

Thulaganyo ya go ruta

SETSWANA

PUO YA GAE

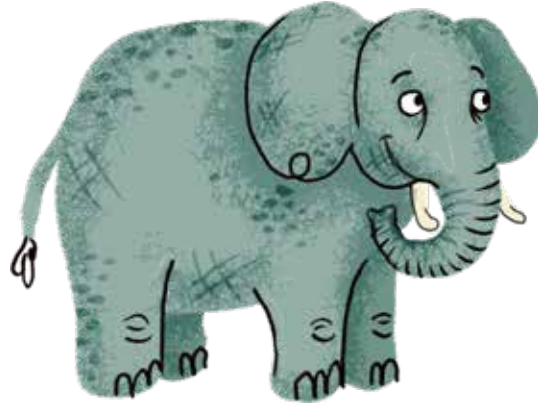
KGWEDITHARO 3



MOPHATO

1





Thulaganyo ya go Ruta

MOPHATO 1 | KGWEDITHARO 3

SETSWANA

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KGWEDIT HARO 3

THULAGANYO YA GO RUTA





Go Reetsa le go Bua: Itsise Thitokgang



NAKO:
15 metsotso



DIDIRISWA:
Ditshwantsho
le dilwana
tsa nnete tsa
thitokgang go
bontshiwa

Bukapuiso ya
Ditumiso

1. **Dira paakanyo ya go bontsha thitokgang:** *Diaparo tsa rona*
2. **Botsa dipotso tse di tlhamaletseng go rotloetsa lemorago la kitso la barutwana.**
 - *Ke diaparo dife tse o di ratang thata?*
 - *Goreng o rata diaparo tseo thata jaana?*
 - *Fa o ne o ka nna le seaparo sengwe kgotsa ditlhako, e ne e tla nna eng?*
3. **Dira mmapa wa tlhaloganyo o dirisa dipotso mme barutwana ba di arabe.**
4. **Kwala dikarabo tsa gago mo mmapeng wa tlhaloganyo go oketsa kitso ya barutwana.**
5. **Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 2.**
6. **Bolelela barutwana go supa tokafatso ya puo ya thitokgang.**
 - a. Buisetsa tokafatso ya puo kwa godimo.
 - b. Laela barutwana go e buisa le wena, kgotsa go e boeletsa fa morago ga gago: Motho yo o dikobo dikhutswane
7. **Dira puisano ya tokafatso ya puo le barutwana.**
 - a. Botsa jaana: A lo ka mopolelela gore seno se kaya eng? / A lo ka kgona go bona karabo?
 - b. Rotloetsa barutwana go abelana dikakanyo tsa bona.
 - c. Tlhalosa bokao kgotsa neela karabo ka tsela e e latelang: Seno se kaya gore motho o humanegile.



Medumopuo: Boeletsa medumo yotlhe e e rutilweng mo Kgweditharong ya 2



NAKO:
15 metsotso



DIDIRISWA:
Kgweditharo
2 Papetlana
ya Mokgabiso
ya
Medumopuo
Bukapuiso ya
Ditumiso

1. **Baya barutwana sentle mo mmetsheng kgotsa fa fatshe fa pele ga gago.**
 - a. Bolelela barutwana go reetsa leina la bona.
 - b. Fa o bua leina la morutwana, ba tshwanetse go buisa modumo wa papetlana ya mokgabisa e o e tsholeditseng.
 - c. Bua leina la morutwana yo mongwe. Morutwana yo, o tshwanetse go bua lefoko le le simololang kgotsa le dirisa modumo.
 - d. Direla seno ka bonako. Dira gore e utlwagale jaaka motshameko o o itumedisang mme o tseye dintlha ka barutwana ba ba kgaratlhang.
 - e. Fa morutwana a dira phoso, bua jaana: 'reetsa ka kelotlhoko' mme o bue modumo.
2. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Mosupologo.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 4.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhophla.



Mokwalo: Boeletsa ditlhaka tsotlhe tse di rutilweng mo Kgweditharong ya 2



NAKO:
15 metsotso



DIDIRISWA:
Buka ya
Tlhatlhobo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona re dire jaaka e kete re tshameka piano.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Ba bontshe popego ya ditlhakanye tsotlhe tse di rutilweng mo Kgweditharong ya 2.**
 - a. Kwala tlhakanye nngwe le nngwe mo patitšhokong.
 - b. Fa o kwala, tlhalosa gore o simolola kwa kae, kwa o yang teng le kwa o feleletsang teng tlhaka nngwe le nngwe.
 - c. Bolelela barutwana go kwala mola wa tlhaka nngwe le nngwe mo dibukeng tsa go kwalela tsa bona, ba tlogele phatlha e e lekanang le monwana mo magareng ga tlhaka nngwe le nngwe.
 - d. Bolelela barutwana gore ba netefatse gore ba kgona go bopa tlhaka nngwe le nngwe ka nepagalo.
3. **Tlhatlhoba popego ya tlhakanye ya barutwana.**
 - a. Fa barutwana ba kwala, tsamayatsamaya mme o tlhatlhobe popego ya tlhaka ya bona.
 - b. Naya tshegetso fa e tlhokega.
 - c. Tsaya dintlha ka barutwana ba ba santseng ba kgaratlha go bopa ditlhaka ka nepagalo.



Puisokopanelo: Itsise Kgang



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
Tsebe ya
matseno 1

1. Itsise kgang.

- Bua jaana: Mo bekeng eno re tlile go buisa kgang e setlhogo sa yona se reng: *Baki eo ke ya me.*
- Bua jaana: *Kgang eno e ka ga Matshepo. Moso mongwe o o tsididi mariga, O tsoga a itumetse gore a apare baki ya gagwe e a e ratang. Fela fa a ya kwa khabotong go e tsaya, ga e yo! Matshepo o utlwisiwa botlhoko ke go bona monnawe Felleng a e apere. Ka kgalefo o akanya gore Felleng o utswitse baki ya gagwe. Go tsweng foo, Matshepo o fenyekolola dilaiki tsa Felleng mme o fitlhela diaparo tse dintsi tsa gagwe tsa bogologolo. O leka go di apara, mme tsotlhe di dinnye thata. Matshepo o ikutlwa a galefile gore Felleng o tsere diaparo tsa gagwe tsotlhe. A Matshepo o tla nna a ntse a galefile, kgotsa mmaagwe o tla mo thusa go ribolola kgakgamatso e ntle ka go gola?*
- Botsa jaana: A lo itse sengwe ka ga seno?
- Ka bokhutshwane bontsha barutwana ditshwantsho tsa kgang.

2. Aga lemorago la kitso la barutwana.

- Abelana le go tlhalosa lemorago la tshedimosetso e e neetsweng mo kgannyeng.
- Bontsha barutwana kwa kgang e diragalelang teng o dirisa mmapa wa Kgobokanyo ya Ditlhangwa.
- Botsa jaana: A lo na le nngwe ya dipotso ka ga kgang eno?

3. Tlhalosa togaleano ya go tlhaloganya.

- Bua jaana, mo bekeng eno re ya go ithuta go: Tshwantsha mo mogopolong.
- Tlhalosetsa barutwana togaleano eno.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 1&2



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 4.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 1 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 1 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 2.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Ruta Tlotlofoko



NAKO:
15 metsotso



DIDIRISWA:
Dipapetlana-
puiso tsa
tlotlofoko,
ditshwa-
ntsho,
dilwana
Bukapuiso ya
Ditumiso

1. **Gopotsa barutwana ka thitokgang.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 2.
 - b. Buisa kgotsa o bue tikafatso ya puo gape.
 - c. Bontsha barutwana lenaane la mafoko tlotlofoko ya thitokgang.
 - d. Tlhalosa gore mafoko ano a tla ba thusa go tlhaloganya le go bua ka thitokgang.
 - e. Ba buisetse lenaane la mafoko.
2. **Dirisa SDTB go ruta tlotlofoko.**
 - a. Ruta mafoko a a latelang a tlotlofoko:
 - *go roroma: O roroma ka gonne o ikutlwa o tsidifetse thata kgotsa o tshogile.*
 - *boruma: Go nna boleta thata le bothitho.*
 - *go gola go feta: Go gola thata mo go sengwe mo se sa tlholeng se go lekana.*
3. **Dirisa ditogamaano tsa SDTB tse di tshwanetseng lefoko lengwe le lengwe:**

S: Supa setshwantsho kgotsa selwana sa nnete

D: Diragatsa lefoko

T: Tlhalosetsa barutwana bokao ba lefoko

B: Bua lefoko mo polelong



Medumopuo: Boeletsa medumo yotlhe e e rutilweng mo Kgweditharong ya 2



NAKO:
15 metsotso



DIDIRISWA:
Kgweditharo
2 Papetlana
ya Mokgabiso
ya
Medumopuo
Bukapuiso ya
Ditumiso

1. **Baya barutwana sentle mo mmetsheng kgotsa fa fatshe fa pele ga gago.**
 - a. Bolelela barutwana go reetsa leina la bona.
 - b. Fa o bua leina la morutwana, ba tshwanetse go buisa modumo wa papetlana ya mokgabisa e o e tsholeditseng.
 - c. Bua leina la morutwana yo mongwe. Morutwana yo, o tshwanetse go bua lefoko le le simololang kgotsa le dirisa modumo.
 - d. Direla seno ka bonako. Dira gore e utlwagale jaaka motshameko o o itumedisang mme o tseye dintlha ka barutwana ba ba kgaratlhang.
 - e. Fa morutwana a dira phoso, bua jaana: 'reetsa ka kelotlhoko' mme o bue modumo.
2. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labobedi.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 5.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhophla.



Mokwalo: Boeletsa ditlhaka tsotlhe tse di rutilweng mo Kgweditharong ya 2



NAKO:
15 metsotso



DIDIRISWA:
Buka ya
Tlhatlhobo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go gatelela diatla tsa rona go dira lebole re balela go 5, re bo re repa.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Ba bontshe popego ya ditlhakgolo tsotlhe tse di rutilweng mo Kgweditharong ya 2**
 - a. Kwala tlhakakgolo nngwe le nngwe mo patitšhokong.
 - b. Fa o kwala, tlhalosa gore o simolola kwa kae, kwa o yang teng le kwa o feleletsang teng tlhaka nngwe le nngwe.
 - c. Bolelela barutwana go kwala mola wa tlhaka nngwe le nngwe mo dibukeng tsa go kwalela tsa bona, ba tlogele phatlha e e lekanang le monwana mo magareng ga tlhaka nngwe le nngwe.
 - d. Bolelela barutwana gore ba netefatse gore ba kgona go bopa tlhaka nngwe le nngwe ka nepagalo.
3. **Tlhatlhoba popego ya tlhakakgolo ya barutwana.**
 - a. Fa barutwana ba kwala, tsamayatsamaya mme o tlhatlhobe popego ya tlhaka ya bona.
 - b. Naya tshegetso fa e tlhokega.
 - c. Tsaya dintlha ka barutwana ba ba santseng ba kgaratlha go bopa ditlhaka ka nepagalo.



Puisokopanelo: Dira Puiso ya pele



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhanga,
tsebe 3

1. **Baya barutwana mo maemong a a siameng go dira Puiso ya Pele.**
 - a. Bitsa barutwana go tla go nna mo mmetsheng kgotsa fa fatshe.
 - b. Nna fa pele ga barutwana le Kgobokanyo ya Ditlhanga.
 - c. Netefatsa gore barutwana botlhe ba kgona go bona buka.
 - d. Gopotsa barutwana ka maitseo a o a lebeletseng ka nako ya Puisokopanelo, sk. Maoto a fapane; matsogo a nne mo diropeng tsa bona; ba reetse ka tlhoafalo; ba tsiboge fa ba bidiwa; ba emise matsogo go botsa potso.
2. **Dira Puiso ya Pele jaana:**
 - a. Bua setlhogo sa kgang: *Baki eo ke ya me.*
 - b. Tlhalosa bokgoni ba ponelopele. Bua jaana: Fa re dira ponelopele, re dirisa setlhogo le ditshwantsho go leka go batla gore kgang e ka ga eng.
 - c. Bontsha barutwana ditshwantsho mo tsebeng nngwe le nngwe.
 - d. Botsa jaana: O akanya gore go diragala eng fano?
 - e. Botsa jaana: O akanya gore ditshwantsho tseno di amana jang?



Puisokaelo ka ditlhopha: Dira le Ditlhopha 3&4



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 5.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 3 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 3 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 4.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Ruta tlotlofoko mme le buisane ka setshwantsho sa thitokgang



NAKO:
15 metsotso



DIDIRISWA:
Dipapetlana-
puiso tsa
tlotlofoko,
ditshwa-
ntsho,
dilwana
Bukapuiso ya
Ditumiso

1. Dirisa SDTB go ruta tlotlofoko.

- a. Ruta mafoko a a latelang a tlotlofoko:
 - *diaparo: Se batho ba se aparang.*
 - *bogolo: Gore selo se segolo kgotsa se sennye go le kana kang.*
 - *phuthologile: Diaparo tse di bonalang di le dintle mo mmeleng wa gago.*
- b. Dirisa ditogamaano tsa SDTB tse di tshwanetseng lefoko lengwe le lengwe.

2. Aga lemorago la kitso la barutwana.

- a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 12.
- b. Bolelela barutwana tshedimosetso e e latelang ka setshwantsho:
 - *Lengwe la mabaka a gore re apare diaparo ke go itshireletsa. Diaparo tsa rona di re sireletsa mo maemong a bosa, mo go longweng ke ditshenekegi le go gobala fa re dira dilo tse di farologaneng, jaaka go tshameka kgwele ya dinao.*
 - *Mo maemong a bosa a a tsididi, re tlhoka go apara diaparo tse di sireletsang mebele ya rona le go tshwara mogote mo mmeleng wa rona. Re latlhegelwa ke mogote o montsi wa mmele ka ditlhogo tsa rona, diatla le maoto. Se se kaya gore fa go le tsididi thata, re tshwanetse go rwala dikausu tse di bothitho, ditlelafo le dihutshe.*
 - *Fa go le mogote, re tlhoka go apara diaparo tse di re sireletsang mo letsatsing le mo mogoteng. Hutshe e e nang le losi lo lo bulegileng e re sireletsa gore re se ka ra fisiwa ke letsatsi le gore re se ka ra gotela thata. Gape re tshwanetse go apara diaparo tse di botlhofo tse di sireletsang letlalo la rona.*

3. Buisanang ka setshwantsho.

- a. Dirisa dipotso tse di latelang go buisana ka setshwantsho jaana:
 - Botsa potso ya ntlha.
 - Laela barutwana go buisana ka potso le molekane wa bona.
 - Bitsa barutwana ba le mmalwa ka bongwe go abelana dikarabo tsa bona.
 - Aga lemorago la kitso la barutwana ka go siamisa se ba sa se tlhaloganyeng le go abelana tshedimosetso e e amanang le thitokgang.
 - Boeletsa thulaganyo eno ka dipotso tsotlhe.

4. Dipotso:

- a. *Ke diaparo dife tse o di bonang mo setshwantshong?*
- b. *Ke mang yo o go thusang go tlhopha diaparo tsa gago mo mosong?*
- c. *A o na le diaparo tse di tshwanang le tseno kwa gae?*



Tshameka motshameko wa temogo ya medumopuo: Modumo ke... Ke batla...



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Dira gore bautwana ba ritibale gore ba kgone go go reetsa.**
2. **Bontsha motshameko ka tsela e e latelang:**
 - a. Motho yo o 'tshamekang' a re a re: Modumo ke P, ke batla MAINA A BASETSANA.
 - b. Barutwana ba tsholetsa diatla fa ba ka akanya ka leina la mosetsana le le nang le P.
 - c. Motho yo o mo go yone o supa motho mongwe le mongwe mme a mo letle go bua leina la gagwe. Ba ka nna ba se ka ba boeletsa leina le le kileng la buiwa.
 - d. Motho wa bo 5 go bua leina ka nepagalo o tla nna yo o 'tshamekang'.
 - e. Motho yo montšhwa yo o 'tshamekang' a re: Modumo ke M, ke batla MEFUTA YA DIJO.
 - f. Motshameko o tswela ka tsela eno.
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Laboraro.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 7.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopha.



Mokwalo: Kopolola mafoko



NAKO:
15 metsotso



DIDIRISWA:
Buka ya
Tlhatlhobo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go dikolosa malokololo a diatla go dikologa go ya kwa melemeng le kwa mojang.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Kwala mafoko a a latelang mo patitšhokong: ila, fola, leka**
 - a. Laela barutwana go kopololela mafoko ka mo dibukeng tsa go kwalela tsa bona.
 - b. Ba tshwanetse go kopolola ka bothakga le ka nepo ka moo ba ka kgonang.
3. **Lekola bokgoni jwa barutwana jwa go kopolola mafoko.**
 - a. Fa barutwana ba kwala, tsamayatsamaya mme o tseye dintlha ka barutwana ba ba kgaratlhang:
 - Go kopolola mafoko ka nepo
 - Go bopa ditlhaka le mafoko ka nepagalo le bophepa
 - Go fetsa mafoko mo nakong e e abilweng



Puisokopanelo: Dira Puiso ya Ntlha



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 3

1. Baakanyetsa barutwana Puiso ya Ntlha.

- Baya barutwana mo maemong a a siameng mo mmetsheng.
- Ba gopotse ka maitseo a a lebeleletsweng.
- Gopotsa barutwana ka setlhogo sa kgang: *Baki eo ke ya me*
- Bua jaana: *Kgang eno e ka ga Matshepo. Moso mongwe o o tsididi mariga, O tsoga a itumetse gore a apare baki ya gagwe e a e ratang. Fela fa a ya kwa khabotong go e tsaya, ga e yo! Matshepo o utlwisiwa botlhoko ke go bona monnawe Felleng a e apere. Ka kgalefo o akanya gore Felleng o utswitse baki ya gagwe. Go tsweng foo, Matshepo o fenyekolola dilaiki tsa Felleng mme o fitlhela diaparo tse dintsi tsa gagwe tsa bogologolo. O leka go di apara, mme tsotlhe di dinnye thata. Matshepo o ikutlwa a galefile gore Felleng o tsere diaparo tsa gagwe tsotlhe. A Matshepo o tla nna a ntse a galefile, kgotsa mmaagwe o tla mo thusa go ribolola kgakgamatso e ntle ka go gola.*

2. Dira Puiso ya Ntlha jaana:

- Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
- Bontsha barutwana ditshwantsho.
- Fa go tlhokega, emisa mme o tlhalosetse barutwana.
- Bua ka mafoko a tlotlofoko fa a tlhagelela.
- Kwa bofelong ba kgang, botsa dipotso tsa Puiso 1 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.
- Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: *Tshwantsha mo mogopolong.*
 - Botsa barutwana: *Tswala matlho a gago mme o leke go tshwantsha mo mogopolong sengwe go tswa mo kgannyeng eno. O bona eng?*



Go kwala: Bontsha PYP le tiro



NAKO:
20 metsotso



DIDIRISWA:
Letlhomiso la
go kwala:

Fa go le
tsididi, ke
apara...

Fa go le
mogote, ke
apara...

Ke rata go
apara...

1. **Itsise go tlhoma mogopolo mo PYP (Popego ya Polelo).**
 - a. Bua jaana: Beke eno re tlile go tlhoma mogopolo mo: Go dirisa phegelwana go bontsha go kgaotsa ka bonako mo polelong.
 - b. Kwala polelo mo patišhokong: *Lebo, tlaya o nne mo mmetsheng.*
 - c. Bua ka PYP: Phegelwana e dirisiwa mo polelong go bontsha fa go tshwanetseng go nna le kgaotso ka bonako.
2. **Itsise tiro ya go kwala.**
 - a. Bua jaana: Mo bekeng eno re ya go: Thala setshwantsho mme o kwale dipolelo di le tharo.
 - b. Bua jaana: Re ya go thala le go kwala ka: *Diaparo tsa maemo a bosa a a farologaneng.*
3. **Tlhalosa karabo ya gago ya tiro ya go kwala ka molomo, pele o kwala.**
 - a. Bua jaana: *Fa go le tsididi, ke apara... gore ke nne ke thuthafetse.*
4. **Bontsha tiro mo patitšhokong.**
 - a. Thala setshwantsho sa ka bonako se se bontshang: *Wena mo letsatsing le le tsididi.*
 - b. Bontsha barutwana gore ba tlatse jang letlhomiso la go kwala.
 - c. Bua ka PYP: Phegelwana e dirisiwa mo polelong go bontsha fa go tshwanetseng go nna le kgaotso ka bonako.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 5&6



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 7.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 5 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 5 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 6.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Tshameka motshameko wa temogo ya medumopuo: Modumo ke... Ke batla...



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Dira gore bautwana ba ritibale gore ba kgone go go reetsa.**
2. **Bontsha motshameko ka tsela e e latelang:**
 - a. Motho yo o 'tshamekang' a re a re: Modumo ke P, ke batla MAINA A BASETSANA.
 - b. Barutwana ba tsholetsa diatla fa ba ka akanya ka leina la mosetsana le le nang le P.
 - c. Motho yo o mo go yone o supa motho mongwe le mongwe mme a mo letle go bua leina la gagwe. Ba ka nna ba se ka ba boeletsa leina le le kileng la buiwa.
 - d. Motho wa bo 5 go bua leina ka nepagalo o tla nna yo o 'tshamekang'.
 - e. Motho yo montšhwa yo o 'tshamekang' a re: Modumo ke M, ke batla MEFUTA YA DIJO.
 - f. Motshameko o tswelela ka tsela eno.
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labone.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 8.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopha.



Mokwalo: Kopolola mafoko



NAKO:
15 metsotso



DIDIRISWA:
Buka ya
Tlhatlhobo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go otlololela menwana ka mogare le kwa ntle.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Kwala mafoko a a latelang mo patitšhokong: noka, sela, bana**
 - a. Laela barutwana go kopololela mafoko ka mo dibukeng tsa go kwalela tsa bona.
 - b. Ba tshwanetse go kopolola ka bothakga le ka nepo ka moo ba ka kgonang.
3. **Lekola bokgoni jwa barutwana jwa go kopolola mafoko.**
 - a. Fa barutwana ba kwala, tsamayatsamaya mme o tseye dintlha ka barutwana ba ba kgaratlhang:
 - Go kopolola mafoko ka nepo
 - Go bopa ditlhaka le mafoko ka nepagalo le bophepa
 - Go fetsa mafoko mo nakong e e abilweng



Puisokopanelo: Dira Puiso ya Bobedi



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 3

1. **Rulaganya barutwana go dira Puiso ya bobedi.**
 - a. Baya barutwana mo maamong a a siameng mo mmetsheng.
 - b. Ba gopotse ka maitseo a a lebeleletsweng.
 - c. Gopotsa barutwana ka setlhogo sa kgang: *Baki eo ke ya me*
 - d. Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: *Tshwantsha mo mogopolong*
 - Bua jaana, le a gopola gore re buisane ka seno maabane, fa ke go botsa: *Tswala matlho a gago mme o leke go tshwantsha mo mogopolong sengwe go tswa mo kgannyeng eno. O bona eng?*
2. **Dira Puiso ya Bobedi jaana:**
 - a. Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
 - b. Bontsha barutwana setshwantsho.
 - c. Dirisa dikao tse di mo tsebeng ya matseno go bontsha togaleano ya go tlhaloganya.
 - d. Kwa bofelong ba kgang, botsa dipotso tsa Puiso 2 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.



Go kwala: Go rulaganya le kwalo ya ntlha



NAKO:
20 metsotso



DIDIRISWA:
Letlhomeso la
go kwala:

Fa go le
tsididi, ke
apara...

Fa go le
mogote, ke
apara...

Ke rata go
apara...

1. **Itsise gape tiro ya go kwala.**
 - a. Bua jaana: Gopolang gore mo bekeng eno re ya go thala le go kwala ka:
Diaparo tsa maemo a bosa a a farologaneng.
2. **Laela barutwana go akanya ka go kwala ga bona.**
 - a. Bua jaana: Tswala matlho a gago mme o akanye ka gore o tla araba jang letlhomeso la go kwala.
 - b. Bua jaana: Abelana kakanyo ya gago le molekane.
 - c. Tlhatlhanyang mme le kwale mafoko a a mosola mo patitšhokong, sk. hutshe, jeresi, sekhafo, hutshe ya letsatsi, borokgwe jo bokhutshwane, sekipa
3. **Laela barutwana go simolola go kwala ka mo dibukeng tsa bona.**
 - a. Bua jaana: Jaanong thala mme o kwale dikakanyo tsa gago.
 - b. Gopotsa barutwana ka PYP: Phegelwana e dirisiwa mo polelong go bontsha fa go tshwanetseng go nna le kgaotso ka bonako.
4. **Tsamayatsamaya ka mo phaposing mme o thuse barutwana ka bongwe.**
 - a. Kopa barutwana gore ba go boleelele dikakanyo tsa bona.
 - b. Thusa barutwana ba ba kgaratlhang go simolola tiro ya go kwala.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 7&8



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 8.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 7 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 7 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 8.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Buisanang ka kgang ya Puisokopanelo



NAKO:
15 metsotso



DIDIRISWA:
Letlhomeso la
dipuisano:

Kgang eno e
ne e le ka ga...

Ke e ratile fa...

Ke ithutile
gore...

1. **Baakanyetsa barutwana puisano ya setlhopha.**
 - a. Rulaganya barutwana ka ditlhopha tse 4.
 - b. Naya setlhopha sengwe le sengwe thobane ya go bua kgotsa leje'.
 - c. Bua jaana: O ka kgona go bua fa fela o tshotse 'thobane ya go bua/leje'.
2. **Dirang dipotso tsa puisano.**
 - a. Gopotsa barutwana ka kgang ya Puisokopanelo ya beke.
 - b. Kwala letlhomeso la puisano mo patitšhokong.
 - c. Buisa le go tlhalosa potso nngwe le nngwe (polelo e simololang karabo.)
 - d. Bolelela barutwana gore leloko lengwe le lengwe la setlhopha le tshwanetse go bona tšhono go araba potso nngwe le nngwe.
 - e. Rotloetsa barutwana go akanya ka dikarabo tse di farologaneng.
3. **Laela barutwana go simolola ka dipuisano tsa bona.**
 - a. Laela barutwana baba tshotseng 'thobane e buang/leje' go simolola.
 - b. Tsamayatsamaya mme o ba neye tshegetso e e tlhokegang.
 - c. Mo metsotsong e le mmalwa ya bofelo, bitsa setlhopha go abelana dikarabo tsa bona.
4. **Paakanyo ya morutwana**
 - a. Lemoga barutwana ba le 3–4 go dira neelano ya molomo ka Mosupologo.
 - b. Bolelela barutwana gore ba dire paakanyo ya Mosupologo ya eng. (Lebelela RB mo lenaneothutong ka Mosupologo)



Medumopuo: Piletso



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baya barutwana sentle ka dibuka tsa go kwalela tsa bona, dipene le dithaledi.**
 - a. Bolelela barutwana go kwala setlhogo, 'Piletso' mme ba kwale dipalo 1-6 fa thoko ga mothalo o mohibidu.
 - b. Bitsa mafoko a a latelang a le marataro gore barutwana ba a kwale go bapa le dipalo 1-6: *ulu, rema, opa, duma, jala, tala*
2. **Bolelela barutwana go dirisa dipensele tsa mebala go siamisa tiro ya bona.**
 - a. Kwala mafoko a le marataro mo patitšhokong.
 - b. Fa o kwala, dumisa lefoko lengwe le lengwe.
 - c. Bolelela barutwana go sekeletsa diphoso tsa bona ka pensele ya mmala.
 - d. Bolelela barutwana go kwala mafoko gape ka nepagalo.
3. **Tsaya dintlha ka dikgwetlho le Tswelopele ya barutwana.**
4. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labotlhano.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 9.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaello ka Ditlhophu.



Puisokopanelo: Dira puiso ya morago



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 3

1. **Baakanyetsa barutwana puiso ya morago.**
 - a. Gopotsa barutwana ka setlhogo sa kgang: *Baki eo ke ya me*
 - b. Tlhalosa tiro. Bua jaana: *Gompieno re ya go diragatsa kgang ka ditlhopha.*
2. **Bontsha tiro jaana:**
 - a. Bua jaana: Fa re diragatsa kgang, re tshwanetse go leka go:
 - Gokologelwa se moanelwa a se dirang le go se bua
 - Bua le go diragatsa jaaka moanelwa wa rona
 - Dirisa mangwe a mafoko jaaka moanelwa wa rona
 - b. Ka bokhutshwane bontsha barutwana gore o tla diragatsa jang jaaka mongwe wa baanelwa.
 - c. Leka gore o seke wa tlhopha moanelwamogolo mo sekaong sa gago.
3. **Laela barutwana go dira tiro.**
 - a. Bala gore go na le baanelwa ba le bakae mo kgannyeng.
 - b. Arola phaposi ka ditlhopha tsa palo eo. Ka Sekai, fa go na le baanelwa ba le 5 mo kgannyeng, arola phaposi ka ditlhopha tsa 5.
 - c. Naya morutwana mongwe le mongwe mo setlhopheng karolo ya moanelwa.
 - d. Ntshetsa phaposi kwa ntle kgotsa kwa lefelong le legolo le le bulegileng.
 - e. Bolelela ditlhopha go diragatsa kgang. Ba tshwanetse go:
 - Gokologelwa se ba se moanelwa wa bona a se dirang le se a se buang
 - Bua le go diragatsa jaaka moanelwa wa bona
 - Dirisa mangwe a mafoko jaaka moanelwa wa bona
 - f. Fa barutwana ba diragatsa kgang, tsamayatsamaya mme o ba neye tshegetso e e tlokegang.
4. **Letla barutwana go abelana tiro ya bona.**
 - a. Naya ditlhopha metsotso e mmalwa go bontsha tiro ya yona.
 - b. Bitsa ditlhopha go abelana tiro ya bona ka mo phaposing.



Go kwala: Kwalo ya ntlha le go siamisa



NAKO:
20 metsotso



DIDIRISWA:
Letlhomeso la
go kwala:

Fa go le
tsididi, ke
apara...

Fa go le
mogote, ke
apara...

Ke rata go
apara...

1. **Gakolola barutwana ka tiro ya bona ya go kwala.**
 - a. Bua jaana: Gompiano re ya go fetsa tiro ya go kwala.
2. **Itsise pharologano.**
 - a. Tsamayatsamaya ka mo phaposing mme o thuse barutwana ba ba kgaratlhang.
 - b. Naya barutwana ba ba bonako tirwana ya koketso ya ka bonako: *Kwala polelo e nngwe mo kwalong ya gago.*
3. **Laela barutwana go buisa le go siamisa se ba se kwadileng.**
 - a. Bua jaana: Jaanong ke nako ya go buisa le go siamisa tiro ya gago.
 - b. Bua jaana, gopola go lekola gore: Phegelwana e dirisiwa mo polelong go bontsha fa go tshwanetseng go nna le kgaotso ka bonako.
4. **Fa nako e go letla, kopa barutwana go abelana kwalo ya bona.**
 - a. Barutwana ba ka abelana kwalo ya bona le molekane.
 - b. Barutwana ba le mmalwa ba ka abelana kwalo ya bona ka mo phaposing.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 9&10



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 9.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 9 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 9 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 10.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Go Neela ka Molomo



NAKO:
15 metsotso



DIDIRISWA:
Barutwana
ba ba
tlhophilweng
go tla le
selwana
kgotsa
setshwantsho
sa go
'Bontsha le
go Bua'

1. **Baya barutwana mo maemong a a siameng a go reetsa barutwana ba bangwe ba neela ka molomo.**
2. **Gopotsa barutwana ka tiro e e latelang: Bontsha le go ba bolelela**
 - a. Emisetsa selwana kgotsa setshwantsho se o se tlleng go re bontsha sona kwa godimo.
 - b. Re bolelele ka selwana kgotsa setshwantsho. Bua jaana:
 - Gompiano ke tlile go le bolelela ka...
 - Ke... (bogolo, mmala, bokete, phopholego, jalo jalo.)
 - E dirisetswa...
 - Ke a se rata ka gone...
 - c. Go tswa foo, botsa phaposi: Aa go na le dipotso?
 - d. Fa mongwe a na le potso, leka ka bojotle go e araba.
3. **Gopotsa barutwana ka bokgoni ba go neela jo bo latelang:**
 - a. Fa o neela puo, gakologelwa go:
 - Emisa selwana kgotsa setshwantsho gore mongwe le mongwe a se bone
 - Bua polelo ya gago ka tatelano e e nepagetseng
 - Bua dilo gangwe – o seka wa ipoeletsa
 - Bua ka lentswe le le kwa godimo le le phepa
4. **Bitsa barutwana baba tlhophilweng ka bongwe go dira neelo ya bona.**
 - a. Aga go itshepa mo morutwaneng mongwe le mongwe ka go lebogela neelo ya bona le go ba naya dipegelo tse di siameng.
 - b. Kwa bokhutlong ba thuto, naya phaposi pegelo ya kakaretso go tokafatsa go neelo ya bona. Sekao: Ke ne ke kgaratlha go utlwa bangwe ba lona. Ka kopo lehang go bua ka lentswe le le utlwagalang – re batla go utlwa se o tla se buang.



