



basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA



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

Puo ya Gae: Setswana



Mophato 1 Kgweditharo 3



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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 bojotle 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,

Setlhopha sa DBE/NECT sa Poelomaemong ya Mesupatsela ya TRN/ATP

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

- Go na le dibeke di le 10 mo kgweditharong ya 3 ya poelomaemong ya Thulaganyo ya go Ruta ya Ngwaga (TRN/ATP) ya DBE.
- Dibeke tse di 10 tse, di kgaogantswe ka medikologo ya go ithuta e 5.
- Mo modikologong mongwe le mongwe wa beke ya 2, dikarolo tsotlhe tsa go ithuta puo di tshwanetse go diriswa ka tsela e e latelang, go dirisiwa nako e e kwa tlase:

| PALOTLASE YA CAPS KABO YA NAKO | MOPHATO 1 | MOPHATO 2 | MOPHATO 3 |
|-----------------------------------|---------------|---------------|---------------|
| Go reetsa & Go bua | 45 metsotso | 45 metsotso | 45 metsotso |
| Go buisa & Medumopuo | 4:30 metsotso | 4:30 metsotso | 4:30 metsotso |
| Mokwalo | 1 ura | 45 metsotso | 45 metsotso |
| Go kwala | 45 metsotso | 1 ura | 1 ura |
| PALOGOTLHE | 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

- Modikologo mongwe le mongwe wa dibeke tse pedi, barutabana ba tshwanetse go tlhopha thitokgang.
- Thitokgang e, e tlhalosa diteng tsa modikologo oo.
- Ka sekai, fa morutabana a tlhopha thitokgang '**lebala la metshameko**', go raya gore diteng tsotlhe di tshwanetse go amana le thitokgang go akaretsa tse di latelang:
 - Tlotlofoko** e e rutilweng, sekai: **tshameka, palama, akga, kotsi, kgatlhisang**, jalojalo.
 - Diraeme kgotsa dipina** tse di rutilweng, sekai: **Bana ba sekolo, tlang sekolong**
 - Kgang ya **puisokopanelo** e e buisitsweng, sekai: Kgang ya setlhogo: **Kotsi mo lebaleng la go tshameka!**
 - Tirwana ya go kwala** e barutwana ba tshwanetseng go e dira, sekai: **Kwala kgang ya ditemana tse pedi ka sengwe se se diragetseng kwa lebaleng la go tshameka.**

Medumopuo le Puisokaello ka Ditlhopha

- Diteng tse di sa amaneng le thitokgang ke medumopuo le lenaneo la puisokaello ka ditlhopha 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.

Tlanya re bone gore ke dikgono le diteng dife tse di leng mo lenaaneng la TRN (ATP) ya Mophato 1 Kgweditharo 3:

| TSHOBOKANYO YA POELOMAEMONG YA TRN: MOPHATO 1 KGWEDITHARO 3 |
|---|
| GO REETSA LE GO BUA |
| <ol style="list-style-type: none"> 1 O bua ka maitemogelo a gagwe jaaka go anela dikgang kwantle ga go boeletsa. 2 Boka le go dira merumo o be o e diragatse. 3 Reetsa kgang ka kgatlhego le go ijesa monate, o thale setshwantsho le go kwala ntlhatlhaloso ka ga sona 4 Tlhaloganya le go dirisa puo e e maleba ya dirutwa tse dingwe 5 Baya ditshwantsho ka go latelana ga tsona o be o nyalanye dintlhatlhaloso le ditshwantsho. 6 Supa dintlha tsa tshwano le tsa pharologano o dirise tlotlofoko e e maleba 7 O reetsa tatelano ya ditaello mme o di tsibogela ka tshwanelo 8 O reetsa kwantle ga go tsena ba bangwe mo ganong, o bontsha tlotlo go sebui se sengwe. 9 O tsaya karolo mo dipuisanong, o botsa le go araba dipotso. 10 O reetsa dintlha ka botlalo mo kgang le go araba dipotso tse di bulegileng 11 O dirisa tlotlofoko e e oketsegang nako le nako fa o bua 12 O diragatsa metshameko mo mabakeng a a farologaneng |
| MEDUMOPUO |
| <p><i>Ntlha go morutabana:</i></p> <ul style="list-style-type: none"> • <i>Netefatsa gore o aga le go kgaoganya mafoko:</i> <ul style="list-style-type: none"> • <i>Ka kutlo (temogo ya medumopuo)</i> • <i>Ka kutlo le ka pono (medumopuo)</i> |
| <ol style="list-style-type: none"> 1 Dirisa ditlhakanosi le ditumammogo tse di pataganeng go aga le go kgaoganya mafoko, sk. tlo-tla 2 Buisa mafoko go tswa mo dithutong tsa medumopuo mo dipolelong le mo ditlhangweng tse di dingwe 3 Lemoga modumo wa ntlha le noko ya bofelo (e e rumang) mo dipateroneng tsa mafoko a a raraaneng (sk. a-ma, e-ma) 4 Kgobokanya mafoko a a tlwaelegileng go ya ka ditlhopho tsa medumo ya tsona (sk. 'oo', 'oa', 'ee') 5 Supa kamano ya ditlhaka le medumo e e emeng e le nosi. 6 Aga mafoko a a nang le ditlhaka di le tharo sk, bua, tau, ala, jj. 7 Lemoga le go buisa: <ol style="list-style-type: none"> a Bontsi jwa mafoko go ya ka fa o a utlwang ka teng ('ba-', 'me-'), 'ng' le 'po' kwa bokhutlong jwa mafoko b Ditumammogo tse di tlwaelegileng tse di pataganeng (ng, tl) kwa tshimologong ya mafoko (sk, e-ng, tlo-tla) |
| MOKWALO |
| <ol style="list-style-type: none"> 1 Bopa ditlhakanye le dingwe tsa ditlhakakgolo ka tshepo le ka tlhomamo 2 Bopa dinomere ka nepagalo 3 Kopolola le go kwala dipolelo tse dikhutshwane ka nepagalo. 4 O dirisa sekgala kgotsa diphatlha tse di nepagetseng fa gare ga ditlhaka le mafoko 5 Dirisa didiriswa tsa go kwala ka nonofo: phensele, raba le rula |

PUISOKAELO KA DITLHOPHA

Ntlha go morutabana:

- *Baya barutwana ka ditlhopha tsa bokgoni jwa bona jwa go buisa.*
- *Tlhopha ditlhangwa/dibuka tsa maemo a a nepagetseng a setlhopha.*
- *Reetsa mongwe le mongwe wa setlhopha a buisa ka nosi mme o ba kaele fa ba ntse ba buisa.*

- 1** Dirisa mafoko a a nnang a le teng mo phaposiborutelong, medumopuo, dikgono tsa tshekatsheko ya tiriso le popego fa a buisa
- 2** Tswelela go bopa tlotlofoko e e nnang e le teng go tswa mo mananeo a puiso e e sa rulaganyediwang, tlhatlhamano e e tlhophilweng ka seemo le manane a mafoko a a tlhagelelang kgapetsakgapetsa.
- 3** O tswelela go aga tlotlofoko ya mafoko a pono.
- 4** Buisa ka thelelo e e oketsegang le ka go tlhagisa maikutlo
- 5** Itekole fa o buisa, o lemoge le go tlhaloganya mafoko

PUISO KA NOSI

- 1** Buisetsa morutwana-ka-wena kwa godimo
- 2** O buisa mokwalo wa gagwe le wa ba bangwe.

