



**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**



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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 diriwa 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 tswana 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 kangang ya ditimana tse pedi ka sengwe se se diragetseng kwa lebaleng la go tshameka.**

## Medumopuo le Puisokaelo ka Ditlhopha

- Diteng tse di sa amaneng le thitokgang ke medumopuo le lenaneo la puisokaelo 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 3 Kgweditharo 3:

<b>TSHOBOKANYO YA POELOMAEMONG YA TRN: MOPHATO 3 KGWEDITHARO 3</b>	
<b>GO REETSA LE GO BUA</b>	
1	O bua ka maitemogelo a gagwe jaaka go anela dikgang kwantle ga go boeletsa.
2	O reetsa tatelano ya ditaello mme o di tsibogela ka tshwanelo
3	O reetsa kwantle ga go tsena ba bangwe mo ganong, o bontsha tlotlo go sebui se sengwe.
4	O tsaya karolo mo dipuisanong, o botsa le go araba dipotso.
5	O tshitsinya tharabololo ya bothata
6	O tlotla ka dikgang tse di bonolo o fetole segalo le modumo wa lentswe
7	O dirisa tlotlofoko e e oketsegang nako le nako fa o bua
8	O dira ponelopele ya kang.
9	Dira ditlhagiso tsa molomo jaaka go tlotla dikgang kgotsa go tlotla ka maitemogelo a gago mo go kgodisang le ka tatelano
10	Tshwara dipotsotherisano le batho ka maitlomo a a rileng jaaka go batla go itse tiro e motho a e dirang
11	O batla setlholo le ditlamorago mo kgannyeng.
12	Reetsa kang le go batla mabaka le tatelano mo kgannyeng
<b>MEDUMOPUO</b>	
<i>Ntlha go morutabana:</i>	
<ul style="list-style-type: none"> <li>• <i>Netefatsa gore o aga le go kgaoganya mafoko:</i> <ul style="list-style-type: none"> <li>• <i>Ka kutlo (temogo ya medumopuo)</i></li> <li>• <i>Ka kutlo le ka pono (medumopuo)</i></li> </ul> </li> </ul>	
1	Supa kamano ya medumo le ditlhakanosi tsotlhe tse di rutilweng.
2	Dirisa ditlhakanosi le ditumammogo tse di pataganeng go aga le go kgaoganya mafoko, sk. tlo-tla
3	Lemoga le go dirisa ditumanosi le ditumammogo tsotlhe tse di pataganeng tse o di rutilweng go fitlha ga jaana
4	Peleta mafoko ka nepagalo o dirise kitso ya medumopuo mo ditekong tse di sa tlhomamang, mo piletsong le mo ditirwaneng tsotlhe tse di kwalwang
5	Dirisa medumo le maina a ditlhaka go peleta mafoko
6	Dirisa mafoko a a dumisiwang le go kwalwa ka go tshwana, mme a na le bokao jo bo farologaneng, jaaka 'tshela' go tshela botshelo le go tshela jj
7	<b>Lemoga le go buisa:</b>
a	Lemoga ditlhaka tse di sa utlwaleng/dumisiwang mo mafokong ke gore: u wa bobedi mo go thuu; o wa bobedi mo go Pooe, jj 'maaka' a wa bobedi ga a utlwale jj
<b>MOKWALO</b>	
1	O dirisa mokwalo o o tshwaraganeng fa a kwala.
2	Kopolola ka nepagalo setlhangwa se se kwadilweng go tswa mo patitshokong, dibukakgakololo, dikarata tsa ditirwana o etse tlhoko popo ya mafoko le dipatlha tse di siameng fa gare ga mokwalo o o sa tshwaraganang kgotsa o o tshwaraganeng
3	Kwala ka lebelo le le oketsegileng

#### 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** Tswelala 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** Buisa ka thelelo e e oketsegang le ka go tlhagisa maikutlo
- 4** Itekole fa o buisa, o lemoge le go tlhaloganya mafoko
- 5** O a itekola fa o buisa mo karolong ya temogo ya mafoko le go a tlhaloganya
- 6** Buisa mefutakwalo e e farologaneng jaaka sekwalwa sa motshameko

#### PUISO KA NOSI

- 1** Buisetsa morutwana-ka-wena kwa godimo
- 2** Buisa ka nosi: dibuka tse dikhutshwane tsa ditiragalo tse di nang le nnete le maboko
- 3** O buisa mokwalo wa gagwe le wa ba bangwe
- 4** Ipatlele tshedimosetso ka nosi kgotsa ka bobedi go tswa mo ditlhangweng tsa ditiragalo tse di nang le nnete tse di maleba le maemo a bona a go buisa

#### PUISOKOPANELO

- 1** Buisang buka le morutabana ba tlhaola tatelano ya ditiragalo le maitshetlego
- 2** Neela kakanyo ya gago ka ga se se buisitsweng / Tlhagisa maikutlo a gore a kgang e ne e itumedisa le go kgona go emelela karabo ya gago.
- 3** Ranola tshedimosetso go tswa mo ditlhangweng tsa dithalo jaaka, dipapatso, ditshwantsho, dikerafo, ditshate
- 4** O lemoga kakanyokgolo, baanelwa le lefelo mo kgannyeng.
- 5** Dirisa thanodi go bona tlotlofoko e ntšhwa le tlhaloso ya ona
- 6** Buisa tlhatlhamano ya mefuta e e farologaneng ya maboko go ya ka ditlhogo tsa ona le go buisana ka tsona



## 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** Peleta mafoko a a tlwaelegileng ka nepagalo le go leka go peleta mafoko a o sa a itseng o dirisa kitso ya medumopuo
- 3** Itlhamele lenaane la mafoko le thanodi e e leng ya gago
- 4** Buisetsa morutwana-ka-ena mokwalo wa gagwe
- 5** Buisa mokwalo o e leng wa gago
- 6 O feleletsa ditiro tsa go kwala, go akaretsa go rulaganya, kwalo ya ntlha le phasalatso:**
  - a** Ditemana tse pedi tsa dipolelo di le lesome ka maitemogelo a gagwe kgotsa ditiragalo jaaka dikgang tsa letsatsi le letsatsi.
  - b** Kgang ya gagwe ya bonnye dipolelo di le lesome.
  - c** Kwala le go thadisa dipolelo ka setlhogo, go nna le seabe mo bukeng ya laeborari ya phaposi
  - d** Kwala ditlangwa tsa gago ka mekgwa e e farologaneng: kwadiso ya bukatsatsi, lekwalo go wa losika/ tlhaloso
  - e** Sobokanya le go rekota tshedimose tso, o dirise mmepe wa dikakanyo, mananeo, dikitsiso le dithalo kgotsa ditšhate
  - f** Dirisa mefuta e e farologaneng ya tlotlofoko go dira gore mokwalo o kgatlhise thata
- 7 Lemoga le go dirisa puo ka nepagalo, go akaretsa:**
  - a** Matshwao a puo: dikhutlo, diphegelwana, matshwao a potso, matshwao a tsiboso, ditlhakakgolo, ditsejwana
  - b** Maemedi
  - c** Maina
  - d** Madiri
  - e** Matlhaodi
  - f** Matlhalosi
  - g** Makaedi
  - h** Makopanyi 'le' le 'fela/ka gone'
  - i** Pakajaanong
  - j** Pakapheti
  - k** Pakatlang