Medumopuo: Ruta modumo o montšhwa, go tswa foo kgaoganya o bo o kopanya



NAKO:
15 metsotso



DIDIRISWA:
Papetlana ya
Mokgabisa: p
Bukapuiso ya
Ditumiso

1. **Itsise modumo o montšhwa: p**
 - a. Bua modumo ga 3.
 - b. Bontsha barutwana papetlana ya mokgabisa mme o buise modumo ga 3.
 - c. Bolelela barutwana go reetsa mme ba boeletse modumo.
 - d. Kopa barutwana go bua mafoko a a simololang ka modumo oo kgotsa a a dirisang modumo oo.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang modumo ono.**
 - a. Bua lefoko: pene
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: p-e-n-e
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: peba
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Mosupologo.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 10.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopha.



Mokwalo: Ruta go bopa tlhakannye



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go tlhotlhora diatla tsa rona.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: p**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhogo tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: p
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: p**
 - a. Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: p**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Itsise Kgang



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
Tsebe ya
matseno 15

1. Itsise kgang.

- Bua jaana: Mo bekeng eno re tlile go buisa kgang e setlhogo sa yona se reng: *Borokgwe jo bo ntshwanelang.*
- Bua jaana: *Kgang eno e ka ga Boikhutso O ithatela borokgwe ba gagwe ba bogologolo jo bo lekanang sentle, fela bo setse bo le bonnye. Fa nako ya go ya mabenkeleng e fitlha go ya go reka borokgwe jo bo ntšhwa, Boikhutso ga a itumela. Ga a rate ka tsela e diaparo tse dintšhwa di utlwalegang ka teng mo mmeleng wa gagwe. Kwa lebenkeleng, o itekanya marokgwe a a farologaneng mme ga a bone jo bo mo nnang sentle. Mo kgannyeng re utlwa ka moo Boikhutso kwa bofelong a neng a tlhophisa sengwe se se mo nnang sentle go se apara, fa a amogela go leka dilo tse dintšhwa.*
- Botsa jaana: A lo itse sengwe ka ga seno?
- Ka bokhutshwane bontsha barutwana ditshwantsho tsa kgang.

2. Aga lemorago la kitso la barutwana.

- Abelana le go tlhalosa lemorago la tshedimosetso e e neetsweng mo kgannyeng.
- Bontsha barutwana kwa kgang e diragalelang teng o dirisa mmapa wa Kgobokanyo ya Ditlhangwa.
- Botsa jaana: A lo na le nngwe ya dipotso ka ga kgang eno?

3. Tlhalosa togaleano ya go tlhaloganya.

- Bua jaana, mo bekeng eno re ya go ithuta go: Dira dikgolaganyo.
- Tlhalosetsa barutwana togaleano eno.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 1&2



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 10.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 1 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 1 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 2.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Ruta Tlotlofoko



NAKO:
15 metsotso



DIDIRISWA:
Dipapetlana-
puiso tsa
tlotlofoko,
ditshwa-
ntsho,
dilwana

Bukapuiso ya
Ditumiso

1. **Gopotsa barutwana ka thitokgang.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 2.
 - b. Buisa kgotsa o bue tikafatso ya puo gape.
 - c. Bontsha barutwana lenaane la mafoko tlotlofoko ya thitokgang.
 - d. Tlhalosa gore mafoko ano a tla ba thusa go tlhaloganya le go bua ka thitokgang.
 - e. Ba buisetse lenaane la mafoko.
2. **Dirisa SDTB go ruta tlotlofoko.**
 - a. Ruta mafoko a a latelang a tlotlofoko:
 - *letsela: Selo se diaparo di dirilweng ka sone.*
 - *e tiile: Ga e boleta, go thata go e apara.*
 - *e kgolwane: E kgolwane ga e a gagamala mo mmeleng.*
3. **Dirisa ditogamaano tsa SDTB tse di tshwanetseng lefoko lengwe le lengwe:**

S: Supa setshwantsho kgotsa selwana sa nnete

D: Diragatsa lefoko

T: Tlhalosetsa barutwana bokao ba lefoko

B: Bua lefoko mo polelong



Medumopuo: Itsise tumammogo e e pataganeng e ntšhwa



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Itsise modumo o o pataganeng o montšhwa: mp**
 - a. Kwala medumo e e farologaneng mo patitšhokong mme o buise nngwe le nngwe ya yone.
 - b. Go tswa foo, mo kope gore a kopanye medumo eo e mebedi.
 - c. Kopa barutwana gore ba bue mafoko a a simololang ka kgotsa a a dirisang modumo o o pataganeng ono.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang mafoko a a nang le modumo o o pataganeng ono.**
 - a. Bua lefoko: mp
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: p-o-m-p-o
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: mpa
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labobedi.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 11.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopho.



Mokwalo: Ruta go bopa ditlhakakgolo



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go tlhotlhora diatla tsa rona.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: P**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhogo tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: P
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: P**
 - Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: P**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya pele



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 17

1. **Baya barutwana mo maemong a a siameng go dira Puiso ya Pele.**
 - a. Bitsa barutwana go tla go nna mo mmetsheng kgotsa fa fatshe.
 - b. Nna fa pele ga barutwana le Kgobokanyo ya Ditlhangwa.
 - c. Netefatsa gore barutwana botlhe ba kgona go bona buka.
 - d. Gopotsa barutwana ka maitseo a o a lebeleletseng ka nako ya Puisokopanelo, sk. Maoto a fapane; matsogo a nne mo diropeng tsa bona; ba reetse ka tlhoafalo; ba tsiboge fa ba bidiwa; ba emise matsogo go botsa potso.
2. **Dira Puiso ya Pele jaana:**
 - a. Bua setlhogo sa kgang: *Borokgwe jo bo ntshwanelang*
 - b. Tlhalosa bokgoni ba ponelopele. Bua jaana: Fa re dira ponelopele, re dirisa setlhogo le ditshwantsho go leka go batla gore kgang e ka ga eng.
 - c. Bontsha barutwana ditshwantsho mo tsebeng nngwe le nngwe.
 - d. Botsa jaana: O akanya gore go diragala eng fano?
 - e. Botsa jaana: O akanya gore ditshwantsho tseno di amana jang?



Puisokaelo ka ditlhopha: Dira le Ditlhopha 3&4



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 11.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 3 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 3 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 4.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Kanelokgang ya Maitlhamelo



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana kanelokgang ya maitlhamelo.**
 - a. Rulaganya barutwana ka ditlhopha tse 4.
 - b. Bolelela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng ya 11.
2. **Kaela barutwana go lebelela ditshwantsho.**
 - a. Botsa jaana: O bona eng mo setshwantshong seno?
3. **Bolelela barutwana gore mongwe le mongwe o tshwanetse go itlhamela kgang e khutshwane ka setshwantsho.**
4. **Bolelela barutwana gore sebopego sa kgang ya bona se nne jang. Bua jaana:**
 - a. Naya moanelwa mongwe le mongwe mo kgannyeng ya gago leina.
 - b. Bua gore kgang e diragalela kwa kae.
 - c. Kgang ya gago e tshwanetse go nna le tshimologo, bogare le bokhutlo.
 - d. Setshwantsho seno se bontsha karolo ya kgang ya gago.
 - Setshwantsho se ka bontsha tshimologo ya kgang ya gago.
 - Setshwantsho se ka bontsha bogare ba kgang ya gago.
 - Setshwantsho se ka bontsha bokhutlo ba kgang ya gago.
 - e. O ka simolola kgang ya gago ka gore:
 - Letsatsi lengwe, ____ o ne a ipaakanyetsa go...
 - Fa ____ a ne a sa kgone go bona...
5. **Laela barutwana go dira tirwana.**
 - a. Naya barutwana metsotso e mmalwa go akanya ka Dikgang tsa bona ka tidimalo.
 - b. Go tswa foo, laela barutwana go refosana go anela ditlhopha tsa bona dikgang. O ka rata go dirisa 'thobane ya go bua/leje' go dira seno.
 - c. Fa barutwana ba ntse ba bua, tsamayatsamaya mme o ba reetse.
6. **Konela thuto ka tsela e e latelang:**
 - a. Bitsa morutwana a le mongwe go abelana kgang ya bona le phaposing kgotsa botsa barutwana ba le 1–2 dipotso ka dikgang tsa ditlhopha tsa bona.
 - Botsa jaana: Kgang ya X e ne e le ka ga eng?
 - Botsa jaana: Ke eng se o se ratileng ka kgang ya ga X?
 - b. Naya paposi kakgelo ka kakaretso go tokafatsa dikgang tsa bona.
Sekao: Go le gantsi, kwa tshimologong ya kgang, re bua gore kgang e diragalela kwa kae, le gore baanelwa ke bomang. Mo nakong e e tlang, lekang go akaretsa tshedimosetso eno mo dikgannyeng tsa lona.



Medumopuo: Ruta modumo o montšhwa, go tswa foo kgaoganya o bo o kopanya



NAKO:
15 metsotso



DIDIRISWA:
Papetlana ya
Mokgabisa: y
Bukapuiso ya
Ditumiso

1. **Itsise modumo o montšhwa: y**
 - a. Bua modumo ga 3.
 - b. Bontsha barutwana papetlana ya mokgabisa mme o buise modumo ga 3.
 - c. Bolelela barutwana go reetsa mme ba boeletse modumo.
 - d. Kopa barutwana go bua mafoko a a simololang ka modumo oo kgotsa a a dirisang modumo oo.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang modumo ono.**
 - a. Bua lefoko: yole
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: y-o-l-e
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: yona
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Laboraro.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 13.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopha.



Mokwalo: Ruta go bopa tlhakannye



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go dikolosa malokololo a diatla go dikologa go ya kwa melemeng le kwa mojeng.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: y**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhogo tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: y
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: y**
 - a. Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: y**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya Ntlha



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 17

1. Baakanyetsa barutwana Puiso ya Ntlha.

- Baya barutwana mo maemong a a siameng mo mmetsheng.
- Ba gopotse ka maitseo a a lebeleletsweng.
- Gopotsa barutwana ka setlhogo sa kgang: *Borokgwe jo bo ntshwanelang*
- Bua jaana: *Kgang eno e ka ga Boikhutso O ithatela borokgwe ba gagwe ba bogologolo jo bo lekanang sentle, fela bo setse bo le bonnye. Fa nako ya go ya mabenkeleng e fitlha go ya go reka borokgwe jo bo ntšhwa, Neo ga a itumela. Ga a rate ka tsela e diaparo tse dintšhwa di utlwalegang ka teng mo mmeleng wa gagwe. Kwa lebenkeleng, o itekanya marokgwe a a farologaneng mme ga a bone jo bo mo nnang sentle. Mo kgannyeng re utlwa ka moo Neo kwa bofelong a neng a tlhopha sengwe se se mo nnang sentle go se apara, fa a amogela go leka dilo tse dintšhwa.*
- Botsa jaana: A lo itse sengwe ka ga seno?

2. Dira Puiso ya Ntlha jaana:

- Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
- Bontsha barutwana ditshwantsho.
- Fa go tlhokega, emisa mme o tthalosetse barutwana.
- Bua ka mafoko a tlotlofoko fa a tlhagelela.
- Kwa bofelong ba kgang, botsa dipotso tsa Puiso 1 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.
- Gopotsa barutwana ka togaleano ya go tthaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: Dira dikgolaganyo.
 - Botsa barutwana: A o ka dira dikgolaganyo le kgang eno? A sengwe se se tshwanang le seno se kile sa go diragalela kgotsa mongwe yo o mo itseng?



Go kwala: Bontsha PYP le tiro



NAKO:
20 metsotso



DIDIRISWA:
Bukatiro ya
DBE 2, tsebe
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Letlhomeso la
go kwala:

Sekipa sa me
se sentšhwa
se na le
setshwantsho
sa...

Ke rata
sekipa sa me
se sentšhwa
gonne...

A o rata
sekipa sa me
se se...

1. **Itsise go tlhoma mogopolo mo PYP (Popego ya Polelo).**
 - a. Bua jaana: Beke eno re tlile go tlhoma mogopolo mo: O dirisa letshwao la potso kwa bofelong ba potso.
 - b. Kwala polelo mo patišhokong: A o rata sekipa sa me sa nkwe?
 - c. Bua ka PYP: Potso e felela ka letshwao la potso.
2. **Itsise tiro ya go kwala.**
 - a. Bua jaana: Mo bekeng eno re ya go: Thala setshwantsho mme o kwale dipolelo di le tharo.
 - b. Bua jaana: Re ya go thala le go kwala ka: Thala setshwantsho sa phologolo e o e ratang mo sekipeng. Kwala ka sekipa sa gago se sentšhwa.
3. **Tlhalosa karabo ya gago ya tiro ya go kwala ka molomo, pele o kwala.**
 - a. Bua jaana: Sekipa se sentšhwa sa me se na le setshwantsho sa... gonne ke phologolo e ke e ratang.
4. **Bontsha tiro mo patišhokong.**
 - a. Thala setshwantsho sa ka bonako se se bontshang: Sekipa se se nang le phologolo e o e ratang.
 - b. Bontsha barutwana gore ba tlatse jang letlhomeso la go kwala.
 - c. Bua ka PYP: Potso e felela ka letshwao la potso.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 5&6



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 13.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 5 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 5 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 6.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Medumopuo: Itsise tumammogo e e pataganeng e ntšhwa



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Itsise modumo o o pataganeng o montšhwa: sw**
 - a. Kwala medumo e e farologaneng mo patitšhokong mme o buise nngwe le nngwe ya yone.
 - b. Go tswa foo, mo kope gore a kopanye medumo eo e mebedi.
 - c. Kopa barutwana gore ba bue mafoko a a simololang ka kgotsa a a dirisang modumo o o pataganeng ono.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang mafoko a a nang le modumo o o pataganeng ono.**
 - a. Bua lefoko: swaba
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: s-w-a-b-a
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: swela
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labone.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 14.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopha.



Mokwalo: Ruta go bopa ditlhakakgolo



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go otlolela menwana ka mogare le kwa ntle.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: Y**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhago tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: Y
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: Y**
 - Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: Y**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya Bobedi



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 17

1. **Rulaganya barutwana go dira Puiso ya bobedi.**
 - a. Baya barutwana mo maamong a a siameng mo mmetsheng.
 - b. Ba gopotse ka maitseo a a lebeleletsweng.
 - c. Gopotsa barutwana ka setlhogo sa kgang: *Borokgwe jo bo ntshwanelang*
 - d. Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: Dira dikgolaganyo
 - Bua jaana, le a gopola gore re buisane ka seno maabane, fa ke go botsa: A o ka dira dikgolaganyo le kgang eno? A sengwe se se tshwanang le seno se kile sa go diragalela kgotsa mongwe yo o mo itseng?
2. **Dira Puiso ya Bobedi jaana:**
 - a. Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
 - b. Bontsha barutwana setshwantsho.
 - c. Dirisa dikao tse di mo tsebeng ya matseno go bontsha togaleano ya go tlhaloganya.
 - d. Kwa bofelong ba kgang, botsa dipotso tsa Puiso 2 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.



Go kwala: Go rulaganya le kwalo ya ntlha



NAKO:
20 metsotso



DIDIRISWA:
Bukatiro ya
DBE 2, tsebe
54

Letlhomeso la
go kwala:

Sekipa sa me
se sentšhwa
se na le
setshwantsho
sa...

Ke rata
sekipa sa me
se sentšhwa
gonne...

A o rata
sekipa sa me
se se...

1. **Itsise gape tiro ya go kwala.**
 - a. Bua jaana: Gopolang gore mo bekeng eno re ya go thala le go kwala ka: 2.
2. **Laela barutwana go akanya ka go kwala ga bona.**
 - a. Bua jaana: Tswala matlho a gago mme o akanye ka gore o tla araba jang letlhomeso la go kwala.
 - b. Bua jaana: Abelana kakanyo ya gago le molekane.
 - c. Tlhatlhanyang mme le kwale mafoko a a mosola mo patitšhokong, sk. tau, tlou, pitse ya naga, ntšwa, podi, pitse
3. **Laela barutwana go bula tsebe e e nepagetseng ka mo dibukatirong tsa DBE tsa bona.**
 - a. Bua jaana: Jaanong thala mme o kwale dikakanyo tsa gago.
 - b. Gopotsa barutwana ka PYP: Potso e felela ka letshwao la potso.
4. **Tsamayatsamaya ka mo phaposing mme o thuse barutwana ka bongwe.**
 - a. Kopa barutwana gore ba go bolelele dikakanyo tsa bona.
 - b. Thusa barutwana ba ba kgaratlhang go simolola tiro ya go kwala.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 7&8



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 14.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 7 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 7 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 8.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Buisanang ka kgang ya Puisokopanelo



NAKO:
15 metsotso



DIDIRISWA:
Letlhomiso la
dipuisano:

Kgang eno e
ne e le ka ga...

Ke ratile
moanelwa...
gonne...

Ke ithutile
gore...

1. **Baakanyetsa barutwana puisano ya setlhopha.**
 - a. Rulaganya barutwana ka ditlhopha tse 4.
 - b. Naya setlhopha sengwe le sengwe thobane ya go bua kgotsa leje'.
 - c. Bua jaana: O ka kgona go bua fa fela o tshotse 'thobane ya go bua/leje'.
2. **Dirang dipotso tsa puisano.**
 - a. Gopotsa barutwana ka kgang ya Puisokopanelo ya beke.
 - b. Kwala letlhomiso la puisano mo patitšhokong.
 - c. Buisa le go tlhalosa potso nngwe le nngwe (polelo e simololang karabo.)
 - d. Bolelela barutwana gore leloko lengwe le lengwe la setlhopha le tshwanetse go bona tšhono go araba potso nngwe le nngwe.
 - e. Rotloetsa barutwana go akanya ka dikarabo tse di farologaneng.
3. **Laela barutwana go simolola ka dipuisano tsa bona.**
 - a. Laela barutwana baba tshotseng 'thobane e buang/leje' go simolola.
 - b. Tsamayatsamaya mme o ba neye tshegetso e e tlhokegang.
 - c. Mo metsotsong e le mmalwa ya bofelo, bitsa setlhopha go abelana dikarabo tsa bona.
4. **Paakanyo ya morutwana**
 - a. Lemoga barutwana ba le 3–4 go dira neelano ya molomo ka Mosupologo.
 - b. Bolelela barutwana gore ba dire paakanyo ya Mosupologo ya eng. (Lebelela RB mo lenaneothutong ka Mosupologo)



Medumopuo: Piletso



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baya barutwana sentle ka dibuka tsa go kwalela tsa bona, dipene le dithaledi.**
 - a. Bolelela barutwana go kwala setlhogo, 'Piletso' mme ba kwale dipalo 1-6 fa thoko ga mothalo o mohibidu.
 - b. Bitsa mafoko a a latelang a le marataro gore barutwana ba a kwale go bapa le dipalo 1-6: *dimpa, yo, leswe, boyona, puo, mpepe*
2. **Bolelela barutwana go dirisa dipensele tsa mebala go siamisa tiro ya bona.**
 - a. Kwala mafoko a le marataro mo patitšhokong.
 - b. Fa o kwala, dumisa lefoko lengwe le lengwe.
 - c. Bolelela barutwana go sekeletsa diphoso tsa bona ka pensele ya mmala.
 - d. Bolelela barutwana go kwala mafoko gape ka nepagalo.
3. **Tsaya dintlha ka dikgwetlho le Tswelopele ya barutwana.**
4. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labotlhano.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 15.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopha.



Puisokopanelo: Dira puiso ya morago



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 17

1. **Baakanyetsa barutwana puiso ya morago.**
 - a. Gopotsa barutwana ka setlhogo sa kgang: *Borokgwe jo bo ntshwanelang*
 - b. Tlhalosa tiro. Bua jaana: Gompieno re ya go itlhamela bokhutlo ba kgang.
2. **Bontsha tiro jaana:**
 - a. Tswala matlho a gago mme o itire yo o akanyang.
 - b. Bula matlho a gago mme o bue jaana: Mmm, Ke akantse ka bokhutlo jwa kgang jo bo farologaneng.
 - c. Bolelela barutwana kakanyo ya gago ya bokhutlo jo bo farologaneng.
 - d. Leka go akanya ka bokhutlo jo bo sa tlwaelegang – sengwe se barutwana ba ka se akanyeng ka ga sona.
3. **Laela barutwana go dira tiro.**
 - a. Bua jaana: Tswala matlho a gago mme o akanye ka bokhutlo jo bo farologaneng jwa kgang. Lo seke lwa kopisa kakanyo ya me, ka kopu ikakanyetseng.
 - b. Bua jaana: Bulang matlho a lona mme lo abelane ka bokhutlo jwa lona le molekane.
 - c. Fa barutwana ba bua ka dikakanyo tsa bona, tsamayatsamaya mme o ba neye tshegetso e e tlhokegang.
 - d. Kwa bokhutlong ba thuto, bitsa barutwana ba ba mmalwa go abelana bokhutlo jwa bona le phaposi.
4. **Letla barutwana go abelana tiro ya bona.**
 - a. Naya barutwana metsotso e mmalwa go bontsha balekane tiro ya bona.
 - b. Bitsa barutwana go abelana tiro ya bona ka mo phaposing.



Go kwala: Kwalo ya ntlha le go siamisa



NAKO:
20 metsotso



DIDIRISWA:
Bukatiro ya
DBE 2, tsebe
54

Letlhomiso la
go kwala:

Sekipa sa me
se sentšhwa
se na le
setshwantsho
sa...

Ke rata
sekipa sa me
se sentšhwa
gonne...

A o rata
sekipa sa me
se se...

1. **Gakolola barutwana ka tiro ya bona ya go kwala.**
 - a. Bua jaana: Gompiano re ya go fetsa tiro ya go kwala.
2. **Itsise pharologano.**
 - a. Tsamayatsamaya ka mo phaposing mme o thuse barutwana ba ba kgaratlhang.
 - b. Naya barutwana ba ba bonako tirwana ya koketso ya ka bonako: Kwala dintlha mo setshwantshong sa gago.
3. **Laela barutwana go buisa le go siamisa se ba se kwadileng.**
 - a. Bua jaana: Jaanong ke nako ya go buisa le go siamisa tiro ya gago.
 - b. Bua jaana, gopola go lekola gore: Potso e felela ka letshwao la potso.
4. **Fa nako e go letla, kopa barutwana go abelana kwalo ya bona.**
 - a. Barutwana ba ka abelana kwalo ya bona le molekane.
 - b. Barutwana ba le mmalwa ba ka abelana kwalo ya bona ka mo phaposing.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 9&10



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 15.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 9 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 9 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 10.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Itsise Thitokgang



NAKO:
15 metsotso



DIDIRISWA:
Ditshwantsho
le dilwana
tsa nnete tsa
thitokgang go
bontshiwa

Bukapuiso ya
Ditumiso

1. **Dira paakanyo ya go bontsha thitokgang:** *Bonkoko ba rona*
2. **Botsa dipotso tse di tlhamaletseng go rotloetsa lemorago la kitso la barutwana.**
 - *Ke eng se se dirang gore bonkokoalona gore ba kgethege?*
 - *Ke dilo tsa mofuta ofe tse bonkokoalona ba le direlang tsona?*
 - *O ithutile eng mo go bonkokoalona? Ba le rutile dilo tsa mofuta ofe?*
3. **Dira mmapa wa tlhaloganyo o dirisa dipotso mme barutwana ba di arabe.**
4. **Kwala dikarabo tsa gago mo mmapeng wa tlhaloganyo go oketsa kitso ya barutwana.**
5. **Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 16.**
6. **Bolelela barutwana go supa tokafatso ya puo ya thitokgang.**
 - a. Buisetsa tokafatso ya puo kwa godimo.
 - b. Laela barutwana go e buisa le wena, kgotsa go e boeletsa fa morago ga gago: Nkoko ke yole, Mo thoko ga tsela, O bolawa ke pelo, pelo le mafatlha. O ka mmona a fudua pitsa, O ka mmona a fudua pitsa, o ka mmona a fudua pitsa. A ikobakoba.
7. **Dira puisano ya tokafatso ya puo le barutwana.**
 - a. Botsa jaana: A lo ka mopolelela gore seno se kaya eng? / A lo ka kgona go bona karabo?
 - b. Rotloetsa barutwana go abelana dikakanyo tsa bona.
 - c. Tlhalosa bokao kgotsa neela karabo ka tsela e e latelang: Bonkoko ba a re tlhokomela le fa ba lwala ba re apeela dijo.



Medumopuo: Ruta modumo o montšhwa, go tswa foo kgaoganya o bo o kopanya



NAKO:
15 metsotso



DIDIRISWA:
Papetlana ya
Mokgabisa: g
Bukapuiso ya
Ditumiso

1. **Itsise modumo o montšhwa: g**
 - a. Bua modumo ga 3.
 - b. Bontsha barutwana papetlana ya mokgabisa mme o buise modumo ga 3.
 - c. Bolelela barutwana go reetsa mme ba boeletse modumo.
 - d. Kopa barutwana go bua mafoko a a simololang ka modumo oo kgotsa a a dirisang modumo oo.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang modumo ono.**
 - a. Bua lefoko: gapa
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: g-a-p-a
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: gola
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Mosupologo.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 18.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaello ka Ditlhophla.



Mokwalo: Ruta go bopa tlhakannye



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go tlhotlhora diatla tsa rona.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: g**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhogo tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: g
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: g**
 - a. Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: g**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Itsise Kgang



NAKO:
15 metsotso



DIDIRISWA:
Ditlhangwa,
Tsebe ya
matseno 29

1. Itsise kgang.

- Bua jaana: Mo bekeng eno re tlile go buisa kgang e setlhogo sa yona se reng: *Kgang ya ga nkoko.*
- Bua jaana: *Dineo o akanya gore nkokoagwe o a makatsa! Kwa ntle kwa tshingwaneng, Nkoko o kgona go tsaya mmu o mohibidu, a o tlhakanya go nna letsopa, mme a o bopa ka diatla tsa gagwe go nna dipitsa tse dintle tota tse Dineo a iseng a di bone. Dineo le ena o batla go ithuta go dira seno. Nkoko o abelana sephiri sa fa e ne ele mosetsana wa dingwaga di le robedi a ithuta go dira pitsana ya gagwe ya ntlha - le gore pula ya tshoganyetso e e sentse jang! Dineo le nkoko ba tlhola motshegare otlhe ba bopa dipitsa ka boitumelo. Fela fa dipitsa di di ntse di oma mo letsatsing, maru a mantsho a ne a kgobokana mo loaping. Go tla diragala eng ka dipitsa tse dintle tsa ga Dineo.*
- Botsa jaana: A lo itse sengwe ka ga seno?
- Ka bokhutshwane bontsha barutwana ditshwantsho tsa kgang.

2. Aga lemorago la kitso la barutwana.

- Abelana le go tihalosa lemorago la tshedimosetso e e neetsweng mo kgannyeng.
- Bontsha barutwana kwa kgang e diragalelang teng o dirisa mmapa wa Kgobokanyo ya Ditlhangwa.
- Botsa jaana: A lo na le nngwe ya dipotso ka ga kgang eno?

3. Tihalosa togaleano ya go tihaloganya.

- Bua jaana, mo bekeng eno re ya go ithuta go: Ela tlhoko go tihaloganya
- Tihalosetsa barutwana togaleano eno.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 1&2



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 18.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 1 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 1 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 2.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Ruta Tlotlofoko



NAKO:
15 metsotso



DIDIRISWA:
Dipapetlana-
puiso tsa
tlotlofoko,
ditshwa-
ntsho,
dilwana
Bukapuiso ya
Ditumiso

1. **Gopotsa barutwana ka thitokgang.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 16.
 - b. Buisa kgotsa o bue tikafatso ya puo gape.
 - c. Bontsha barutwana lenaane la mafoko tlotlofoko ya thitokgang.
 - d. Tlhalosa gore mafoko ano a tla ba thusa go tthaloganya le go bua ka thitokgang.
 - e. Ba buisetse lenaane la mafoko.
2. **Dirisa SDTB go ruta tlotlofoko.**
 - a. Ruta mafoko a a latelang a tlotlofoko:
 - *letsopa: Mofuta wa mmu o boleta o o ka bopwang go dira dipitsa kgotsa dilwana tse dingwe.*
 - *bopilwe: Bopile sengwe mo sebopegong se se rileng.*
 - *senyegile: Sentswe thata moo go sa kgonegeng gore e ka diriswa sentle gape.*
3. **Dirisa ditogamaano tsa SDTB tse di tshwanetseng lefoko lengwe le lengwe:**

S: Supa setshwantsho kgotsa selwana sa nnete
 D: Diragatsa lefoko
 T: Tlhalosetsa barutwana bokao ba lefoko
 B: Bua lefoko mo polelong



Medumopuo: Itsise tumammogo e e pataganeng e ntšhwa



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Itsise modumo o o pataganeng o montšhwa: gw**
 - a. Kwala medumo e e farologaneng mo patitšhokong mme o buise nngwe le nngwe ya yone.
 - b. Go tswa foo, mo kope gore a kopanye medumo eo e mebedi.
 - c. Kopa barutwana gore ba bue mafoko a a simololang ka kgotsa a a dirisang modumo o o pataganeng ono.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang mafoko a a nang le modumo o o pataganeng ono.**
 - a. Bua lefoko: gweba
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: g-w-e-b-a
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: segwete
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labobedi.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 19.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaello ka Ditlhopha.



Mokwalo: Ruta go bopa ditlhakakgolo



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go otlololela menwana ka mogare le kwa ntle.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: G**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhago tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: G
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: G**
 - Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: G**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya pele



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 31

1. **Baya barutwana mo maemong a a siameng go dira Puiso ya Pele.**
 - a. Bitsa barutwana go tla go nna mo mmetsheng kgotsa fa fatshe.
 - b. Nna fa pele ga barutwana le Kgobokanyo ya Ditlhangwa.
 - c. Netefatsa gore barutwana botlhe ba kgona go bona buka.
 - d. Gopotsa barutwana ka maitseo a o a lebeletseng ka nako ya Puisokopanelo, sk. Maoto a fapane; matsogo a nne mo diropeng tsa bona; ba reetse ka tlhoafalo; ba tsiboge fa ba bidiwa; ba emise matsogo go botsa potso.
2. **Dira Puiso ya Pele jaana:**
 - a. Bua setlhogo sa kgang: *Kgang ya ga nkoko.*
 - b. Tlhalosa bokgoni ba ponelopele. Bua jaana: Fa re dira ponelopele, re dirisa setlhogo le ditshwantsho go leka go batla gore kgang e ka ga eng.
 - c. Bontsha barutwana ditshwantsho mo tsebeng nngwe le nngwe.
 - d. Botsa jaana: O akanya gore go diragala eng fano?
 - e. Botsa jaana: O akanya gore ditshwantsho tseno di amana jang?



Puisokaelo ka ditlhopha: Dira le Ditlhopha 3&4



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 19.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 3 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 3 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 4.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Ruta tlotlofoko mme le buisane ka setshwantsho sa thitokgang



NAKO:
15 metsotso



DIDIRISWA:
Dipapetlana-
puiso tsa
tlotlofoko,
ditshwa-
ntsho,
dilwana

Bukapuiso ya
Ditumiso

1. Dirisa SDTB go ruta tlotlofoko.

- a. Ruta mafoko a a latelang a tlotlofoko:
 - *nkoko: Mme wa mmaago kgotsa rraago.*
 - *losika: Motho wa mo lelapeng la gaeno.*
 - *ngwao: Sengwe se batho ba se dirang ka metlha fa nako e ntse e tsamaya.*
- b. Dirisa ditogamaano tsa SDTB tse di tshwanetseng lefoko lengwe le lengwe.