PUISOKOPANELO

- 1** Buisang buka le morutabana ba tlhaola tatelano ya ditiragalo le maitshetlego
- 2** Lemoga tatelano ya ditiragalo mo kgannyeng.
- 3** Dirisa bokafantle jwa buka go bonelapele le bokhutlo jwa kang.
- 4** Araba dipotso tsa maemo a a kwa godimo go tswa mo temaneng e e buisitsweng (“Go ne go tla diragala eng fa...”)
- 5** Neela kakanyo ya gago ka ga se se buisitsweng.
- 6** Tlhaola mangwe a makaelagongwe le malatodi
- 7** Ranola tshedimosetso go tswa mo diphousetareng, ditshwantsho le mananeong a a bonolo jaaka alemanaka/khalentara.
- 8** O buisana ka tiriso ya ditlhakakgolo le dikhutlo.
- 9** O lemoga kakanyokgolo le baanelwa mo kgannyeng.
- 10** O lemoga setlholo le ditlamorago tsa kang.

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 Tsaya karolo mo puisanong ya go tlhopha setlhogo se o tla kwalang ka ga sona

2 Itlhomele lenaane la mafoko le thanodi e e leng ya gago

3 O feleletsa ditiro tsa go kwala, go akaretsa go rulaganya, kwalo ya ntlha le phasalatso:

- a** Temana e le 1 ya dipolelo di le pedi ka maitemogelo a gagwe kgotsa ditiragalo jaaka dikgang tsa letsatsi le letsatsi.
- b** O kwala polelo a dirisa mafoko a pono a a tlwaelegileng le medumo e a ithutileng yona.
- c** O kwala le go thala setshwantsho sa polelo e khutshwane ka setlhogo go naya dikakanyo tsa go dira buka ya sekhutlwana sa go buisa.
- d** Kwala setlhangwa se se kgatlhisang jaaka: karata ya pholo, posokarata jj.

4 Lemoga le go dirisa puo ka nepagalo, go akaretsa:

- a** Matshwao a puo: dikhutlo, ditlhakakgolo
- b** Maemedi
- c** Maina
- d** Pakapheti

Dira tsamaiso ya ka metlha go ithuta puo

- Tsela e e siameng ya go netefatsa gore o dirisa nako ka nepagalo le go dira dikgono tsotlhe tsa TRN, ke go dira tsamaiso ya ka metlha ya go ithuta puo.
- Fa tlase ke tsamaiso ya beke le beke e e akantshitsweng 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 yotlhe.

Tsamaiso ya beke le beke e akantshitsweng 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: PALOGOTLHE | NAKO: R&B | NAKO: P&M | NAKO: M | NAKO: GK |
|------------|---------------------|--|---------------------|-------------|-------------|-------------|-------------|
| Mosupologo | GO REETSA LE GO BUA | Ditirwana tsa molomo | 15 metsotso | 15 metsotso | | | |
| | MOKWALO | Tlhatlho e e sa tlhomamang | 15 metsotso | | 15 metsotso | | |
| | PUISO LE MEDUMOPUO | Puisokopanelo | 15 metsotso | | 15 metsotso | | |
| | GO KWALA | Go kwala ga kopanelo le thulaganyo ya go kwala | 30 metsotso | | | | 30 metsotso |
| Labobedi | PUISO LE MEDUMOPUO | Puisokaelo ka ditlhophha | 30 metsotso | | 30 metsotso | | |
| | PUISO LE MEDUMOPUO | Ruta modumo o montshwa le mafoko | 15 metsotso | | 15 metsotso | | |
| | MOKWALO | Ruta tlhaka e ntshwa le mafoko | 15 metsotso | | | 15 metsotso | |
| | PUISO LE MEDUMOPUO | Puisokopanelo | 15 metsotso | | 15 metsotso | | |
| Laboraro | PUISO LE MEDUMOPUO | Puisokaelo ka ditlhophha | 30 metsotso | | 30 metsotso | | |
| | GO REETSA LE GO BUA | Ditirwana tsa molomo | 15 metsotso | 15 metsotso | | | |
| | PUISO LE MEDUMOPUO | Ruta modumo o montshwa le mafoko | 15 metsotso | | 15 metsotso | | |
| | MOKWALO | Ruta tlhaka e ntshwa le mafoko | 15 metsotso | | | 15 metsotso | |
| Labone | GO KWALA | Go kwala ga kopanelo le thulaganyo ya go kwala | 30 metsotso | | | | 30 metsotso |
| | PUISO LE MEDUMOPUO | Puisokaelo ka ditlhophha | 30 metsotso | | 30 metsotso | | |
| | PUISO LE MEDUMOPUO | Katso ya medumopuo | 15 metsotso | | 15 metsotso | | |
| | PUISO LE MEDUMOPUO | Puisokopanelo | 15 metsotso | | 15 metsotso | | |
| Labotlhano | PUISO LE MEDUMOPUO | Puisokaelo ka ditlhophha | 30 metsotso | | 30 metsotso | | |
| | GO REETSA LE GO BUA | Ditirwana tsa molomo | 15 metsotso | 15 metsotso | | | |
| | PUISO LE MEDUMOPUO | Katso ya medumopuo | 15 metsotso | | 15 metsotso | | |
| | PUISO LE MEDUMOPUO | Puisokopanelo | 15 metsotso | | 15 metsotso | | |
| | PUISO LE MEDUMOPUO | Puisokaelo ka ditlhophha | 30 metsotso | | 30 metsotso | | |
| | | | 7 diura | 45 metsotso | 4 diura | 45 metsotso | 1 ura |
| | | | | | 30 metsotso | | |
| | | | | | 30 metsotso | | |

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 tlhokegang 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 tshwanela.