## **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 ditlhopho	30 metsotso		30 metsotso		
	PUISO LE MEDUMOPUO	Ruta modumo o montšhwa le mafoko	15 metsotso	15 metsotso			
	MOKWALO	Ruta tlhaka e ntšhwa le mafoko	15 metsotso		15 metsotso		
	PUISO LE MEDUMOPUO	Puisokopanelo	15 metsotso		15 metsotso		
Laboraro	PUISO LE MEDUMOPUO	Puisokaelo ka ditlhopho	30 metsotso		30 metsotso		
	GO REETSA LE GO BUA	Ditirwana tsa molomo	15 metsotso	15 metsotso			
	PUISO LE MEDUMOPUO	Ruta modumo o montšhwa le mafoko	15 metsotso		15 metsotso		
	MOKWALO	Ruta tlhaka e ntšhwa 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 ditlhopho	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 ditlhopho	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 ditlhopho	30 metsotso		30 metsotso		
			<b>7 diura</b>	<b>45 metsotso</b>	<b>4 diura</b>	<b>45 metsotso</b>	<b>1 ura</b>

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

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

- Gonne bontsi jo bo tshwanang ba dikgono bo tshwanetse go godisiwa, e ka nna kakanyo e ntle go dira ditirwana tse di tshwanang beke nngwe le nngwe.
  - Netefatsa gore o dira dikgono tsotlhe tse di 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	<b>GO REETSA LE GO BUA</b>	Ditirwana tsa molomo	<ul style="list-style-type: none"> <li>• Itsise thitokgang</li> <li>• Ruta mafoko a 3 a tlotlofoko ya thitokgang</li> <li>• Ruta pina kgotsa raeme</li> </ul>
	<b>MOKWALO</b>	Tlhatlhobo e e sa tlhomamang	<ul style="list-style-type: none"> <li>• Naya barutwana tlhatlhobo e e sa tlhomamang go bona fa ba gopola medumo le mafoko a a rutilweng.</li> <li>• Gape lekola mokwalo – mokwalo o o tshwaraganeng, go bopa tlhaka, ditlhakakgolo le diphatlha mo gare ga mafoko.</li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Puisokopanelo PELE GA PUIISO	<ul style="list-style-type: none"> <li>• Puiso ya pele</li> <li>• Bontsha barutwana ditshwantsho tsa kgang.</li> <li>• Ba kope go bua se se diragalang.</li> <li>• Ba kope go dira ponelopele.</li> <li>• Ba kope fa ba ka se lemoge lefelo la kgang.</li> </ul>
	<b>GO KWALA (Modikologo wa beke 1)</b>	Go kwala ga kopanelo le thulaganyo ya go kwala: GO RULAGANYA	<ul style="list-style-type: none"> <li>• Bolelela barutwana setlhogo sa go kwala.</li> <li>• Bolelela barutwana tiro ya go kwala e o e tlhophileng sekai.:               <ol style="list-style-type: none"> <li>a Ditemana tsa dipolelo tse 10</li> <li>b Kgang ya dipolelo tse 10.</li> <li>c Kwala ditlhangwa tsa gago ka mekgwa e e farologaneng: kwadiso ya bukatsatsi, lekwalo go wa losika/ tlhaloso</li> <li>d Sobokanya le go rekota tshedimosetso, o dirise mmepe wa dikakanyo, mananeo, dikitsiso le dithalo kgotsa ditshate</li> </ol> </li> <li>• Bontsha barutwana gore ba RULAGANYE go kwala ga bona jang.</li> <li>• Kopa dikakanyo tsa go rulaganya (Go kwala ga kopanelo)</li> <li>• Bolelela barutwana go feleletsa dithulaganyo tsa bona (ba seka ba kopisa)</li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
Mosupologo	<b>GO KWALA (Modikologo wa beke 2)</b>	Go kwala ga kopanelo le thulaganyo ya go kwala: GO SIAMISA	<ul style="list-style-type: none"> <li>Kwala kwalo ya ntlha ya gago mo patitšhokong.</li> <li>Kwala lenaane la go siamisa mo patitšhokong.</li> <li>Ruta barutwana gore ba ka dirisa jang dikarolwana tsa puo tse di latelang mme o di akaretse mo go siamiseng: <ul style="list-style-type: none"> <li><b>a</b> Tlotlofoko e e farologaneng</li> <li><b>b</b> Mefuta e e farologaneng ya dipolelo</li> <li><b>c</b> Matshwao a puo a a nepagetseng</li> <li><b>d</b> Maemedi</li> <li><b>e</b> Maina</li> <li><b>f</b> Madiri</li> <li><b>g</b> Matlhaodi</li> <li><b>h</b> Madiri</li> <li><b>i</b> Matlhalosi</li> <li><b>j</b> Makaedi</li> <li><b>k</b> Makopanyi 'le' le 'fela/ ka gone'</li> <li><b>l</b> Pakajaanong e e tsweleng</li> <li><b>m</b> Pakapheti e e tsweleng</li> <li><b>n</b> Pakatlang</li> </ul> </li> <li>Bontsha barutwana gore ba SIAMISE jang go kwala ga bona ba dirisa lenaanetekolo (go kwala ga kopanelo)</li> <li>Bolelela barutwana go siamisa tiro ya bona kgotsa ya molekane.</li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Puisokaelo ka ditlhopha 2 DITLHOPHA X 15 METSOTSO SETLHOPHA SENGWE LE SENGWE	<ul style="list-style-type: none"> <li>Baya barutwana mo maemong a a siameng ka go dira medumopuo kgotsa tirwana ya go buisa (puiso ka bobedi kgotsa ka nosi)</li> <li>Buisa go tswa mo ditlhangweng kgotsa mo Bukatirong ya DBE.</li> <li>Bitsa setlhotshwana go dira le wena (setlhopha sa bokgoni jo bo tshwanang)</li> <li>Boeletsa medumopuo le mafoko a pono le setlhopha.</li> <li>Naya setlhopha setlhangwa sa maemo a bona.</li> <li>Reetsa morutwana mongwe le mongwe a buisa ka nosi.</li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
Labobedi	<b>PUISO &amp; MEDUMOPUO</b>	Ruta modumo o montšhwa le mafoko	<ul style="list-style-type: none"> <li>Dira ka go latela lenaneo la medumopuo ya puo ya gago.</li> <li>Ruta barutwana go buisa modumo o montšhwa.</li> <li>Ba rute go buisa mafoko a a nang le modumo o montšhwa le medumo e e rutilweng (mafoko a a dumisegang)</li> <li>Ba bontshe gore ba kgaoganye le go kopanya mafoko jang.</li> <li>Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE.</li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
Labobedi	<b>MOKWALO</b>	Ruta tlhaka e ntšhwa le mafoko	<ul style="list-style-type: none"> <li>• Ke kakanyo e e siameng go bapisa mokwalo le medumopuo.</li> <li>• Ruta barutwana go kwala tlhaka kgotsa modumo o ba ithutileng ona. (Mephato 2&amp;3 – mokwalo o o kopaneng)</li> <li>• Ruta barutwana go kwala mafoko le dipolelo tse di dirisang modumo.</li> <li>• Siamisa mokgwa o barutwana ba tshwarang diphensele ka teng, go nna, go bopa tlhaka, go tlogela diphatlha mo magareng le bogolo ba ditlhaka.</li> <li>• Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE.</li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Puisokopanelo PUIISO YA NTLHA	<ul style="list-style-type: none"> <li>• Puiso ya ntlha</li> <li>• Buisetsa barutwana kgang ka thelelo le ka maikutlo.</li> <li>• Ema go tlhalosa fa go tlohega.</li> <li>• Ba lemose le go ba tlhalosetsa dikarolo tsa puo, go akaretsa: <ul style="list-style-type: none"> <li><b>a</b> Matshwao a puo a a nepagetseng</li> <li><b>b</b> Maemedi</li> <li><b>c</b> Maina</li> <li><b>d</b> Madiri</li> <li><b>e</b> Matlhaodi</li> <li><b>f</b> Madiri</li> <li><b>g</b> Matlhalosi</li> <li><b>h</b> Makaedi</li> <li><b>i</b> Makopanyi 'le' le 'fela/ ka gone'</li> <li><b>j</b> Pakajaanong e e tsweleng</li> <li><b>k</b> Pakapheti e e tsweleng</li> <li><b>l</b> Pakatlang</li> </ul> </li> <li>• Morago ga puiso, botsa mefuta ya dipotso e e latelang: <ul style="list-style-type: none"> <li><b>a</b> Lemoga kakanyokgolo, baanelwa bagolo le lefelo</li> <li><b>b</b> Kakanyo (a o ratile / ke eng se o se gopotseng ka / jj) le lebaka la kakanyo ya gagwe jaaka: Goreng?</li> <li><b>c</b> Setlholo le ditlamorago</li> </ul> </li> </ul>