2. Aga lemorago la kitso la barutwana.

- a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 20.
- b. Bolelela barutwana tshedimosetso e e latelang ka setshwantsho:
 - *Re ka ithuta dilo tse dintsi tse di mosola le tse di botlhokwa mo go bonkoko ba rona. Ba ka re naya diresepi, ba ka re ruta se re tshwanetseng go se dira fa re gobetse kgotsa re lwala, e bile ba ka re ruta bokgoni jo bo jaaka go dira kgotsa go baakanya dilo.*
 - *Bonkoko ke dibuka tsa hisitori ya lelapa la gaeno. Ba kgona go re bolelela dikgang tsa gore botshelo bo ne bo ntse jang fa ba sa ntse ba le bannye. Ba ka re bolelela dikgang ka batsadi ba rona le Bagologolwane. Gape di ka re bolelela ka fa botshelo bo fetogileng ka teng fa dingwaga di ntse di feta.*
 - *Baitsesaense ba ne ba ithuta boboko jwa bonkoko mme ba fitlhela sengwe se se gakgamatsang. Maikutlo a bonkoko a golagane le maikutlo a ditlogolwana tsa bona. Fa ditlogolwana di ikutlwa di itumetse, bonkoko le bone ba ikutlwa ba itumetse. Fa ditlogolwana di utlwa botlhoko, bonkoko le bone ba utlwa botlhoko.*

3. Buisanang ka setshwantsho.

- a. Dirisa dipotso tse di latelang go buisana ka setshwantsho jaana:
 - Botsa potso ya ntlha.
 - Laela barutwana go buisana ka potso le molekane wa bona.
 - Bitsa barutwana ba le mmalwa ka bongwe go abelana dikarabo tsa bona.
 - Aga lemorago la kitso la barutwana ka go siamisa se basa se tlhaloganyeng le go abelana tshedimosetso e e amanang le thitokgang.
 - Boeletsa thulaganyo eno ka dipotso tsotlhe.

4. Dipotso:

- a. *O ikutlwa jang fa o na le nkokoago?*
- b. *O akanya gore goreng fa bana ba le bantsi ba itumelela go fetsa nako le bonkokoabone?*
- c. *A o kile wa bona nkokoago a dira nngwe ya ditiro tseno?*



Medumopuo: Ruta modumo o montšhwa, go tswa foo kgaoganya o bo o kopanya



NAKO:
15 metsotso



DIDIRISWA:
Papetlana ya
Mokgabisa: h
Bukapuiso ya
Ditumiso

1. **Itsise modumo o montšhwa: h**
 - a. Bua modumo ga 3.
 - b. Bontsha barutwana papetlana ya mokgabisa mme o buise modumo ga 3.
 - c. Bolelela barutwana go reetsa mme ba boeletse modumo.
 - d. Kopa barutwana go bua mafoko a a simololang ka modumo oo kgotsa a a dirisang modumo oo.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang modumo ono.**
 - a. Bua lefoko: hupa
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: h-u-p-a
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye modumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: hema
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Laboraro.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 21.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopha.



Mokwalo: Ruta go bopa tlhakannye



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go dikolosa malokololo a diatla go dikologa go ya kwa melemeng le kwa mojang.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: h**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhogo tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: h
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: h**
 - a. Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: h**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya Ntlha



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 31

1. Baakanyetsa barutwana Puiso ya Ntlha.

- Baya barutwana mo maemong a a siameng mo mmetsheng.
- Ba gopotse ka maitseo a a lebeleletsweng.
- Gopotsa barutwana ka setlhogo sa kgang: *Kgang ya ga nkoko.*
- Bua jaana: *Dineo o akanya gore nkokoagwe o a makatsa! Kwa ntle kwa tshingwaneng, Nkoko o kgona go tsaya mmu o mohibidu, a o tlhakanya go nna letsopa, mme a o bopa ka diatla tsa gagwe go nna dipitsa tse dintle tota tse Dineo a iseng a di bone. Dineo le ena o batla go ithuta go dira seno. Nkoko o abelana sephiri sa fa e ne ele mosetsana wa dingwaga di le robedi a ithuta go dira pitsana ya gagwe ya ntlha - le gore pula ya tshoganyetso e e sentse jang! Dineo le nkoko ba tlhola motshegare otlhe ba bopa dipitsa ka boitumelo. Fela fa dipitsa di di ntse di oma mo letsatsing, maru a mantsho a ne a kgobokana mo loaping. Go tla diragala eng ka dipitsa tse dintle tsa ga Dineo.*

2. Dira Puiso ya Ntlha jaana:

- Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
- Bontsha barutwana ditshwantsho.
- Fa go tlhokega, emisa mme o tlhalosetse barutwana.
- Bua ka mafoko a tlotlofoko fa a tlhagelela.
- Kwa bofelong ba kgang, botsa dipotso tsa Puiso 1 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.
- Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: Ela tlhoko go tlhaloganya
 - Botsa barutwana: A o kile wa ikutlwa o timela fa re buisa kgang gone o ne o sa tlhaloganye se se diragalang? Se, se ne sa dira gore o ikutlwe jang?



Go kwala: Bontsha PYP le tiro



NAKO:
20 metsotso



DIDIRISWA:
Letlhomeso la
go kwala:

Leina la nkoko
ke...

O siame ka
go...

Ke a mo rata
gonne...

1. **Itsise go tlhoma mogopolo mo PYP (Popego ya Polelo).**
 - a. Bua jaana: Beke eno re tlile go tlhoma mogopolo mo: O dirisa tlhakakgolo kwa tshimologong ya leina la mongwe.
 - b. Kwala polelo mo patišhokong: Nkoko wa me, Naledi, o rata go jala.
 - c. Bua ka PYP: Tlhaka ya ntlha ya leina ke tlhakakgolo.
2. **Itsise tiro ya go kwala.**
 - a. Bua jaana: Mo bekeng eno re ya go: Kwala dipolelo di le tharo.
 - b. Bua jaana: Re ya go thala le go kwala ka: Nkoko wa me
3. **Tlhalosa karabo ya gago ya tiro ya go kwala ka molomo, pele o kwala.**
 - a. Bua jaana: Leina la nkoko wa me ke... O (o ne a) siame ka go...
4. **Bontsha tiro mo patitšhokong.**
 - a. Thala setshwantsho sa ka bonako se se bontshang: Setshwantsho sa nkoko wa gago, a dira sengwe se a siameng mo go sona.
 - b. Bontsha barutwana gore ba tlatse jang letlhomeso la go kwala.
 - c. Bua ka PYP: Tlhaka ya ntlha ya leina ke tlhakakgolo.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 5&6



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 21.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 5 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 5 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 6.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Medumopuo: Itsise tumammogo e e pataganeng e ntšhwa



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Itsise modumo o o pataganeng o montšhwa: /w**
 - a. Kwala medumo e e farologaneng mo patitšhokong mme o buise nngwe le nngwe ya yone.
 - b. Go tswa foo, mo kope gore a kopanye medumo eo e mebedi.
 - c. Kopa barutwana gore ba bue mafoko a a simololang ka kgotsa a a dirisang modumo o o pataganeng ono.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang mafoko a a nang le modumo o o pataganeng ono.**
 - a. Bua lefoko: lwela
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: l-w-e-l-a
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: lwala
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labone.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 22.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaello ka Ditlhopha.



Mokwalo: Ruta go bopa ditlhakakgolo



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go otlololela menwana ka mogare le kwa ntle.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: H**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhago tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: H
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: H**
 - Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: H**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya Bobedi



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 31

1. **Rulaganya barutwana go dira Puiso ya bobedi.**
 - a. Baya barutwana mo maamong a a siameng mo mmetsheng.
 - b. Ba gopotse ka maitseo a a lebeleletsweng.
 - c. Gopotsa barutwana ka setlhogo sa kgang: *Kgang ya ga nkoko*
 - d. Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: Ela tlhoko go tlhaloganya
 - Bua jaana, le a gopola gore re buisane ka seno maabane, fa ke go botsa: A o kile wa ikutlwa o timela fa re buisa kgang gonne o ne o sa tlhaloganye se se diragalang? Se, se ne sa dira gore o ikutlwe jang?
2. **Dira Puiso ya Bobedi jaana:**
 - a. Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
 - b. Bontsha barutwana setshwantsho.
 - c. Dirisa dikao tse di mo tsebeng ya matseno go bontsha togaleano ya go tlhaloganya.
 - d. Kwa bofelong ba kgang, botsa dipotso tsa Puiso 2 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.



Go kwala: Go rulaganya le kwalo ya ntlha



NAKO:
20 metsotso



DIDIRISWA:
Letlhomeso la
go kwala:

Leina la nkoko
ke...

O siame ka
go...

Ke a mo rata
gonne...

1. **Itsise gape tiro ya go kwala.**
 - a. Bua jaana: Gopolang gore mo bekeng eno re ya go thala le go kwala ka: Nkoko wa me
2. **Laela barutwana go akanya ka go kwala ga bona.**
 - a. Bua jaana: Tswala matlho a gago mme o akanye ka gore o tla araba jang letlhomeso la go kwala.
 - b. Bua jaana: Abelana kakanyo ya gago le molekane.
 - c. Tlhatlhanyang mme le kwale mafoko a a mosola mo patitšhokong, sk. go apaya, go tshameka, go jala. go buisa, go reetsa
3. **Laela barutwana go simolola go kwala ka mo dibukeng tsa bona.**
 - a. Bua jaana: Jaanong thala mme o kwale dikakanyo tsa gago.
 - b. Gopotsa barutwana ka PYP: Tlhaka ya ntlha ya leina ke tlhakakgolo.
4. **Tsamayatsamaya ka mo phaposing mme o thuse barutwana ka bongwe.**
 - a. Kopa barutwana gore ba go boelelele dikakanyo tsa bona.
 - b. Thusa barutwana ba ba kgaratlhang go simolola tiro ya go kwala.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 7&8



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 22.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 7 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 7 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 8.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Buisanang ka kgang ya Puisokopanelo



NAKO:
15 metsotso



DIDIRISWA:
Letlhomeso la
dipuisano:

Kgang eno e
ne e le ka ga...

Ke e ratile fa...

Ke ithutile
gore...

1. **Baakanyetsa barutwana puisano ya setlhopha.**
 - a. Rulaganya barutwana ka ditlhopha tse 4.
 - b. Naya setlhopha sengwe le sengwe thobane ya go bua kgotsa leje'.
 - c. Bua jaana: O ka kgona go bua fa fela o tshotse 'thobane ya go bua/leje'.
2. **Dirang dipotso tsa puisano.**
 - a. Gopotsa barutwana ka kgang ya Puisokopanelo ya beke.
 - b. Kwala letlhomeso la puisano mo patitšhokong.
 - c. Buisa le go tlhalosa potso nngwe le nngwe (polelo e simololang karabo.)
 - d. Bolelela barutwana gore leloko lengwe le lengwe la setlhopha le tshwanetse go bona tšhono go araba potso nngwe le nngwe.
 - e. Rotloetsa barutwana go akanya ka dikarabo tse di farologaneng.
3. **Laela barutwana go simolola ka dipuisano tsa bona.**
 - a. Laela barutwana baba tshotseng 'thobane e buang/leje' go simolola.
 - b. Tsamayatsamaya mme o ba neye tshegetso e e tlhokegang.
 - c. Mo metsotsong e le mmalwa ya bofelo, bitsa setlhopha go abelana dikarabo tsa bona.
4. **Paakanyo ya morutwana**
 - a. Lemoga barutwana ba le 3–4 go dira neelano ya molomo ka Mosupologo.
 - b. Bolelela barutwana gore ba dire paakanyo ya Mosupologo ya eng. (Lebelela RB mo lenaneothutong ka Mosupologo)



Medumopuo: Piletso



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baya barutwana sentle ka dibuka tsa go kwalela tsa bona, dipene le dithaledi.**
 - a. Bolelela barutwana go kwala setlhogo, 'Piletso' mme ba kwale dipalo 1–6 fa thoko ga mothalo o mohibidu.
 - b. Bitsa mafoko a a latelang a le marataro gore barutwana ba a kwale go bapa le dipalo 1–6: *hula, hibila, hupela, lwesa, selwa, dilwana*
2. **Bolelela barutwana go dirisa dipensele tsa mebala go siamisa tiro ya bona.**
 - a. Kwala mafoko a le marataro mo patitšhokong.
 - b. Fa o kwala, dumisa lefoko lengwe le lengwe.
 - c. Bolelela barutwana go sekeletsa diphoso tsa bona ka pensele ya mmala.
 - d. Bolelela barutwana go kwala mafoko gape ka nepagalo.
3. **Tsaya dintlha ka dikgwetlho le Tswelopele ya barutwana.**
4. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labotlhano.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 23.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhophla.



Puisokopanelo: Dira puiso ya morago



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 31

1. **Baakanyetsa barutwana puiso ya morago.**
 - a. Gopotsa barutwana ka setlhogo sa kgang: *Kgang ya ga nkoko*
 - b. Tlhalosa tiro. Bua jaana: Gompiano re ya go sobokanya kgang.
2. **Bontsha tiro jaana:**
 - a. Bua jaana: Fa re sobokanya kgang, re tshwanetse go bua:
 - Se kgang e neng e le ka ga sone
 - Se ke se ratileng ka kgang
 - Se ke ithutileng sone mo kgannyeng
 - b. Ka bokhutshwane abelana dikarabo tsa gago tsa dipotso tseno.
 - c. Leka gore o seke wa tlhopha karaboo e e botlhofo thata ya sekao sa gago.
3. **Laela barutwana go dira tiro.**
 - a. Bolelela barutwana go akanya ka ditshobokanyo tsa bona, ba seke ba kopisa sekao sa gago.
 - b. Barutwana ba tshwanetse go simolola dikarabo tsa bona jaana:
 - Kgang e ne e le ka ga...
 - Ke ratile...
 - Ke ithutile...
 - c. Morago ga foo, laela barutwana go abelana ditshosobanyo tsa bona le molekane.
 - d. Fa barutwana ba abelana ditshosobanyo tsa bona, tsamayatsamaya mme o ba neye tshegetso e e tlhokegang.
 - e. Kwa bofelong ba thuto, bitsa barutwana ba le 1-2 go abelana ditshosobanyo tsa bona ka mo phaposing.
4. **Letla barutwana go abelana tiro ya bona.**
 - a. Naya barutwana metsotso e mmalwa go bontsha balekane tiro ya bona.
 - b. Bitsa barutwana go abelana tiro ya bona ka mo phaposing.



Go kwala: Kwalo ya ntlha le go siamisa



NAKO:
20 metsotso



DIDIRISWA:
Letlhomeso la
go kwala:
Leina la nkoko
ke...

O siame ka
go...
Ke a mo rata
gonne...

1. **Gakolola barutwana ka tiro ya bona ya go kwala.**
 - a. Bua jaana: Gompiano re ya go fetsa tiro ya go kwala.
2. **Itsise pharologano.**
 - a. Tsamayatsamaya ka mo phaposing mme o thuse barutwana ba ba kgaratlhang.
 - b. Naya barutwana ba ba bonako tirwana ya koketso ya ka bonako: Kwala polelo e nngwe mo kwalong ya gago.
3. **Laela barutwana go buisa le go siamisa se ba se kwadileng.**
 - a. Bua jaana: Jaanong ke nako ya go buisa le go siamisa tiro ya gago.
 - b. Bua jaana, gopola go lekola gore: Tlhaka ya ntlha ya leina ke tlhakakgolo.
4. **Fa nako e go letla, kopa barutwana go abelana kwalo ya bona.**
 - a. Barutwana ba ka abelana kwalo ya bona le molekane.
 - b. Barutwana ba le mmalwa ba ka abelana kwalo ya bona ka mo phaposing.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 9&10



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 23.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 9 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 9 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 10.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Go Neela ka Molomo



NAKO:
15 metsotso



DIDIRISWA:
Didiriswa ga
di tlhokege

1. **Baya barutwana mo maemong a a siameng a go reetsa barutwana ba bangwe ba neela ka molomo.**
2. **Gopotsa barutwana ka tiro e e latelang: O abelana dikgang tse di kgethegileng**
 - a. Re bolelele gore dikgang tsa gago ke ka ga eng. Bua jaana:
 - b. Gompieno ke tlile go le bolelela ka...
 - c. Go tswa foo, abelana dikgang tsa gago.
 - d. Re bolelele gore go diragetse eng ka tatelano e e nepagetseng.
 - e. Re bolelele dintlha tse di botlhokwa tsa kgang ya gago.
 - f. Feleletsa ka go re bolelela gore dikgang tsa gago di go dirile gore o ikutlwe jang.
3. **Goptsa barutwana ka bokgoni ba go neela jo bo latelang:**
 - a. Fa o abelana dikgang tsa gago, gakologelwa go:
 - Re bolelela gore dikgang tsa gago ke ka ga eng
 - Re bolelela gore go diragetse eng
 - Re bolelela gore se diragaletse mang
 - Bua polelo ya gago ka tatelano e e nepagetseng
 - Bua dilo gangwe – o seka wa ipoeletsa
 - Bua ka lentswe le le kwa godimo le le phepa
4. **Bitsa barutwana baba tlhophilweng ka bongwe go dira neelo ya bona.**
 - a. Aga go itshepa mo morutwaneng mongwe le mongwe ka go lebogela neelo ya bona le go ba naya dipegelo tse di siameng.
 - b. Kwa bokhutlong ba thuto, naya phaposi pegelo ya kakaretso go tokafatsa go neelo ya bona. Sekao: Ke ne ke kgaratlha go utlwa bangwe ba lona. Ka kopo lehang go bua ka lentswe le le utlwagalang – re batla go utlwa se o tla se buang.



Medumopuo: Ruta modumo o montšhwa, go tswa foo kgaoganya o bo o kopanya



NAKO:
15 metsotso



DIDIRISWA:
Papetlana ya
Mokgabisa: j
Bukapuiso ya
Ditumiso

1. **Itsise modumo o montšhwa: j**
 - a. Bua modumo ga 3.
 - b. Bontsha barutwana papetlana ya mokgabisa mme o buise modumo ga 3.
 - c. Bolelela barutwana go reetsa mme ba boeletse modumo.
 - d. Kopa barutwana go bua mafoko a a simololang ka modumo oo kgotsa a a dirisang modumo oo.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang modumo ono.**
 - a. Bua lefoko: jalo
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: j-a-l-o
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: jona
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Mosupologo.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 24.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopha.



Mokwalo: Ruta go bopa tlhakannye



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona re dire jaaka e kete re tshameka piano.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: j**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhogo tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: j
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: j**
 - a. Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: j**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Itsise Kgang



NAKO:
15 metsotso



DIDIRISWA:
Ditlhangwa,
Tsebe ya
matseno 37

1. Itsise kgang.

- Bua jaana: Mo bekeng eno re tlile go buisa kgang e setlhogo sa yona se reng: *Sopo ya ga nkoko ya maje.*
- Bua jaana: *Mo kgannyeng eno, Tselane le nkokoagwe ba tshwerwe ke tlala gone go ne go se na pula mme go na le dijo tse dinnye mo motseng. Nkoko o botlhale thata mme o loga leano. Le fa a sena dijo, o simolola go apaya 'sopo ya leje' a dirisa metsi, molelo, pitsa le maje. Fa baago ba motse ba utlwa ka sopo ya leje, ba nna le phisego mme mongwe le mongwe o tla ka sejo go oketsa. Mmogo, ba ne ba ne ba dira dijo tse di monate tse di lekaneng botlhe. Ka leano la ga nkoko le le botlhale, baagi ba motse ba dira mmogo go apaya dijo tse di monate tsa botlhe.*
- Botsa jaana: A lo itse sengwe ka ga seno?
- Ka bokhutshwane bontsha barutwana ditshwantsho tsa kgang.

2. Aga lemorago la kitso la barutwana.

- Abelana le go tihalosa lemorago la tshedimosetso e e neetsweng mo kgannyeng.
- Bontsha barutwana kwa kgang e diragalelang teng o dirisa mmapa wa Kgobokanyo ya Ditlhangwa.
- Botsa jaana: A lo na le nngwe ya dipotso ka ga kgang eno?

3. Tihalosa togaleano ya go tihaloganya.

- Bua jaana, mo bekeng eno re ya go ithuta go: Dira ditshekatsheko
- Tihalosetsa barutwana togaleano eno.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 1&2



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 24.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 1 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 1 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 2.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Ruta Tlotlofoko



NAKO:
15 metsotso



DIDIRISWA:
Dipapetlana-
puiso tsa
tlotlofoko,
ditshwa-
ntsho,
dilwana
Bukapuiso ya
Ditumiso

1. **Gopotsa barutwana ka thitokgang.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 16.
 - b. Buisa kgotsa o bue tikafatso ya puo gape.
 - c. Bontsha barutwana lenaane la mafoko tlotlofoko ya thitokgang.
 - d. Tlhalosa gore mafoko ano a tla ba thusa go tlhaloganya le go bua ka thitokgang.
 - e. Ba buisetse lenaane la mafoko.
2. **Dirisa SDTB go ruta tlotlofoko.**
 - a. Ruta mafoko a a latelang a tlotlofoko:
 - *komelelo: Paka e telele e e nang le pula e nnye thata kgotsa e e sa neng gotlhelele.*
 - *setswaki: Nngwe ya didiriswa tse di tshelwang go apaya dijo tse di monate.*
 - *moletlo: Dijo tse dintsi, tse di kgethegileng tse di jewang le batho ba le bantsi.*
3. **Dirisa ditogamaano tsa SDTB tse di tshwanetseng lefoko lengwe le lengwe:**

S: Supa setshwantsho kgotsa selwana sa nnete

D: Diragatsa lefoko

T: Tlhalosetsa barutwana bokao ba lefoko

B: Bua lefoko mo polelong



Medumopuo: Itsise tumammogo e e pataganeng e ntšhwa



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Itsise modumo o o pataganeng o montšhwa: jw**
 - a. Kwala medumo e e farologaneng mo patitšhokong mme o buise nngwe le nngwe ya yone.
 - b. Go tswa foo, mo kope gore a kopanye medumo eo e mebedi.
 - c. Kopa barutwana gore ba bue mafoko a a simololang ka kgotsa a a dirisang modumo o o pataganeneng ono.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang mafoko a a nang le modumo o o pataganeng ono.**
 - a. Bua lefoko: ojwa
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: o-j-w-a
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: lejwa
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labobedi.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 25.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaello ka Ditlhopha.



Mokwalo: Ruta go bopa ditlhakakgolo



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go tlhotlhora diatla tsa rona.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: J**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhago tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: J
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: J**
 - Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: J**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya pele



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 39

1. **Baya barutwana mo maemong a a siameng go dira Puiso ya Pele.**
 - a. Bitsa barutwana go tla go nna mo mmetsheng kgotsa fa fatshe.
 - b. Nna fa pele ga barutwana le Kgobokanyo ya Ditlhangwa.
 - c. Netefatsa gore barutwana botlhe ba kgona go bona buka.
 - d. Gopotsa barutwana ka maitseo a o a lebeletseng ka nako ya Puisokopanelo, sk. Maoto a fapane; matsogo a nne mo diropeng tsa bona; ba reetse ka tlhoafalo; ba tsiboge fa ba bidiwa; ba emise matsogo go botsa potso.
2. **Dira Puiso ya Pele jaana:**
 - a. Bua setlhogo sa kang: *Sopo ya ga nkoko ya maje*
 - b. Tlhalosa bokgoni ba ponelopele. Bua jaana: Fa re dira ponelopele, re dirisa setlhogo le ditshwantsho go leka go batla gore kang e ka ga eng.
 - c. Bontsha barutwana ditshwantsho mo tsebeng nngwe le nngwe.
 - d. Botsa jaana: O akanya gore go diragala eng fano?
 - e. Botsa jaana: O akanya gore ditshwantsho tseno di amana jang?



Puisokaelo ka ditlhopha: Dira le Ditlhopha 3&4



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 25.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 3 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 3 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 4.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Kanelokgang ya Maitlhamelo



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana kanelokgang ya maitlhamelo.**
 - a. Rulaganya barutwana ka ditlhopha tse 4.
 - b. Bolelela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng ya 26.
2. **Kaela barutwana go lebelela ditshwantsho.**
 - a. Botsa jaana: O bona eng mo setshwantshong seno?
3. **Bolelela barutwana gore mongwe le mongwe o tshwanetse go itlhamela kgang e khutshwane ka setshwantsho.**
4. **Bolelela barutwana gore sebopego sa kgang ya bona se nne jang. Bua jaana:**
 - a. Naya moanelwa mongwe le mongwe mo kgannyeng ya gago leina.
 - b. Bua gore kgang e diragalela kwa kae.
 - c. Kgang ya gago e tshwanetse go nna le tshimologo, bogare le bokhutlo.
 - d. Setshwantsho seno se bontsha karolo ya kgang ya gago.
 - Setshwantsho se ka bontsha tshimologo ya kgang ya gago.
 - Setshwantsho se ka bontsha bogare ba kgang ya gago.
 - Setshwantsho se ka bontsha bokhutlo ba kgang ya gago.
 - e. O ka simolola kgang ya gago ka gore:
 - Nkoko ____ o ne a rata go tsamaya ka theletsane go...
 - Letsatsi le letsatsi, Nkoko ____ o ne a tsamaya...
5. **Laela barutwana go dira tirwana.**
 - a. Naya barutwana metsotso e mmalwa go akanya ka Dikgang tsa bona ka tidimalo.
 - b. Go tswa foo, laela barutwana go refosana go anela ditlhopha tsa bona dikgang. O ka rata go dirisa 'thobane ya go bua/leje' go dira seno.
 - c. Fa barutwana ba ntse ba bua, tsamayatsamaya mme o ba reetse.
6. **Konela thuto ka tsela e e latelang:**
 - a. Bitsa morutwana a le mongwe go abelana kgang ya bona le phaposing kgotsa botsa barutwana ba le 1–2 dipotso ka dikgang tsa ditlhopha tsa bona.
 - Botsa jaana: Kgang ya X e ne e le ka ga eng?
 - Botsa jaana: Ke eng se o se ratileng ka kgang ya ga X?
 - b. Naya paposi kakgelo ka kakaretso go tokafatsa dikgang tsa bona.
Sekao: Go le gantsi, kwa tshimologong ya kgang, re bua gore kgang e diragalela kwa kae, le gore baanelwa ke bomang. Mo nakong e e tlang, lekang go akaretsa tshedimosetso eno mo dikgannyeng tsa lona.



Medumopuo: Ruta modumo o montšhwa, go tswa foo kgaoganya o bo o kopanya



NAKO:
15 metsotso



DIDIRISWA:
Papetlana ya
Mokgabisa: š
Bukapuiso ya
Ditumiso

1. **Itsise modumo o montšhwa: š**
 - a. Bua modumo ga 3.
 - b. Bontsha barutwana papetlana ya mokgabisa mme o buise modumo ga 3.
 - c. Bolelela barutwana go reetsa mme ba boeletse modumo.
 - d. Kopa barutwana go bua mafoko a a simololang ka modumo oo kgotsa a a dirisang modumo oo.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang modumo ono.**
 - a. Bua lefoko: šaba
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: š-a-b-a
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: šaka
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Laboraro.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 27.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhophla.



Mokwalo: Ruta go bopa tlhakannye



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go dikolosa malokololo a diatla go dikologa go ya kwa melemeng le kwa mojeng.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: š**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhogo tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: š
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: š**
 - a. Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: š**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya Ntlha



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 39

1. Baakanyetsa barutwana Puiso ya Ntlha.

- Baya barutwana mo maemong a a siameng mo mmetsheng.
- Ba gopotse ka maitseo a a lebeleletsweng.
- Gopotsa barutwana ka setlhogo sa kgang: *Sopo ya ga nkoko ya maje*
- Bua jaana: *Mo kgannyeng eno, Tselane le nkokoagwe ba tshwerwe ke tlala gone go ne go se na pula mme go na le dijo tse dinnye mo motseng. Nkoko o botlhale thata mme o loga leano. Le fa a sena dijo, o simolola go apaya 'sopo ya leje' a dirisa metsi, molelo, pitsa le maje. Fa baago ba motse ba utlwa ka sopo ya leje, ba nna le phisego mme mongwe le mongwe o tla ka sejo go oketsa. Mmogo, ba ne ba ne ba dira dijo tse di monate tse di lekaneng botlhe. Ka leano la ga nkoko le le botlhale, baagi ba motse ba dira mmogo go apaya dijo tse di monate tsa botlhe.*
- Botsa jaana: A lo itse sengwe ka ga seno?

2. Dira Puiso ya Ntlha jaana:

- Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
- Bontsha barutwana ditshwantsho.
- Fa go tlhokega, emisa mme o tlhalosetse barutwana.
- Bua ka mafoko a tlotlofoko fa a tlhagelela.
- Kwa bofelong ba kgang, botsa dipotso tsa Puiso 1 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.
- Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: Dira ditshekatsheko
 - Botsa barutwana: Ka gale re ithuta sengwe go tswa mo kgannyeng. Ka dinako dingwe, re tlhoka go tsaya tshweetso fa sengwe se ne se nepagetse kgotsa se fosagetse. Ka dinako dingwe, re tlhoka go tsaya tshweetso fa sengwe se ne se siame kgotsa se le bosula. O ithutile eng go tswa mo kgannyeng eno?



Go kwala: Bontsha PYP le tiro



NAKO:
20 metsotso



DIDIRISWA:
Bukatiro ya
DBE 2, tsebe
23

Letlhomeso la
go kwala:

A nka bona
nko...?

O tla e rata
gonne...

O tla ikutlwa
a...

1. **Itsise go tlhoma mogopolo mo PYP (Popego ya Polelo).**
 - a. Bua jaana: Beke eno re tllile go tlhoma mogopolo mo: O dirisa letshwao la potso kwa bofelong ba potso.
 - b. Kwala polelo mo patišhokong: Nko wa gago o rata go dira eng?
 - c. Bua ka PYP: Potso e felela ka letshwao la potso.
2. **Itsise tiro ya go kwala.**
 - a. Bua jaana: Mo bekeng eno re ya go: Thala setshwantsho mme o kwale dipolelo di le tharo.
 - b. Bua jaana: Re ya go thala le go kwala ka: Mpho ya nko wa me.
3. **Tlhalosa karabo ya gago ya tiro ya go kwala ka molomo, pele o kwala.**
 - a. Bua jaana: A nka bonela nko...? o tla e rata gone...
4. **Bontsha tiro mo patišhokong.**
 - a. Thala setshwantsho sa ka bonako se se bontshang: Wena, o tshotse mpho ya nkoago.
 - b. Bontsha barutwana gore ba tlatse jang letlhomeso la go kwala.
 - c. Bua ka PYP: Potso e felela ka letshwao la potso.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 5&6



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 27.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 5 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 5 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 6.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Medumopuo: Itsise tumammogo e e pataganeng e ntšhwa



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Itsise modumo o o pataganeng o montšhwa: šw**
 - a. Kwala medumo e e farologaneng mo patitšhokong mme o buise nngwe le nngwe ya yone.
 - b. Go tswa foo, mo kope gore a kopanye medumo eo e mebedi.
 - c. Kopa barutwana gore ba bue mafoko a a simololang ka kgotsa a a dirisang modumo o o pataganeneng ono.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang mafoko a a nang le modumo o o pataganeng ono.**
 - a. Bua lefoko: šwalane
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: š-w-a-l-a-n-e
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: rašwa
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labone.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 28.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopha.



Mokwalo: Ruta go bopa ditlhakakgolo



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go otlololela menwana ka mogare le kwa ntle.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: Š**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhago tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: Š
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: Š**
 - Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: Š**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya Bobedi



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 39

1. **Rulaganya barutwana go dira Puiso ya bobedi.**
 - a. Baya barutwana mo maamong a a siameng mo mmetsheng.
 - b. Ba gopotse ka maitseo a a lebeleletsweng.
 - c. Gopotsa barutwana ka setlhogo sa kgang: *Sopo ya ga nkoko ya maje*
 - d. Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: Dira ditshekatsheko
 - Bua jaana, le a gopola gore re buisane ka seno maabane, fa ke go botsa: Ka gale re ithuta sengwe go tswa mo kgannyeng. Ka dinako dingwe, re tlhoka go tsaya tshweetso fa sengwe se ne se nepagetse kgotsa se fosagetse. Ka dinako dingwe, re tlhoka go tsaya tshweetso fa sengwe se ne se siame kgotsa se le bosula. O ithutile eng go tswa mo kgannyeng eno?
2. **Dira Puiso ya Bobedi jaana:**
 - a. Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
 - b. Bontsha barutwana setshwantsho.
 - c. Dirisa dikao tse di mo tsebeng ya matseno go bontsha togaleano ya go tlhaloganya.
 - d. Kwa bofelong ba kgang, botsa dipotso tsa Puiso 2 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.



Go kwala: Go rulaganya le kwalo ya ntlha



NAKO:
20 metsotso



DIDIRISWA:
Bukatiro ya
DBE 2, tsebe
23

Letlhomeso la
go kwala:

A nka bona
nkoko...?

O tla e rata
gonne...

O tla ikutlwa
a...