| LETSATSI | KAROLWANA | TIRWANA | DITIRWANA TSE DI AKANTSHITSWENG |
|------------|--|--|--|
| Mosupologo | GO REETSA LE GO BUA | Ditirwana tsa molomo | <ul style="list-style-type: none"> • Itsise thitokgang • Ruta mafoko a 3 a tlotlofoko ya thitokgang • Ruta pina kgotsa raeme |
| | MOKWALO | Tlhatlhobo e e sa tlhomamang | <ul style="list-style-type: none"> • Naya barutwana tlhatlhobo e e sa tlhomamang go bona fa ba gopola medumo le mafoko a a rutilweng. • Gape lekola mokwalo – go bopa tlhaka, ditlhakagolo le diphatlha mo gare ga mafoko. |
| | PUISO & MEDUMOPUO | Puisokopanelo PELE GA PUIISO | <ul style="list-style-type: none"> • Puiso ya pele • Bontsha barutwana ditshwantsho tsa kangang. • Ba kope go bua se se diragalang. • Ba kope go dira ponelopele. |
| | GO KWALA (Modikologo wa beke 1) | Go kwala ga kopanelo le thulaganyo ya go kwala: GO RULAGANYA | <ul style="list-style-type: none"> • Bolelela barutwana setlhogo sa go kwala. • Bolelela barutwana tiro ya go kwala e o e tlhophileng sekai.: <ul style="list-style-type: none"> a Temana e 1 ya dipolelo tse 2 ka maitemogelo a gagwe. b Karata ya go eleletsa pholo. • Bontsha barutwana gore ba RULAGANYE go kwala ga bona jang ka go thala setshwantsho le go oketsa ka lefoko. • Kopa dikakanyo tsa go rulaganya (Go kwala ga kopanelo) • Bolelela barutwana go feleletsa dithulaganyo tsa bona (ba seka ba kopisa) • Kwala kwalo ya ntlha ya gago mo patitšhokong mme o botshe barutwana go re ba e tlatsa jang (Go kwala ga kopanelo) • Tlogela letlhomeso la polelo mo patitšhokong mme o bolelele barutwana go kwala dipolelo tsa bona. |

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

| LETSATSI | KAROLWANA | TIRWANA | DITIRWANA TSE DI AKANTSHITSWENG |
|----------|------------------------------|----------------------------------|--|
| Labobedi | PUISO & MEDUMOPUO | Ruta modumo o montšhwa le mafoko | <ul style="list-style-type: none"> • Dira ka go latela lenaneo la medumopuo ya puo ya gago. • Ruta barutwana go buisa modumo o montšhwa. • Ba rute go buisa mafoko a a nang le modumo o montšhwa le medumo e e rutilweng (mafoko a a dumisegang) • Ba bontshe gore ba kgaoganye le go kopanya mafoko jang. (simolola ka mafoko a ditlhaka tse 3 a a dirisang modumo e e sa pataganang.) • Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE. |
| | MOKWALO | Ruta tlhaka e ntšhwa le mafoko | <ul style="list-style-type: none"> • Ke kakanyo e e siameng go bapisa mokwalo le medumopuo. • Ruta barutwana go kwala tlhaka kgotsa modumo o ba ithutileng ona. • Ruta barutwana go kwala mafoko le dipolelo tse di dirisang modumo. • Ruta barutwana go kopolola polelo e khutshwane e e dirisang modumo o o rutilweng le mafoko. • Ruta barutwana go bopa dipalo ka nepagalo. • Siamisa mokgwa o barutwana ba tshwarang diphensele ka teng, go nna, go bopa tlhaka, go tlogela diphatlha mo magareng le bogolo ba ditlhaka. • Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE. |

| LETSATSI | KAROLWANA | TIRWANA | DITIRWANA TSE DI AKANTSHITSWENG |
|----------|------------------------------|--|---|
| Labobedi | PUISO & MEDUMOPUO | Puisokopanelo PUISO YA NTLHA | <ul style="list-style-type: none"> • Puiso ya ntlha • Buisetsa barutwana kgang ka thelelo le ka maikutlo. • Ema go tlhalosa fa go tlhokega. • Ba lemose le go ba tlhalosetsa dikarolo tsa puo, go akaretsa: <ul style="list-style-type: none"> a Matshwao a puo b Ditlhakakgolo le dikhutlo. • Morago ga puiso, botsa mefuta e e latelang ya dipotso: <ul style="list-style-type: none"> a Gopola (mang, kae, leng, eng jj) b Lemoga baanelwabagolo. c Lemoga kakanyokgolo. d Tatelano (go diragetse eng lantlha, go latela, bokhutlo) e Kakanyo (a o ratile / ke eng se o se gopotseng ka / jj) |
| | PUISO & MEDUMOPUO | Puisokaelo ka ditlhopha DITLHOPHA 2 X 15 METSOTSO SETLHOPHA SENGWE LE SENGWE | <ul style="list-style-type: none"> • Baya barutwana mo maemong a a siameng ka go dira medumopuo kgotsa tirwana ya go buisa (puiso ka bobedi kgotsa ka nosi) • Buisa go tswa mo ditlhangweng kgotsa mo Bukatirong ya DBE. • Bitsa setlhotshwana go dira le wena (setlhopha sa bokgoni jo bo tshwanang) • Boeletsa medumopuo le mafoko a pono le setlhopha. • Naya setlhopha setlhangwa sa maemo a bona. • Reetsa morutwana mongwe le mongwe a buisa ka nosi. |

| LETSATSI | KAROLWANA | TIRWANA | DITIRWANA TSE DI AKANTSHITSWENG |
|----------|----------------------------|----------------------|--|
| Laboraro | GO REETSA LE GO BUA | Ditirwana tsa molomo | <ul style="list-style-type: none"> • Ruta mafoko a tlotlofoko ya thitokgang a 3 • Opela pina kgotsa bua raeme • Dira tirwana ya molomo e nngwe sekao: <ul style="list-style-type: none"> a Dikgang – kopa barutwana ba 2 go abelana ka dikgang. b Kanelokgang ya boitlhamedi – Kopa barutwana go itlhamela dikgang mme ba abelane le molekane. c Bontsha dilo tse di tshwanang le tse di farologaneng. |