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

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
Laboraro	<b>GO REETSA LE GO BUA</b>	Ditirwana tsa molomo	<ul style="list-style-type: none"> <li>• Ruta mafoko a tlotlofoko ya thitokgang a 3</li> <li>• Opela pina kgotsa bua raeme</li> <li>• Dira tirwana ya molomo e nngwe sekao: <ul style="list-style-type: none"> <li><b>a</b> Kanelokgang ya boitlhamedi – Kopa barutwana go itlhamela dikgang mme ba abelane le molekane.</li> <li><b>b</b> O akantsha ditharabololo tsa mathata a setlhangwa.</li> </ul> </li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Ruta modumo o montšhwa le mafoko	<ul style="list-style-type: none"> <li>• Dira ka go latela lenaneo la medumopuo ya puo ya gago.</li> <li>• Ruta barutwana go buisa modumo o montšhwa.</li> <li>• Ba rute go buisa mafoko a a nang le modumo o montšhwa le medumo e e rutilweng (mafoko a a dumisegang)</li> <li>• Ba bontshe gore ba kgaoganye le go kopanya mafoko jang.</li> <li>• Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE.</li> </ul>
	<b>MOKWALO</b>	Ruta tlhaka e ntšhwa le mafoko	<ul style="list-style-type: none"> <li>• Ke kakanyo e e siameng go bapisa mokwalo le medumopuo.</li> <li>• Ruta barutwana go kwala tlhaka kgotsa modumo o ba ithutileng ona. (Mephato 2&amp;3 – mokwalo o o kopaneng)</li> <li>• Ruta barutwana go kwala mafoko le dipolelo tse di dirisang modumo.</li> <li>• Siamisa mokgwa o barutwana ba tshwarang diphensele ka teng, go nna, go bopa tlhaka, go tlogela diphatlha mo magareng le bogolo ba ditlhaka.</li> <li>• Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE.</li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
Laboraro	<b>GO KWALA (Modikologo wa beke 1)</b>	Go kwala ga kopanelo le thulaganyo ya go kwala KWALO YA NTLHA	<ul style="list-style-type: none"> <li>Gopotsa barutwana ka tiro ya go kwala.</li> <li>Kwala thulaganyo ya gago mo patitšhokong.</li> <li>Kwala letlhomeso la go kwala mo patitšhokong.</li> <li>Bontsha barutwana go dira KWALO YA NTLHA (go kwala ga kopanelo)</li> <li>Bolelela barutwana go dirisa thulaganyo ya bona le letlhomeso go dira kwalo ya ntlha ya bona.</li> </ul>
	<b>GO KWALA (Modikologo wa beke 2)</b>	Go kwala ga kopanelo le thulaganyo ya go kwala PHASALATSO LE KABELANO	<ul style="list-style-type: none"> <li>Gopotsa barutwana ka tiro ya go kwala.</li> <li>Kwala kwalo ya gago ya ntlha le ditshiamiso mo patitšhokong.</li> <li>Lebelela ditshiamiso gape.</li> <li>Bontsha barutwana gore ba ka PHASALATSA jang se ba se kwadileng ka go se kwala gape ka makgethe kwantle ga diphoso le go tsenya setshwantsho.</li> <li>Bolelela barutwana go phasalatsa tiro ya bona.</li> <li>Bolelela barutwana go abelana ka se ba se kwadileng le molekane – ba buisetsane.</li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Puisokaelo ka ditlhopha DITLHOPHA 2 X 15 METSOTSO SETLHOPHA SENGWE LE SENGWE	<ul style="list-style-type: none"> <li>Baya barutwana mo maemong a a siameng ka go dira medumopuo kgotsa tirwana ya go buisa (puiso ka bobedi kgotsa ka nosi)</li> <li>Buisa go tswa mo ditlhangweng kgotsa mo Bukatirong ya DBE.</li> <li>Bitsa setlhotshwana go dira le wena (setlhopha sa bokgoni jo bo tshwanang)</li> <li>Boeletsa medumopuo le mafoko a pono le setlhopha.</li> <li>Naya setlhopha setlhangwa sa maemo a bona.</li> <li>Reetsa morutwana mongwe le mongwe a buisa ka nosi.</li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
Labone	<b>PUISO &amp; MEDUMOPUO</b>	Katiso ya medumopuo	<ul style="list-style-type: none"> <li>Boeletsa medumo e mebedi e e rutilweng ka Labobedi le Laboraro.</li> <li>Dira tirwana ya medumopuo le barutwana botlhe sekai: <ul style="list-style-type: none"> <li><b>a</b> Kopanya medumo go dira mafoko</li> <li><b>b</b> Kgaoganya mafoko ka medumo.</li> <li><b>c</b> Kgaoganya mafoko ka dinoko</li> <li><b>d</b> Kgaoganya mafoko ka modumo wa ntlha wa lefoko le noko ya bofelo ya lefoko.</li> <li><b>e</b> Baya mafoko a a tsamayang mmogo ka setlhopha.</li> <li><b>f</b> Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE.</li> </ul> </li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