1. **Itsise gape tiro ya go kwala.**
 - a. Bua jaana: Gopolang gore mo bekeng eno re ya go thala le go kwala ka: Mpho ya nkoko wa me.
2. **Laela barutwana go akanya ka go kwala ga bona.**
 - a. Bua jaana: Tswala matlho a gago mme o akanye ka gore o tla araba jang letlhomeso la go kwala.
 - b. Bua jaana: Abelana kakanyo ya gago le molekane.
 - c. Tlhatlhanyang mme le kwale mafoko a a mosola mo patitšhokong, sk. dimonamone, ditšhipisi, diberi. yokate, matute, tee
3. **Laela barutwana go bula tsebe e e nepagetseng ka mo dibukatirong tsa DBE tsa bona.**
 - a. Bua jaana: Jaanong thala mme o kwale dikakanyo tsa gago.
 - b. Gopotsa barutwana ka PYP: Potso e felela ka letshwao la potso.
4. **Tsamayatsamaya ka mo phaposing mme o thuse barutwana ka bongwe.**
 - a. Kopa barutwana gore ba go bolelele dikakanyo tsa bona.
 - b. Thusa barutwana ba ba kgaratlhang go simolola tiro ya go kwala.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 7&8



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 28.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 7 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 7 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 8.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Buisanang ka kgang ya Puisokopanelo



NAKO:
15 metsotso



DIDIRISWA:
Letlhomeso la
dipuisano:

Kgang eno e
ne e le ka ga...

Ke e ratile fa...

Ke ithutile
gore...

1. **Baakanyetsa barutwana puisano ya setlhopha.**
 - a. Rulaganya barutwana ka ditlhopha tse 4.
 - b. Naya setlhopha sengwe le sengwe thobane ya go bua kgotsa leje'.
 - c. Bua jaana: O ka kgona go bua fa fela o tshotse 'thobane ya go bua/leje'.
2. **Dirang dipotso tsa puisano.**
 - a. Gopotsa barutwana ka kgang ya Puisokopanelo ya beke.
 - b. Kwala letlhomeso la puisano mo patitšhokong.
 - c. Buisa le go tlhalosa potso nngwe le nngwe (polelo e simololang karabo.)
 - d. Bolelela barutwana gore leloko lengwe le lengwe la setlhopha le tshwanetse go bona tšhono go araba potso nngwe le nngwe.
 - e. Rotloetsa barutwana go akanya ka dikarabo tse di farologaneng.
3. **Laela barutwana go simolola ka dipuisano tsa bona.**
 - a. Laela barutwana baba tshotseng 'thobane e buang/leje' go simolola.
 - b. Tsamayatsamaya mme o ba neye tshegetso e e tlhokegang.
 - c. Mo metsotsong e le mmalwa ya bofelo, bitsa setlhopha go abelana dikarabo tsa bona.
4. **Paakanyo ya morutwana**
 - a. Lemoga barutwana ba le 3–4 go dira neelano ya molomo ka Mosupologo.
 - b. Bolelela barutwana gore ba dire paakanyo ya Mosupologo ya eng. (Lebelela RB mo lenaneothutong ka Mosupologo)



Medumopuo: Piletso



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baya barutwana sentle ka dibuka tsa go kwalela tsa bona, dipene le dithaledi.**
 - a. Bolelela barutwana go kwala setlhogo, 'Piletso' mme ba kwale dipalo 1–6 fa thoko ga mothalo o mohibidu.
 - b. Bitsa mafoko a a latelang a le marataro gore barutwana ba a kwale go bapa le dipalo 1–6: *bošwa, sešwa, mašwalo, šelela, sešabo, ša*
2. **Bolelela barutwana go dirisa dipensele tsa mebala go siamisa tiro ya bona.**
 - a. Kwala mafoko a le marataro mo patitšhokong.
 - b. Fa o kwala, dumisa lefoko lengwe le lengwe.
 - c. Bolelela barutwana go sekeletsa diphoso tsa bona ka pensele ya mmala.
 - d. Bolelela barutwana go kwala mafoko gape ka nepagalo.
3. **Tsaya dintlha ka dikgwetlho le Tswelopele ya barutwana.**
4. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labotlhano.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 29.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhophla.



Puisokopanelo: Dira puiso ya morago



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 39

1. **Baakanyetsa barutwana puiso ya morago.**
 - a. Gopotsa barutwana ka setlhogo sa kgang: *Sopo ya ga nkoko ya maje*
 - b. Tlhalosa tiro. Bua jaana: Gompieno re ya go diragatsa kgang ka ditlhopha.
2. **Bontsha tiro jaana:**
 - a. Bua jaana: Fa re diragatsa kgang, re tshwanetse go leka go:
 - Gokologelwa se moanelwa a se dirang le go se bua
 - Bua le go diragatsa jaaka moanelwa wa rona
 - Dirisa mangwe a mafoko jaaka moanelwa wa rona
 - b. Ka bokhutshwane bontsha barutwana gore o tla diragatsa jang jaaka mongwe wa baanelwa.
 - c. Leka gore o seke wa tlhopha moanelwamogolo mo sekaong sa gago.
3. **Laela barutwana go dira tiro.**
 - a. Bala gore go na le baanelwa ba le bakae mo kgannyeng.
 - b. Arola phaposi ka ditlhopha tsa palo eo. Ka Sekai, fa go na le baanelwa ba le 5 mo kgannyeng, arola phaposi ka ditlhopha tsa 5.
 - c. Naya morutwana mongwe le mongwe mo setlhopheng karolo ya moanelwa.
 - d. Ntshetsa phaposi kwa ntle kgotsa kwa lefelong le legolo le le bulegileng.
 - e. Bolelela ditlhopha go diragatsa kgang. Ba tshwanetse go:
 - Gokologelwa se ba se moanelwa wa bona a se dirang le se a se buang
 - Bua le go diragatsa jaaka moanelwa wa bona
 - Dirisa mangwe a mafoko jaaka moanelwa wa bona
 - f. Fa barutwana ba diragatsa kgang, tsamayatsamaya mme o ba neye tshegetso e e tlokegang.
4. **Letla barutwana go abelana tiro ya bona.**
 - a. Naya barutwana metsotso e mmalwa go bontsha balekane tiro ya bona.
 - b. Bitsa barutwana go abelana tiro ya bona ka mo phaposing.



Go kwala: Kwalo ya ntlha le go siamisa



NAKO:
20 metsotso



DIDIRISWA:
Bukatiro ya
DBE 2, tsebe
23

Letlhomeso la
go kwala:

A nka bona
nko...?

O tla e rata
gonne...

O tla ikutlwa
a...

1. **Gakolola barutwana ka tiro ya bona ya go kwala.**
 - a. Bua jaana: Gompiano re ya go fetsa tiro ya go kwala.
2. **Itsise pharologano.**
 - a. Tsamayatsamaya ka mo phaposing mme o thuse barutwana ba ba kgaratlhang.
 - b. Naya barutwana ba ba bonako tirwana ya koketso ya ka bonako: Kwala polelo e nngwe mo kwalong ya gago.
3. **Laela barutwana go buisa le go siamisa se ba se kwadileng.**
 - a. Bua jaana: Jaanong ke nako ya go buisa le go siamisa tiro ya gago.
 - b. Bua jaana, gopola go lekola gore: Potso e felela ka letshwao la potso.
4. **Fa nako e go letla, kopa barutwana go abelana kwalo ya bona.**
 - a. Barutwana ba ka abelana kwalo ya bona le molekane.
 - b. Barutwana ba le mmalwa ba ka abelana kwalo ya bona ka mo phaposing.



Puisokaelo ka ditlhophha: Dira le Ditlhophha 9&10



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhophha.**
 - a. Netefatsa gore barutwana ba itse ditlhophha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 29.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhophha 9 kwa lefelong la Puisokaelo ka Ditlhophha la gago.**
 - a. Baya setlhophha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhophha 9 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhophha 10.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Itsise Thitokgang



NAKO:
15 metsotso



DIDIRISWA:
Ditshwantsho
le dilwana
tsa nnete tsa
thitokgang go
bontshiwa

Bukapuiso ya
Ditumiso

1. **Dira paakanyo ya go bontsha thitokgang:** *Re tshamekela kwa ntle*
2. **Botsa dipotso tse di tlhamaletseng go rotloetsa lemorago la kitso la barutwana.**
 - *Ke metshameko efe e re ka e tshamekelang kwa ntle?*
 - *A o kile wa itlhamela metshameko e e tshamekelwang kwa ntle? Metshameko eno ke efe?*
 - *O rata eng ka go tshamekela kwa ntle?*
3. **Dira mmapa wa tlhaloganyo o dirisa dipotso mme barutwana ba di arabe.**
4. **Kwala dikarabo tsa gago mo mmapeng wa tlhaloganyo go oketsa kitso ya barutwana.**
5. **Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 30.**
6. **Bolelela barutwana go supa tokafatso ya puo ya thitokgang.**
 - a. Buisetsa tokafatso ya puo kwa godimo.
 - b. Laela barutwana go e buisa le wena, kgotsa go e boeletsa fa morago ga gago:
Fa le go tlhabetse o le aramele.
7. **Dira puisano ya tokafatso ya puo le barutwana.**
 - a. Botsa jaana: A lo ka mopolelela gore seno se kaya eng? / A lo ka kgona go bona karabo?
 - b. Rotloetsa barutwana go abelana dikakanyo tsa bona.
 - c. Tlhalosa bokao kgotsa neela karabo ka tsela e e latelang:
Bana ba tshwanetse go dirisa tšhono ya go tshameka kwa ntle fa letsatsi le tlhabile go le bothitho.



Medumopuo: Ruta modumo o montšhwa, go tswa foo kgaoganya o bo o kopanya



NAKO:
15 metsotso



DIDIRISWA:
Papetlana ya
Mokgabisa:
kg

Bukapuiso ya
Ditumiso

1. **Itsise modumo o montšhwa: kg**
 - a. Bua modumo ga 3.
 - b. Bontsha barutwana papetlana ya mokgabisa mme o buise modumo ga 3.
 - c. Bolelela barutwana go reetsa mme ba boeletse modumo.
 - d. Kopa barutwana go bua mafoko a a simololang ka modumo oo kgotsa a a dirisang modumo oo.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang modumo ono.**
 - a. Bua lefoko: kgole
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: kg-o-l-e
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: kgaka
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Mosupologo.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 32.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhophla.



Mokwalo: Ruta go bopa tlhakannye



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go gatelela diatla tsa rona go dira lebole re balela go 5, re bo re repa.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: kg**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhogo tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: kg
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: kg**
 - a. Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: kg**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Itsise Kgang



NAKO:
15 metsotso



DIDIRISWA:
Ditlhangwa,
Tsebe ya
matseno 51

1. Itsise kgang.

- Bua jaana: Mo bekeng eno re tlile go buisa kgang e setlhogo sa yona se reng: *A re tshamekeng Bhati.*
- Bua jaana: *Bana ba bararo ba etela masika a bona kwa Soweto ka malatsi a maikhutso a keresemose. Masika a nna mo boagisaneng bo le bongwe, mme bana ba le bararo e nna ditsala. Ka letsatsi lengwe ba ne ba jewa ke bodutu, mme ba tsaya tshweetso go tshameka motshameko mmogo. Bulelwa o batla go tshameka motshameko o o bidiwang Toti. Lebo o batla go tshameka motshameko o o bidiwang Bhati. Tumi o batla go tshameka motshameko o o bidiwang Chicago. Ba lemoga gore botlhe ba tlhoka dithini le bolo go tshameka motshameko wa bona. Go tsweng foo, ba lemoga selo sengwe ka metshameko e meraro eno. E ka nna eng.*
- Botsa jaana: A lo itse sengwe ka ga seno?
- Ka bokhutshwane bontsha barutwana ditshwantsho tsa kgang.

2. Aga lemorago la kitso la barutwana.

- Abelana le go tlhalosa lemorago la tshedimosetso e e neetsweng mo kgannyeng.
- Bontsha barutwana kwa kgang e diragalelang teng o dirisa mmapa wa Kgobokanyo ya Ditlhangwa.
- Botsa jaana: A lo na le nngwe ya dipotso ka ga kgang eno?

3. Tlhalosa togaleano ya go tlhaloganya.

- Bua jaana, mo bekeng eno re ya go ithuta go: Dira diphopholetso tsa kitso
- Tlhalosetsa barutwana togaleano eno.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 1&2



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 32.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 1 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 1 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 2.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Ruta Tlotlofoko



NAKO:
15 metsotso



DIDIRISWA:
Dipapetlana-
puiso tsa
tlotlofoko,
ditshwa-
ntsho,
dilwana
Bukapuiso ya
Ditumiso

1. **Gopotsa barutwana ka thitokgang.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 30.
 - b. Buisa kgotsa o bue tikafatso ya puo gape.
 - c. Bontsha barutwana lenaane la mafoko tlotlofoko ya thitokgang.
 - d. Tlhalosa gore mafoko ano a tla ba thusa go tlhaloganya le go bua ka thitokgang.
 - e. Ba buisetse lenaane la mafoko.
2. **Dirisa SDTB go ruta tlotlofoko.**
 - a. Ruta mafoko a a latelang a tlotlofoko:
 - *go phuthama: Go wela fa fatshe kgotsa go digwa.*
 - *go thibela dino: Go tshwara, go emisa kgotsa go kolopa kgwele go thibela setlhophla se sengwe gore se se ka sa kgona go bona nno.*
 - *go sa tlhaloganyane: Fa batho ba akanya dilo tse di sa tshwaneng ka gone ba sa tlhaloganyane sentle.*
3. **Dirisa ditogamaano tsa SDTB tse di tshwanetseng lefoko lengwe le lengwe:**

S: Supa setshwantsho kgotsa selwana sa nnete
 D: Diragatsa lefoko
 T: Tlhalosetsa barutwana bokao ba lefoko
 B: Bua lefoko mo polelong



Medumopuo: Itsise tumammogo e e pataganeng e ntšhwa



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Itsise modumo o o pataganeng o montšhwa: nkg**
 - a. Kwala medumo e e farologaneng mo patitšhokong mme o buise nngwe le nngwe ya yone.
 - b. Go tswa foo, mo kope gore a kopanye medumo eo e mebedi.
 - c. Kopa barutwana gore ba bue mafoko a a simololang ka kgotsa a a dirisang modumo o o pataganeneng ono.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang mafoko a a nang le modumo o o pataganeng ono.**
 - a. Bua lefoko: nkgo
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: n-kg-o
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: nkgisa
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labobedi.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 33.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaello ka Ditlhopha.



Mokwalo: Ruta go bopa ditlhakakgolo



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona re dire jaaka e kete re tshameka piano.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: Kg**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhago tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: Kg
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: Kg**
 - Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: Kg**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya pele



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 53

1. **Baya barutwana mo maemong a a siameng go dira Puiso ya Pele.**
 - a. Bitsa barutwana go tla go nna mo mmetsheng kgotsa fa fatshe.
 - b. Nna fa pele ga barutwana le Kgobokanyo ya Ditlhangwa.
 - c. Netefatsa gore barutwana botlhe ba kgona go bona buka.
 - d. Gopotsa barutwana ka maitseo a o a lebeletseng ka nako ya Puisokopanelo, sk. Maoto a fapane; matsogo a nne mo diropeng tsa bona; ba reetse ka tlhoafalo; ba tsiboge fa ba bidiwa; ba emise matsogo go botsa potso.
2. **Dira Puiso ya Pele jaana:**
 - a. Bua setlhogo sa kgang: *A re tshamekeng Bhati.*
 - b. Tlhalosa bokgoni ba ponelopele. Bua jaana: Fa re dira ponelopele, re dirisa setlhogo le ditshwantsho go leka go batla gore kgang e ka ga eng.
 - c. Bontsha barutwana ditshwantsho mo tsebeng nngwe le nngwe.
 - d. Botsa jaana: O akanya gore go diragala eng fano?
 - e. Botsa jaana: O akanya gore ditshwantsho tseno di amana jang?



Puisokaelo ka ditlhopha: Dira le Ditlhopha 3&4



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 33.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 3 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 3 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 4.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Ruta tlotlofoko mme le buisane ka setshwantsho sa thitokgang



NAKO:
15 metsotso



DIDIRISWA:
Dipapetlana-
puiso tsa
tlotlofoko,
ditshwa-
ntsho,
dilwana

Bukapuiso ya
Ditumiso

1. Dirisa SDTB go ruta tlotlofoko.

- a. Ruta mafoko a a latelang a tlotlofoko:
 - *motshameki mmogo: Motho yo o leng mo setlhopheng mmogo le wena.*
 - *gopotsa: Go thusa mongwe go gopola sengwe.*
 - *motlae: serai se mongwe a se dirang a tshameka le motho yo mongwe maithomo e le go ijesa monate.*
- b. Dirisa ditogamaano tsa SDTB tse di tshwanetseng lefoko lengwe le lengwe.

2. Aga lemorago la kitso la barutwana.

- a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 34.
- b. Bolelela barutwana tshedimosetso e e latelang ka setshwantsho:
 - *Go tshamekela kwa ntle go re naya tšhono ya go nna le ditsala. Metshameko e mentsi ya kwa ntle ke ya batho ba ba fetang bongwe, mme seno se re naya tšhono ya go bua le ba bangwe, go rarabolola mathata le go ijesa monate mmogo!*
 - *Go tshamekela kwa ntle go botlhokwa thata mo kgolong ya rona. Fa re dira dilo tse di jaaka go taboga, go tlola, go palama, go tloatlola, go lekalekanya, go tshwara le go latlhela, re ithuta go dirisa le go laola mesifa yotlhe e megolo mo mebeleng ya rona.*
 - *Fa re kgona go laola mesifa e megolo e e mo mebeleng ya rona, go dira gore go nne botlhofo gore re laole mesifa e mennye e e mo mebeleng ya rona. Se se kaya gore go tshamekela kwa ntle go re thusa go ipaakanyetsa go dira dilo tse di jaaka go thala, go kwala, go sega mme le go tshameka metshameko ya khomphuthara!*

3. Buisanang ka setshwantsho.

- a. Dirisa dipotso tse di latelang go buisana ka setshwantsho jaana:
 - Botsa potso ya ntlha.
 - Laela barutwana go buisana ka potso le molekane wa bona.
 - Bitsa barutwana ba le mmalwa ka bongwe go abelana dikarabo tsa bona.
 - Aga lemorago la kitso la barutwana ka go siamisa se basa se tlhaloganyeng le go abelana tshedimosetso e e amanang le thitokgang.
 - Boeletsa thulaganyo eno ka dipotso tsotlhe.

4. Dipotso:

- a. *Ke metshameko efe mo setshwantshong e o kileng wa e bona e tshamekiwa mo tikologong ya gaeno?*
- b. *A o kile wa tshameka nngwe ya metshameko eno?*
- c. *Ke efe ya metshameko eno e o e bonang e kgatlhisa thata? Goreng?*



Medumopuo: Ruta modumo o montšhwa, go tswa foo kgaoganya o bo o kopanya



NAKO:
15 metsotso



DIDIRISWA:
Papetlana ya
Mokgabisa:
ng

Bukapuiso ya
Ditumiso

1. **Itsise modumo o montšhwa: ng**
 - a. Bua modumo ga 3.
 - b. Bontsha barutwana papetlana ya mokgabisa mme o buise modumo ga 3.
 - c. Bolelela barutwana go reetsa mme ba boeletse modumo.
 - d. Kopa barutwana go bua mafoko a a simololang ka modumo oo kgotsa a a dirisang modumo oo.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang modumo ono.**
 - a. Bua lefoko: ngaka
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: ng-a-k-a
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: nganga
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Laboraro.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 35.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaello ka Ditlhophla.



Mokwalo: Ruta go bopa tlhakannye



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go dikolosa malokololo a diatla go dikologa go ya kwa melemeng le kwa mojeng.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: ng**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhogo tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: ng
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: ng**
 - a. Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: ng**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya Ntlha



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 53

1. Baakanyetsa barutwana Puiso ya Ntlha.

- Baya barutwana mo maemong a a siameng mo mmetsheng.
- Ba gopotse ka maitseo a a lebeleletsweng.
- Gopotsa barutwana ka setlhogo sa kgang: *A re tshamekeng Bhati*
- Bua jaana: *Bana ba bararo ba etela masika a bona kwa Soweto ka malatsi a maikhutso a keresemose. Masika a nna mo boagisaneng bo le bongwe, mme bana ba le bararo e nna ditsala. Ka letsatsi lengwe ba ne ba jewa ke bodutu, mme ba tsaya tshweetso go tshameka motshameko mmogo. Bulelwa o batla go tshameka motshameko o o bidiwang Toti. Lebo o batla go tshameka motshameko o o bidiwang Bhati. Tumi o batla go tshameka motshameko o o bidiwang Chicago. Ba lemoga gore botlhe ba tlhoka dithini le bolo go tshameka motshameko wa bona. Go tsweng foo, ba lemoga selo sengwe ka metshameko e meraro eno. E ka nna eng.*

2. Dira Puiso ya Ntlha jaana:

- Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
- Bontsha barutwana ditshwantsho.
- Fa go tlhokega, emisa mme o tlhalosetse barutwana.
- Bua ka mafoko a tlotlofoko fa a tlhagelela.
- Kwa bofelong ba kgang, botsa dipotso tsa Puiso 1 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.
- Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: Dira diphopholetso tsa kitso
 - Botsa barutwana: Ke phopholetso efe e e siameng e re ka e dirang ka kgang eno e mokwadi a sa re bolelelang ka yona? Ke eng se o ka se fopholetsang ka moanelwa?



Go kwala: Bontsha PYP le tiro



NAKO:
20 metsotso



DIDIRISWA:
Letlhomiso la
go kwala:

Ke rata go
tshamekela
kwa ntle le...

Re rata go...

Fa re
tshameka,
re...

1. **Itsise go tlhoma mogopolo mo PYP (Popego ya Polelo).**
 - a. Bua jaana: Beke eno re tlile go tlhoma mogopolo mo: O dirisa tlhakakgolo kwa tshimologong ya leina la mongwe.
 - b. Kwala polelo mo patišhokong: Ke rata go ya kwa phakeng le tsala ya me, Thato.
 - c. Bua ka PYP: Tlhaka ya ntlha ya leina ke tlhakakgolo.
2. **Itsise tiro ya go kwala.**
 - a. Bua jaana: Mo bekeng eno re ya go: Thala setshwantsho mme o kwale dipolelo di le tharo.
 - b. Bua jaana: Re ya go thala le go kwala ka: Go tshamekela kwa ntle le ditsala
3. **Tlhalosa karabo ya gago ya tiro ya go kwala ka molomo, pele o kwala.**
 - a. Bua jaana: Fa ke ne ke le monnye, ke ne ke rata go tshamekela kwa ntle le... Re ne re rata go...
4. **Bontsha tiro mo patitšhokong.**
 - a. Thala setshwantsho sa ka bonako se se bontshang: Wena fa o ne o le ngwana, o tshameka le tsala ya gago.
 - b. Bontsha barutwana gore ba tlatse jang letlhomiso la go kwala.
 - c. Bua ka PYP: Tlhaka ya ntlha ya leina ke tlhakakgolo.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 5&6



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 35.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 5 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 5 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 6.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Medumopuo: Itsise tumammogo e e pataganeng e ntšhwa



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Itsise modumo o o pataganeng o montšhwa: ngw**
 - a. Kwala medumo e e farologaneng mo patitšhokong mme o buise nngwe le nngwe ya yone.
 - b. Go tswa foo, mo kope gore a kopanye medumo eo e mebedi.
 - c. Kopa barutwana gore ba bue mafoko a a simololang ka kgotsa a a dirisang modumo o o pataganeng ono.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang mafoko a a nang le modumo o o pataganeng ono.**
 - a. Bua lefoko: ngwana
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: ng-w-a-n-a
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: ngwedi
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labone.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 36.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaello ka Ditlhophla.



Mokwalo: Ruta go bopa ditlhakakgolo



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go otlololela menwana ka mogare le kwa ntle.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: Ng**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhago tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: Ng.
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: Ng**
 - Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: Ng**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya Bobedi



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 53

1. **Rulaganya barutwana go dira Puiso ya bobedi.**
 - a. Baya barutwana mo maamong a a siameng mo mmetsheng.
 - b. Ba gopotse ka maitseo a a lebeleletsweng.
 - c. Gopotsa barutwana ka setlhogo sa kgang: *A re tshamekeng Bhati*
 - d. Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: Dira diphopholetso tsa kitso
 - Bua jaana, le a gopola gore re buisane ka seno maabane, fa ke go botsa: Ke phopholetso efe e e siameng e re ka e dirang ka kgang eno e mokwadi a sa re bolelelang ka yona? Ke eng se o ka se fopholetsang ka moanelwa?
2. **Dira Puiso ya Bobedi jaana:**
 - a. Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
 - b. Bontsha barutwana setshwantsho.
 - c. Dirisa dikao tse di mo tsebeng ya matseno go bontsha togaleano ya go tlhaloganya.
 - d. Kwa bofelong ba kgang, botsa dipotso tsa Puiso 2 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.



Go kwala: Go rulaganya le kwalo ya ntlha



NAKO:
20 metsotso



DIDIRISWA:
Letlhomeso la
go kwala:

Ke rata go
tshamekela
kwa ntle le...

Re rata go...

Fa re
tshameka,
re...

1. **Itsise gape tiro ya go kwala.**
 - a. Bua jaana: Gopolang gore mo bekeng eno re ya go thala le go kwala ka: Go tshamekela kwa ntle le ditsala
2. **Laela barutwana go akanya ka go kwala ga bona.**
 - a. Bua jaana: Tswala matlho a gago mme o akanye ka gore o tla araba jang letlhomeso la go kwala.
 - b. Bua jaana: Abelana kakanyo ya gago le molekane.
 - c. Tlhatlhanyang mme le kwale mafoko a a mosola mo patitšhokong, sk. taboga, palama ditlhare, go tshameka maiphitlwaphitlwane, tshameka kgwele
3. **Laela barutwana go simolola go kwala ka mo dibukeng tsa bona.**
 - a. Bua jaana: Jaanong thala mme o kwale dikakanyo tsa gago.
 - b. Gopotsa barutwana ka PYP: Tlhaka ya ntlha ya leina ke tlhakagolo.
4. **Tsamayatsamaya ka mo phaposing mme o thuse barutwana ka bongwe.**
 - a. Kopa barutwana gore ba go bolelele dikakanyo tsa bona.
 - b. Thusa barutwana ba ba kgaratlang go simolola tiro ya go kwala.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 7&8



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 36.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 7 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 7 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 8.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Buisanang ka kgang ya Puisokopanelo



NAKO:
15 metsotso



DIDIRISWA:
Letlhomeso la
dipuisano:

Kgang eno e
ne e le ka ga...

Ke ratile
moanelwa...
gonne...

Ke ithutile
gore...

1. **Baakanyetsa barutwana puisano ya setlhopha.**
 - a. Rulaganya barutwana ka ditlhopha tse 4.
 - b. Naya setlhopha sengwe le sengwe thobane ya go bua kgotsa leje'.
 - c. Bua jaana: O ka kgona go bua fa fela o tshotse 'thobane ya go bua/leje'.
2. **Dirang dipotso tsa puisano.**
 - a. Gopotsa barutwana ka kgang ya Puisokopanelo ya beke.
 - b. Kwala letlhomeso la puisano mo patitšhokong.
 - c. Buisa le go tlhalosa potso nngwe le nngwe (polelo e simololang karabo.)
 - d. Bolelela barutwana gore leloko lengwe le lengwe la setlhopha le tshwanetse go bona tšhono go araba potso nngwe le nngwe.
 - e. Rotloetsa barutwana go akanya ka dikarabo tse di farologaneng.
3. **Laela barutwana go simolola ka dipuisano tsa bona.**
 - a. Laela barutwana baba tshotseng 'thobane e buang/leje' go simolola.
 - b. Tsamayatsamaya mme o ba neye tshegetso e e tlhokegang.
 - c. Mo metsotsong e le mmalwa ya bofelo, bitsa setlhopha go abelana dikarabo tsa bona.
4. **Paakanyo ya morutwana**
 - a. Lemoga barutwana ba le 3–4 go dira neelano ya molomo ka Mosupologo.
 - b. Bolelela barutwana gore ba dire paakanyo ya Mosupologo ya eng. (Lebelela RB mo lenaneothutong ka Mosupologo)



Medumopuo: Piletso



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baya barutwana sentle ka dibuka tsa go kwalela tsa bona, dipene le dithaledi.**
 - a. Bolelela barutwana go kwala setlhogo, 'Piletso' mme ba kwale dipalo 1–6 fa thoko ga mothalo o mohibidu.
 - b. Bitsa mafoko a a latelang a le marataro gore barutwana ba a kwale go bapa le dipalo 1–6: *kgosi, kgona, kgora, ngoka, mang, ngwaga*
2. **Bolelela barutwana go dirisa dipensele tsa mebala go siamisa tiro ya bona.**
 - a. Kwala mafoko a le marataro mo patitšhokong.
 - b. Fa o kwala, dumisa lefoko lengwe le lengwe.
 - c. Bolelela barutwana go sekeletsa diphoso tsa bona ka pensele ya mmala.
 - d. Bolelela barutwana go kwala mafoko gape ka nepagalo.
3. **Tsaya dintlha ka dikgwetlho le Tswelopele ya barutwana.**
4. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labotlhano.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 37.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhophu.



Puisokopanelo: Dira puiso ya morago



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 53

1. **Baakanyetsa barutwana puiso ya morago.**
 - a. Gopotsa barutwana ka setlhogo sa kgang: *A re tshamekeng Bhati*
 - b. Tlhalosa tiro. Bua jaana: Gompiano re ya go thala le go kwala ka karolo e re e ratang ya kgang.
2. **Bontsha tiro jaana:**
 - a. Tswala matlho a gago mme o itire yo o akanyang.
 - b. Bula matlho a gago mme o bue jaana: Karolo ya me e ke e ratang ka kgang ke fa...
 - c. Leka gore o seke wa tlhopha sekao sa karolo e e botlhofo thata ya kgang.
 - d. Thala setshwantsho sa ka bonako mo patitšhokong. Fa o ntse o thala, tlhalosa gore o thala eng.
 - e. Kwala lefoko le le 1-2.
3. **Laela barutwana go dira tiro.**
 - a. Bolelela barutwana go tswala matlho a bona mme ba akanye ka karolo e ba e ratang thata ya kgang.
 - b. Bua jaana: Akanya ka kakanyo ya gago, o seke wa kopisa sekao sa me.
 - c. Morago ga foo, bolelela barutwana go bula matlho a bona mme ba buisane ka dikarabo tsa bona le molekane wa bona.
 - d. Go tsweng foo, laela barutwana go thala karolo eno ya kgang mo dibukeng tsa go kwalela tsa bona.
 - e. Thusa barutwana go oketsa ka lefoko le le 1-2 mo dithalong tsa bona.
4. **Letla barutwana go abelana tiro ya bona.**
 - a. Naya barutwana metsotso e mmalwa go bontsha balekane tiro ya bona.
 - b. Bitsa barutwana go abelana tiro ya bona ka mo phaposing.



Go kwala: Kwalo ya ntlha le go siamisa



NAKO:
20 metsotso



DIDIRISWA:
Letlhomeso la
go kwala:

Ke rata go
tshamekela
kwa ntle le...

Re rata go...

Fa re
tshameka,
re...

1. **Gakolola barutwana ka tiro ya bona ya go kwala.**
 - a. Bua jaana: Gompiano re ya go fetsa tiro ya go kwala.
2. **Itsise pharologano.**
 - a. Tsamayatsamaya ka mo phaposing mme o thuse barutwana ba ba kgaratlhang.
 - b. Naya barutwana ba ba bonako tirwana ya koketso ya ka bonako: Kwala polelo e nngwe mo kwalong ya gago.
3. **Laela barutwana go buisa le go siamisa se ba se kwadileng.**
 - a. Bua jaana: Jaanong ke nako ya go buisa le go siamisa tiro ya gago.
 - b. Bua jaana, gopola go lekola gore: Tlhaka ya ntlha ya leina ke tlhakakgolo.
4. **Fa nako e go letla, kopa barutwana go abelana kwalo ya bona.**
 - a. Barutwana ba ka abelana kwalo ya bona le molekane.
 - b. Barutwana ba le mmalwa ba ka abelana kwalo ya bona ka mo phaposing.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 9&10



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 37.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 9 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 9 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 10.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Go Neela ka Molomo



NAKO:
15 metsotso



DIDIRISWA:
Barutwana
ba ba
tlhophilweng
go tla le
selwana
kgotsa
setshwantsho
sa go
'Bontsha le
go Bua'

1. **Baya barutwana mo maemong a a siameng a go reetsa barutwana ba bangwe ba neela ka molomo.**
2. **Gopotsa barutwana ka tiro e e latelang: Bontsha le go ba bolelela**
 - a. Emisetsa selwana kgotsa setshwantsho se o se tlleng go re bontsha sona kwa godimo.
 - b. Re bolelele ka selwana kgotsa setshwantsho. Bua jaana:
 - Gompieno ke tlile go le bolelela ka...
 - Ke... (bogolo, mmala, bokete, phopholego, jalo jalo.)
 - E dirisetswa...
 - Ke a se rata ka gone...
 - c. Go tswa foo, botsa phaposi: Aa go na le dipotso?
 - d. Fa mongwe a na le potso, leka ka bojotle go e araba.
3. **Gopotsa barutwana ka bokgoni ba go neela jo bo latelang:**
 - a. Fa o neela puo, gakologelwa go:
 - Emisa selwana kgotsa setshwantsho gore mongwe le mongwe a se bone
 - Bua polelo ya gago ka tatelano e e nepagetseng
 - Bua dilo gangwe – o seka wa ipoeletsa
 - Bua ka lentswe le le kwa godimo le le phepa
4. **Bitsa barutwana baba tlhophilweng ka bongwe go dira neelo ya bona.**
 - a. Aga go itshepa mo morutwaneng mongwe le mongwe ka go lebogela neelo ya bona le go ba naya dipegelo tse di siameng.
 - b. Kwa bokhutlong ba thuto, naya phaposi pegelo ya kakaretso go tokafatsa go neelo ya bona. Sekao: Ke ne ke kgaratlha go utlwa bangwe ba lona. Ka kopo lehang go bua ka lentswe le le utlwagalang – re batla go utlwa se o tla se buang.