| LETSATSI | KAROLWANA | TIRWANA | DITIRWANA TSE DI AKANTSHITSWENG |
|----------|--|--|--|
| Laboraro | PUISO & MEDUMOPUO | Ruta modumo o montšhwa le mafoko | <ul style="list-style-type: none"> • Dira ka go latela lenaneo la medumopuo ya puo ya gago. • Ruta barutwana go buisa modumo o montšhwa. • Ba rute go buisa mafoko a a nang le modumo o montšhwa le medumo e e rutilweng (mafoko a a dumisegang) • Ba bontshe gore ba kgaoganye le go kopanya mafoko jang. (simolola ka mafoko a ditlhaka tse 3 tse di dirisang medumo e e sa pataganang.) • Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE. |
| | MOKWALO | Ruta tlhaka e ntšhwa le mafoko | <ul style="list-style-type: none"> • Ke kakanyo e e siameng go bapisa mokwalo le medumopuo. • Ruta barutwana go kwala tlhaka kgotsa modumo o ba ithutileng ona. • Ruta barutwana go kwala mafoko le dipolelo tse di dirisang modumo. • Ruta barutwana go kopolola polelo e khutshwane e e dirisang modumo o o rutilweng le mafoko. • Ruta barutwana go bopa dipalo ka nepagalo. • Siamisa mokgwa o barutwana ba tshwarang diphensele ka teng, go nna, go bopa tlhaka, go tlogela diphatlha mo magareng le bogolo ba ditlhaka. • Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE. |
| | GO KWALA (Modikologo wa beke 1) | Go kwala ga kopanelo le thulaganyo ya go kwala KWALO YA NTLHA | <ul style="list-style-type: none"> • Gopotsa barutwana ka tiro ya go kwala. • Kwala thulaganyo ya gago le polelo ya ntlha mo patitšhokong. • Kwala letlhomeso la go kwala mo patitšhokong. • Bontsha barutwana go dira KWALO YA NTLHA (go kwala ga kopanelo) • Bolelela barutwana go dirisa thulaganyo ya bona le letlhomeso go kwala dira polelo ya bona. • Bolelela barutwana go buisetsa morutwana ka bona mokwalo wa bona. |
| | PUISO & MEDUMOPUO | Puisokaelo ka ditlhopha DITLHOPHA 2 X 15 METSOTSO SETLHOPHA SENGWE LE SENGWE | <ul style="list-style-type: none"> • Baya barutwana mo maemong a a siameng ka go dira medumopuo kgotsa tirwana ya go buisa (puiso ka bobedi kgotsa ka nosi) • Buisa go tswa mo ditlhangweng kgotsa mo Bukatirong ya DBE. • Bitsa setlhotshwana go dira le wena (setlhopha sa bokgoni jo bo tshwanang) • Boeletsa medumopuo le mafoko a pono le setlhopha. • Naya setlhopha setlhangwa sa maemo a bona. • Reetsa morutwana mongwe le mongwe a buisa ka nosi. |

| LETSATSI | KAROLWANA | TIRWANA | DITIRWANA TSE DI AKANTSHITSWENG |
|----------|------------------------------|--|--|
| Labone | PUISO & MEDUMOPUO | Katiso ya medumopuo | <ul style="list-style-type: none"> • Boeletsa medumo e mebedi e e rutilweng ka Labobedi le Laboraro. • Dira tirwana ya medumopuo le barutwana botlhe sekai.: <ul style="list-style-type: none"> a Kopanya medumo go dira mafoko b Kgaoganya mafoko ka medumo. c Kgaoganya mafoko ka dinoko d Kgaoganya mafoko ka modumo wa ntlha wa lefoko le noko ya bofelo ya lefoko. e Baya mafoko a a tsamayang mmogo ka medumo f Baya mafoko a a tsamayang mmogo ka setlhopha. g Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE. |
| | PUISO & MEDUMOPUO | Puisokopanelo PUIISO YA BOBEDI | <ul style="list-style-type: none"> • Puiso ya bobedi • Buisetsa barutwana kgang ka thelelo le maikutlo. • Morago ga puiso, botsa dipotso tse di akaretsang: <ul style="list-style-type: none"> a Tatelano (ke eng se se diragetseng la ntlha, se se latelang, bokhutlo) b Kakanyo (a o ratile / ke eng se o se akantseng ka / jj) c 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) d Setlhola le ditlamorago • Kopa barutwana go itlhamela dipotso tsa bona ka setlhangwa, mme ba botse molekane. |
| | PUISO & MEDUMOPUO | Puisokaelo ka ditlhopha DITLHOPHA 2 X 15 METSOTSO SETLHOPHA SENGWE LE SENGWE | <ul style="list-style-type: none"> • Baya barutwana mo maemong a a siameng ka go dira medumopuo kgotsa tirwana ya go buisa (puiso ka bobedi kgotsa ka nosi) • Buisa go tswa mo ditlhangweng kgotsa mo Bukatirong ya DBE. • Bitsa setlhotshwana go dira le wena (setlhopha sa bokgoni jo bo tshwanang) • Boeletsa medumopuo le mafoko a pono le setlhopha. • Naya setlhopha setlhangwa sa maemo a bona. • Reetsa morutwana mongwe le mongwe a buisa ka nosi. |

| LETSATSI | KAROLWANA | TIRWANA | DITIRWANA TSE DI AKANTSHITSWENG |
|------------|------------------------------|--|--|
| Labotlhano | GO REETSA LE GO BUA | Ditirwana tsa molomo | <ul style="list-style-type: none"> Ruta mafoko a 3 a tlotlofoko ya thitokgang. Opela pina kgotsa o bue raeme. Dira tirwana ya molomo e nngwe sekai: <ul style="list-style-type: none"> a Baya barutwana ka ditlhopha go buisana ka setlhangwa, ba dirisa letlhomeso (Ke rata... / Ga ke a rata... / Ke akanya gore setlhangwa se se kwaletswe go...) b Kanelokgang ya boitlhamelo – Kopa barutwana go dira ka ditlhopha mme batle ka kgang e le nngwe ya thitokgang. |
| | PUISO & MEDUMOPUO | Katiso ya medumopuo | <ul style="list-style-type: none"> Boeletsa medumo e mebedi e e dirilweng ka Labobedi le Laboraro mmogo le medumo e mengwe e e rutilweng mo kgweditharong e. Dira tirwana ya medumopuo le barutwana botlhe sekai.: <ul style="list-style-type: none"> a Kopanya medumo go dira mafoko. b Kgaoganya mafoko ka medumo. c Aga mafoko o dirisa medumo (simolola ka mafoko a ditlhaka tse 3 a a dirisang medumo e e sa pataganang) d Kwala dipolelo tsa gagwe a dirisa mafoko a medumopuo. e Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE. |
| | PUISO & MEDUMOPUO | Puisokopanelo PUIISO YA MORAGO | <ul style="list-style-type: none"> Puiso ya morago Dira tirwana e e tla go akanyisang ka kgang mo go tseneletseng sekai: <ul style="list-style-type: none"> a Botsaya karolo – baya barutwana ka ditlhopha go diragatsa kgang. b Anela kgang le molekane – mongwe le mongwe mo setlhopheng o anela karolo ya kgang ka tatelano e e nepagetseng. c Tshobokanyo – morutwana mongwe le mongwe o bolelela molekane ka dipolelo tse 2 – 3 gore kgang e ne e bua ka ga eng. d Thala setshwantsho ka ga kgang mme o kwale setlhogo/ lefoko. |
| | PUISO & MEDUMOPUO | Puisokaelo ka ditlhopha DITLHOPHA 2 X 15 METSOTSO SETLHOPHA SENGWE LE SENGWE | <ul style="list-style-type: none"> Baya barutwana mo maemong a a siameng ka go dira medumopuo kgotsa tirwana ya go buisa (puiso ka bobedi kgotsa ka nosi) Buisa go tswa mo ditlhangweng kgotsa mo Bukatirong ya DBE. Bitsa setlhotshwana go dira le wena (setlhopha sa bokgoni jo bo tshwanang) Boeletsa medumopuo le mafoko a pono le setlhopha. Naya setlhopha setlhangwa sa maemo a bona. Reetsa morutwana mongwe le mongwe a buisa ka nosi. |

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 mentšhwa le mafoko; ruta gore o kwala jang ditlhaka le mafoko.