Labone	<b>PUISO &amp; MEDUMOPUO</b>	Puisokopanelo PUISO YA BOBEDI	<ul style="list-style-type: none"> <li>• Puiso ya bobedi</li> <li>• Buisetsa barutwana kgang ka thelelo le maikutlo.</li> <li>• Morago ga puiso, botsa dipotso tse di akaretsang: <ul style="list-style-type: none"> <li><b>a</b> Tatelano (ke eng se se diragetseng la ntlha, se se latelang, bokhutlo)</li> <li><b>b</b> Kakanyo (a o ratile / ke eng se o se akantseng / jj) le go naya lebaka la kakanyo ya gago</li> <li><b>c</b> Maemo a kwa godimo (go akaretsa setlholo le ditlamorago)</li> </ul> </li> <li>• Kopa barutwana go itlhamela dipotso tsa bona ka setlhangwa, mme ba botse molekane.</li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Puisokaelo ka ditlhopha DITLHOPHA 2 X 15 METSOTSO SETLHOPHA SENGWE LE SENGWE	<ul style="list-style-type: none"> <li>• Baya barutwana mo maemong a a siameng ka go dira medumopuo kgotsa tirwana ya go buisa (puisio ka bobedi kgotsa ka nosi)</li> <li>• Buisa go tswa mo ditlhangweng kgotsa mo Bukatirong ya DBE.</li> <li>• Bitsa setlhotshwana go dira le wena (setlhopha sa bokgoni jo bo tshwanang)</li> <li>• Boeletsa medumopuo le mafoko a pono le setlhopha.</li> <li>• Naya setlhopha setlhangwa sa maemo a bona.</li> <li>• Reetsa morutwana mongwe le mongwe a buisa ka nosi.</li> </ul>

LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
Labotlhano	<b>GO REETSA LE GO BUA</b>	Ditirwana tsa molomo	<ul style="list-style-type: none"> <li>• Ruta mafoko a 3 a tlotlofoko ya thitokgang.</li> <li>• Opela pina kgotsa o bue raeme.</li> <li>• Dira tirwana ya molomo e nngwe sekai: <ul style="list-style-type: none"> <li><b>a</b> Baya barutwana ka ditlhopha go buisana ka setlhangwa, ba dirisa letlhomeso (Ke rata... / Ga ke a rata... / Ke akanya gore setlhangwa se se kwaletswe go...)</li> <li><b>b</b> Kanelokgang ya boitlhamelo – Kopa barutwana go dira ka ditlhopha mme batle ka kgang e le nngwe ya thitokgang.</li> </ul> </li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Katiso ya medumopuo	<ul style="list-style-type: none"> <li>• Boeletsa medumo e mebedi e e dirilweng ka Labobedi le Laboraro mmogo le medumo e mengwe e e rutilweng mo kgweditharong e.</li> <li>• Dira tirwana ya medumopuo le barutwana botlhe sekai: <ul style="list-style-type: none"> <li><b>a</b> Kopanya medumo go dira mafoko.</li> <li><b>b</b> Kgaoganya mafoko ka medumo.</li> <li><b>c</b> Aga mafoko o dirisa medumo – Batla Lefoko</li> <li><b>d</b> Kwala dipolelo tsa gagwe a dirisa mafoko a medumopuo.</li> <li><b>e</b> Dira ditirwana tse di tshwanetseng tsa Bukatiro ya DBE.</li> </ul> </li> </ul>



LETSATSI	KAROLWANA	TIRWANA	DITIRWANA TSE DI AKANTSHITSWENG
Labotlhano	<b>PUISO &amp; MEDUMOPUO</b>	Puisokopanelo PUISO YA MORAGO	<ul style="list-style-type: none"> <li>• Puiso ya morago</li> <li>• Dira tirwana e e tla go akanyisang ka kgang mo go tseneletseng sekai: <ul style="list-style-type: none"> <li><b>a</b> Anela kgang le molekane – mongwe le mongwe mo setlhopheng o anela karolo ya kgang ka tatelano e e nepagetseng.</li> <li><b>b</b> Tshobokanyo – morutwana mongwe le mongwe o bolelela molekane ka dipolelo tse 2 – 3 gore kgang e ne e bua ka ga eng.</li> <li><b>c</b> O dira jaaaka ekete o dira dipotsotherisano le moanelwa mo kgannyeng.</li> <li><b>d</b> O bua ka kgang</li> <li><b>e</b> O oketsa ka mafoko le ditlhaloso mo thanoding.</li> </ul> </li> </ul>
	<b>PUISO &amp; MEDUMOPUO</b>	Puisokaelo ka ditlhopha DITLHOPHA 2 X 15 METSOTSO SETLHOPHA SENGWE LE SENGWE	<ul style="list-style-type: none"> <li>• Baya barutwana mo maemong a a siameng ka go dira medumopuo kgotsa tirwana ya go buisa (puiso ka bobedi kgotsa ka nosi)</li> <li>• Buisa go tswa mo ditlhangweng kgotsa mo Bukatirong ya DBE.</li> <li>• Bitsa setlhotshwana go dira le wena (setlhopha sa bokgoni jo bo tshwanang)</li> <li>• Boeletsa medumopuo le mafoko a pono le setlhopha.</li> <li>• Naya setlhopha setlhangwa sa maemo a bona.</li> <li>• Reetsa morutwana mongwe le mongwe a buisa ka nosi.</li> </ul>