Medumopuo: Ruta modumo o montšhwa, go tswa foo kgaoganya o bo o kopanya



NAKO:
15 metsotso



DIDIRISWA:
Papetlana ya
Mokgabisa:
kh

Bukapuiso ya
Ditumiso

1. **Itsise modumo o montšhwa: *kh***
 - a. Bua modumo ga 3.
 - b. Bontsha barutwana papetlana ya mokgabisa mme o buise modumo ga 3.
 - c. Bolelela barutwana go reetsa mme ba boeletse modumo.
 - d. Kopa barutwana go bua mafoko a a simololang ka modumo oo kgotsa a a dirisang modumo oo.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang modumo ono.**
 - a. Bua lefoko: khubu
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: *kh-u-b-u*
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: khumo
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Mosupologo.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 38.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopha.



Mokwalo: Ruta go bopa tlhakannye



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go soboloka lenathwana la pampiri mme morago o le otlolole.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: *kh***
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhogo tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: *kh*
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: *kh***
 - a. Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: *kh***
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Itsise Kgang



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
Tsebe ya
matseno 63

1. Itsise kgang.

- Bua jaana: Mo bekeng eno re tlile go buisa kgang e setlhogo sa yona se reng: *Letsatsi la dikgakologo la go gasana ka metsi.*
- Bua jaana: *Kgang e ka ga Letsatsi la Dikgakologo mo Aforikaborwa, e leng 1 Lwetse. Bonolo le Lerato ke ditsala tse di tsamayang mmogo go ya kwa sekolong. Ka letsatsi lengwe, ba ne ba lemoga gore mowa o bothitho, mme e bile ba bona dinonyane le dothunya. Go tsweng foo, Lerato o lemoga gore ke Letsatsi la Dikgakologo. O tsibosa Bonolo gore ba tshwanetse go tabogela kwa gae fa sekolo se tswa, gone mogolowe le ditsala tsa gagwe ba rata go tshameka metlae ka Letsatsi la Dikgakologo. Morago ga sekolo basetsana ba lebala ka Letsatsi la Dikgakologo go fitlhela morutabana wa bona a ba gopotsa. Ba taboga ka moo ba ka kgonang, fela fa ba fitlha kwa gae, ba bona mogoloe Lerato! O tlile go tshameka motlae ofe wa Letsatsi la Dikgakologo.*
- Botsa jaana: A lo itse sengwe ka ga seno?
- Ka bokhutshwane bontsha barutwana ditshwantsho tsa kgang.

2. Aga lemorago la kitso la barutwana.

- Abelana le go tihalosa lemorago la tshedimosetso e e neetsweng mo kgannyeng.
- Bontsha barutwana kwa kgang e diragalelang teng o dirisa mmapa wa Kgobokanyo ya Ditlhangwa.
- Botsa jaana: A lo na le nngwe ya dipotso ka ga kgang eno?

3. Tihalosa togaleano ya go tihaloganya.

- Bua jaana, mo bekeng eno re ya go ithuta go: Tshwantsha mo mogopolong
- Tihalosetsa barutwana togaleano eno.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 1&2



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 38.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 1 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 1 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 2.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Ruta Tlotlofoko



NAKO:
15 metsotso



DIDIRISWA:
Dipapetlana-
puiso tsa
tlotlofoko,
ditshwa-
ntsho,
dilwana
Bukapuiso ya
Ditumiso

1. **Gopotsa barutwana ka thitokgang.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 30.
 - b. Buisa kgotsa o bue tikafatso ya puo gape.
 - c. Bontsha barutwana lenaane la mafoko tlotlofoko ya thitokgang.
 - d. Tlhalosa gore mafoko ano a tla ba thusa go tthaloganya le go bua ka thitokgang.
 - e. Ba buisetse lenaane la mafoko.
2. **Dirisa SDTB go ruta tlotlofoko.**
 - a. Ruta mafoko a a latelang a tlotlofoko:
 - *setlha: Karolo ya ngwaga, e e jaaka selemo, letlhabula, mariga kgotsa dikgakologo.*
 - *senthaga: Legae le nonyane e le agelang mae le masea a yone.*
 - *kolobile: Go koloba thata.*
3. **Dirisa ditogamaano tsa SDTB tse di tshwanetseng lefoko lengwe le lengwe:**

S: Supa setshwantsho kgotsa selwana sa nnete

D: Diragatsa lefoko

T: Tlhalosetsa barutwana bokao ba lefoko

B: Bua lefoko mo polelong



Medumopuo: Itsise tumammogo e e pataganeng e ntšhwa



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Itsise modumo o o pataganeng o montšhwa: *nkh***
 - a. Kwala medumo e e farologaneng mo patitšhokong mme o buise nngwe le nngwe ya yone.
 - b. Go tswa foo, mo kope gore a kopanye medumo eo e mebedi.
 - c. Kopa barutwana gore ba bue mafoko a a simololang ka kgotsa a a dirisang modumo o o pataganeng ono.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang mafoko a a nang le modumo o o pataganeng ono.**
 - a. Bua lefoko: *nkhula*
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: *n-kh-u-l-a*
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: *nkhuna*
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labobedi.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 39.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaello ka Ditlhopho.



Mokwalo: Ruta go bopa ditlhakakgolo



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go tlhotlhora diatla tsa rona.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: Kh**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhago tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: Kh.
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: Kh**
 - Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: Kh**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya pele



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhagwa,
tsebe 65

1. **Baya barutwana mo maemong a a siameng go dira Puiso ya Pele.**
 - a. Bitsa barutwana go tla go nna mo mmetsheng kgotsa fa fatshe.
 - b. Nna fa pele ga barutwana le Kgobokanyo ya Ditlhagwa.
 - c. Netefatsa gore barutwana botlhe ba kgona go bona buka.
 - d. Gopotsa barutwana ka maitseo a o a lebeletseng ka nako ya Puisokopanelo, sk. Maoto a fapane; matsogo a nne mo diropeng tsa bona; ba reetse ka tlhoafalo; ba tsiboge fa ba bidiwa; ba emise matsogo go botsa potso.
2. **Dira Puiso ya Pele jaana:**
 - a. Bua setlhago sa kang: *Letsatsi la dikgakologo la go gasana ka metsi.*
 - b. Tlhalosa bokgoni ba ponelopele. Bua jaana: Fa re dira ponelopele, re dirisa setlhago le ditshwantsho go leka go batla gore kang e ka ga eng.
 - c. Bontsha barutwana ditshwantsho mo tsebeng nngwe le nngwe.
 - d. Botsa jaana: O akanya gore go diragala eng fano?
 - e. Botsa jaana: O akanya gore ditshwantsho tseno di amana jang?



Puisokaelo ka ditlhopha: Dira le Ditlhopha 3&4



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 39.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 3 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 3 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 4.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Kanelokgang ya Maitlhamelo



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana kanelokgang ya maitlhamelo.**
 - a. Rulaganya barutwana ka ditlhopha tse 4.
 - b. Bolelela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng ya 40.
2. **Kaela barutwana go lebelela ditshwantsho.**
 - a. Botsa jaana: O bona eng mo setshwantshong seno?
3. **Bolelela barutwana gore mongwe le mongwe o tshwanetse go itlhamela kgang e khutshwane ka setshwantsho.**
4. **Bolelela barutwana gore sebopego sa kgang ya bona se nne jang. Bua jaana:**
 - a. Naya moanelwa mongwe le mongwe mo kgannyeng ya gago leina.
 - b. Bua gore kgang e diragalela kwa kae.
 - c. Kgang ya gago e tshwanetse go nna le tshimologo, bogare le bokhutlo.
 - d. Setshwantsho seno se bontsha karolo ya kgang ya gago.
 - Setshwantsho se ka bontsha tshimologo ya kgang ya gago.
 - Setshwantsho se ka bontsha bogare ba kgang ya gago.
 - Setshwantsho se ka bontsha bokhutlo ba kgang ya gago.
 - e. O ka simolola kgang ya gago ka gore:
 - Bana ba ne ba ya gae fa ba bona...
 - Go na le gore bana ba ye gae, ba ne ba sweetsa ka gore ba...
5. **Laela barutwana go dira tirwana.**
 - a. Naya barutwana metsotso e mmalwa go akanya ka Dikgang tsa bona ka tidimalo.
 - b. Go tswa foo, laela barutwana go refosana go anela ditlhopha tsa bona dikgang. O ka rata go dirisa 'thobane ya go bua/leje' go dira seno.
 - c. Fa barutwana ba ntse ba bua, tsamayatsamaya mme o ba reetse.
6. **Konela thuto ka tsela e e latelang:**
 - a. Bitsa morutwana a le mongwe go abelana kgang ya bona le phaposing kgotsa botsa barutwana ba le 1–2 dipotso ka dikgang tsa ditlhopha tsa bona.
 - Botsa jaana: Kgang ya X e ne e le ka ga eng?
 - Botsa jaana: Ke eng se o se ratileng ka kgang ya ga X?
 - b. Naya paposi kakgelo ka kakaretso go tokafatsa dikgang tsa bona.
Sekao: Go le gantsi, kwa tshimologong ya kgang, re bua gore kgang e diragalela kwa kae, le gore baanelwa ke bomang. Mo nakong e e tlang, lekang go akaretsa tshedimosetso eno mo dikgannyeng tsa lona.



Medumopuo: Ruta modumo o montšhwa, go tswa foo kgaoganya o bo o kopanya



NAKO:
15 metsotso



DIDIRISWA:
Papetlana ya
Mokgabisa:
ph

Bukapuiso ya
Ditumiso

1. **Itsise modumo o montšhwa: *ph***
 - a. Bua modumo ga 3.
 - b. Bontsha barutwana papetlana ya mokgabisa mme o buise modumo ga 3.
 - c. Bolelela barutwana go reetsa mme ba boeletse modumo.
 - d. Kopa barutwana go bua mafoko a a simololang ka modumo oo kgotsa a a dirisang modumo oo.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang modumo ono.**
 - a. Bua lefoko: phoka
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: ph-o-k-a
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: phala
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Laboraro.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 41.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopha.



Mokwalo: Ruta go bopa tlhakannye



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go dikolosa malokololo a diatla go dikologa go ya kwa melemeng le kwa mojeng.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: *ph***
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhogo tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: *ph*
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: *ph***
 - a. Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: *ph***
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya Ntlha



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 65

1. Baakanyetsa barutwana Puiso ya Ntlha.

- Baya barutwana mo maemong a a siameng mo mmetsheng.
- Ba gopotse ka maitseo a a lebeleletsweng.
- Gopotsa barutwana ka setlhogo sa kgang: *Letsatsi la dikgakologo la go gasana ka metsi*
- Bua jaana: *Kgang e ka ga Letsatsi la Dikgakologo mo Aforikaborwa, e leng 1 Lwetse. Bonolo le Lerato ke ditsala tse di tsamayang mmogo go ya kwa sekolong. Ka letsatsi lengwe, ba ne ba lemoga gore mowa o bothitho, mme e bile ba bona dinonyane le dothunya. Go tsweng foo, Lerato o lemoga gore ke Letsatsi la Dikgakologo. O tsibosa Bonolo gore ba tshwanetse go tabogela kwa gae fa sekolo se tswa, gonne mogolowe le ditsala tsa gagwe ba rata go tshameka metlae ka Letsatsi la Dikgakologo. Fa sekolo se tswa basetsana ba lebala ka Letsatsi la Dikgakologo go fitlhela morutabana wa bona a ba gopotsa. Ba taboga ka moo ba ka kgonang, fela fa ba fitlha kwa gae, ba bona mogoloe Lerato! O tlike go tshameka motlae ofe wa Letsatsi la Dikgakologo.*
- Botsa jaana: A lo itse sengwe ka ga seno?

2. Dira Puiso ya Ntlha jaana:

- Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
- Bontsha barutwana ditshwantsho.
- Fa go tlhokega, emisa mme o tshalosetse barutwana.
- Bua ka mafoko a tlotlofoko fa a tlhagelela.
- Kwa bofelong ba kgang, botsa dipotso tsa Puiso 1 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.
- Gopotsa barutwana ka togaleano ya go tshaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: Tshwantsha mo mogopolong
 - Botsa barutwana: Tswala matlho a gago mme o leke go tshwantsha mo mogopolong sengwe go tswa mo kgannyeng eno. O bona eng?



Go kwala: Bontsha PYP le tiro



NAKO:
20 metsotso



DIDIRISWA:
Bukatiro ya
DBE 2, tsebe
54

Letlhomeso la
go kwala:

Ke rata go
tshameka...

Go monate
gonne...

Ke tshameka
le...

1. **Itsise go tlhoma mogopolo mo PYP (Popego ya Polelo).**
 - a. Bua jaana: Beke eno re tlile go tlhoma mogopolo mo: Netefatsa gore lefoko le le dirang (lediri) le tsamaisana le yo o e dirang (modiri).
 - b. Kwala polelo mo patišhokong: Ke tshameka kgwele ya dinao. O tshameka kgwele ya dinao
 - c. Bua ka PYP: Lefoko le le dirang (lediri) le tsamaisana le yo o e dirang (modiri).
2. **Itsise tiro ya go kwala.**
 - a. Bua jaana: Mo bekeng eno re ya go: Thala setshwantsho mme o kwale dipolelo di le tharo.
 - b. Bua jaana: Re ya go thala le go kwala ka: Motshameko wa me o ke o ratang
3. **Tlhalosa karabo ya gago ya tiro ya go kwala ka molomo, pele o kwala.**
 - a. Bua jaana: Motshameko wa me o ke o ratang ke...
4. **Bontsha tiro mo patitšhokong.**
 - a. Thala setshwantsho sa ka bonako se se bontshang: Wena, o tshameka motshameko wa gago o o o ratang.
 - b. Bontsha barutwana gore ba tlatse jang letlhomeso la go kwala.
 - c. Bua ka PYP: Lefoko le le dirang (lediri) le tsamaisana le yo o e dirang (modiri).



Puisokaelo ka ditlhopha: Dira le Ditlhopha 5&6



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 41.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 5 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 5 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 6.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Medumopuo: Itsise tumammogo e e pataganeng e ntšhwa



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Itsise modumo o o pataganeng o montšhwa: mph**
 - a. Kwala medumo e e farologaneng mo patitšhokong mme o buise nngwe le nngwe ya yone.
 - b. Go tswa foo, mo kope gore a kopanye medumo eo e mebedi.
 - c. Kopa barutwana gore ba bue mafoko a a simololang ka kgotsa a a dirisang modumo o o pataganeneng ono.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang mafoko a a nang le modumo o o pataganeng ono.**
 - a. Bua lefoko: mphe
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: m-ph-e
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: dimpho
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labone.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 42.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaello ka Ditlhopha.



Mokwalo: Ruta go bopa ditlhakakgolo



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go otlololela menwana ka mogare le kwa ntle.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: Ph**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhago tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: Ph.
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: Ph**
 - Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: Ph**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya Bobedi



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 65

1. **Rulaganya barutwana go dira Puiso ya bobedi.**
 - a. Baya barutwana mo maamong a a siameng mo mmetsheng.
 - b. Ba gopotse ka maitseo a a lebeleletsweng.
 - c. Gopotsa barutwana ka setlhogo sa kgang: *Letsatsi la dikgakologo la go gasana ka metsi*
 - d. Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: Tshwantsha mo mogopolong
 - Bua jaana, le a gopola gore re buisane ka seno maabane, fa ke go botsa: Tswala matlho a gago mme o leke go tshwantsha mo mogopolong sengwe go tswa mo kgannyeng eno. O bona eng?
2. **Dira Puiso ya Bobedi jaana:**
 - a. Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
 - b. Bontsha barutwana setshwantsho.
 - c. Dirisa dikao tse di mo tsebeng ya matseno go bontsha togaleano ya go tlhaloganya.
 - d. Kwa bofelong ba kgang, botsa dipotso tsa Puiso 2 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.



Go kwala: Go rulaganya le kwalo ya ntlha



NAKO:
20 metsotso



DIDIRISWA:
Bukatiro ya
DBE 2, tsebe
54

Letlhomeso la
go kwala:

Ke rata go
tshameka...

Go monate
gonne...

Ke tshameka
le...

1. **Itsise gape tiro ya go kwala.**
 - a. Bua jaana: Gopolang gore mo bekeng eno re ya go thala le go kwala ka: Motshameko wa me o ke o ratang
2. **Laela barutwana go akanya ka go kwala ga bona.**
 - a. Bua jaana: Tswala matlho a gago mme o akanye ka gore o tla araba jang letlhomeso la go kwala.
 - b. Bua jaana: Abelana kakanyo ya gago le molekane.
 - c. Tlhatlhanyang mme le kwale mafoko a a mosola mo patitšhokong, sk. tshwara, kgoma, lelekisa, maiphitlwaphitlwane, Bhathi, kgwele ya dinao
3. **Laela barutwana go bula tsebe e e nepagetseng ka mo dibukatirong tsa DBE tsa bona.**
 - a. Bua jaana: Jaanong thala mme o kwale dikakanyo tsa gago.
 - b. Gopotsa barutwana ka PYP: Lefoko le le dirang (lediri) le tsamaisana le yo o e dirang (modiri).
4. **Tsamayatsamaya ka mo phaposing mme o thuse barutwana ka bongwe.**
 - a. Kopa barutwana gore ba go bolelele dikakanyo tsa bona.
 - b. Thusa barutwana ba ba kgaratlang go simolola tiro ya go kwala.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 7&8



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 42.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 7 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 7 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 8.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Buisanang ka kgang ya Puisokopanelo



NAKO:
15 metsotso



DIDIRISWA:
Letlhomeso la
dipuisano:

Kgang eno e
ne e le ka ga...

Ke e ratile fa...

Ke ithutile
gore...

1. **Baakanyetsa barutwana puisano ya setlhopha.**
 - a. Rulaganya barutwana ka ditlhopha tse 4.
 - b. Naya setlhopha sengwe le sengwe thobane ya go bua kgotsa leje'.
 - c. Bua jaana: O ka kgona go bua fa fela o tshotse 'thobane ya go bua/leje'.
2. **Dirang dipotso tsa puisano.**
 - a. Gopotsa barutwana ka kgang ya Puisokopanelo ya beke.
 - b. Kwala letlhomeso la puisano mo patitšhokong.
 - c. Buisa le go tlhalosa potso nngwe le nngwe (polelo e simololang karabo.)
 - d. Bolelela barutwana gore leloko lengwe le lengwe la setlhopha le tshwanetse go bona tšhono go araba potso nngwe le nngwe.
 - e. Rotloetsa barutwana go akanya ka dikarabo tse di farologaneng.
3. **Laela barutwana go simolola ka dipuisano tsa bona.**
 - a. Laela barutwana baba tshotseng 'thobane e buang/leje' go simolola.
 - b. Tsamayatsamaya mme o ba neye tshegetso e e tlhokegang.
 - c. Mo metsotsong e le mmalwa ya bofelo, bitsa setlhopha go abelana dikarabo tsa bona.
4. **Paakanyo ya morutwana**
 - a. Lemoga barutwana ba le 3–4 go dira neelano ya molomo ka Mosupologo.
 - b. Bolelela barutwana gore ba dire paakanyo ya Mosupologo ya eng. (Lebelela RB mo lenaneothutong ka Mosupologo)



Medumopuo: Piletso



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baya barutwana sentle ka dibuka tsa go kwalela tsa bona, dipene le dithaledi.**
 - a. Bolelela barutwana go kwala setlhogo, 'Piletso' mme ba kwale dipalo 1–6 fa thoko ga mothalo o mohibidu.
 - b. Bitsa mafoko a a latelang a le maratara gore barutwana ba a kwale go bapa le dipalo 1–6: *khemo, khunelo, nkhufa, phefo, phate, nkhupa*
2. **Bolelela barutwana go dirisa dipensele tsa mebala go siamisa tiro ya bona.**
 - a. Kwala mafoko a le maratara mo patitšhokong.
 - b. Fa o kwala, dumisa lefoko lengwe le lengwe.
 - c. Bolelela barutwana go sekeletsa diphoso tsa bona ka pensele ya mmala.
 - d. Bolelela barutwana go kwala mafoko gape ka nepagalo.
3. **Tsaya dintlha ka dikgwetlho le Tswelopele ya barutwana.**
4. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labotlhano.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 43.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhophu.



Puisokopanelo: Dira puiso ya morago



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 65

1. **Baakanyetsa barutwana puiso ya morago.**
 - a. Gopotsa barutwana ka setlhogo sa kgang: *Letsatsi la dikgakologo la go gasana ka metsi*
 - b. Tlhalosa tiro. Bua jaana: Gompieno re ya go anela karolo ya kgang e re e ratang.
2. **Bontsha tiro jaana:**
 - a. Tswala matlho a gago mme o itire yo o akanyang.
 - b. Bua jaana: A nke ke akanye – ke tshwanetse go le bolelela karolo ya kgang e ke e ratang ke dirisa mafoko a me.
 - c. Bula matlho a gago mme o bolelele barutwana karolo ya kgang e o e ratang.
 - d. Leka gore o seke wa tlhopha sekao sa karolo e e botlhofo thata ya kgang.
 - e. Anela karolo eno ya kgang ka tatelano e e nepagetseng.
 - f. Akaretsa dintlha tse di botlhokwa jaaka maina a baanelwa.
3. **Laela barutwana go dira tiro.**
 - a. Bolelela barutwana go tswala matlho a bona mme ba akanye ka karolo e ba e ratang thata ya kgang.
 - b. Bua jaana: Akanya ka kakanyo ya gago, o seke wa kopisa sekao sa me.
 - c. Morago ga foo, bolelela barutwana go bula matlho a bona mme ba refosane go bolelela molekane wa bona ka karolo e ba e ratang thata ya kgang.
 - d. Fa barutwana ba ntse ba bua ka kgang, tsamayatsamaya mme o ba neye tshegetso e e tlhokegang.
 - e. Kwa bofelong ba thuto, bitsa barutwana ba le 1–2 go anela karolo e ba e ratang thata ya kgang ka mo phaposing.
4. **Letla barutwana go abelana tiro ya bona.**
 - a. Naya barutwana metsotso e mmalwa go bontsha balekane tiro ya bona.
 - b. Bitsa barutwana go abelana tiro ya bona ka mo phaposing.



Go kwala: Kwalo ya ntlha le go siamisa



NAKO:
20 metsotso



DIDIRISWA:
Bukatiro ya
DBE 2, tsebe
54

Letlhomiso la
go kwala:

Ke rata go
tshameka...

Go monate
gonne...

Ke tshameka
le...

1. **Gakolola barutwana ka tiro ya bona ya go kwala.**
 - a. Bua jaana: Gompiano re ya go fetsa tiro ya go kwala.
2. **Itsise pharologano.**
 - a. Tsamayatsamaya ka mo phaposing mme o thuse barutwana ba ba kgaratlhang.
 - b. Naya barutwana ba ba bonako tirwana ya koketso ya ka bonako: Kwala polelo e nngwe mo kwalong ya gago.
3. **Laela barutwana go buisa le go siamisa se ba se kwadileng.**
 - a. Bua jaana: Jaanong ke nako ya go buisa le go siamisa tiro ya gago.
 - b. Bua jaana, gopola go lekola gore: Lefoko le le dirang (lediri) le tsamaisana le yo o e dirang (modiri).
4. **Fa nako e go letla, kopa barutwana go abelana kwalo ya bona.**
 - a. Barutwana ba ka abelana kwalo ya bona le molekane.
 - b. Barutwana ba le mmalwa ba ka abelana kwalo ya bona ka mo phaposing.



Puisokaelo ka ditlhopho: Dira le Ditlhopho 9&10



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopho.**
 - a. Netefatsa gore barutwana ba itse ditlhopho tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 43.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopho 9 kwa lefelong la Puisokaelo ka Ditlhopho la gago.**
 - a. Baya setlhopho sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopho 9 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopho 10.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Itsise Thitokgang



NAKO:
15 metsotso



DIDIRISWA:
Ditshwantsho
le dilwana
tsa nnete tsa
thitokgang go
bontshiwa

Bukapuiso ya
Ditumiso

1. **Dira paakanyo ya go bontsha thitokgang:** *Re a ipuelela*
2. **Botsa dipotso tse di tlhamaletseng go rotloetsa lemorago la kitso la barutwana.**
 - *Ke dilo tsa mofuta ofe tse o akanyang gore bana ba tshwanetse go bua ka tsona?*
 - *Ke batho bafe ba ba farologaneng ba o ka buang le bone fa o na le bothata?*
 - *Ke tsela efe e e siameng ya go bua le motho fa o sa dumelelane le ene kgotsa o kgopisegile?*
3. **Dira mmapa wa tlhaloganyo o dirisa dipotso mme barutwana ba di arabe.**
4. **Kwala dikarabo tsa gago mo mmapeng wa tlhaloganyo go oketsa kitso ya barutwana.**
5. **Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 44.**
6. **Bolelela barutwana go supa tokafatso ya puo ya thitokgang.**
 - a. Buisetsa tokafatso ya puo kwa godimo.
 - b. Laela barutwana go e buisa le wena, kgotsa go e boeletsa fa morago ga gago:
Ngwana yo o sa lelang o swela mo tharing.
7. **Dira puisano ya tokafatso ya puo le barutwana.**
 - a. Botsa jaana: A lo ka mopolelela gore seno se kaya eng? / A lo ka kgona go bona karabo?
 - b. Rotloetsa barutwana go abelana dikakanyo tsa bona.
 - c. Tlhalosa bokao kgotsa neela karabo ka tsela e e latelang:
Fa o sa bolele mathata a gago, o ka se bone thuso.



Medumopuo: Ruta modumo o montšhwa, go tswa foo kgaoganya o bo o kopanya



NAKO:
15 metsotso



DIDIRISWA:
Papetlana ya
Mokgabisa: *th*
Bukapuiso ya
Ditumiso

1. **Itsise modumo o montšhwa: *th***
 - a. Bua modumo ga 3.
 - b. Bontsha barutwana papetlana ya mokgabisa mme o buise modumo ga 3.
 - c. Bolelela barutwana go reetsa mme ba boeletse modumo.
 - d. Kopa barutwana go bua mafoko a a simololang ka modumo oo kgotsa a a dirisang modumo oo.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang modumo ono.**
 - a. Bua lefoko: thuba
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: *th-u-b-a*
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: thaba
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Mosupologo.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 46.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhophla.



Mokwalo: Ruta go bopa tlhakannye



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go tlhotlhora diatla tsa rona.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: *th***
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhogo tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: *th*
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: *th***
 - a. Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: *th***
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Itsise Kgang



NAKO:
15 metsotso



DIDIRISWA:
Ditlhangwa,
Tsebe ya
matseno 77

1. Itsise kgang.

- Bua jaana: Mo bekeng eno re tlile go buisa kgang e setlhogo sa yona se reng: *Leina la me ke Kewarona.*
- Bua jaana: *Kewarona o ne a rata leina la gagwe mme a le motlotlo ka lona. O ne a rata go le buela kwa godimo le go le opela. Ka letsatsi la ntlha la Mophato wa 1, morutabana wa gagwe a bitsa leina la gagwe mme a mmontsha fa a tshwanetseng go nna teng. Fela fa a fitlha fa tafoleng ya gagwe, o ne a bona leina la gagwe 'Kewa' le kgomareditswe mo tafoleng. Go tsweng foo, morutabana wa gagwe o ne a mmolelela gore 'Kewarona' le leleele thata go le bua. Morutabana wa gagwe o ne a re o tla mmita 'Kewa'. Kewarona o ne a utlwa botlhoko mme ka dinako di le dintsi o ne a sa utlwe morutabana wa gagwe fa a mmita. Kgang e tswela ka go tlhalosa ka moo Kewarona a ipuelelang ka leina la gagwe.*
- Botsa jaana: A lo itse sengwe ka ga seno?
- Ka bokhutshwane bontsha barutwana ditshwantsho tsa kgang.

2. Aga lemorago la kitso la barutwana.

- Abelana le go tlhalosa lemorago la tshedimosetso e e neetsweng mo kgannyeng.
- Bontsha barutwana kwa kgang e diragalelang teng o dirisa mmapa wa Kgobokanyo ya Ditlhangwa.
- Botsa jaana: A lo na le nngwe ya dipotso ka ga kgang eno?

3. Tlhalosa togaleano ya go tlhaloganya.

- Bua jaana, mo bekeng eno re ya go ithuta go: Dira diphopholetso tsa kitso
- Tlhalosetsa barutwana togaleano eno.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 1&2



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 46.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 1 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 1 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 2.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Ruta Tlotlofoko



NAKO:
15 metsotso



DIDIRISWA:
Dipapetlana-
puiso tsa
tlotlofoko,
ditshwa-
ntsho,
dilwana
Bukapuiso ya
Ditumiso

1. **Gopotsa barutwana ka thitokgang.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 44.
 - b. Buisa kgotsa o bue tikafatso ya puo gape.
 - c. Bontsha barutwana lenaane la mafoko tlotlofoko ya thitokgang.
 - d. Tlhalosa gore mafoko ano a tla ba thusa go tthaloganya le go bua ka thitokgang.
 - e. Ba buisetse lenaane la mafoko.
2. **Dirisa SDTB go ruta tlotlofoko.**
 - a. Ruta mafoko a a latelang a tlotlofoko:
 - *papetlana ya leina: Letshwao le le nang le leina la motho mo go lone.*
 - *tsentswe mo boemong jwa: Go tlosa selo se le sengwe o bo o tsenya se sengwe mo boemong jwa sone.*
 - *go tlhobaela: Go ikutlwa o tshogile kgotsa o akanya gore go ka diragala sengwe se se sa siamang.*
3. **Dirisa ditogamaano tsa SDTB tse di tshwanetseng lefoko lengwe le lengwe:**

S: Supa setshwantsho kgotsa selwana sa nnete
 D: Diragatsa lefoko
 T: Tlhalosetsa barutwana bokao ba lefoko
 B: Bua lefoko mo polelong



Medumopuo: Itsise tumammogo e e pataganeng e ntšhwa



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Itsise modumo o o pataganeng o montšhwa: thw**
 - a. Kwala medumo e e farologaneng mo patitšhokong mme o buise nngwe le nngwe ya yone.
 - b. Go tswa foo, mo kope gore a kopanye medumo eo e mebedi.
 - c. Kopa barutwana gore ba bue mafoko a a simololang ka kgotsa a a dirisang modumo o o pataganeneng ono.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang mafoko a a nang le modumo o o pataganeng ono.**
 - a. Bua lefoko: thwala
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: th-w-a-l-a
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: nathwa
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labobedi.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 47.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaello ka Ditlhophla.



Mokwalo: Ruta go bopa ditlhakakgolo



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go gatelela diatla tsa rona go dira lebole re balela go 5, re bo re repa.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: Th**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhago tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: Th
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: Th**
 - Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: Th**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya pele



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 79

1. **Baya barutwana mo maemong a a siameng go dira Puiso ya Pele.**
 - a. Bitsa barutwana go tla go nna mo mmetsheng kgotsa fa fatshe.
 - b. Nna fa pele ga barutwana le Kgobokanyo ya Ditlhangwa.
 - c. Netefatsa gore barutwana botlhe ba kgona go bona buka.
 - d. Gopotsa barutwana ka maitseo a o a lebeletseng ka nako ya Puisokopanelo, sk. Maoto a fapane; matsogo a nne mo diropeng tsa bona; ba reetse ka tlhoafalo; ba tsiboge fa ba bidiwa; ba emise matsogo go botsa potso.
2. **Dira Puiso ya Pele jaana:**
 - a. Bua setlhago sa kgang: *Leina la me ke Kewarona.*
 - b. Tlhalosa bokgoni ba ponelopele. Bua jaana: Fa re dira ponelopele, re dirisa setlhago le ditshwantsho go leka go batla gore kgang e ka ga eng.
 - c. Bontsha barutwana ditshwantsho mo tsebeng nngwe le nngwe.
 - d. Botsa jaana: O akanya gore go diragala eng fano?
 - e. Botsa jaana: O akanya gore ditshwantsho tseno di amana jang?