Laboraro: Ruta medumo e mentšhwa 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 le kwalo ya ntlha.

Beke 1 Laboraro: Kwalo ya ntlha

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



Medumopuo le Puisokaelo ka ditlhopha



Jaaka morutabana wa kgato ya motheo, maikarabelo a mangwe a gago ke go netefatsa gore barutwana botlhe ba kgona 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 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 setlhangwa 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 setlhopha sengwe le sengwe go go buisetsa bonnye gangwe mo bekeng.
- 3** Leka go reetsa barutwana ba ba kgaratlhang ba buisa gabedi kgotsa gararo mo bekeng.
- 4** Dirisa setlhangwa sa maemo a a tshwanetseng – ka ditlhopha tse dingwe, o ka tshwanelwa ke go dira poeletso ya medumo le go aga mafoko.
- 5** Fa o dira le setlhopha, 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 ditlhopha, naya barutwana ka bobedi go dira ditirwana tsa puiso mmogo fa o dira le setlhopha se se nnye.

Lenaneo la Medumopuo: Puo ya Gae Setswana

- Go bothokwa 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.
- Ka ntlha ya leroborobo, barutwana ba le bantsi ba latlhegetswe ke ditaelo tse di bothokwa tsa medumopuo.
- Ka kopo batlisisa gore ke medumo efe e barutwana ba e itseng le e ba sa e itseng mme o dirisa lenaneo ka tatelano go baakanya nako e e latlhegileng ya go ithuta.

Ela tlhoko:

- Medumo e e leng mo bolokong jo bo setlha e tlhalosiwa ke TRN(ATP) ke ya Mophato 1 Kgweditharo 3
- 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 | |

| MODUMOPUO WA SETSWANA | | | | TEKOLO |
|-----------------------|--------------------------------|--------------------------------|--------------------------------------|--------|
| MODUMOPUO | MAFOKO A A DUMISEGANG | | | |
| 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 | |
| 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-t-s-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 = tlhola | |
| 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-tl-h-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-k-w-a-n-e = lookwane | m-oo-n-o = moonoo | |
| ii | t-ii-l-e = tiile | s-ii-l-w-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 | |

| MODUMOPUO WA SETSWANA | | | | TEKOLO |
|-----------------------|-----------------------|------------------------------|--------------------------------|--------|
| MODUMOPUO | MAFOKO A A DUMISEGANG | | | |
| tlw | tlw-a-e-l-a = tlwaela | mm-u-tlw-a = mmutlwa | 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 | |
| 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-n-g = ntlong | s-e-a-ntl-o = seantlo | ntl-a-m-e-l-a-n-g = 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 = nkgatlha | m-o-nkg-o = monkgo | |
| kgw | kgw-e-d-i = kgwedi | m-o-kgw-a-r-o = mokgwaro | s-e-kgw-a = sekgwa | |
| 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-n-y-a-n-a = ntšwanyana | |
| tlhw | tlhw-a-r-e = tlhware | tlhw-a-tlhw-a = tlhwatlhwa | 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 = ntw-a | ntw-e-l-a = ntwela | ntw-a-n-tsh-a = ntwantsha | |
| nkgw | s-e-nkgw-e = senkgwe | nkgw-a-th-i-s-a = nkgwathisa | nkgw-e-l-a = nkgwela | |



Morulaganyi & Mosupatsela wa Letlhomeo la tiro

- O ka itlhophele go dirisa tsamaiso e e tlwaelegileng, e e tlhalositsweng mo dikarolong tse di fetileng, kgotsa wa se dire jalo.
- Go sa kgathalesege gore o tlhopha go dirisa tsamaiso e e tlwaelegileng efe, o tshwanetse go dira karolo nngwe le nngwe ya puo mo bekeng.
- Gape gopola go lekola nako e e neetsweng ya karolo ya puo mo bekeng. Lebelela tsebe ya 4.
- Tlholo tshobokanyo ya Poelomaamong ya ATP mo tsebeng ya 5 go bona kaelo.
- Dirisa mosupatsela o o ka fa tlase go dira rekoto e e bonolo ya tiro e o e dirang beke nngwe le nngwe.

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

Thitokgang 1:

| Tirwana | Beke 1 | Tekolo | Beke 2 | Tekolo |
|------------------|------------------------------------|--------|------------------------------------|--------|
| KA MOLOMO | TLOTLOFOKO: | | TLOTLOFOKO: | |
| | PINA/RAEME: | | PINA/RAEME: | |
| | DITIRWANA TSE DINGWE: | | DITIRWANA TSE DINGWE: | |
| MEDUMOPUO | MEDUMO: | | MEDUMO: | |
| | DITIRWANA: | | DITIRWANA: | |
| MOKWALO | MODUMO/MEDUMO, MAFOKO LE DIPOLELO: | | MODUMO/MEDUMO, MAFOKO LE DIPOLELO: | |

| Tirwana | Beke 1 | Tekolo | Beke 2 | Tekolo |
|--------------------------------|------------------------------|---------------|------------------------------|---------------|
| PUISOKOPANELO | SETLHANGWA: | | SETLHANGWA: | |
| | DIPOTSO TSA GO TLHALOGANYA: | | DIPOTSO TSA GO TLHALOGANYA: | |
| | TIRWANA YA MORAGO GA PUIISO: | | TIRWANA YA MORAGO GA PUIISO: | |
| GO KWALA | SETLHOGO LE TIRO: | | SETLHOGO LE TIRO: | |
| PUISOKAELO KA DITLHOPHA | DINTLHA: | | DINTLHA: | |