A o lemogile gore mo karolwaneng nngwe le nngwe, tsamaiso ya ka metlha e a dirisiwa? Bona fa e le gore o lemogile tsamaiso ya ka metlha e e akareditsweng:

### **DITIRWANA TSA MOLOMO**

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

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

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

### **MEDUMOPUO & MOKWALO**

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

Labobedi: Ruta medumo e 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

Beke 1 Laboraro: Kwalo ya ntlha

Beke 2 Mosupologo: Go siamisa

Beke 2 Laboraro: Go phasalatsa le kabelano

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



# Medumopuo le Puisokaelo ka 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 botlhokwa go ruta barutwana medumo yotlhe ya puo ka tatelano.
- Medumo e e rutiwang mo lenaneong la medumopuo ya Setswana la NECT e neetswe fa tlase, lokologa go dirisa se jaaka kaedi.
- Ka ntlha ya leroborobo, barutwana ba le bantsi ba latlhegetswe ke ditaelo tse di botlhokwa 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 3 Kgweditharo 3 (ke medumo e e sa pataganang yotlhe)
- Leka go netefatsa gore barutwana ba gago ba itse medumo e.

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

MODUMOPUO WA SETSWANA				TEKOLO
MODUMOPUO	MAFOKO A A DUMISEGANG			
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-ts-a = nyatsa	ny-e-l-e-l-a = nyelela	
kw	kw-a-l-a = kwala	kw-e-n-a = kwena	kw-a-d-i-s-a = kwadisa	
sw	sw-e-l-a = swela	sw-a = swa	sw-e-ts-e = swetse	
nw	nw-e-l-a = nwela	nw-e-l-e-l-a = nwelela	nw-e-l-e = nwele	
mp	mp-a = mpa	mp-o-n-a = mpona	mp-o-g-i-s-a = mpogisa	
tsh	tsh-i-p-i = tshipi	tsh-a-b-a = tshaba	tsh-i-m-o = tshimo	
ntsh	ntsh-o = ntsho	ntsh-a = ntsha	ntsh-a-b-a = ntshaba	
gw	gw-a-m-a = gwama	gw-a-m-i-s-a = gwamisa	s-e-gw-a-p-a = segwapa	
tshw	tshw-a-r-a = tshwara	tshw-a-n-a = tshwana	tshw-e-n-e = tshwene	
tlh	tlh-a-p-a = tlhapa	tlh-o-k-a = tlhoka	tlh-o-l-a = 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-tlh-o = tšhotlho	
ntšhw	ntšhw-a = ntšhwa	ntšhw-a-f-a-ts-a = ntšhwafatsa	ntšhw-a-f-a-l-e-ts-a = ntšhwafaletsa	
aa	m-aa-n-o = maano	m-aa-k-a = maaka	m-aa-tl-a = maatla	
oo	m-oo-k-i = mooki	l-oo-kw-a-n-e = lookwane	m-oo-n-o = moonono	
ii	t-ii-l-e = tiile	s-ii-lw-e = siilwe	d-ii-l-w-e = diilwe	
ee	f-ee-l-a = feela	s-ee-l-ee-l-e = seelele	s-ee-m-o = seemo	
rw	rw-a-l-a = rwala	m-o-rw-a-l-o = morwalo	m-o-rw-a = morwa	
ngw	ngw-e-d-i = ngwedi	ngw-a-y-a = ngwaya	ngw-a-n-a = ngwana	
mph	Mph-o = Mpho	mph-a-l-a = mphala	mph-o-d-i-s-a = mphodisa	
tlw	tlw-a-e-l-a = tlwaela	mm-u-tlw-a = mmutlwa	tlw-a-e-ts-e = tlwaetse	

MODUMOPUO WA SETSWANA				TEKOLO
MODUMOPUO	MAFOKO A A DUMISEGANG			
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-ng = ntlong	s-e-a-ntl-o = seantlo	ntl-a-m-e-l-a-ng = ntlamelang	
nth	nth-o = ntho	nth-o-m-a = nthoma	nth-o-g-a = nthoga	
nts	nts-o-m-a = ntsoma	nts-o-s-a = ntsosa	nts-i-b-o-s-a = ntsibosa	
nkg	nkg-o-tl-a = nkgotla	nkg-a-tlh-a = 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 = omannngwa	
ntsw	l-e-ntsw-e = lentswe	s-e-ntsw-e = sentswe	ntsw-a-k-e-l-a = ntswakela	
ntšw	ntšw-a = ntšwa	ntšw-a-f-a-ts-a = ntšwafatsa	ntšw-a-ny-a-n-a = ntšwanyana	
tlhw	tlhw-a-r-e = tlhware	tlhw-a-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-ntsh-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 tlwaelegile, e e tlhalositsweng mo dikarolong tse di fetile, kgotsa wa se dire jalo.
- Go sa kgathalesege gore o tlhophele go dirisa tsamaiso e e tlwaelegile 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](http://www.nect.org.za)*

### Thitokgang 1:

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



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

## Thitokgang 2:

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

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

### Thitokgang 3:

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

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

### Thitokgang 4:

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

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

### Thitokgang 5:

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



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

<b>DIKGONO TSA TLHALOGANYO</b>	✓
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	
<b>GO REETSA LE GO BUJA</b>	✓
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.	
<b>TEMOGO YA MEDUMOPUO LE MEDUMOPUO</b>	✓
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.	

<b>PUISO</b>	✓
Ka metlha o leka go dumisa mafoko a mantšhwa a dirisa kitso ya tlhaka le modumo.	
O buisa kgang e e mo matlharetirong ka thelelo e e oketsegang le ka nepagalo.	
<b>GO TLHALOGANYA</b>	✓
<i>Mo kgatong ya motheo, dikgono tse di tshwanetse go agiwa ka nako ya puisokopanelo – fa morutabana a buisetsa 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.	
<b>MOKWALO</b>	✓
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.	
<b>GO KWALA</b>	✓
O dirisa go kwala go bua ka dikakanyo tsa gagwe (ga a kopise)	
O kwala ka nosi (o tshola le go dirisa maano a go kwala go fetsa ditiro tsa go kwala)	
O dirisa kitso ya tlhaka le modumo go kwala mafoko (mopeleto wa tlhamo)	
O buisetsa ditsala mokwalo wa gagwe.	

