nyane.	Moithuti o ngola boholo ba ditlhaku ka ho lekana, feela ditlhaku di sa le kgolo. Hona le phaphang pakeng tsa boholo ba ditlhaku tse kgolo le tse nyane.	Moithuti o ngola boholo ba ditlhaku ka ho lekana, mme le ditlhaku di boholo bo tshwanelang. Hona le phaphang pakeng tsa boholo ba ditlhaku tse kgolo le tse nyane	Moithuti o ngola ditlhaku ka ho tshwana le ka ho lekana. Hona le phaphang pakeng tsa boholo ba ditlhaku tse kgolo le tse nyane
<b>HO NGOLA: BONNETE</b>	Mohoplo o boima hore a o utlwisise, kapa ha se wa nnete – o kopisa mohlala wa titjhere.	Mohopolo o a utlwisiseha mme ke wa nnete, le ha o tshwana le mohlala.	Mohopolo ke wa nnete ebile ke wa botho.	Mohopolo ke wa nnete, ke wa botho ebile ke boiqapelo.
<b>HO NGOLA: SEBOPEHO LE BOLELELE</b>	Seratswana sena le dipolelo tse mmalwa tse ka tlase ho tse 6, kapa dipolelo ha di a hlophiswa ka nepo ho etsa diratswana tse 2.	Seratswana sena le bonyane ba dipolelo tse 6-7. Dipolelo ha di ahlophiswa ka nepo ho etsa diratswana tse 2.	Seratswana sena le dipolelo tse 6-7. Dipolelo di hlophisitswe ka nepo ho etsa diratswana tse 2	Seratswana sena le bonyane ba dipolelo tse 8. Dipolelo di hlophisitswe ka nepo ho etsa diratswana tse 2.
<b>HO NGOLA: MATSHWAO A PUO</b>	Moithuti o sokola ho sebedisa ditlhaku tse kgolo mmoho le kgutlo ka nepo.	Moithuti o sebedisa ditlhaku mmoho le kgutlo ka nepo, empa o sokola ka matshwao a mang a puo.	Moithuti o sebedisa matshwao ohle a puo a rutilweng ka tshwanelo, empa o etsa diphoso moo le moo.	Moithuti o sebedisa matshwao ohle a puo ka nepo mme o etsa diphoso ka sewelo.