Thitokgang 2:

| Tirwana | Beke 1 | Tekolo | Beke 2 | Tekolo |
|------------------|------------------------------------|--------|------------------------------------|--------|
| KA MOLOMO | TLOTLOFOKO: | | TLOTLOFOKO: | |
| | PINA/RAEME: | | PINA/RAEME: | |
| | DITIRWANA TSE DINGWE: | | DITIRWANA TSE DINGWE: | |
| MEDUMOPUO | MEDUMO: | | MEDUMO: | |
| | DITIRWANA: | | DITIRWANA: | |
| MOKWALO | MODUMO/MEDUMO, MAFOKO LE DIPOLELO: | | MODUMO/MEDUMO, MAFOKO LE DIPOLELO: | |

| Tirwana | Beke 1 | Tekolo | Beke 2 | Tekolo |
|--------------------------------|-----------------------------|---------------|-----------------------------|---------------|
| PUISOKOPANELO | SETLHANGWA: | | SETLHANGWA: | |
| | DIPOTSO TSA GO TLHALOGANYA: | | DIPOTSO TSA GO TLHALOGANYA: | |
| | TIRWANA YA MORAGO GA PUISO: | | TIRWANA YA MORAGO GA PUISO: | |
| GO KWALA | SETLHOGO LE TIRO: | | SETLHOGO LE TIRO: | |
| PUISOKAELO KA DITLHOPHA | DINTLHA: | | DINTLHA: | |

Thitokgang 3:

| Tirwana | Beke 1 | Tekolo | Beke 2 | Tekolo |
|------------------|------------------------------------|--------|------------------------------------|--------|
| KA MOLOMO | TLOTLOFOKO: | | TLOTLOFOKO: | |
| | PINA/RAEME: | | PINA/RAEME: | |
| | DITIRWANA TSE DINGWE: | | DITIRWANA TSE DINGWE: | |
| MEDUMOPUO | MEDUMO: | | MEDUMO: | |
| | DITIRWANA: | | DITIRWANA: | |
| MOKWALO | MODUMO/MEDUMO, MAFOKO LE DIPOLELO: | | MODUMO/MEDUMO, MAFOKO LE DIPOLELO: | |

| Tirwana | Beke 1 | Tekolo | Beke 2 | Tekolo |
|--------------------------------|-----------------------------|---------------|-----------------------------|---------------|
| PUISOKOPANELO | SETLHANGWA: | | SETLHANGWA: | |
| | DIPOTSO TSA GO TLHALOGANYA: | | DIPOTSO TSA GO TLHALOGANYA: | |
| | TIRWANA YA MORAGO GA PUISO: | | TIRWANA YA MORAGO GA PUISO: | |
| GO KWALA | SETLHOGO LE TIRO: | | SETLHOGO LE TIRO: | |
| PUISOKAELO KA DITLHOPHA | DINTLHA: | | DINTLHA: | |

Thitokgang 4:

| Tirwana | Beke 1 | Tekolo | Beke 2 | Tekolo |
|------------------|------------------------------------|--------|------------------------------------|--------|
| KA MOLOMO | TLOTLOFOKO: | | TLOTLOFOKO: | |
| | PINA/RAEME: | | PINA/RAEME: | |
| | DITIRWANA TSE DINGWE: | | DITIRWANA TSE DINGWE: | |
| MEDUMOPUO | MEDUMO: | | MEDUMO: | |
| | DITIRWANA: | | DITIRWANA: | |
| MOKWALO | MODUMO/MEDUMO, MAFOKO LE DIPOLELO: | | MODUMO/MEDUMO, MAFOKO LE DIPOLELO: | |

| Tirwana | Beke 1 | Tekolo | Beke 2 | Tekolo |
|--------------------------------|-----------------------------|---------------|-----------------------------|---------------|
| PUISOKOPANELO | SETLHANGWA: | | SETLHANGWA: | |
| | DIPOTSO TSA GO TLHALOGANYA: | | DIPOTSO TSA GO TLHALOGANYA: | |
| | TIRWANA YA MORAGO GA PUISO: | | TIRWANA YA MORAGO GA PUISO: | |
| GO KWALA | SETLHOGO LE TIRO: | | SETLHOGO LE TIRO: | |
| PUISOKAELO KA DITLHOPHA | DINTLHA: | | DINTLHA: | |

Thitokgang 5:

| Tirwana | Beke 1 | Tekolo | Beke 2 | Tekolo |
|------------------|------------------------------------|--------|------------------------------------|--------|
| KA MOLOMO | TLOTLOFOKO: | | TLOTLOFOKO: | |
| | PINA/RAEME: | | PINA/RAEME: | |
| | DITIRWANA TSE DINGWE: | | DITIRWANA TSE DINGWE: | |
| MEDUMOPUO | MEDUMO: | | MEDUMO: | |
| | DITIRWANA: | | DITIRWANA: | |
| MOKWALO | MODUMO/MEDUMO, MAFOKO LE DIPOLELO: | | MODUMO/MEDUMO, MAFOKO LE DIPOLELO: | |

| Tirwana | Beke 1 | Tekolo | Beke 2 | Tekolo |
|--------------------------------|-----------------------------|---------------|-----------------------------|---------------|
| PUISOKOPANELO | SETLHANGWA: | | SETLHANGWA: | |
| | DIPOTSO TSA GO TLHALOGANYA: | | DIPOTSO TSA GO TLHALOGANYA: | |
| | TIRWANA YA MORAGO GA PUISO: | | TIRWANA YA MORAGO GA PUISO: | |
| GO KWALA | SETLHOGO LE TIRO: | | SETLHOGO LE TIRO: | |
| PUISOKAELO KA DITLHOPHA | DINTLHA: | | DINTLHA: | |



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 kगतong 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 tsele ya ka bonako e e bonolo go latela 'Tlhatlhobo ya go lthuta,' 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:
 - Dira **buka ya tlhatlhobo ya go rekotela** mme o e tshole ka dinako tsotlhe.
 - Buka e etshwanetse go tshwaiwa KHUPAMARAMA/SEPHIRI
 - Ka mo bukeng e, **nna le karolo ya morutwana mongwe le mongwe**.
 - 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 dikgwetlho 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 setlhopha. | |
| O tlhoma mogopolo 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 tshwarelela 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 yotlhe e rutilweng (o ithuta kamano ya ditlhaka le medumo) | |
| O aga le go kgaoganya mafoko a a kwadilweng a dirisa medumo e e rutilweng. | |

| | |
|---|---|
| PUISO | ✓ |
| 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. | |
| GO TLHALOGANYA | ✓ |
| <i>Mo kgatong ya motheo, dikgono tse di tshwanetse go agiwa ka nako ya puisokopanelo – fa morutabana a buisetsa setlhangwa 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. | |
| MOKWALO | ✓ |
| O tshwara phensele 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. | |
| GO KWALA | ✓ |
| 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 tlabolotsweng ya CAPS**.
- Kgotsa o ka dirisa sekai sa **Tiro ya Tlhatlhobo e e Tlhomameng** ya Kgweditharo 3 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 madu’ e akareditswe moo o ka tsenyang dipholo tsa barutwana tsa tlhatlhobo tsa karolwana nngwe le nngwe ya puo.