## Tlhatlhobo ya go Ithuta

- O ka itlhophela go **dira tlhatlhobo e e tlhomameng ya gago** (Tiro ya Tlhatlhobo e e Tlhomameng) go ya ka dikaedi tse di neetsweng mo **karolong 4 e e tlhabolotsweng ya CAPS**.
- Kgotsa o ka dirisa sekai sa **Tiro ya Tlhatlhobo e e Tlhomameng** ya Kgweditharo 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 maduo’ e akareditswe mo 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

Tlhatlhobo ya go Itluta: Karata ya madu								
Maina a Barutwana	Go reetsa le go bua		Medumopuo	Puiso le Go tlhaloganya		Mokwalo	Go kwala	Gotlhe
	3.1	3.2	3.3	3.3	3.4	3.2	3.5	
	O anela kgang e e nang le tshimologo, bogare le bokhutlo.	O akantsa ka thabololo ya bothata.	O dirisa kitso ya medumopuo go peleta mafoko ka nepagalo le go fetsa piletso.	Lemoga ditlhaka tse di sa utlwaleng/dumisiwang mo mafokong ke gore: u wa bobedi mo go thu; 'maaka' a wa bobedi ga a utlwale	O buisetsa kwa godimo ka bokgoni jwa gagwe jwa go buisa go tswa mo bukeng, O dirisa mafoko a pono, medumopuo mo kganyeng ka thulaganyo mme a dumisa mafoko.	O araba dipotso tse di tlhamaletseng. O dira ponelopele. O baya ditiragalo ka tatlano. O dira ditshakatshako	O kwala ka bothakga le ka nepagalo. O dirisa mokwalo o o tshwaraganeng.	O kwala sethangwa sa gagwe sa dipolelo di le 10 bonnye. O dirisa matswao a puo a nepagetseng a puo popogo ya polelo le paka.
<b>Palo ya Tirwana ya Tlhatlhobo</b>	<b>3.1</b>	<b>3.2</b>	<b>3.3</b>	<b>3.3</b>	<b>3.4</b>	<b>3.2</b>	<b>3.5</b>	
1								
2								
3								
4								
5								
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9								
10								
11								
12								

## Mophato 3 Kgweditharo 3: Sekai sa Tlathhobo e e Tlhomameng

3.1: GO REETSA LE GO BUA	
<b>MAIKAELELO</b>	<b>O anela kgang e e nang le tshimologo, bogare le bokhutlo</b>
<b>TIRISO</b>	<ul style="list-style-type: none"> <li>Se, se ka diriwa ka nako nngwe le nngwe go simolola ka beke ya 3 go ya go beke ya 5</li> <li>Dira se ka Laboraro kgotsa Labotlhano ka nako ya Tirwana ya Molomo</li> <li>Kgotsa ka Labotlhano ka nako ya Puisokopanelo: Tirwana ya Morago ga Puiso</li> </ul>
<b>TIRWANA</b>	<ul style="list-style-type: none"> <li>Baya barutwana mo maemong a a siameng go feleletsa tirwana ya kanelokgang ya boitlhamelo – barutwana ba tshwanetse go dira ka bobedi go itlhamela dikgang tsa bona ka thitokgang.</li> <li>Go tsweng foo, biletsa bobedi bongwe le bongwe kwa tafoleng ya gago go feleletsa tlathhobo</li> <li>Bolelela barutwana go refosana go go anela dikgang tsa bona. Ba tshwanetse go netefatsa gore ba:               <ol style="list-style-type: none"> <li>Anela kgang ka tatelano e e nepagetseng</li> <li>Akaretsa tshimologo, bogare le bokhutlo</li> <li>Seka ba boeletsa dikarolo tsa kgang</li> </ol> </li> <li>Tlathhoba morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase.</li> </ul>

<b>RUBURIKI</b>	<b>MAEMO 1 SELEKANYO 1-2</b>	<b>MAEMO 2 SELEKANYO 3-4</b>	<b>MAEMO 3 SELEKANYO 5-6</b>	<b>MAEMO 4 SELEKANYO 7</b>
Boitlhamedi jwa kgang	Kgang e kopisitswe go tswa mo kgannyeng ya puisokopanelo kgotsa go tswa mo kgannyeng ya Bukatiro ya DBE.	Kgang ga e a kopisiwa fela e tshwana le dikgang tse dingwe kgotsa kgang e itlhametswe fela ga e na tlhaloganyo.	Kgang e itlhametswe fela ga e fe tlhaloganyo e e tletseng.	Kgang e itlhametswe e bile e na le tlhaloganyo.
Popego ya kgang	Kgang ga e na tshimologo e e itlhalosang, bogare le bokhutlo. Dikarolo tse dingwe tsa kgang di a tlhabela mme le tatelano e tlhakatlhakane.	Kgang e na le tshimologo, bogare le bokhutlo, fela tatelano ya kgang e tlhakatlhakane.	Kgang e na le tshimologo, bogare le bokhutlo. Bontsi jwa tatelano ya kgang bo nepagetse.	Kgang e na le tshimologo, bogare le bokhutlo jo bo itlhalosang. Tatelano ya kgang e nepagetse.