Puisokaelo ka ditlhopha: Dira le Ditlhopha 3&4



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 47.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 3 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 3 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 4.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Ruta tlotlofoko mme le buisane ka setshwantsho sa thitokgang



NAKO:
15 metsotso



DIDIRISWA:
Dipapetlana-
puiso tsa
tlotlofoko,
ditshwa-
ntsho,
dilwana

Bukapuiso ya
Ditumiso

1. Dirisa SDTB go ruta tlotlofoko.

- a. Ruta mafoko a a latelang a tlotlofoko:
 - *go ipuelela: Go bolelela mongwe se o se akanyang, se o se ikutlwang kgotsa se o se tlhokang.*
 - *pelokgale: Go iketleeletsa go dira sengwe le fa o ikutlwa o tshogile.*
 - *mogolo yo o ikanyegang: Mogolo yo o thusang gore bana ba nne ba babalesegile.*
- b. Dirisa ditogamaano tsa SDTB tse di tshwanetseng lefoko lengwe le lengwe.

2. Aga lemorago la kitso la barutwana.

- a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 48.
- b. Bolelela barutwana tshedimosetso e e latelang ka setshwantsho:
 - *Fa leloko le le godileng la lelapa kgotsa tsala e go utlwa botlhoko kgotsa e go dira gore o dire sengwe se o itseng gore ga se a siama, o tshwanetse go leka go bua ka seno. O ka bua le motho yo o godileng yo o mo tshepang, jaaka morutabana wa gago. Fa go na le mogala o o ka o dirisang, o ka ikgolaganya le ba Childline ka go ba leletsa mo go 116. Mogala ono ga o duelelwe mme motho yo o arabang o tla go reetsa le go go thusa.*
 - *Gantsi, batho ba ba godileng ga ba itse fa bana ba kopana le mathata, kgotsa ba na le maikutlo a magolo ka sengwe. Batho ba ba godileng ga ba kgone go bona se se mo tlhaloganyong ya gago. Ka moo, fa re na le bothata kgotsa re batla go bua ka maikutlo a rona, re tlhoka go bua le batho ba ba godileng ba re ba ikanyang.*
 - *Ka dinako tse dingwe maikutlo a rona a magolo a dira gore re batle go goa kgotsa go lela kgotsa go itaya mongwe. Ditiro tseno ga di ke di nna tsela e e siameng ya go rarabolola mathata a rona. Leka go hemela kwa boteng ka iketlo makgetlo a le 10. Fa o ikutlwa o ritibetse, dirisa lentswe la gago go ipuelela le go ntsha maikutlo a gago.*

3. Buisanang ka setshwantsho.

- a. Dirisa dipotso tse di latelang go buisana ka setshwantsho jaana:
 - Botsa potso ya ntlha.
 - Laela barutwana go buisana ka potso le molekane wa bona.
 - Bitsa barutwana ba le mmalwa ka bongwe go abelana dikarabo tsa bona.
 - Aga lemorago la kitso la barutwana ka go siamisa se basa se tlhaloganyeng le go abelana tshedimosetso e e amanang le thitokgang.
 - Boeletsa thulaganyo eno ka dipotso tsotlhe.

4. **Dipotso:**

- O akanya gore bana ba ba mo setshwantshong seno ba tshwanetse go dira eng fa ba ikutlwa ba sa babalesega?*
- O akanya gore bana bano ba ka ya kae go bona thuso?*
- A o kile wa ikutlwa o sa babalesega kgotsa o sa phuthologa?*



Medumopuo: Ruta modumo o montšhwa, go tswa foo kgaoganya o bo o kopanya



NAKO:
15 metsotso



DIDIRISWA:
Papetlana ya
Mokgabisa:
aa

Bukapuiso ya
Ditumiso

1. **Itsise modumo o montšhwa: aa**

- Bua modumo ga 3.
- Bontsha barutwana papetlana ya mokgabisa mme o buise modumo ga 3.
- Bolelela barutwana go reetsa mme ba boeletse modumo.
- Kopa barutwana go bua mafoko a a simololang ka modumo oo kgotsa a a dirisang modumo oo.

2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang modumo ono.**

- Bua lefoko: jaana
- Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: j-aa-n-a
- Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
- Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
- Siamisa barutwana fa ba dira diphoso.
- Boeletsa ka lefoko: maano

3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Laboraro.**

- Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 49.
- Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
- Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaello ka Ditlhopha.



Mokwalo: Ruta go bopa tlhakannye



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go dikolosa malokololo a diatla go dikologa go ya kwa melemeng le kwa mojeng.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: aa**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhogo tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: aa
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: aa**
 - a. Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: aa**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya Ntlha



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 79

1. Baakanyetsa barutwana Puiso ya Ntlha.

- Baya barutwana mo maemong a a siameng mo mmetsheng.
- Ba gopotse ka maitseo a a lebeletsweng.
- Gopotsa barutwana ka setlhogo sa kgang: *Leina la me ke Kewarona*
- Bua jaana: *Kewarona o ne a rata leina la gagwe mme a le motlotlo ka lona. O ne a rata go le buela kwa godimo le go le opela. Ka letsatsi la ntlha la Mophato wa 1, morutabana wa gagwe a bitsa leina la gagwe mme a mmontsha fa a tshwanetseng go nna teng. Fela fa a fitlha fa tafoleng ya gagwe, o ne a bona leina la gagwe 'Kewa' le kgomareditswe mo tafoleng. Go tsweng foo, morutabana wa gagwe o ne a mmolelela gore 'Kewarona' le leleele thata go le bua. Morutabana wa gagwe o ne a re o tla mmita 'Kewa'. Kewarona o ne a utlwa botlhoko mme ka dinako di le dintsi o ne a sa utlwe morutabana wa gagwe fa a mmita. Kgang e tswela ka go tlhalosa ka moo Kewarona a ipuelelang ka leina la gagwe.*

2. Dira Puiso ya Ntlha jaana:

- Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
- Bontsha barutwana ditshwantsho.
- Fa go tlhokega, emisa mme o tlhalosetse barutwana.
- Bua ka mafoko a tlotlofoko fa a tlhagelela.
- Kwa bofelong ba kgang, botsa dipotso tsa Puiso 1 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.
- Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: Dira diphopholetso tsa kitso
 - Botsa barutwana: Ke phopholetso efe e e siameng e re ka e dirang ka kgang eno e mokwadi a sa re bolelelang ka yona? Ke eng se o ka se fopholetsang ka moanelwa?



Go kwala: Bontsha PYP le tiro



NAKO:
20 metsotso



DIDIRISWA:
Letlhomeso la
go kwala:

Ke ikutlwa ke...
fa...

Nka abelana
maikutlo a me
le...

1. **Itsise go tlhoma mogopolo mo PYP (Popego ya Polelo).**
 - a. Bua jaana: Beke eno re tllile go tlhoma mogopolo mo: O dirisa khutlo kwa bofelong ba polelo.
 - b. Kwala polelo mo patišhokong: Nka bua ka maikutlo a me.
 - c. Bua ka PYP: Polelo e felela ka khutlo.
2. **Itsise tiro ya go kwala.**
 - a. Bua jaana: Mo bekeng eno re ya go: Thala setshwantsho mme o kwale dipolelo di le tharo.
 - b. Bua jaana: Re ya go thala le go kwala ka: Go abelana maikutlo a me
3. **Tlhalosa karabo ya gago ya tiro ya go kwala ka molomo, pele o kwala.**
 - a. Bua jaana: Fa ke ikutlwa ke hutsafetse, nka abelana maikutlo a me le...
4. **Bontsha tiro mo patitšhokong.**
 - a. Thala setshwantsho sa ka bonako se se bontshang: Wena, o abelana maikutlo a gago le mongwe yo o botlhokwa.
 - b. Bontsha barutwana gore ba tlatse jang letlhomeso la go kwala.
 - c. Bua ka PYP: Polelo e felela ka khutlo.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 5&6



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 49.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 5 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 5 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 6.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Medumopuo: Itsise tumammogo e e pataganeng e ntšhwa



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Itsise modumo o o pataganeng o montšhwa: tw**
 - a. Kwala medumo e e farologaneng mo patitšhokong mme o buise nngwe le nngwe ya yone.
 - b. Go tswa foo, mo kope gore a kopanye medumo eo e mebedi.
 - c. Kopa barutwana gore ba bue mafoko a a simololang ka kgotsa a a dirisang modumo o o pataganeneng ono.
2. **Bontsha barutwana gore ba ka kgaoganya le go kopanya jang mafoko a a nang le modumo o o pataganeng ono.**
 - a. Bua lefoko: potwa
 - b. Kopa morutwana mongwe le mongwe go reetsa ka kelotlhoko mme morago a kgaoganye lefoko ka medumo: p-o-t-w-a
 - c. Fa morutwana a ntse a bua modumo mongwe le mongwe, o o kwale mo patitšhokong.
 - d. Go tswa foo, bitsa morutwana yo mongwe gore a kopanye medumo eno go buisa lefoko leo.
 - e. Siamisa barutwana fa ba dira diphoso.
 - f. Boeletsa ka lefoko: ratwa
3. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labone.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 50.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopha.



Mokwalo: Ruta go bopa ditlhakakgolo



NAKO:
15 metsotso



DIDIRISWA:
Tšhate ya
Mokwalo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go otlololela menwana ka mogare le kwa ntle.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Bontsha barutwana go bopa: Aa**
 - a. Fularela barutwana.
 - b. Laela barutwana ba ba kwalang ka letsogo la molema go robatsa ditlhago tsa bona mo ditafoleng.
 - c. Dirisa letsogo la gago la moja go bopa tlhaka: Aa.
 - d. Laela barutwana ba ba kwalang ka letsogo la moja go bopa tlhaka le wena.
 - e. Boeletsa seno le barutwana ba ba kwalang ka letsogo la molema.
3. **Laela barutwana go ikatisa go bopa: Aa**
 - Bua jaana: Dira tlhaka mo mokwatleng wa molekane wa gago, mo tafoleng, le mo mmung.
4. **Laela barutwana go ikatisa go kwala: Aa**
 - a. Bua jaana: Kwala tlhaka ka mo bukeng ya go kwalela ya gago ga 3.
 - b. Tsamayatsamaya mme o lekole popego ya tlhaka ya morutwana mongwe le mongwe.



Puisokopanelo: Dira Puiso ya Bobedi



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 79

1. **Rulaganya barutwana go dira Puiso ya bobedi.**
 - a. Baya barutwana mo maamong a a siameng mo mmetsheng.
 - b. Ba gopotse ka maitseo a a lebeleletsweng.
 - c. Gopotsa barutwana ka setlhogo sa kgang: *Leina la me ke Kewarona*
 - d. Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: Dira diphopholetso tsa kitso.
 - Bua jaana, le a gopola gore re buisane ka seno maabane, fa ke go botsa: Ke phopholetso efe e e siameng e re ka e dirang ka kgang eno e mokwadi a sa re bolelelang ka yona? Ke eng se o ka se fopholetsang ka moanelwa?
2. **Dira Puiso ya Bobedi jaana:**
 - a. Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
 - b. Bontsha barutwana setshwantsho.
 - c. Dirisa dikao tse di mo tsebeng ya matseno go bontsha togaleano ya go tlhaloganya.
 - d. Kwa bofelong ba kgang, botsa dipotso tsa Puiso 2 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.



Go kwala: Go rulaganya le kwalo ya ntlha



NAKO:
20 metsotso



DIDIRISWA:
Letlhomeso la
go kwala:

Ke ikutlwa ke...
fa...

Nka abelana
maikutlo a me
le...

1. **Itsise gape tiro ya go kwala.**
 - a. Bua jaana: Gopolang gore mo bekeng eno re ya go thala le go kwala ka: Go abelana maikutlo a me
2. **Laela barutwana go akanya ka go kwala ga bona.**
 - a. Bua jaana: Tswala matlho a gago mme o akanye ka gore o tla araba jang letlhomeso la go kwala.
 - b. Bua jaana: Abelana kakanyo ya gago le molekane.
 - c. Tlhatlhanyang mme le kwale mafoko a a mosola mo patitšhokong, sk. itumetse, hutsafetse, galefile, befetswe, itumetse thata, tshwenyegile, go batla go itse
3. **Laela barutwana go simolola go kwala ka mo dibukeng tsa bona.**
 - a. Bua jaana: Jaanong thala mme o kwale dikakanyo tsa gago.
 - b. Gopotsa barutwana ka PYP: Mpho ya nkoko wa me.
4. **Tsamayatsamaya ka mo phaposing mme o thuse barutwana ka bongwe.**
 - a. Kopa barutwana gore ba go bolelele dikakanyo tsa bona.
 - b. Thusa barutwana ba ba kgaratlang go simolola tiro ya go kwala.



Puisokaelo ka ditlhopho: Dira le Ditlhopho 7&8



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopho.**
 - a. Netefatsa gore barutwana ba itse ditlhopho tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 50.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopho 7 kwa lefelong la Puisokaelo ka Ditlhopho la gago.**
 - a. Baya setlhopho sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopho 7 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopho 8.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Buisanang ka kgang ya Puisokopanelo



NAKO:
15 metsotso



DIDIRISWA:
Letlhomeso la
dipuisano:

Kgang eno e
ne e le ka ga...

Ke ratile
moanelwa...
gonne...

Ke ithutile
gore...

1. **Baakanyetsa barutwana puisano ya setlhopha.**
 - a. Rulaganya barutwana ka ditlhopha tse 4.
 - b. Naya setlhopha sengwe le sengwe thobane ya go bua kgotsa leje'.
 - c. Bua jaana: O ka kgona go bua fa fela o tshotse 'thobane ya go bua/leje'.
2. **Dirang dipotso tsa puisano.**
 - a. Gopotsa barutwana ka kgang ya Puisokopanelo ya beke.
 - b. Kwala letlhomeso la puisano mo patitšhokong.
 - c. Buisa le go tlhalosa potso nngwe le nngwe (polelo e simololang karabo.)
 - d. Bolelela barutwana gore leloko lengwe le lengwe la setlhopha le tshwanetse go bona tšhono go araba potso nngwe le nngwe.
 - e. Rotloetsa barutwana go akanya ka dikarabo tse di farologaneng.
3. **Laela barutwana go simolola ka dipuisano tsa bona.**
 - a. Laela barutwana baba tshotseng 'thobane e buang/leje' go simolola.
 - b. Tsamayatsamaya mme o ba neye tshegetso e e tlhokegang.
 - c. Mo metsotsong e le mmalwa ya bofelo, bitsa setlhopha go abelana dikarabo tsa bona.
4. **Paakanyo ya morutwana**
 - a. Lemoga barutwana ba le 3–4 go dira neelano ya molomo ka Mosupologo.
 - b. Bolelela barutwana gore ba dire paakanyo ya Mosupologo ya eng. (Lebelela RB mo lenaneothutong ka Mosupologo)



Medumopuo: Piletso



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baya barutwana sentle ka dibuka tsa go kwalela tsa bona, dipene le dithaledi.**
 - a. Bolelela barutwana go kwala setlhogo, 'Piletso' mme ba kwale dipalo 1–6 fa thoko ga mothalo o mohibidu.
 - b. Bitsa mafoko a a latelang a le marataro gore barutwana ba a kwale go bapa le dipalo 1–6: *thiba, thoro, fatwa, batwa, baagi, jaaka*
2. **Bolelela barutwana go dirisa dipensele tsa mebala go siamisa tiro ya bona.**
 - a. Kwala mafoko a le marataro mo patitšhokong.
 - b. Fa o kwala, dumisa lefoko lengwe le lengwe.
 - c. Bolelela barutwana go sekeletsa diphoso tsa bona ka pensele ya mmala.
 - d. Bolelela barutwana go kwala mafoko gape ka nepagalo.
3. **Tsaya dintlha ka dikgwetlho le Tswelopele ya barutwana.**
4. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labotlhano.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 51.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopha.



Puisokopanelo: Dira puiso ya morago



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 79

1. **Baakanyetsa barutwana puiso ya morago.**
 - a. Gopotsa barutwana ka setlhogo sa kgang: *Leina la me ke Kewarona*
 - b. Tlhalosa tiro. Bua jaana: Gompieno re ya go thala le go kwala ka karolo e re e ratang mo kgannyeng ya rona.
2. **Bontsha tiro jaana:**
 - a. Tswala matlho a gago mme o itire yo o akanyang.
 - b. Bula matlho a gago mme o bue jaana: Karolo ya me e ke e ratang ka kgang ke fa...
 - c. Leka gore o seke wa tlhopha sekao sa karolo e e botlhofo thata ya kgang.
 - d. Thala setshwantsho sa ka bonako mo patitšhokong. Fa o ntse o thala, tlhalosa gore o thala eng.
 - e. O ketsa ka dipolelo di le 1-2 ka ga setshwantsho sa gago: Ke ratile...
3. **Laela barutwana go dira tiro.**
 - a. Bolelela barutwana go tswala matlho a bona mme ba akanye ka karolo e ba e ratang thata ya kgang.
 - b. Bua jaana: Akanya ka kakanyo ya gago, o seke wa kopisa sekao sa me.
 - c. Morago ga foo, bolelela barutwana go bula matlho a bona mme ba buisane ka dikarabo tsa bona le molekane wa bona.
 - d. Go tsweng foo, laela barutwana go thala karolo eno ya kgang mo dibukeng tsa go kwalela tsa bona.
 - e. Thusa barutwana go kwala dipolelo di le 1-2 mo ditshwantshong tsa bona.
4. **Letla barutwana go abelana tiro ya bona.**
 - a. Naya barutwana metsotso e mmalwa go bontsha balekane tiro ya bona.
 - b. Bitsa barutwana go abelana tiro ya bona ka mo phaposing.



Go kwala: Kwalo ya ntlha le go siamisa



NAKO:
20 metsotso



DIDIRISWA:
Letlhomiso la
go kwala:
Ke ikutlwa ke...
fa...

Nka abelana
maikutlo a me
le...

1. **Gakolola barutwana ka tiro ya bona ya go kwala.**
 - a. Bua jaana: Gompiano re ya go fetsa tiro ya go kwala.
2. **Itsise pharologano.**
 - a. Tsamayatsamaya ka mo phaposing mme o thuse barutwana ba ba kgaratlhang.
 - b. Naya barutwana ba ba bonako tirwana ya koketso ya ka bonako: Kwala polelo e nngwe mo kwalong ya gago.
3. **Laela barutwana go buisa le go siamisa se ba se kwadileng.**
 - a. Bua jaana: Jaanong ke nako ya go buisa le go siamisa tiro ya gago.
 - b. Bua jaana, gopola go lekola gore: Mpho ya nkoko wa me.
4. **Fa nako e go letla, kopa barutwana go abelana kwalo ya bona.**
 - a. Barutwana ba ka abelana kwalo ya bona le molekane.
 - b. Barutwana ba le mmalwa ba ka abelana kwalo ya bona ka mo phaposing.



Puisokaelo ka ditlhopho: Dira le Ditlhopho 9&10



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopho.**
 - a. Netefatsa gore barutwana ba itse ditlhopho tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 51.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopho 9 kwa lefelong la Puisokaelo ka Ditlhopho la gago.**
 - a. Baya setlhopho sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopho 9 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopho 10.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Go Neela ka Molomo



NAKO:
15 metsotso



DIDIRISWA:
Didiriswa ga
di tlhokege

1. **Baya barutwana mo maemong a a siameng a go reetsa barutwana ba bangwe ba neela ka molomo.**
2. **Gopotsa barutwana ka tiro e e latelang: O abelana dikgang tse di kgethegileng**
 - a. Re bolelele gore dikgang tsa gago ke ka ga eng. Bua jaana:
 - Gompieno ke tlile go le bolelela ka...
 - Go tswa foo, abelana dikgang tsa gago.
 - Re bolelele gore go diragetse eng ka tatelano e e nepagetseng.
 - Re bolelele dintlha tse di botlhokwa tsa kgang ya gago.
 - Feleletsa ka go re bolelela gore dikgang tsa gago di go dirile gore o ikutlwe jang.
3. **Goptsa barutwana ka bokgoni ba go neela jo bo latelang:**
 - a. Fa o abelana dikgang tsa gago, gakologelwa go:
 - Re bolelela gore dikgang tsa gago ke ka ga eng
 - Re bolelela gore go diragetse eng
 - Re bolelela gore se diragaletse mang
 - Bua polelo ya gago ka tatelano e e nepagetseng
 - Bua dilo gangwe – o seka wa ipoeletsa
 - Bua ka lentswe le le kwa godimo le le phepa
4. **Bitsa barutwana baba tlhophilweng ka bongwe go dira neelo ya bona.**
 - a. Aga go itshepa mo morutwaneng mongwe le mongwe ka go lebogela neelo ya bona le go ba naya dipegelo tse di siameng.
 - b. Kwa bokhutlong ba thuto, naya phaposi pegelo ya kakaretso go tokafatsa go neelo ya bona. Sekao: Ke ne ke kgaratlha go utlwa bangwe ba lona. Ka kopo lehang go bua ka lentswe le le utlwagalang – re batla go utlwa se o tla se buang.



Medumopuo: Boeletsa medumo yotlhe e e rutilweng mo Kgweditharong ya 3



NAKO:
15 metsotso



DIDIRISWA:
Kgweditharo
3
Dipapetlana
tsa
Mokgabisa
tsa
Medumopuo
Bukapuiso ya
Ditumiso

1. **Baya barutwana sentle mo mmetsheng kgotsa fa fatshe fa pele ga gago.**
 - a. Bolelela barutwana go reetsa leina la bona.
 - b. Fa o bua leina la morutwana, ba tshwanetse go buisa modumo wa papetlana ya mokgabisa e o e tsholeditseng.
 - c. Bua leina la morutwana yo mongwe. Morutwana yo, o tshwanetse go bua lefoko le le simololang kgotsa le dirisa modumo.
 - d. Direla seno ka bonako. Dira gore e utlwagale jaaka motshameko o o itumedisang mme o tseye dintlha ka barutwana ba ba kgaratlhang.
 - e. Fa morutwana a dira phoso, bua jaana: 'reetsa ka kelotlhoko' mme o bue modumo.
2. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Mosupologo.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 52.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaello ka Ditlhopha.



Mokwalo: Boeletsa ditlhaka tsotlhe tse di rutilweng mo Kgweditharong ya 3



NAKO:
15 metsotso



DIDIRISWA:
Buka ya
Tlhatlhobo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona ka go soboloka lenathwana la pampiri mme morago o le otlolole.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Ba bontshe popego ya ditlhakanye tsotlhe tse di rutilweng mo Kgweditharong ya 3.**
 - a. Kwala tlhakanye nngwe le nngwe mo patitšhokong.
 - b. Fa o kwala, tlhalosa gore o simolola kwa kae, kwa o yang teng le kwa o feleletsang teng tlhaka nngwe le nngwe.
 - c. Bolelela barutwana go kwala mola wa tlhaka nngwe le nngwe mo dibukeng tsa go kwalela tsa bona, ba tlogele phatlha e e lekanang le monwana mo magareng ga tlhaka nngwe le nngwe.
 - d. Bolelela barutwana gore ba netefatse gore ba kgona go bopa tlhaka nngwe le nngwe ka nepagalo.
3. **Tlhatlhoba popego ya tlhakanye ya barutwana.**
 - a. Fa barutwana ba kwala, tsamayatsamaya mme o tlhatlhobe popego ya tlhaka ya bona.
 - b. Naya tshegetso fa e tlhokega.
 - c. Tsaya dintlha ka barutwana ba ba santseng ba kgaratlha go bopa ditlhaka ka nepagalo.



Puisokopanelo: Itsise Kgang



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
Tsebe ya
matseno 91

1. Itsise kgang.

- Bua jaana: Mo bekeng eno re tlile go buisa kgang e setlhogo sa yona se reng: *Sekipa se sentšhwa sa ga Botlhale.*
- Bua jaana: *Ka Lamatlhatso mongwe, Botlhale o ne a ya kwa toropong le nkokoagwe. La ntlha, ba ne ba ya kwa posong. Morago ga foo, ba ya kwa pankeng. Kwa bofelong, nkoko a isa Botlhale kwa lebenkeleng la diaparo mme a molelela gore a ka nna a itlhophela sekipa se sentšhwa. Botlhale o ne a rata sekipa se se nang le ditshwantsho tsa dilori le dikgodumodumo, fela nkoko o ne a gana. O ne a batla gore Botlhale a tlhophe sekipa se se pinki. Botlhale le nkoko ba ne ba sa dumelane, kwa bofelong, Nkoko o ne a rekela Botlhale sekipa se se sweu. Botlhale o ne a utlwile botlhoko, mmee mmaagwe o ne a na le leano le le botlhale le le neng la fetola tsotlhe....*
- Botsa jaana: A lo itse sengwe ka ga seno?
- Ka bokhutshwane bontsha barutwana ditshwantsho tsa kgang.

2. Aga lemorago la kitso la barutwana.

- Abelana le go tlhalosa lemorago la tshedimosetso e e neetsweng mo kgannyeng.
- Bontsha barutwana kwa kgang e diragalelang teng o dirisa mmapa wa Kgobokanyo ya Ditlhangwa.
- Botsa jaana: A lo na le nngwe ya dipotso ka ga kgang eno?

3. Tlhalosa togaleano ya go tlhaloganya.

- Bua jaana, mo bekeng eno re ya go ithuta go: Dira diphopholetso tsa kitso
- Tlhalosetsa barutwana togaleano eno.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 1&2



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 52.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 1 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 1 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 2.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Ruta Tlotlofoko



NAKO:
15 metsotso



DIDIRISWA:
Dipapetlana-
puiso tsa
tlotlofoko,
ditshwa-
ntsho,
dilwana
Bukapuiso ya
Ditumiso

1. **Gopotsa barutwana ka thitokgang.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 44.
 - b. Buisa kgotsa o bue tikafatso ya puo gape.
 - c. Bontsha barutwana lenaane la mafoko tlotlofoko ya thitokgang.
 - d. Tlhalosa gore mafoko ano a tla ba thusa go tlhaloganya le go bua ka thitokgang.
 - e. Ba buisetse lenaane la mafoko.
2. **Dirisa SDTB go ruta tlotlofoko.**
 - a. Ruta mafoko a a latelang a tlotlofoko:
 - *kgatlhwa ke sengwe: Go leba sengwe ka gone o se rata thata.*
 - *go ineela: Tharabololo e mo go yone motho mongwe le mongwe a ineelang go le gonnye gore batho ka bobedi ba dumelelane.*
 - *akantsha: Go naya kgopolo ka se mongwe a ka se dirang.*
3. **Dirisa ditogamaano tsa SDTB tse di tshwanetseng lefoko lengwe le lengwe:**

S: Supa setshwantsho kgotsa selwana sa nnete

D: Diragatsa lefoko

T: Tlhalosetsa barutwana bokao ba lefoko

B: Bua lefoko mo polelong



Medumopuo: Boeletsa medumo yotlhe e e rutilweng mo Kgweditharong ya 3



NAKO:
15 metsotso



DIDIRISWA:
Kgweditharo
3
Dipapetlana
tsa
Mokgabisa
tsa
Medumopuo
Bukapuiso ya
Ditumiso

1. **Baya barutwana sentle mo mmetsheng kgotsa fa fatshe fa pele ga gago.**
 - a. Bolelela barutwana go reetsa leina la bona.
 - b. Fa o bua leina la morutwana, ba tshwanetse go buisa modumo wa papetlana ya mokgabisa e o e tsholeditseng.
 - c. Bua leina la morutwana yo mongwe. Morutwana yo, o tshwanetse go bua lefoko le le simololang kgotsa le dirisa modumo.
 - d. Direla seno ka bonako. Dira gore e utlwagale jaaka motshameko o o itumedisang mme o tseye dintlha ka barutwana ba ba kgaratlhang.
 - e. Fa morutwana a dira phoso, bua jaana: 'reetsa ka kelotlhoko' mme o bue modumo.
2. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labobedi.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 53.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaello ka Ditlhophha.



Mokwalo: Boeletsa ditlhaka tsotlhe tse di rutilweng mo Kgweditharong ya 3



NAKO:
15 metsotso



DIDIRISWA:
Buka ya
Tlhatlhobo

1. **Baakanyetsa barutwana mokwalo.**
 - a. Bua jaana: A re thathafatseng menwana ya rona re dire jaaka e kete re tshameka piano.
 - b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.
2. **Ba bontshe popego ya ditlhakakgolo tsotlhe tse di rutilweng mo Kgweditharong ya 3.**
 - a. Kwala tlhakakgolo nngwe le nngwe mo patitšhokong.
 - b. Fa o kwala, tlhalosa gore o simolola kwa kae, kwa o yang teng le kwa o feleletsang teng tlhaka nngwe le nngwe.
 - c. Bolelela barutwana go kwala mola wa tlhaka nngwe le nngwe mo dibukeng tsa go kwalela tsa bona, ba tlogele phatlha e e lekanang le monwana mo magareng ga tlhaka nngwe le nngwe.
 - d. Bolelela barutwana gore ba netefatse gore ba kgona go bopa tlhaka nngwe le nngwe ka nepagalo.
3. **Tlhatlhoba popego ya tlhakakgolo ya barutwana.**
 - a. Fa barutwana ba kwala, tsamayatsamaya mme o tlhatlhobe popego ya tlhaka ya bona.
 - b. Naya tshegetso fa e tlhokega.
 - c. Tsaya dintlha ka barutwana ba ba santseng ba kgaratlha go bopa ditlhaka ka nepagalo.



Puisokopanelo: Dira Puiso ya pele



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhanga,
tsebe 93

1. **Baya barutwana mo maemong a a siameng go dira Puiso ya Pele.**
 - a. Bitsa barutwana go tla go nna mo mmetsheng kgotsa fa fatshe.
 - b. Nna fa pele ga barutwana le Kgobokanyo ya Ditlhanga.
 - c. Netefatsa gore barutwana botlhe ba kgona go bona buka.
 - d. Gopotsa barutwana ka maitseo a o a lebeletseng ka nako ya Puisokopanelo, sk. Maoto a fapane; matsogo a nne mo diropeng tsa bona; ba reetse ka tlhoafalo; ba tsiboge fa ba bidiwa; ba emise matsogo go botsa potso.
2. **Dira Puiso ya Pele jaana:**
 - a. Bua setlhogo sa kgang: *Sekipa se sentšhwa sa ga Botlhale*
 - b. Tlhalosa bokgoni ba ponelopele. Bua jaana: Fa re dira ponelopele, re dirisa setlhogo le ditshwantsho go leka go batla gore kgang e ka ga eng.
 - c. Bontsha barutwana ditshwantsho mo tsebeng nngwe le nngwe.
 - d. Botsa jaana: O akanya gore go diragala eng fano?
 - e. Botsa jaana: O akanya gore ditshwantsho tseno di amana jang?



Puisokaelo ka ditlhopha: Dira le Ditlhopha 3&4



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 53.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 3 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 3 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 4.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Go Reetsa le go Bua: Kanelokgang ya Maitlhamelo



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana kanelokgang ya maitlhamelo.**
 - a. Rulaganya barutwana ka ditlhopha tse 4.
 - b. Bolelela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng ya 54.
2. **Kaela barutwana go lebelela ditshwantsho.**
 - a. Botsa jaana: O bona eng mo setshwantshong seno?
3. **Bolelela barutwana gore mongwe le mongwe o tshwanetse go itlhamela kgang e khutshwane ka setshwantsho.**
4. **Bolelela barutwana gore sebopego sa kgang ya bona se nne jang. Bua jaana:**
 - a. Naya moanelwa mongwe le mongwe mo kgannyeng ya gago leina.
 - b. Bua gore kgang e diragalela kwa kae.
 - c. Kgang ya gago e tshwanetse go nna le tshimologo, bogare le bokhutlo.
 - d. Setshwantsho seno se bontsha karolo ya kgang ya gago.
 - Setshwantsho se ka bontsha tshimologo ya kgang ya gago.
 - Setshwantsho se ka bontsha bogare ba kgang ya gago.
 - Setshwantsho se ka bontsha bokhutlo ba kgang ya gago.
 - e. O ka simolola kgang ya gago ka gore:
 - ____ o bone tsala ya gagwe...
5. **Laela barutwana go dira tirwana.**
 - a. Naya barutwana metsotso e mmalwa go akanya ka Dikgang tsa bona ka tidimalo.
 - b. Go tswa foo, laela barutwana go refosana go anela ditlhopha tsa bona dikgang. O ka rata go dirisa 'thobane ya go bua/leje' go dira seno.
 - c. Fa barutwana ba ntse ba bua, tsamayatsamaya mme o ba reetse.
6. **Konela thuto ka tsela e e latelang:**
 - a. Bitsa morutwana a le mongwe go abelana kgang ya bona le phaposing kgotsa botsa barutwana ba le 1–2 dipotso ka dikgang tsa ditlhopha tsa bona.
 - Botsa jaana: Kgang ya X e ne e le ka ga eng?
 - Botsa jaana: Ke eng se o se ratileng ka kgang ya ga X?
 - b. Naya paposi kakgelo ka kakaretso go tokafatsa dikgang tsa bona.
Sekao: Go le gantsi, kwa tshimologong ya kgang, re bua gore kgang e diragalela kwa kae, le gore baanelwa ke bomang. Mo nakong e e tlang, le kang go akaretse tshedimosetso eno mo dikgannyeng tsa lona.