Re solofela fa kaedi e ya tlhatlhobo e tla go tswela mosola

| Tlhatlho bo ya go lthuta: Karata ya madu o | | | | | | |
|--|--|---|--|---|--------------------------------|---|
| Maina a Barutwana | Go reetsa le go bua | Medumopuo | Puiso le Go tlhaloganya | Mokwalo | Go kwala | Gotlhe |
| Palo ya Tirwana ya Tlhatlho | 3.1 | 3.2 | 3.3 | 3.1 | 3.4 | 3.4 |
| 1 | O reetsa dintlha mo dikgannyeng mme o araba dipotso tse di bulgileng | O aga mafoko a dirisa medumo e a e rutilweng monongwaga | O lemoga ditumammogo tse di pataganeng kwa tshimologong ya lefoko jaaka ti- th- ph | O araba dipotso tse di thamatetseng. O araba dipotso tse di kwa godimo jaaka sethola le ditlamorago | O bopa ditlhakanye ka nepalao. | O kwala dipolelo di le 2 ka dikgang tsa gagwe a dirisa puo ka nepalao. a puiso a nepagetseng. |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |
| 11 | | | | | | |
| 12 | | | | | | |

Mophato 1 Kgweditharo 3: Sekai sa Tlathobho e e Tlhomameng

| 3.1: GO REETSA LE GO BUA/ GO TLHALOGANYA | |
|--|--|
| MAIKAELELO | <p>O reetsa le go tlotla ka setlhangwa go:</p> <ul style="list-style-type: none"> • Araba dipotso tse di tlhamaletseng ka dintlha tsa kgang. • Araba dipotso tse di bulegileng ka setlhangwa. • O lemoga setlholo le ditlamorago |
| TIRISO | <ul style="list-style-type: none"> • Se se ka diriwa ka nako nngwe le nngwe go simolola ka beke 4 – 7. • Dira se ka Labotlhano ka nako ya tirwana ya molomo: Puisano ya setlhangwa kgotsa ka Labotlhano ka nako ya Puisokopanelo: Tirwana ya morago ga puiso. |
| TIRWANA | <ol style="list-style-type: none"> 1 Dirisa kgang ya puisokopanelo go tswa mo bekeng e e fetileng. 2 Baya barutwana mo maemong a a siameng go fetsa tiro. 3 Go tsweng foo, biletsa barutwana kwa tafoleng ya gago ka bongwe go feleletsa tlathobho. 4 Kopa barutwana go araba 1-2 ya potso mofuta mongwe le mongwe ka ga setlhangwa.: <p>Dipotso tse di tlhamaletseng ka dintlha</p> <ol style="list-style-type: none"> 1 Mang...? 2 Eng...? 3 Leng...? 4 Jang...? 5 Kae? <p>Dipotso tse di bulegileng/ tsa kakanyo</p> <ol style="list-style-type: none"> 1 Goreng o akanya...? 2 A o ka dira kgolagano go...? 3 Fa o ne o le....o ne o tla dira eng? Goreng? <p>Setlholo le ditlamorago</p> <ol style="list-style-type: none"> 1 Ke ng se se tlhodileng ...? 2 Go diragetse eng fa / ditlamorago ke...? <ul style="list-style-type: none"> • Tlathobha morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase. |

| RUBURIKI | MAEMO 1 SELEKANYO 1-2 | MAEMO 2 SELEKANYO 3-4 | MAEMO 3 SELEKANYO 5-6 | MAEMO 4 SELEKANYO 7 |
|---|--|--|--|---|
| Dipotso tse di tlhamaletseng ka Dintlha | Morutwana ga a kgone go gopola dintlha tsa kang ka nepagalo botlalo. | Morutwana o kgona go gopola dintlha dingwe tsa kang fa a botsolotswa. | Morutwana o kgona go gopola dintlha tsotlhe tsa kang fa a botsolotswa. | Morutwana o kgona go gopola dintlha tsotlhe tsa kang ka bonako, thelelo le ka nepagalo. |
| Potso e e bulegileng/ Potso ya kakanyo | Morutwana ga a kgone go araba dipotso tse di batlang go akanya ka ga setlhangwa. | Morutwana o araba dipotso tse di batlang go akanya ka ga setlhangwa fa a newa tshegetso. | Morutwana o araba dipotso tse di batlang go akanya ka ga setlhangwa ka nepagalo fela ga a kgone go tlhalosa Karabo ya gagwe. | Morutwana o araba dipotso tse di batlang go akanya ka ga setlhangwa ka nepagalo mme o kgona go tlhalosa Karabo. |
| SETLHOLA LE DITLAMORAGO | Morutwana ga a kgone go lemoga setlhola kgotsa ditlamorago tsa tiro kgotsa tiragalo. | Morutwana a ka lemoga setlhola kgotsa ditlamorago tsa tiro kgotsa tiragalo ka tshegetso. | Morutwana a ka lemoga setlhola kgotsa ditlamorago tsa tiro kgotsa tiragalo ka nosi. | Morutwana a ka lemoga setlhola le ditlamorago tsa tiro kgotsa tiragalo ka bobedi. |

| 3.2: MEDUMOPUO | |
|-------------------|---|
| MAIKAELELO | <ul style="list-style-type: none"> • O aga mafoko a dirisa medumo e e rutilweng |
| TIRISO | <ul style="list-style-type: none"> • Dira se ka beke 5 kgotsa 6, ka nako ya thuto ya Mokwalo ka Mosupologo. |
| TIRWANA | <ul style="list-style-type: none"> • Bolelela barutwana go bula letlhare le le phepa mme ba kwale setlhogo: Teko ya Medumopuo. • Morago bontsha barutwana go mena letlhare mo dibukeng tsa bona ka halofo mme ba kwale dinomoro go simolola ka 1-5 mo mothalong o o ka fa molemeng, mme 6 – 10 mo bogareng ba letlhare. • Tlhalosetsa barutwana gore o tlile go bitsa nomoro, e latelwe ke modumo kgotsa lefoko. Ba tshwanetse go kwala modumo kgotsa lefoko fa thoko ga nomoro e e nepagetseng. • Fa barutwana ba sa itse go kwala modumo kgotsa lefoko, ba tshwanetse go thala mothalo o monnye fa thoko ga nomoro • Katisa barutwana go nna ka tidimalo ka nako ya diteko mme ba seka ba lebelela tiro ya ba bangwe. • Rulaganya lenaane la medumo e le 5 le mafoko a le 5 go a bitsa. – netefatsa gore medumo yotlhe ya teko e rutilwe. • Kwa bofelong ba teko, phutha dibuka tsa barutwana mme o tshwaye teko. • Tlhatlhoba morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase. |