<b>3.2: GO REETSA LE GO BUA / GO TLHALOGANYA</b>	
<b>MAIKAELELO</b>	<p><b>O reetsa le go tlotla ka setlhangwa go:</b></p> <ul style="list-style-type: none"> <li>• Araba dipotso tse di tlhamaletseng ka ga dintlha tsa setlhangwa</li> <li>• Baya tatelano ya ditragalo tsa setlhangwa ka nepagalo</li> <li>• Dira ponelopele ka ga moaneelwa mo setlhangweng</li> <li>• Dira tshekatsheko ka ga setlhangwa</li> <li>• Akantsa tharabololo ya bothata jwa setlhangwa</li> </ul>
<b>TIRISO</b>	<ul style="list-style-type: none"> <li>• Se, se ka diriwa nako nngwe le nngwe go simolola ka beke ya 6 to go ya go beke ya 8</li> <li>• Dira se ka Labotlhano ka nako ya Tirwana ya Molomo: Puisano ya Puisokopanelo kgotsa ka Labotlhano ka nako ya Puisokopanelo: Tirwana ya Morago ga Puiso.</li> </ul>
<b>TIRWANA</b>	<ol style="list-style-type: none"> <li>1 Dirisa kgang ya puisokopanelo go tswa mo bekeng e e fetileng.</li> <li>2 Baya barutwana mo maemong a a siameng go fetsa tiro.</li> <li>3 Go tsweng foo, biletsa barutwana kwa tafoleng ya gago ka bongwe go feleletsatsa tlhatlhobo.</li> <li>4 Kopa barutwana go araba 1-2 ya potso mofuta mongwe le mongwe ka ga setlhangwa.: <ul style="list-style-type: none"> <li><b>Dipotso tse di tlhamaletseng ka dintlha</b></li> <li>1 Mang...?</li> <li>2 Eng...?</li> <li>3 Leng...?</li> <li>4 Jang...?</li> <li>5 Kae?</li> <li><b>Dipotso tse di bulegileng/ tsa kaknyo</b></li> <li>1 Goreng o akanya...?</li> <li>2 A o ka dira kgolagano go...?</li> <li>3 Fa o ne o le....o ne o tla dira eng? Goreng?</li> <li><b>Tatelano</b></li> <li>1 Go diragetse eng kwa tshimologong ya kgang?</li> <li>2 Go diragetse eng kwa bokhutlong jwa kgang?</li> <li>3 Go diragetse eng morago ...?</li> <li>4 Go diragetse eng la ntlha: ...kgotsa...?</li> <li><b>Diponelopele</b></li> <li>1 Ponelopele ya gago ke eng ka moanelwa...kwa bofelong ba kgang? Goreng?</li> <li>2 Ponelopele ya gago ke eng ka se se tla diragalang...kwa bofelong ba kgang? Goreng?</li> <li><b>Tshekatsheko</b></li> <li>1 Ke moanelwa ofe yo o mo ratileng go feta? Goreng?</li> <li>2 A o itumeletse kgang? Goreng o e itumeletse kgotsa o sa e itumelela?</li> <li><b>Tharabololo ya bothata</b></li> <li>1 Bothata e ne e le ba eng mo kgannyeng?</li> <li>2 A o ka akanya ka tharabololo e e farologaneng ya bothata ba...(bothata mo kgannyeng)</li> <li>3 Kakanyo ya tharabololo ya gago ke eng?</li> </ul> </li> </ol> <ul style="list-style-type: none"> <li>• Tlhatlhoba morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase.</li> </ul>

<b>RUBURIKI</b>	<b>MAEMO 1 SELEKANYO 1-2</b>	<b>MAEMO 2 SELEKANYO 3-4</b>	<b>MAEMO 3 SELEKANYO 5-6</b>	<b>MAEMO 4 SELEKANYO 7</b>
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.
Tatelano	Morutwana ga a kgone go dira tatelano ya ditiragalo go tswa mo setlhangweng.	Morutwana o kgona go dira tatelano ya ditiragalo go tswa mo setlhangweng ka tshegetso.	Morutwana o dira tatelano ya ditiragalo ka nepagalo go tswa mo setlhangweng fela o tsaya nako.	Morutwana o dira tatelano ya ditiragalo tsotlhe ka bonako le ka nepagalo go tswa mo setlhangweng.
Ponelopele	Morutwana ga a kgone go dira ponelopele e e amogelesegang ka moanelwa kgotsa sengwe go tswa mo setlhangweng.	Morutwana o dira ponelopele e e amogelesegang ka moanelwa kgotsa sengwe go tswa mo setlhangweng ka tshegetso.	Morutwana o dira ponelopele e e amogelesegang ka moanelwa kgotsa sengwe go tswa mo setlhangweng kwantle ga tshegetso.	Morutwana o dira ponelopele e e siameng ka moanelwa kgotsa sengwe go tswa mo setlhangweng kwantle ga tshegetso.
Tshekatsheko	Morutwana ga a kgone go dira tshekatsheko e e tlhaloganyesegang ka ga moanelwa kgotsa kang.	Morutwana o dira tshekatsheko e e tlhaloganyesegang ka ga moanelwa kgotsa kang ka tshegetso, fela ga a kgone go emelela tshekatsheko ya gagwe.	Morutwana o dira tshekatsheko e e tlhaloganyesegang ka ga moanelwa kgotsa kang e bile o leka go e emelela.	Morutwana o dira tshekatsheko e e tlhaloganyesegang ka ga moanelwa kgotsa kang e bile o e emelela mo go kgotsofatsang.
Tharabololo ya bothata	Morutwana o a kgaratlha go lemoga bothata jwa kang.	Morutwana o lemoga bothata jwa kang fela ga a kgone go akantsha tharabololo e e tlhaloganyesegang e e ka dirisiwang.	Morutwana o lemoga bothata jwa kang e bile o akantsha tharabololo e e tlhaloganyesegang e e ka dirisiwang.	Morutwana o lemoga bothata jwa kang e bile o akantsha tharabololo e e siameng e e ka dirisiwang.

<b>3.3: MEDUMOPUO</b>	
<b>MAIKAELELO</b>	<ul style="list-style-type: none"> <li>O dirisa kitso ya medumopuo go peleta mafoko ka nepagalo le go feleletsa piletso.</li> <li>Lemoga ditlhaka tse di sa utlwaleng/dumisiwang mo mafokong ke gore: u wa bobedi mo go thuu, 'maaka' a wa bobedi ga a utlwale</li> </ul>
<b>TIRISO</b>	<ul style="list-style-type: none"> <li>Dira se ka beke 6 kgotsa 7, ka nako ya thuto ya Mokwalo ka Mosupologo.</li> </ul>
<b>TIRWANA</b>	<ul style="list-style-type: none"> <li>Bolelela barutwana go bula letlhare le le phepa mme ba kwale setlhogo: Mopeleto le Piletso</li> <li>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.</li> <li>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.</li> <li>Fa barutwana ba sa itse go kwala modumo kgotsa lefoko, ba tshwanetse go thala mothalo o monnye fa thoko ga nomoro</li> <li>Katisa barutwana go nna ka tidimalo ka nako ya diteko mme ba seka ba lebelela tiro ya ba bangwe.</li> <li>Rulaganya lenaane la mafoko a le 10 go a bitsa. Netefatsa gore o akaretsa mafoko a a latelang: thuu!, maaka, mooki, tiile.</li> <li>Go tsweng foo, ba biletse dipolelo tse pedi tsa piletso, o dirisa medumo le mafoko a barutwana ba a rutilweng.</li> <li>Kwa bofelong ba teko, phutha dibuka tsa barutwana mme o tshwaye teko.</li> <li>Tlhatlhoba morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase.</li> </ul>

<b>RUBURIKI</b>	<b>MAEMO 1 SELEKANYO 1-2 MADUO 1-5</b>	<b>MAEMO 1 SELEKANYO 3-4 MADUO 6-10</b>	<b>MAEMO 1 SELEKANYO 5-6 MADUO 11-15</b>	<b>MAEMO 1 SELEKANYO 7 MADUO 16-20</b>
	Morutwana o tshwere medumo le mafoko a a leng magareng ga 1-5 ka nepagalo.	Morutwana o tshwere medumo le mafoko a a leng magareng ga 6-10 ka nepagalo.	Morutwana o tshwere medumo le mafoko a a leng magareng ga 11-15 ka nepagalo.	Morutwana o tshwere medumo le mafoko a a leng magareng ga 16-20 ka nepagalo.