Medumopuo: Tshameka motshameko wa medumopuo: Diketane tsa Mafoko



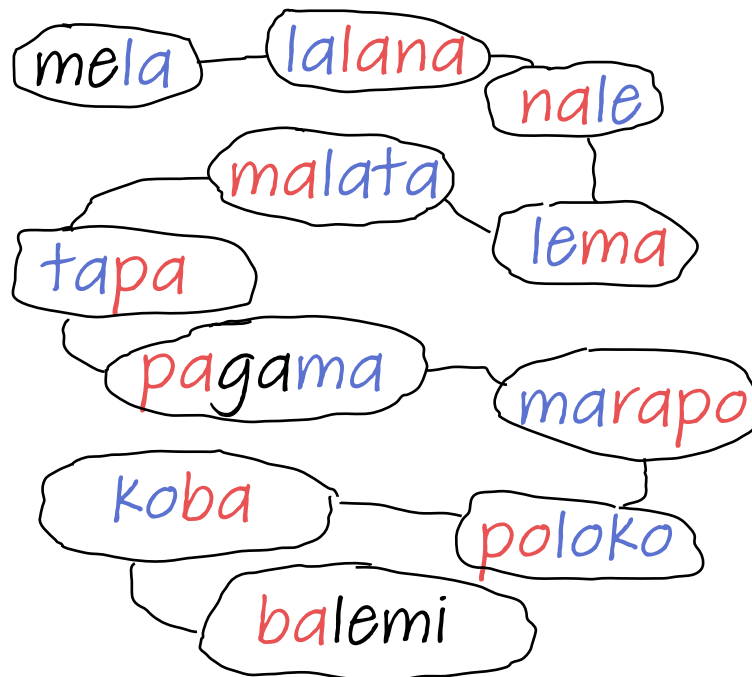
NAKO:
15 metsotso



DIDIRISWA:
Letlhare la A4
ya barutwana

1. **Dira gore bautwana ba ritibale gore ba kgone go go reetsa.**
2. **Bontsha barutwana motshameko mo patitšhokong.**
 - a. Kwala mo patišhokong.
 - b. Laela barutwana go tshameka ka bobedi.
 - c. Molekane wa 1 o tshwanetse go dirisa modumo o o mo patitšhokong go kwala lefoko.
 - d. Molekane wa 2 o tshwanetse go tsaya ditlhaka tse 2 tsa bofelo tsa lefoko mme a simolole lefoko le lešwa.
 - e. Balekane ba tswela go tshameka go fitlhela pampiri ya bone e tletse ka ketane ya mafoko.
3. **Naya bobedi bongwe le bongwe pampiri mme o kwale modumo wa ntlha mo patitšhokong: m**
4. **Tsamayatsamaya le go tshegetsisa barutwana fa go tlokega.**
 - a. Morago ga metsotso e le 10, bitsa barutwana go ela tlhoko.
 - b. Kopa bobedi jo bo mmalwa go buisa mafoko a bona. Fa ba ntse ba buisa, kwala mafoko mo patitšhokong mme o tlhole gore ketane ya bona e bopilwe ka nepagalo.
 - c. Akgola barutwana ka maiteko a bona.

Ela tlhoko: Tiro eno e boelediwa go e dira ka dipensele tsa mebala.



5. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Laboraro.**

- a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 55.
- b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
- c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhophla.



Mokwalo: Go kopolola dipolelo



NAKO:
15 metsotso



DIDIRISWA:
Buka ya
Tlhatlhobo

1. **Baakanyetsa barutwana mokwalo.**

- a. Bua jaana: A re thathafatseng menwana ya rona ka go soboloka lenathwana la pampiri mme morago o le otlolole.
- b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.

2. **Kwala dipolelo tse di latelang mo patitšhokong:**

- Kubu e na le meno.
 - Nama e nathwa ka meno.
- a. Laela barutwana go kopololela dipolelo ka mo dibukeng tsa go kwalela tsa bona.
 - b. Ba tshwanetse go kopolola ka bothakga le ka nepo ka moo ba ka kgonang.

3. **Tlhatlhoba bokgoni ba barutwana ba go kopolola dipolelo.**

- a. Fa barutwana ba kwala, tsamayatsamaya mme o tseye dintlha ka barutwana ba ba kgaratlhang:
 - Go kopolola dipolelo sentle
 - Go bopa ditlhaka le mafoko ka nepagalo le bophepa
 - Go fetsa dipolelo mo Nakong e e neetsweng



Puisokopanelo: Dira Puiso ya Ntlha



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 93

1. Baakanyetsa barutwana Puiso ya Ntlha.

- Baya barutwana mo maemong a a siameng mo mmetsheng.
- Ba gopotse ka maitseo a a lebeleletsweng.
- Gopotsa barutwana ka setlhogo sa kgang: *Sekipa se sentšhwa sa ga Botlhale*
- Bua jaana: *Ka Lamatthatso mongwe, Botlhale o ne a ya kwa toropong le nkokoagwe. La ntlha, ba ne ba ya kwa posong. Morago ga foo, ba ya kwa pankeng. Kwa bofelong, nkoko a isa Botlhale kwa lebenkeleng la diaparo mme a molelela gore a ka nna a itlhophela sekipa se sentšhwa. Botlhale o ne a rata sekipa se se nang le ditshwantsho tsa dillori le dikgodumodumo, fela nkoko o ne a gana. O ne a batla gore Botlhale a tihophe sekipa se se pinki. Botlhale le nkoko ba ne ba sa dumelane, kwa bofelong, Nkoko o ne a rekela Botlhale sekipa se se sweu. Botlhale o ne a utlwile botlhoko, mmee mmaagwe o ne a na le leano le le botlhale le le neng la fetola tsotlhe....*
- Botsa jaana: A lo itse sengwe ka ga seno?

2. Dira Puiso ya Ntlha jaana:

- Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
- Bontsha barutwana ditshwantsho.
- Fa go tlhokega, emisa mme o tihalosetse barutwana.
- Bua ka mafoko a tlotlofoko fa a tlhagelela.
- Kwa bofelong ba kgang, botsa dipotso tsa Puiso 1 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.
- Gopotsa barutwana ka togaleano ya go tihaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: Dira diphopholetso tsa kitso
 - Botsa barutwana: Ke phopholetso efe e e siameng e re ka e dirang ka kgang eno e mokwadi a sa re bolelelang ka yona? Ke eng se o ka se fopholetsang ka moanelwa?



Go kwala: Bontsha PYP le tiro



NAKO:
20 metsotso



DIDIRISWA:
Bukatiro ya
DBE 2, tsebe
61

Letlhomeso la
go kwala:

Ke bona...

Ke rata
setshamekisi
seno gone...

Ke rata
setshamekisi
seno go feta...

1. **Itsise go tlhoma mogopolo mo PYP (Popego ya Polelo).**

- Bua jaana: Beke eno re tlile go tlhoma mogopolo mo: O dirisa madiri (mafoko a a dirang tiro) mo pakeng ya jaanong go kwala ka sengwe se se diragalang gompieno.
- Kwala polelo mo patišhokong: Ke reka ditshamekisi.
- Bua ka PYP: Lediri, kgotsa lefoko le le dirang tiro, le bontsha gore tiro e diragala gompieno.

2. **Itsise tiro ya go kwala.**

- Bua jaana: Mo bekeng eno re ya go: Thala setshwantsho mme o kwale dipolelo di le tharo.
- Bua jaana: Re ya go thala le go kwala ka: Go tlhopha setshamekisi
- Bua jaana: Ke bona... kwa lebenkeleng la ditshamekisi. Ke setshamekisi se ke batlang go se bona!

3. **Bontsha tiro mo patitšhokong.**

- Thala setshwantsho sa ka bonako se se bontshang: Wena, o tshoeditse setshamekisi.
- Bontsha barutwana gore ba tlatse jang letlhomeso la go kwala.
- Bua ka PYP: Lediri, kgotsa lefoko le le dirang tiro, le bontsha gore tiro e diragala gompieno.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 5&6



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 55.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 5 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 5 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 6.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhologanya.



Medumopuo: Tshameka motshameko wa medumopuo: Diketane tsa Mafoko



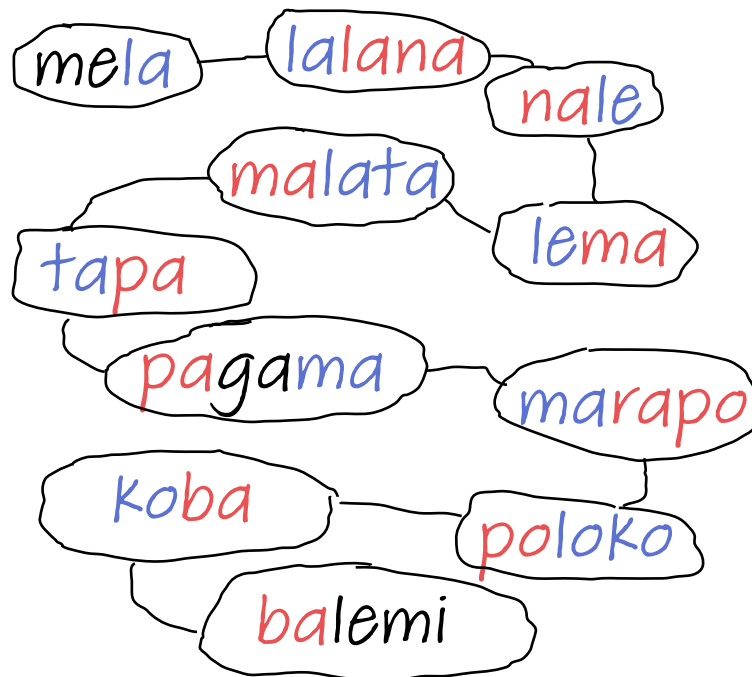
NAKO:
15 metsotso



DIDIRISWA:
Letlhare la A4
ya barutwana

1. **Dira gore bautwana ba ritibale gore ba kgone go go reetsa.**
2. **Bontsha barutwana motshameko mo patitšhokong.**
 - a. Kwala mo patišhokong.
 - b. Laela barutwana go tshameka ka bobedi.
 - c. Molekane wa 1 o tshwanetse go dirisa modumo o o mo patitšhokong go kwala lefoko.
 - d. Molekane wa 2 o tshwanetse go tsaya ditlhaka tse 2 tsa bofelo tsa lefoko mme a simolole lefoko le lešwa.
 - e. Balekane ba tswelela go tshameka go fitlhela pampiri ya bone e tletse ka ketane ya mafoko.
3. **Naya bobedi bongwe le bongwe pampiri mme o kwale modumo wa ntlha mo patitšhokong: m**
4. **Tsamayatsamaya le go tshegetsa barutwana fa go tihokega.**
 - a. Morago ga metsotso e le 10, bitsa barutwana go ela tlhoko.
 - b. Kopa bobedi jo bo mmalwa go buisa mafoko a bona. Fa ba ntse ba buisa, kwala mafoko mo patitšhokong mme o tlhole gore ketane ya bona e bopilwe ka nepagalo.
 - c. Akgola barutwana ka maiteko a bona.

Ela tlhoko: Tiro eno e boelediwa go e dira ka dipensele tsa mebala.



5. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labone.**

- a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 56.
- b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
- c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhophla.



Mokwalo: Go kopolola dipolelo



NAKO:
15 metsotso



DIDIRISWA:
Buka ya
Tlhatlhobo

1. **Baakanyetsa barutwana mokwalo.**

- a. Bua jaana: A re thathafatseng menwana ya rona re dire jaaka e kete re tshameka piano.
- b. Lekola le go baakanya boemo jwa mmele wa barutwana le go tshwara dipensele.

2. **Kwala dipolelo tse di latelang mo patitšhokong:**

- O kama moriri.
 - O kgoma motho.
- a. Laela barutwana go kopololela dipolelo ka mo dibukeng tsa go kwalela tsa bona.
 - b. Ba tshwanetse go kopolola ka bothakga le ka nepo ka moo ba ka kgonang.

3. **Tlhatlhoba bokgoni ba barutwana ba go kopolola dipolelo.**

- a. Fa barutwana ba kwala, tsamayatsamaya mme o tseye dintlha ka barutwana ba ba kgaratlhang:
 - Go kopolola dipolelo sentle
 - Go bopa ditlhaka le mafoko ka nepagalo le bophepa
 - Go fetsa dipolelo mo Nakong e e neetsweng



Puisokopanelo: Dira Puiso ya Bobedi



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 93

1. **Rulaganya barutwana go dira Puiso ya bobedi.**
 - a. Baya barutwana mo maamong a a siameng mo mmetsheng.
 - b. Ba gopotse ka maitseo a a lebeleletsweng.
 - c. Gopotsa barutwana ka setlhogo sa kgang: *Sekipa se sentšhwa sa ga Botlhale*
 - d. Gopotsa barutwana ka togaleano ya go tlhaloganya.
 - Bua jaana, mo bekeng eno re ithuta ka go: Dira diphopholetso tsa kitso
 - Bua jaana, le a gopola gore re buisane ka seno maabane, fa ke go botsa: Ke phopholetso efe e e siameng e re ka e dirang ka kgang eno e mokwadi a sa re bolelelang ka yona? Ke eng se o ka se fopholetsang ka moanelwa?
2. **Dira Puiso ya Bobedi jaana:**
 - a. Buisa tsebe nngwe le nngwe ya kgang kwa godimo, ka thelelo mme o utlwagala.
 - b. Bontsha barutwana setshwantsho.
 - c. Dirisa dikao tse di mo tsebeng ya matseno go bontsha togaleano ya go tlhaloganya.
 - d. Kwa bofelong ba kgang, botsa dipotso tsa Puiso 2 jaana:
 - Tlhamalatsa Potso 1 & 2 kwa baarutwaneng ka bongwe.
 - Tlhamalatsa Potso 3 kwa phaposing yotlhe. Kopa barutwana go buisana ka potso le molekane.
 - Bitsa barutwana ba le mmalwa go abelana dikarabo tsa bona.



Go kwala: Go rulaganya le kwalo ya ntlha



NAKO:
20 metsotso



DIDIRISWA:
Bukatiro ya
DBE 2, tsebe
61

Letlhomeso la
go kwala:

Ke bona...

Ke rata
setshamekisi
seno gone...

Ke rata
setshamekisi
seno go feta...

1. **Itsise gape tiro ya go kwala.**
 - a. Bua jaana: Gopolang gore mo bekeng eno re ya go thala le go kwala ka:
Go tlhopha setshamekisi
2. **Laela barutwana go akanya ka go kwala ga bona.**
 - a. Bua jaana: Tswala matlho a gago mme o akanye ka gore o tla araba jang letlhomeso la go kwala.
 - b. Bua jaana: Abelana kakanyo ya gago le molekane.
 - c. Tlhatlhanyang mme le kwale mafoko a a mosola mo patitšhokong, sk. bera, mpopi, pidibidi, phazele, terena, diboloko, kgodumodumo, ntlo ya bompopi
3. **Laela barutwana go bula tsebe e e nepagetseng ka mo dibukatirong tsa DBE tsa bona.**
 - a. Bua jaana: Jaanong thala mme o kwale dikakanyo tsa gago.
 - b. Gopotsa barutwana ka PYP: Lediri, kgotsa lefoko le le dirang tiro, le bontsha gore tiro e diragala gompiono.
4. **Tsamayatsamaya ka mo phaposing mme o thuse barutwana ka bongwe.**
 - a. Kopa barutwana gore ba go bolelele dikakanyo tsa bona.
 - b. Thusa barutwana ba ba kgaratlang go simolola tiro ya go kwala.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 7&8



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhopha.**
 - a. Netefatsa gore barutwana ba itse ditlhopha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 56.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhopha 7 kwa lefelong la Puisokaelo ka Ditlhopha la gago.**
 - a. Baya setlhopha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhopha 7 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhopha 8.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Buisanang ka kgang ya Puisokopanelo



NAKO:
15 metsotso



DIDIRISWA:
Letlhomiso la
dipuisano:

Kgang eno e
ne e le ka ga...

Ke ratile
moanelwa...
gonne...

Ke ithutile
gore...

1. **Baakanyetsa barutwana puisano ya setlhopha.**
 - a. Rulaganya barutwana ka ditlhopha tse 4.
 - b. Naya setlhopha sengwe le sengwe thobane ya go bua kgotsa leje'.
 - c. Bua jaana: O ka kgona go bua fa fela o tshotse 'thobane ya go bua/leje'.
2. **Dirang dipotso tsa puisano.**
 - a. Gopotsa barutwana ka kgang ya Puisokopanelo ya beke.
 - b. Kwala letlhomiso la puisano mo patitšhokong.
 - c. Buisa le go tlhalosa potso nngwe le nngwe (polelo e simololang karabo.)
 - d. Bolelela barutwana gore leloko lengwe le lengwe la setlhopha le tshwanetse go bona tšhono go araba potso nngwe le nngwe.
 - e. Rotloetsa barutwana go akanya ka dikarabo tse di farologaneng.
3. **Laela barutwana go simolola ka dipuisano tsa bona.**
 - a. Laela barutwana baba tshotseng 'thobane e buang/leje' go simolola.
 - b. Tsamayatsamaya mme o ba neye tshegetso e e tlhokegang.
 - c. Mo metsotsong e le mmalwa ya bofelo, bitsa setlhopha go abelana dikarabo tsa bona.
4. **Paakanyo ya morutwana**
 - a. Lemoga barutwana ba le 3–4 go dira neelano ya molomo ka Mosupologo.
 - b. Bolelela barutwana gore ba dire paakanyo ya Mosupologo ya eng. (Lebelela RB mo lenaneothutong ka Mosupologo)



Medumopuo: Piletso



NAKO:
15 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baya barutwana sentle ka dibuka tsa go kwalela tsa bona, dipene le dithaledi.**
 - a. Bolelela barutwana go kwala setlhogo, 'Piletso' mme ba kwale dipalo 1–6 fa thoko ga mothalo o mohibidu.
 - b. Bitsa mafoko a a latelang a le marataro gore barutwana ba a kwale go bapa le dipalo 1–6: *meno, fatwa, maaka, nkgama, mena, duma*
2. **Bolelela barutwana go dirisa dipensele tsa mebala go siamisa tiro ya bona.**
 - a. Kwala mafoko a le marataro mo patitšhokong.
 - b. Fa o kwala, dumisa lefoko lengwe le lengwe.
 - c. Bolelela barutwana go sekeletsa diphoso tsa bona ka pensele ya mmala.
 - d. Bolelela barutwana go kwala mafoko gape ka nepagalo.
3. **Tsaya dintlha ka dikgwetlho le Tswelopele ya barutwana.**
4. **Kaela barutwana ka Bukapuiso ya Ditumiso ka Labotlhano.**
 - a. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 57.
 - b. Bitsa barutwana ka bongwe go go thusa go bontsha tirwana nngwe le nngwe.
 - c. Bontsha gore tirwana ya go kwala e diriwa jang mo patitšhokong.

Ela tlhoko: Bolelela barutwana gore ba tlaa dira ditirwana tseno le molekane ka nako ya Puisokaelo ka Ditlhopha.



Puisokopanelo: Dira puiso ya morago



NAKO:
15 metsotso



DIDIRISWA:
Kgobokanyo
ya
Ditlhangwa,
tsebe 93

1. **Baakanyetsa barutwana puiso ya morago.**
 - a. Gopotsa barutwana ka setlhogo sa kgang: *Sekipa se sentšhwa sa ga Botlhale*
 - b. Tlhalosa tiro. Bua jaana: Gompieno re ya go thala le go kwala ka karolo e re e ratang ya kgang.
2. **Bontsha tiro jaana:**
 - a. Tswala matlho a gago mme o itire yo o akanyang.
 - b. Bula matlho a gago mme o bue jaana: Karolo ya me e ke e ratang ka kgang ke fa...
 - c. Leka gore o seke wa tlhopha sekao sa karolo e e botlhofo thata ya kgang.
 - d. Thala setshwantsho sa ka bonako mo patitšhokong. Fa o ntse o thala, tlhalosa gore o thala eng.
 - e. Kwala lefoko le le 1-2.
3. **Laela barutwana go dira tiro.**
 - a. Bolelela barutwana go tswala matlho a bona mme ba akanye ka karolo e ba e ratang thata ya kgang.
 - b. Bua jaana: Akanya ka kakanyo ya gago, o seke wa kopisa sekao sa me.
 - c. Morago ga foo, bolelela barutwana go bula matlho a bona mme ba buisane ka dikarabo tsa bona le molekane wa bona.
 - d. Go tsweng foo, laela barutwana go thala karolo eno ya kgang mo dibukeng tsa go kwalela tsa bona.
 - e. Thusa barutwana go oketsa ka lefoko le le 1-2 mo dithalong tsa bona.
4. **Letla barutwana go abelana tiro ya bona.**
 - a. Naya barutwana metsotso e mmalwa go bontsha balekane tiro ya bona.
 - b. Bitsa barutwana go abelana tiro ya bona ka mo phaposing.



Go kwala: Kwalo ya ntlha le go siamisa



NAKO:
20 metsotso



DIDIRISWA:
Bukatiro ya
DBE 2, tsebe
61

Letlhomiso la
go kwala:

Ke bona...

Ke rata
setshamekisi
seno gone...

Ke rata
setshamekisi
seno go feta...

1. **Gakolola barutwana ka tiro ya bona ya go kwala.**
 - a. Bua jaana: Gompiano re ya go fetsa tiro ya go kwala.
2. **Itsise pharologano.**
 - a. Tsamayatsamaya ka mo phaposing mme o thuse barutwana ba ba kgaratlhang.
 - b. Naya barutwana ba ba bonako tirwana ya koketso ya ka bonako: Kwala polelo e nngwe mo kwalong ya gago.
3. **Laela barutwana go buisa le go siamisa se ba se kwadileng.**
 - a. Bua jaana: Jaanong ke nako ya go buisa le go siamisa tiro ya gago.
 - b. Bua jaana, gopola go lekola gore: Lediri, kgotsa lefoko le le dirang tiro, le bontsha gore tiro e diragala gompiano.
4. **Fa nako e go letla, kopa barutwana go abelana kwalo ya bona.**
 - a. Barutwana ba ka abelana kwalo ya bona le molekane.
 - b. Barutwana ba le mmalwa ba ka abelana kwalo ya bona ka mo phaposing.



Puisokaelo ka ditlhopha: Dira le Ditlhopha 9&10



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

1. **Baakanyetsa barutwana Puisokaelo ka Ditlhophha.**
 - a. Netefatsa gore barutwana ba itse ditlhophha tsa go buisa tsa bona.
 - b. Baya barutwana sentle ka bobedi le Dibukapuiso tsa Ditumiso tsa bona, dibuka tsa go kwalela le dipensele.
 - c. Laela barutwana go bula Bukapuiso ya Ditumiso ya bona mo tsebeng 57.
2. **Dira ditirwana tsa Bukapuiso ya Ditumiso tsa letsatsi le barutwana.**
Gakolola barutwana gore ba dire eng go dira tirwana nngwe le nngwe.
3. **Biletsa Setlhophha 9 kwa lefelong la Puisokaelo ka Ditlhophha la gago.**
 - a. Baya setlhophha sentle ka Dibukapuiso tsa Ditumiso tsa bona.
 - b. Bitsa barutwana ka bongwe go buisa modumopuo.
 - c. Bitsa barutwana ka bongwe go dira ditirwana tsa go dumisa.
 - d. Bitsa morutwana mongwe le mongwe go buisa mafoko kgotsa temana ya beke e e fetileng.
 - e. Kwala dintlha ka barutwana ba ba tlhokang tshegetso.
 - f. Kwala dintlha ka medumo e e tlhokang go kopanngwa.
 - g. Romela barutwana ba Setlhophha 9 kwa morago kwa ditafoleng tsa bona mme o bitse barutwana ba Setlhophha 10.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Tshameka metshameko ya tlotlofoko: Diragatsa kgotsa thala



NAKO:
15 metsotso



DIDIRISWA:
Tšhoko le
patitšhoko

1. **Dira lenaane la mafoko otlhe a tlotlofoko a e leng madiri kgotsa maina.**
2. **Bolelela barutwana gore o tla boeletsa mafoko a tlotlofoko a ba ithutileng ona mo kgweditharong eno.**
3. **Neela barutwana ditaelo tse di latelang:**
 - a. Re tla tshameka 'diragatsa kgotsa thala'.
 - b. Ke tla tlhopha morutwana yo o tla nnang 'yo o 'tshamekang'.
 - c. Morutwana o tla fa pele ga phaposiborutelo mme ke tla mo sebela lefoko mo tsebeng.
 - d. Morutwana o tshwanetse go diragatsa lefoko leo KGOTSA a thale setshwantsho sa lefoko leo mo patitšhokong.
 - e. Phaposiborutelo yotlhe e tshwanetse go tsholetsa diatla go fopholetsa lefoko leo.
 - f. Motho yo o 'tshamekang' o bitsa barutwana gore ba arabe.
 - g. Motho yo o arabang ka nepagalo o bo a le 'tshamekang'. Ba tla kwa pele mme ke ba sebela lefoko mo tsebeng.
4. **Bitsa morutwana wa ntlha go nna yo o 'tshamekang' mme o simolole motshameko.**



Medumopuo: Kwala ditlhangwa tse di kgonang go ranolwa



NAKO:
15 metsotso



DIDIRISWA:
Didiriswa ga
di tlhokege

1. Kwala medumo ya motheo e le 5 e barutwana ba ithutileng kgotsa boeletsa seno mo patitšhokong.
2. Thalosetsa barutwanana gore ba tlile go tshameka motshako wa medumopuo go ijesa monate.
3. Tlhalosa gore ba tlile go kwala mafoko, dipolelo kgotsa kgang ba dirisa medumo eo FELA.
4. Dira polelo e le nngwe e khutshwane jaaka sekao mme o e kwale mo patitšhokong (Kgotsa kwala mafoko fa polelo e sa kgonege.)
5. Kopa barutwana go tlhola gore a mafoko kgotsa polelo ya gago e nepagetse:
 - a. A e simolola ka tlhakakgolo?
 - b. A e felela ka letshwao la go ema, letshwao la potso kgotsa la go tlhobaela?
 - c. A o dirisitse fela medumo ya motheo e le 5 mo patitšhokong?
6. Morago ga moo, neela barutwana metsotso e le mmalwa go kwala mafoko kgotsa dipolelo/dipolelo tsa bona.
7. Bolelela barutwana go ananya dibuka le go tlhola tiro ya mongwe le mongwe.
8. Bitsa barutwana ba ba nang le mafoko kgotsa dipolelo tse di nepagetseng go buisetsa tiro ya bona kwa godimo.
9. Fa ba ntse ba buisa, kwala mafoko kgotsa dipolelo mo patitšhokong.
10. Tlholo gape go bona gore a ba dirisitse fela medumo ya motheo e le 5.
11. Akgola barutwana botlhe ka maiteko a bona.



Mokwalo: Bontsha ka mokgwa o o ka phasalatsang mokwalo wa gago



NAKO:
15 metsotso



DIDIRISWA:
Sekao sa
morutabana:
tiro ya go
kwala

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Pele ga thuto, dira paakanyo ya patišhoko pele ga thuto eno.**
 - a. Tlhopha nngwe ya ditiro tsa go kwala mo kgweditharong eno. Kwala sekao sa gago sa tiro eo mo patišhokong.
 - b. Akaretse phoso nngwe mo PYP go tswa mo kgweditharong, jaaka: Tlhaka ya ntlha ya polelo ga se tlhakakgolo.
2. **Itsise go phasalatsa mo barutwaneng.**
 - a. Bua jaana: Mo bekeng eno re tla phasalatsa karolo ya mokwalo wa rona go tswa mo kgweditharong eno.
 - b. Bua jaana: Fa re phasalatsa se re se kwadileng, re se baakanyetsa go se abelana go batho ba bangwe. Re tlhopha tiro ya rona e e gaisang, re e dira phepa e bile e bonagala sentle, mme re e abelana le ba bangwe gore ba e buise le go e itumelela.
 - c. Bontsha kwalo ya ntlha ya gago mo patitšhokong. Tlhalosa gore ke tiro ya go kwala e o e tlhophileng gore o e phasalatse.
3. **Bontsha go phasalatsa mo patitšhokong.**
 - a. Thala gape o bo o kwala kwalo ya gago mo patitšhokong. Dira seno ka tsela e e rulagantsweng sentle mme o akaretse dintlha tse di oketsegileng.
 - b. Buisetsa go kwala go tswa mo kwalong ya ntlha ya gago kwa godimo.
 - c. Supa phoso nngwe e o e dirileng ya PYP. Bua jaana: Ke dirile phoso. Tlhaka ya ntlha ya polelo e tshwanetse go nna tlhakakgolo. Nka siamisa seno fa ke phasalatsa.
 - d. Kwalolola polelo gape ka tsela e e rulagantsweng sentle.
 - e. Supa phoso e e siamisitsweng ya PYP: Tlhaka ya ntlha ya polelo ke tlhakakgolo.



Puisokopanelo: Bontsha ka mokgwa o o ka phasalatsang mokwalo wa gago



NAKO:
15 metsotso



DIDIRISWA:
Sekao sa
morutabana:
tiro ya go
kwala

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

Tsweletso go tswa mo thutong e e fetileng.



Puisokaelo ka ditlhopho: Dira Teko ya Puiso ya Molomo ka Thelelo



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso
Buka ya
Tlhatlhobo

1. **Baya barutwana mo maemong a a siameng ka Dibukapuiso tsa Ditumiso tsa bona.**
 - a. Bolelela barutwana go bula dibukapuiso tsa ditumiso tsa bona mo tsebeng ya ntlha.
 - b. Bolelela barutwana go dira le balekane ba bona.
 - c. Bolelela barutwana go itlhatlhoba fa ba ka kgona go buisa medumopuo yotlhe.
 - d. Bolelela barutwana go refosana go buisa mafoko otlhe le ditlhangwa gape.
2. **Bitsa barutwana ka bongwe go tla go dira diteko tsa PMT.**
 - a. Dirisa diteko tsa PMT tse di neetsweng mo Bukaneng ya Tlhatlhobo.
 - b. Latela ditaelo tsa teko ya PMT mo Bukananeng ya Tlhatlhobo.
 - c. Rekota dipholo tsa morutwana mongwe le mongwe.
 - d. Dirisa dipholo tseno go tlhabolola ditlhopho tsa bokgoni jwa puiso jo bo tshwanang tsa gago.
 - e. Gape dirisa dipholo tseno go dira dintlha tse di tshwanetseng go siamisiwa mo kgweditharong e e latelang.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Tshameka metshameko ya tlotlofoko: Diragatsa kgotsa thala



NAKO:
15 metsotso



DIDIRISWA:
Tšhoko le
patitšhoko

1. **Dira lenaane la mafoko otlhe a tlotlofoko a e leng madiri kgotsa maina.**
2. **Bolelela barutwana gore o tla boeletsa mafoko a tlotlofoko a ba ithutileng ona mo kgweditharong eno.**
3. **Neela barutwana ditaelo tse di latelang:**
 - a. Re tla tshameka 'diragatsa kgotsa thala'.
 - b. Ke tla tlhopha morutwana yo o tla nnang yo o 'tshamekang'.
 - c. Morutwana o tla fa pele ga phaposiborutelo mme ke tla mo sebela lefoko mo tsebeng.
 - d. Morutwana o tshwanetse go diragatsa lefoko leo KGOTSA a thale setshwantsho sa lefoko leo mo patitšhokong.
 - e. Phaposiborutelo yotlhe e tshwanetse go tsholetsa diatla go fopholetsa lefoko leo.
 - f. Motho yo o 'tshamekang' o bitsa barutwana gore ba arabe.
 - g. Motho yo o arabang ka nepagalo o bo a le yena yo o 'tshamekang'. Ba tla kwa pele mme ke ba sebela lefoko mo tsebeng.
4. **Bitsa morutwana wa ntlha go nna yo o 'tshamekang' mme o simolole motshameko.**



Medumopuo: Kwala ditlhangwa tse di kgonang go ranolwa



NAKO:
15 metsotso



DIDIRISWA:
Didiriswa ga
di tlhokege

1. Kwala medumo ya motheo e le 6 e barutwana ba ithutileng kgotsa boeletsa seno mo patitšhokong.
2. Thalosetsa barutwanana gore ba tlile go tshameka motshako wa medumopuo go ijesa monate.
3. Tlhalosa gore ba tlile go kwala mafoko, dipolelo kgotsa kang ba dirisa medumo eo FELA.
4. Dira polelo e le nngwe e khutshwane jaaka sekao mme o e kwale mo patitšhokong (Kgotsa kwala mafoko fa polelo e sa kgonege.)
5. Kopa barutwana go tlhola gore a mafoko kgotsa polelo ya gago e nepagetse:
 - a. A e simolola ka tlhakakgolo?
 - b. A e felela ka letshwao la go ema, letshwao la potso kgotsa la go tlhobaela?
 - c. A o dirisitse fela medumo ya motheo e le 6 mo patitšhokong?
6. Morago ga moo, neela barutwana metsotso e le mmalwa go kwala mafoko kgotsa dipolelo/dipolelo tsa bona.
7. Bolelela barutwana go ananya dibuka le go tlhola tiro ya mongwe le mongwe.
8. Bitsa barutwana ba ba nang le mafoko kgotsa dipolelo tse di nepagetseng go buisetsa tiro ya bona kwa godimo.
9. Fa ba ntse ba buisa, kwala mafoko kgotsa dipolelo mo patitšhokong.
10. Tlholo gape go bona gore a ba dirisitse fela medumo ya motheo e le 6.
11. Akgola barutwana botlhe ka maiteko a bona.