| RUBURIKI | MAEMO 1 SELEKANYO 1-2 MADUO 1-2 | MAEMO 1 SELEKANYO 3-4 MADUO 3-5 | MAEMO 1 SELEKANYO 5-6 MADUO 6-8 | MAEMO 1 SELEKANYO 7 MADUO 9-10 |
|-----------------|--|--|--|---|
| | Morutwana o tshwere medumo le mafoko a a leng magareng ga 1-2 ka nepagalo. | Morutwana o tshwere medumo le mafoko a a leng magareng ga 3-5 ka nepagalo. | Morutwana o tshwere medumo le mafoko a a leng magareng ga 6-8 ka nepagalo. | Morutwana o tshwere medumo le mafoko a a leng magareng ga 9-10 ka nepagalo. |

| 3.3: MEDUMOPUO / PUISO | |
|------------------------|--|
| MAIKAELELO | <ul style="list-style-type: none"> • O lemoga ditumammogo tse di pataganeng jaaka: th-, t-, ph-. • O buisetsa kwa godimo go tswa mo bukeng ka bokgoni jwa gagwe jwa go buisa. • O dirisa mafoko a pono, medumopuo, ditiragalo le thulaganyo ya go sekaseka dikgono tsa go dumisa mafoko. |
| TIRISO | <ul style="list-style-type: none"> • Se se ka diriwa nako nngwe le nngwe go simolola ka beke 6 go ya go beke 8 • Dira se ka nako ya puisokaelo ka ditlhophha |
| TIRWANA | <ul style="list-style-type: none"> • Ka nako ya puisokaelo ka ditlhophha, bitsa morutwana mongwe le mongwe wa setlhophha go tla go go buisetsa ka nosi. • Simolola ka go kopa barutwana go buisa lenaane la medumopuo le mafoko a a dirisang ditumammogo tse di pataganeng tse ba tshwanetseng go di itse, sekai: tl-, th-, ph-. • Morago kopa barutwana go buisetsa kwa godimo go tswa mo setlhangweng sa bokgoni jwa bona jwa go buisa. Netefatsa gore setlhangwa se akaretsa mafoko a a dumisegang. • Tlhatlhoba morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase. |

| RUBURIKI | MAEMO 1 SELEKANYO 1-2 | MAEMO 2 SELEKANYO 3-4 | MAEMO 3 SELEKANYO 5-6 | MAEMO 4 SELEKANYO 7 |
|--|--|---|---|--|
| O LEMOGA DITUMAMMOGO TSE DI PATGAGANENG KWA TSHIMOLOGONG YA LEFOKO. | Morutwana o kgaratlhela go buisa medumo le mafoko ka nepagalo. | Morutwana o buisa nngwe ya medumo le mafoko ka nepagalo. | Morutwana o buisa bontsi jwa medumo le mafoko ka nepagalo. | Morutwana o buisa medumo le mafoko otlhe ka nepagalo. |
| THELELO | Morutwana o a okaoka fa a buisa., o a didimala fa a fitlha mo mafokong ao a sa a itseng kgotsa o a a tlola mme o boeletsa mafoko kgotsa dipolelwana. | Morutwana o buisa a ntse a ikhutsa kgotsa a belaela. Morutwana o na le dikarolo tsa puiso tse di mo paledisang go tswelela. | Morutwana o buisa a ntse a ikhutsa ka moribo. Morutwana o na le dikgwetlho ka mafoko a a rileng kgotsa popego ya polelo. | Morutwana o buisa ka thelelo mme a ikhutsa gongwe. Morutwana o kgona go itshiamisa fa a buisa mafoko a a marara / polelo kgotsa popego ya polelo. |
| DIKGONO TSA GO DUMISA MAFOKO | Morutwana o tlhoka tshegetso e ntsi ya medumopuo mo go morutabana go buisa lefoko le a sa le itseng. Morutwana o kgaratlhela go kgaoganya mafoko ka dinoko kgotsa medumo. Morutwana o itse mafoko a le mmalwa a pono le a a tlhagelelang kgapetsa. | 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 o itse mangwe a mafoko a pono le a a tlhagelelang kgapetsa. | Morutwana o dirisa medumopuo le dinoko go dumisa mafoko ao a sa a itseng fela o tlhoka thuso ka dinako dingwe go kopanya medumo go bopa mafoko. Morutwana o itse mafoko a pono le a a tlhagelelang kgapetsa a le mantsi | Morutwana o dirisa medumopuo le dinoko go dumisa mafoko ao a sa a itseng mme o kgona go kopanya medumo go bopa mafoko. Morutwana o itse mafoko a pono le a a tlhagelelang kgapetsa a a rutilweng otlhe |

| 3.4: MOKWALO / GO KWALA | |
|--------------------------------|---|
| MAIKAELELO | <ul style="list-style-type: none"> • O bopa ditlhakanye ka nepagalo. • O kwala dipolelo tse 2 ka dikgang tsa gagwe a dirisa puo ka nepagalo. |
| TIRISO | <ul style="list-style-type: none"> • Dira se o dirisa thuto ya go kwala ya dibeke 3-4, dibeke 5-6, kgotsa dibeke 7-8. |
| TIRWANA | <ul style="list-style-type: none"> • Dira thuto ya go kwala jaaka metlha. • Phutha dibuka tsa barutwana kwa bofelong jwa modikologo wa go kwala. • Tlhatlhoa mokwalo wa morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase. |

| RUBURIKI | MAEMO 1 SELEKANYO 1-2 | MAEMO 2 SELEKANYO 3-4 | MAEMO 3 SELEKANYO 5-6 | MAEMO 4 SELEKANYO 7 |
|--|--|---|---|--|
| MOKWALO: GO BOPA DITLHAKANNYE | Ditlhaka tse di ka fa tlase ga 15 di bopilwe ka nepagalo. | Ditlhaka tse di ka fa tlase ga 20 di bopilwe ka nepagalo. | O kgonne go bopa ditlhakanye di ka nna 20 ka nepagalo. | O kgonne go bopa ditlhakanye tse di fetang 20 ka nepagalo le ka makgethe. |
| GO KWALA: BOITSHIMOLOEDI | Kakanyo e e marara go e tlhaloganya kgotsa ga se ya gagwe – o kopisitse sekai sa morutabana. | Kakanyo ya gagwe e a tlhaloganyesega e bile o itshimoletse yona fela e tshwana le sekai. | Kakanyo ya gagwe ke ya maikutlo a gagwe e bile o itshimoletse yona. | Kakanyo ya gagwe ke ya maikutlo a gagwe o itshimoletse yona e bile o botlhami. |
| GO KWALA: BOLEELE LE POPEGO YA POLELO | Morutwana o kwadile mafoko a le mmalwa kgotsa polelwana. | Morutwana o kwadile mafoko a le mabedi kgotsa dipolelwana tse pedi fela ga go epe ya tsona e e bopilweng ka nepagalo. | Morutwana o kwadile polelo e le nngwe e e bopilweng ka nepagalo. | Morutwana o kwadile dipolelo tse pedi tse di bopilweng ka nepagalo. |