<b>3.4: PUISO</b>	
<b>MAIKAELELO</b>	<ul style="list-style-type: none"> <li>O buisetsa kwa godimo go tswa mo bukeng ka bokgoni jwa gagwe jwa go buisa.</li> <li>O dirisa mafoko a pono, medumopuo, ditiragalo le thulaganyo ya go sekaseka dikgono tsa go dumisa mafoko.</li> </ul>
<b>TIRISO</b>	<ul style="list-style-type: none"> <li>Se se ka diriwa nako nngwe le nngwe go simolola ka beke 6 go ya go beke 8</li> <li>Dira se ka nako ya puisokaelo ka ditlhopho</li> </ul>
<b>TIRWANA</b>	<ul style="list-style-type: none"> <li>Ka nako ya puisokaelo ka ditlhopho, bitsa morutwana mongwe le mongwe wa setlhopho go tla go go buisetsa ka nosi.</li> <li>Kopa morutwana go buisetsa kwa godimo go tswa mo setlhangweng sa bokgoni jwa bona jwa go buisa. Netefatsa gore setlhangwa se akaretsa mafoko a a dumisegang.</li> <li>Tlhatlhoba morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase.</li> </ul>



RUBURIKI	MAEMO 1 SELEKANYO 1-2	MAEMO 2 SELEKANYO 3-4	MAEMO 3 SELEKANYO 5-6	MAEMO 4 SELEKANYO 7
<b>THELELO</b>	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 tswelala.	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.
<b>DIKGONO TSA GO DUMISA MAFOKO</b>	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

### 3.5: MOKWALO / GO KWALA

<b>MAIKAELELO</b>	<ul style="list-style-type: none"> <li>Kwala ka bothakga le nepagalo. O dirisa mokwalo o o tshwaraganeng.</li> <li>Kwala setlhangwa sa gagwe sa dipolelo tse 10 bonnye. O dirisa matshwao a puo ka nepagalo, popego ya polelo le paka.</li> </ul>
<b>TIRISO</b>	<ul style="list-style-type: none"> <li>Dira se o dirisa thuto ya go kwala ya dibeke 3-4, dibeke 5-6, kgotsa dibeke 7-8.</li> </ul>
<b>TIRWANA</b>	<ul style="list-style-type: none"> <li>Dira thuto ya go kwala jaaka metlha.</li> <li>Phutha dibuka tsa barutwana kwa bofelong jwa modikologo wa go kwala.</li> <li>Tlhatlhoba mokwalo wa morutwana mongwe le mongwe o dirisa ruburiki e e fa tlase.</li> </ul>

<b>RUBURIKI</b>	<b>MAEMO 1 SELEKANYO 1-2</b>	<b>MAEMO 2 SELEKANYO 3-4</b>	<b>MAEMO 3 SELEKANYO 5-6</b>	<b>MAEMO 4 SELEKANYO 7</b>
<b>MOKWALO</b>	Morutwana o kgaratlha go kwala ka bothakga le ka nepagalo. Mokwalo wa gagwe ga o tshwane ka bogolo, popego ya ditlhaka e fosagetse mme le diphatlha mo gare ga mafoko di tlogelwa ka dinako dingwe.	Morutwana o kgaratlha go kwala ka bothakga le ka nepagalo ka dinako dingwe. Mokwalo wa gagwe o ka nna o o sa tshwaneng ka bogolo, popego ya ditlhaka e fosagetse ka dinako dingwe kgotsa diphatlha mo magareng ga mafoko di tlogelwa ka dinako dingwe.	Morutwana o kwala ka bothakga le ka nepagalo go le gantsi. Mokwalo wa gagwe o a tshwana ka bogolo, popego ya ditlhaka e nepagetse go le gantsi o tlogela le diphatlha mo magareng ga mafoko.	Morutwana o kwala ka bothakga le ka nepagalo. Mokwalo wa gagwe o a tshwana ka bogolo, popego ya ditlhaka e nepagetse e bile o bula diphatlha mo magareng ga mafoko.
<b>GO KWALA: BOITSHIMOLOLEDI</b>	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.
<b>GO KWALA: BOLEELE</b>	Setlhangwa se na le dipolelo tse di ka fa tlase ga 7.	Setlhangwa se na le bonnye dipolelo di le 7-8.	Setlhangwa se na le bonnye dipolelo di le 9.	Setlhangwa se na le bonnye dipolelo di le 10.
<b>GO KWALA: MATSHWAO A PUO</b>	Morutwana o kgaratlhela go dirisa ditlhakakgolo le dikhutlo ka go tshwana le ka nepagalo.	Morutwana o dirisa ditlhakakgolo le dikhutlo ka nepagalo fela o kgaratlha ka matshwao a mangwe a puo.	Morutwana o dirisa matshwao a puo otlhe a a rutilweng ka tekano fela o dira diphoso ka dinako dingwe.	Morutwana o dirisa matshwao a puo otlhe a a rutilweng ka nepagalo mme o dira diphoso ka selebalo.
<b>GO KWALA: POPEGO YA POLELO LE PAKA</b>	Popego ya polelo e fosagetse go le gantsi. Go na le diphoso di le 7 kgotsa go feta tsa tolamo ya mafoko, mafoko a a tlhaelang kgotsa paka.	Popego ya polelo e fosagetse ka dinako dingwe. Go na le diphoso di le 5-6 ka tolamo ya mafoko, mafoko a a tlhaelang kgotsa paka.	Popego ya polelo go le gantsi e nepagetse. Go na le diphoso di le 3-4 ka tolamo ya mafoko, mafoko a a tlhaelang kgotsa paka.	Popego ya polelo go le gantsi e nepagetse. Go na le diphoso di le 1-2 ka tolamo ya mafoko, mafoko a a tlhaelang kgotsa paka.