Mokwalo: Barutwana ba a akanya le go tlohpha



NAKO:
15 metsotso



DIDIRISWA:
Dibuka tsa go
kwalela tsa
barutwana
Dipampiri tsa
A4

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Pele ga thuto, rulaganya kwalo ya ntlha e e phasaladitsweng mo letlhareng.**
 - a. Kopolola setshwantsho wa gago se se phasaladitsweng le kwalo ya gago mo letlhareng go se bontsha barutwana.
 - b. Tlhomamisa gore o boloka kwalo ya ntlha ya gago e e phasaladitsweng gore o e dirise mo thutong ya go tlhagisa.
2. **Laela barutwana go akanya ka go kwala ga bone go tswa mo kgweditharong.**
 - a. Neela barutwana nako ya go buisa se ba se kwadileng go tswa mo kgweditharong.
 - b. Botsa jaana: Ke tiro efe ya go kwala e o e ratang thata mo thutong eno?
 - c. Kopa barutwana ba le mmalwa go go bolelela ka tiro e ba e ratang thata ya go kwala mo kgweditharong.
3. **Laela barutwana go tlohpha tiro ya go kwala e ba tla e phasalatsang.**
 - a. Botsa jaana: Ke eng se o tla se phasalatsang o bo o abelana sona mo kgweditharong eno?
 - b. Naya barutwana nako ya go tlohpha tiro ya go kwala e ba tla e phasalatsang.
 - c. Laela barutwana go bolelela balekane ba bona ka ga tiro ya go kwala e ba tlileng go e phasalatsa.
4. **Laela barutwana go phasalatsa mo matlhareng, gore tiro ya bone e tle e bontshiwe.**
 - a. Bua jaana: Fa re phasalatsa, ga re kwale mo dibukeng tsa rona jaaka re tlwaetse. Re kwala mo matlhareng, gore tiro ya rona e kgone go abelanwa bonolo.
 - b. Bontsha barutwana sekao sa gago sa tiro e e phasaladitsweng mo letlhareng.
 - c. Aba matlhareng gore ba phasalatse.
5. **Laela barutwana go simolola go phasalatsa.**
 - a. Bua jaana: Jaanong simololang go phasalatsa tiro ya lona. Gakologelwa go e dira gore e nne phepa e bonagale sentle, gore e siamele go abelanwa le ba bangwe.



Puisokopanelo: Barutwana ba a akanya le go tlhopha



NAKO:
15 metsotso



DIDIRISWA:
Dibuka tsa go
kwalela tsa
barutwana
Dipampiri tsa
A4

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

Tsweletso go tswa mo thutong e e fetileng.



Puisokaelo ka ditlhopha: Dira Teko ya Puiso ya Molomo ka Thelelo



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso
Buka ya
Tlhatlhobo

1. **Baya barutwana mo maemong a a siameng ka Dibukapuiso tsa Ditumiso tsa bona.**
 - a. Bolelela barutwana go bula dibukapuiso tsa ditumiso tsa bona mo tsebeng ya ntlha.
 - b. Bolelela barutwana go dira le balekane ba bona.
 - c. Bolelela barutwana go itlhatlhoba fa ba ka kgona go buisa medumopuo yotlhe.
 - d. Bolelela barutwana go refosana go buisa mafoko otlhe le ditlhangwa gape.
2. **Bitsa barutwana ka bongwe go tla go dira diteko tsa PMT.**
 - a. Dirisa diteko tsa PMT tse di neetsweng mo Bukaneng ya Tlhatlhobo.
 - b. Latela ditaelo tsa teko ya PMT mo Bukananeng ya Tlhatlhobo.
 - c. Rekota dipholo tsa morutwana mongwe le mongwe.
 - d. Dirisa dipholo tseno go tlhabolola ditlhopha tsa bokgoni jwa puiso jo bo tshwanang tsa gago.
 - e. Gape dirisa dipholo tseno go dira dintlha tse di tshwanetseng go siamisiwa mo kgweditharong e e latelang.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Tshameka metshameko ya tlotlofoko: Diragatsa kgotsa thala



NAKO:
15 metsotso



DIDIRISWA:
Tšhoko le
patitšhoko

1. **Dira lenaane la mafoko otlhe a tlotlofoko a e leng madiri kgotsa maina.**
2. **Bolelela barutwana gore o tla boeletsa mafoko a tlotlofoko a ba ithutileng ona mo kgweditharong eno.**
3. **Neela barutwana ditaelo tse di latelang:**
 - a. Re tla tshameka 'diragatsa kgotsa thala'.
 - b. Ke tla tlhopha morutwana yo o tla nnang yo o 'tshamekang'.
 - c. Morutwana o tla fa pele ga phaposiborutelo mme ke tla mo sebela lefoko mo tsebeng.
 - d. Morutwana o tshwanetse go diragatsa lefoko leo KGOTSA a thale setshwantsho sa lefoko leo mo patitšhokong.
 - e. Phaposiborutelo yotlhe e tshwanetse go tsholetsa diatla go fopholetsa lefoko leo.
 - f. Motho yo o 'tshamekang' o bitsa barutwana gore ba arabe.
 - g. Motho yo o arabang ka nepagalo o bo a le yena yo o 'tshamekang'. Ba tla kwa pele mme ke ba sebela lefoko mo tsebeng.
4. **Bitsa morutwana wa ntlha go nna yo o 'tshamekang' mme o simolole motshameko.**



Medumopuo: Kwala ditlhangwa tse di kgonang go ranolwa



NAKO:
15 metsotso



DIDIRISWA:
Didiriswa ga
di tlhokege

1. Kwala medumo ya motheo e le 7 e barutwana ba ithutileng kgotsa boeletsa seno mo patitšhokong.
2. Thalosetsa barutwanana gore ba tlile go tshameka motshako wa medumopuo go ijesa monate.
3. Tlhalosa gore ba tlile go kwala mafoko, dipolelo kgotsa kang ba dirisa medumo eo FELA.
4. Dira polelo e le nngwe e khutshwane jaaka sekao mme o e kwale mo patitšhokong (Kgotsa kwala mafoko fa polelo e sa kgonege.)
5. Kopa barutwana go tlhola gore a mafoko kgotsa polelo ya gago e nepagetse:
 - a. A e simolola ka tlhakakgolo?
 - b. A e felela ka letshwao la go ema, letshwao la potso kgotsa la go tlhobaela?
 - c. A o dirisitse fela medumo ya motheo e le 7 mo patitšhokong?
6. Morago ga moo, neela barutwana metsotso e le mmalwa go kwala mafoko kgotsa dipolelo/dipolelo tsa bona.
7. Bolelela barutwana go ananya dibuka le go tlhola tiro ya mongwe le mongwe.
8. Bitsa barutwana ba ba nang le mafoko kgotsa dipolelo tse di nepagetseng go buisetsa tiro ya bona kwa godimo.
9. Fa ba ntse ba buisa, kwala mafoko kgotsa dipolelo mo patitšhokong.
10. Tlholo gape go bona gore a ba dirisitse fela medumo ya motheo e le 7.
11. Akgola barutwana botlhe ka maiteko a bona.



Mokwalo: Barutwana ba phasalatsa go kwala ga bona



NAKO:
15 metsotso



DIDIRISWA:
Dibuka tsa go
kwalela tsa
barutwana
Dipampiri tsa
A4

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Itsise go phasalatsa mo barutwaneng gape.**
 - a. Bua jaana: Gompieno re tla fetsa go phasalatsa karolo ya mokwalo wa rona.
 - b. Bua jaana: Fa re phasalatsa se re se kwadileng, re se baakanyetsa go se abelana go batho ba bangwe. Re tlhopha tiro ya rona e e gaisang, re e dira phepa e bile e bonagala sentle, mme re e abelana le ba bangwe gore ba e buise le go e itumelela.
2. **Laela barutwana gore ba tswellele pele ka go phasalatsa.**
 - a. Bua jaana: Jaanong tsweleng ka go phasalatsa tiro ya lona ya maabane. Gakologelwa go dira gore e nne phepa e bile e bonala sentle, gore o tle o kgone go e abelana le ba bangwe.
3. **Tsamayatsamaya ka mo phaposing mme o thuse barutwana ka bongwe.**
 - a. Thusa barutwana ba ba kgaratlang go tlhopha le go phasalatsa karolo ya se ba se kwadileng.



Puisokopanelo: Barutwana ba phasalatsa go kwala ga bona



NAKO:
15 metsotso



DIDIRISWA:
Dibuka tsa go
kwalela tsa
barutwana
Dipampiri tsa
A4

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

Tsweletso go tswa mo thutong e e fetileng.



Go kwala: Barutwana ba phasalatsa go kwala ga bona



NAKO:
20 metsotso



DIDIRISWA:
Dibuka tsa go
kwalela tsa
barutwana
Dipampiri tsa
A4

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

Tsweletso go tswa mo thutong e e fetileng.



Puisokaelo ka ditlhopho: Dira Teko ya Puiso ya Molomo ka Thelelo



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso
Buka ya
Tlhatlhobo

1. **Baya barutwana mo maemong a a siameng ka Dibukapuiso tsa Ditumiso tsa bona.**
 - a. Bolelela barutwana go bula dibukapuiso tsa ditumiso tsa bona mo tsebeng ya ntlha.
 - b. Bolelela barutwana go dira le balekane ba bona.
 - c. Bolelela barutwana go itlhatlhoba fa ba ka kgona go buisa medumopuo yotlhe.
 - d. Bolelela barutwana go refosana go buisa mafoko otlhe le ditlhangwa gape.
2. **Bitsa barutwana ka bongwe go tla go dira diteko tsa PMT.**
 - a. Dirisa diteko tsa PMT tse di neetsweng mo Bukaneng ya Tlhatlhobo.
 - b. Latela ditaelo tsa teko ya PMT mo Bukananeng ya Tlhatlhobo.
 - c. Rekota dipholo tsa morutwana mongwe le mongwe.
 - d. Dirisa dipholo tseno go tlhabolola ditlhopho tsa bokgoni jwa puiso jo bo tshwanang tsa gago.
 - e. Gape dirisa dipholo tseno go dira dintlha tse di tshwanetseng go siamisiwa mo kgweditharong e e latelang.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Medumopuo: Kwala ditlhangwa tse di kgonang go ranolwa



NAKO:
15 metsotso



DIDIRISWA:
Didiriswa ga
di tlhokege

1. Kwala medumo ya motheo e le 8 e barutwana ba ithutileng kgotsa boeletsa seno mo patitšhokong.
2. Thalosetsa barutwanana gore ba tlile go tshameka motshako wa medumopuo go ijesa monate.
3. Tlhalosa gore ba tlile go kwala mafoko, dipolelo kgotsa kang ba dirisa medumo eo FELA.
4. Dira polelo e le nngwe e khutshwane jaaka sekao mme o e kwale mo patitšhokong (Kgotsa kwala mafoko fa polelo e sa kgonege.)
5. Kopa barutwana go tlhola gore a mafoko kgotsa polelo ya gago e nepagetse:
 - a. A e simolola ka tlhakakgolo?
 - b. A e felela ka letshwao la go ema, letshwao la potso kgotsa la go tlhobaela?
 - c. A o dirisitse fela medumo ya motheo e le 8 mo patitšhokong?
6. Morago ga moo, neela barutwana metsotso e le mmalwa go kwala mafoko kgotsa dipolelo/dipolelo tsa bona.
7. Bolelela barutwana go ananya dibuka le go tlhola tiro ya mongwe le mongwe.
8. Bitsa barutwana ba ba nang le mafoko kgotsa dipolelo tse di nepagetseng go buisetsa tiro ya bona kwa godimo.
9. Fa ba ntse ba buisa, kwala mafoko kgotsa dipolelo mo patitšhokong.
10. Tlholo gape go bona gore a ba dirisitse fela medumo ya motheo e le 8.
11. Akgola barutwana botlhe ka maiteko a bona.



Mokwalo: Bontsha gore o tlhagisa go kwala ga gago jang



NAKO:
15 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Itsise barutwana ka ga go tlhagisa.**
 - a. Bua jaana: Bekeng eno re tllile go tlhagisa kwalo ya rona e re e phalasaditseng.
 - b. Bua jaana: Fa re tlhagisa se re se kwadileng, re se abelana le ba bangwe. Re tlhalosa setshwantsho sa rona le go buisa kwalo wa rona. Re bua ka lentswe le le kwa godimo le le utlwalang sentle gore mongwe le mongwe a re utlwe.
 - c. Bua jaana: Fa re fetsa go bua, re ka tsamayatsamaya mo phaposing go bontsha mongwe le mongwe setshwantsho sa rona.
 - d. Bua jaana: Fa ba bangwe ba tlhagisa, re reetsa ka kelotlhoko. Ka metlha re ba bontsha bopelonomi le go ba opela diatla fa ba fetsa.
2. **Bontsha phaposi go tlhagisa.**
 - a. Tsholetsa kwalo ya ntlha ya gago kwa godimo gore mongwe le mongwe a e bone.
 - b. Ka bonako, tlhalosa setshwantsho sa gago le go buisa kwalo ya gago. Bontsha o buela kwa godimo ka lentswe le le tlhapileng gore botlhe ba utlwe.
 - c. Laela barutwana go go opela diatla fa o fetsa.
3. **Tsamayatsamaya mo phaposing mme o bontshe setshwantsho sa gago go botlhe.**
4. **Laela barutwana go ipaakanyetsa go tlhagisa.**
 - a. Bua jaana: Akanya ka polelo e e ka tlhalosang setshwantsho sa gago mme o ikatise go buisa kwalo ya gago.
5. **Neela barutwana metsotso e e mmalwa go akanya le go buisa.**
6. **Laela barutwana go tlhagisetsa molekane.**
 - a. Laela barutwana go tlhalosa setshwantsho sa bone le go buisetsa balekane kwalo ya bona.



Puisokopanelo: Bontsha gore o tthagisa go kwala ga gago jang



NAKO:
15 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatse le go tthagisa kwalo tsa bona.

Tsweletso ya thuto e e fetileng.



Go kwala: Bontsha gore o tthagisa go kwala ga gago jang



NAKO:
20 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatse le go tthagisa kwalo tsa bona.

Tsweletso ya thuto e e fetileng.



Puisokaelo ka ditlhopho: Dira Teko ya Puiso ya Molomo ka Thelelo



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

Buka ya
Tlhatlhobo

1. **Baya barutwana mo maemong a a siameng ka Dibukapuiso tsa Ditumiso tsa bona.**
 - a. Bolelela barutwana go bula dibukapuiso tsa ditumiso tsa bona mo tsebeng ya ntlha.
 - b. Bolelela barutwana go dira le balekane ba bona.
 - c. Bolelela barutwana go itlhatlhoba fa ba ka kgona go buisa medumopuo yotlhe.
 - d. Bolelela barutwana go refosana go buisa mafoko otlhe le ditlhangwa gape.
2. **Bitsa barutwana ka bongwe go tla go dira diteko tsa PMT.**
 - a. Dirisa diteko tsa PMT tse di neetsweng mo Bukaneng ya Tlhatlhobo.
 - b. Latela ditaelo tsa teko ya PMT mo Bukananeng ya Tlhatlhobo.
 - c. Rekota dipholo tsa morutwana mongwe le mongwe.
 - d. Dirisa dipholo tseno go tlhabolola ditlhopho tsa bokgoni jwa puiso jo bo tshwanang tsa gago.
 - e. Gape dirisa dipholo tseno go dira dintlha tse di tshwanetseng go siamisiwa mo kgweditharong e e latelang.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Tshameka metshameko ya tlotlofoko: Diragatsa kgotsa thala



NAKO:
15 metsotso



DIDIRISWA:
Tšhoko le
patitšhoko

1. **Dira lenaane la mafoko otlhe a tlotlofoko a e leng madiri kgotsa maina.**
2. **Bolelela barutwana gore o tla boeletsa mafoko a tlotlofoko a ba ithutileng ona mo kgweditharong eno.**
3. **Neela barutwana ditaelo tse di latelang:**
 - a. Re tla tshameka 'diragatsa kgotsa thala'.
 - b. Ke tla tlhopha morutwana yo o tla nnang yo o 'tshamekang'.
 - c. Morutwana o tla fa pele ga phaposiborutelo mme ke tla mo sebela lefoko mo tsebeng.
 - d. Morutwana o tshwanetse go diragatsa lefoko leo KGOTSA a thale setshwantsho sa lefoko leo mo patitšhokong.
 - e. Phaposiborutelo yotlhe e tshwanetse go tsholetsa diatla go fopholetsa lefoko leo.
 - f. Motho yo o 'tshamekang' o bitsa barutwana gore ba arabe.
 - g. Motho yo o arabang ka nepagalo o bo a le yena yo o 'tshamekang'. Ba tla kwa pele mme ke ba sebela lefoko mo tsebeng.
4. **Bitsa morutwana wa ntlha go nna yo o 'tshamekang' mme o simolole motshameko.**



Medumopuo: Kwala ditlhangwa tse di kgonang go ranolwa



NAKO:
15 metsotso



DIDIRISWA:
Didiriswa ga
di tlhokege

1. Kwala medumo ya motheo e le 10 e barutwana ba ithutileng kgotsa boeletsa seno mo patitšhokong.
2. Thalosetsa barutwanana gore ba tlile go tshameka motshako wa medumopuo go ijesa monate.
3. Tlhalosa gore ba tlile go kwala mafoko, dipolelo kgotsa kang ba dirisa medumo eo FELA.
4. Dira polelo e le nngwe e khutshwane jaaka sekao mme o e kwale mo patitšhokong (Kgotsa kwala mafoko fa polelo e sa kgonege.)
5. Kopa barutwana go tlhola gore a mafoko kgotsa polelo ya gago e nepagetse:
 - a. A e simolola ka tlhakakgolo?
 - b. A e felela ka letshwao la go ema, letshwao la potso kgotsa la go tlhobaela?
 - c. A o dirisitse fela medumo ya motheo e le 10 mo patitšhokong?
6. Morago ga moo, neela barutwana metsotso e le mmalwa go kwala mafoko kgotsa dipolelo/dipolelo tsa bona.
7. Bolelela barutwana go ananya dibuka le go tlhola tiro ya mongwe le mongwe.
8. Bitsa barutwana ba ba nang le mafoko kgotsa dipolelo tse di nepagetseng go buisetsa tiro ya bona kwa godimo.
9. Fa ba ntse ba buisa, kwala mafoko kgotsa dipolelo mo patitšhokong.
10. Tlholo gape go bona gore a ba dirisitse fela medumo ya motheo e le 10.
11. Akgola barutwana botlhe ka maiteko a bona.



Puisokopanelo: Barutwana ba tlhagisa go kwala ga bona



NAKO:
15 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Itsise go tlhagisa mo barutwaneng gape.**
 - a. Bua jaana: Gakologelwa gore mo bekeng eno re tle go tlhagisa kwalo ya rona e re e phalasaditseng.
 - b. Bua jaana: Fa re tlhagisa se re se kwadileng, re se abelana le ba bangwe. Re tlhalosa setshwantsho sa rona le go buisa kwalo wa rona. Re bua ka lentswe le le kwa godimo le le utlwalang sentle gore mongwe le mongwe a re utlwe.
 - c. Bua jaana: Fa re fetsa go bua, re ka tsamayatsamaya mo phaposing go bontsha mongwe le mongwe setshwantsho sa rona.
2. **Bua jaana: Fa ba bangwe ba tlhagisa, re reetsa ka kelotlhoko. Ka metlha re ba bontsha bopelonomi le go ba opela diatla fa ba fetsa.**
3. **Bitsa barutwana go tlhagisa go kwala ga bona.**
 - a. Bitsa barutwana ka bongwe ka bongwe gore ba tle kwa pele mo phaposing go tla go tlhagisa kwalo ya bona.
 - b. Naya morutwana mongwe le mongwe metsotso e le 1–2 go tlhalosa setshwantsho sa gagwe le go buisa se a se kwadileng.
 - c. Fa ba feditse, ba tshwanetse go tsamayatsamaya ba bontsha setshwantsho sa bone.
 - d. Fa barutwana ba tlhagisa kwalo ya bona, tlhomamisa gore phaposi e reetsa ka kelotlhoko. Ba gakolole gore ba ope diatla fa morutwana mongwe le mongwe a tla go tlhagisa kwalo ya bona.



Go kwala: Barutwana ba tswelela go tlhagisa kwalo ya bona



NAKO:
20 metsotso



DIDIRISWA:
Learners'
published
Go kwala

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Tswelela go bitsa barutwana go tlhagisa mo phaposiborutelong.**
 - a. Bitsa barutwana ka bongwe ka bongwe gore ba tle kwa pele mo phaposing go tla go tlhagisa kwalo ya bona.
 - b. Naya morutwana mongwe le mongwe metsotso e le 1–2 go tlhalosa setshwantsho sa gagwe le go buisa se a se kwadileng.
 - c. Fa ba feditse, ba tshwanetse go tsamayatsamaya ba bontsha setshwantsho sa bone.
2. **Fa barutwana ba tlhagisa kwalo ya bona, tlhomamisa gore phaposi e reetsa ka kelotlhoko. Ba gakolole gore ba ope diatla fa morutwana mongwe le mongwe a tla go tlhagisa kwalo ya bona.**
3. **Bontsha tiro yotlhe e e phasaladitsweng ya barutwana mo bukeng ya phaposi kgotsa mo pating ya dikitsiso.**



Puisokaelo ka ditlhophha: Dira Teko ya Puiso ya Molomo ka Thelelo



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso

Buka ya
Tlhatlhobo

1. **Baya barutwana mo maemong a a siameng ka Dibukapuiso tsa Ditumiso tsa bona.**
 - a. Bolelela barutwana go bula dibukapuiso tsa ditumiso tsa bona mo tsebeng ya ntlha.
 - b. Bolelela barutwana go dira le balekane ba bona.
 - c. Bolelela barutwana go itlhatlhoba fa ba ka kgona go buisa medumopuo yotlhe.
 - d. Bolelela barutwana go refosana go buisa mafoko otlhe le ditlhangwa gape.
2. **Bitsa barutwana ka bongwe go tla go dira diteko tsa PMT.**
 - a. Dirisa diteko tsa PMT tse di neetsweng mo Bukaneng ya Tlhatlhobo.
 - b. Latela ditaelo tsa teko ya PMT mo Bukananeng ya Tlhatlhobo.
 - c. Rekota dipholo tsa morutwana mongwe le mongwe.
 - d. Dirisa dipholo tseno go tlhabolola ditlhophha tsa bokgoni jwa puiso jo bo tshwanang tsa gago.
 - e. Gape dirisa dipholo tseno go dira dintlha tse di tshwanetseng go siamisiwa mo kgweditharong e e latelang.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Tshameka metshameko ya tlotlofoko: Leina kgotsa lediri?



NAKO:
15 metsotso



DIDIRISWA:
Didiriswa ga
di tlhokege

1. **Dira lenaane la mafoko otlhe a tlotlofoko a e leng madiri kgotsa maina.**
2. **Bolelela barutwana gore maina ke mafoko a go naya maina mme madiri ke mafoko a a diragatsang kgotsa a a dirang.**
3. **Neela barutwana ditaelo tse di latelang:**
 - a. Re tlile go tshameka 'leina kgotsa lediri'.
 - b. Ke tla bua lefoko.
 - c. Fa e le leina, o tshwanetse go tsholetsa monwana o le mongwe.
 - d. Fa e le lediri, o tshwanetse go tsholetsa menwana e le 2.
 - e. Go tswa foo, lo tla dira ka bobedi go dira polelo ka lefoko, le le bontshang gore le kaya eng.
 - f. Ke tla bitsa bobedi bo bo farologaneng go bua dipolelo tsa bone.
4. **Bua lefoko la ntlha mme o simolole motshameko.**



Medumopuo: Aga le go bontsha mafoko



NAKO:
15 metsotso



DIDIRISWA:
Tege ya go
tsameka,
ditlhogo tsa
mabotlolo,
bobowa,
pasta, jj.

1. Sutela kwa lefelong le le bulegileng.
2. Bontsha barutwana gore lefelo la bona la tiro le fa kae.
3. Bontsha barutwana gore lefelo la bona la pontsho le fa kae.
4. Kgaoganya barutwana ka ditlhopha tsa 2-4.
5. Abela setlhopha sengwe le sengwe didirisiwa tse di leng teng.
6. Bolelela setlhopha sengwe le sengwe go akanya ka lefoko le ba ka le kwalang.
7. Morago ga moo, bolelela ditlhopha go aga lefoko leo go tswa mo didirisiweng.
8. Fa ditlhopha di setse di agile lefoko la tsona, di tshwanetse go le bontsha mo lefelong la pontsho.
9. Letla barutwana go tsamayatsamaya le go buisa mafoko a mongwe le mongwe.
10. Leboga barutwana mme o ba bolelele gore ba phepafatse.



Mokwalo: Barutwana ba tswela go tlhagisa kwalo ya bona



NAKO:
15 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Tswela go bitsa barutwana go tlhagisa mo phaposiborutelong.**
 - a. Bitsa barutwana ka bongwe ka bongwe gore ba tle kwa pele mo phaposing go tla go tlhagisa kwalo ya bona.
 - b. Naya morutwana mongwe le mongwe metsotso e le 1-2 go tlahosa setshwantsho sa gagwe le go buisa se a se kwadileng.
 - c. Fa ba feditse, ba tshwanetse go tsamayatsamaya ba bontsha setshwantsho sa bone.
2. **Fa barutwana ba tlhagisa kwalo ya bona, tlhomamisa gore phaposi e reetsa ka kelotlhoko. Ba gakolole gore ba ope diatla fa morutwana mongwe le mongwe a tla go tlhagisa kwalo ya bona.**
3. **Bontsha tiro yotlhe e e phasaladitsweng ya barutwana mo bukeng ya phaposi kgotsa mo pating ya dikitsiso.**



Puisokopanelo: Barutwana ba tswela go tlhagisa kwalo ya bona



NAKO:
15 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Tswela go bitsa barutwana go tlhagisa mo phaposiborutelong.**
 - a. Bitsa barutwana ka bongwe ka bongwe gore ba tle kwa pele mo phaposing go tla go tlhagisa kwalo ya bona.
 - b. Naya morutwana mongwe le mongwe metsotso e le 1-2 go tlahosa setshwantsho sa gagwe le go buisa se a se kwadileng.
 - c. Fa ba feditse, ba tshwanetse go tsamayatsamaya ba bontsha setshwantsho sa bone.
2. **Fa barutwana ba tlhagisa kwalo ya bona, tlhomamisa gore phaposi e reetsa ka kelotlhoko. Ba gakolole gore ba ope diatla fa morutwana mongwe le mongwe a tla go tlhagisa kwalo ya bona.**
3. **Bontsha tiro yotlhe e e phasaladitsweng ya barutwana mo bukeng ya phaposi kgotsa mo pating ya dikitsiso.**



Puisokaelo ka ditlhophha: Dira Teko ya Puiso ya Molomo ka Thelelo



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso
Buka ya
Tlhatlhobo

1. **Baya barutwana mo maemong a a siameng ka Dibukapuiso tsa Ditumiso tsa bona.**
 - a. Bolelela barutwana go bula dibukapuiso tsa ditumiso tsa bona mo tsebeng ya ntlha.
 - b. Bolelela barutwana go dira le balekane ba bona.
 - c. Bolelela barutwana go itlhatlhoba fa ba ka kgona go buisa medumopuo yotlhe.
 - d. Bolelela barutwana go refosana go buisa mafoko otlhe le ditlhangwa gape.
2. **Bitsa barutwana ka bongwe go tla go dira diteko tsa PMT.**
 - a. Dirisa diteko tsa PMT tse di neetsweng mo Bukaneng ya Tlhatlhobo.
 - b. Latela ditaelo tsa teko ya PMT mo Bukananeng ya Tlhatlhobo.
 - c. Rekota dipholo tsa morutwana mongwe le mongwe.
 - d. Dirisa dipholo tseno go tlhabolola ditlhophha tsa bokgoni jwa puiso jo bo tshwanang tsa gago.
 - e. Gape dirisa dipholo tseno go dira dintlha tse di tshwanetseng go siamisiwa mo kgweditharong e e latelang.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Tshameka metshameko ya tlotlofoko: Leina kgotsa lediri?



NAKO:
15 metsotso



DIDIRISWA:
Didiriswa ga
di tlhokege

1. **Dira lenaane la mafoko otlhe a tlotlofoko a e leng madiri kgotsa maina.**
2. **Bolelela barutwana gore maina ke mafoko a go naya maina mme madiri ke mafoko a a diragatsang kgotsa a a dirang.**
3. **Neela barutwana ditaelo tse di latelang:**
 - a. Re tlile go tshameka 'leina kgotsa lediri'.
 - b. Ke tla bua lefoko.
 - c. Fa e le leina, o tshwanetse go tsholetsa monwana o le mongwe.
 - d. Fa e le lediri, o tshwanetse go tsholetsa menwana e le 2.
 - e. Go tswa foo, lo tla dira ka bobedi go dira polelo ka lefoko, le le bontshang gore le kaya eng.
 - f. Ke tla bitsa bobedi bo bo farologaneng go bua dipolelo tsa bone.
4. **Bua lefoko la ntlha mme o simolole motshameko.**



Medumopuo: Aga le go bontsha mafoko



NAKO:
15 metsotso



DIDIRISWA:
Tege ya go
tsameka,
ditlhogo tsa
mabotlolo,
bobowa,
pasta, jj.

1. Sutela kwa lefelong le le bulegileng.
2. Bontsha barutwana gore lefelo la bona la tiro le fa kae.
3. Bontsha barutwana gore lefelo la bona la pontsho le fa kae.
4. Kgaoganya barutwana ka ditlhopha tsa 2-4.
5. Abela setlhopha sengwe le sengwe didirisiwa tse di leng teng.
6. Bolelela setlhopha sengwe le sengwe go akanya ka lefoko le ba ka le kwalang.
7. Morago ga moo, bolelela ditlhopha go aga lefoko leo go tswa mo didirisiweng.
8. Fa ditlhopha di setse di agile lefoko la tsona, di tshwanetse go le bontsha mo lefelong la pontsho.
9. Letla barutwana go tsamayatsamaya le go buisa mafoko a mongwe le mongwe.
10. Leboga barutwana mme o ba bolelele gore ba phepafatse.



Mokwalo: Barutwana ba tswela go tlhagisa kwalo ya bona



NAKO:
15 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Tswela go bitsa barutwana go tlhagisa mo phaposiborutelong.**
 - a. Bitsa barutwana ka bongwe ka bongwe gore ba tle kwa pele mo phaposing go tla go tlhagisa kwalo ya bona.
 - b. Naya morutwana mongwe le mongwe metsotso e le 1-2 go tlhalosa setshwantsho sa gagwe le go buisa se a se kwadileng.
 - c. Fa ba feditse, ba tshwanetse go tsamayatsamaya ba bontsha setshwantsho sa bone.
2. **Fa barutwana ba tlhagisa kwalo ya bona, tlhomamisa gore phaposi e reetsa ka kelotlhoko. Ba gakolole gore ba ope diatla fa morutwana mongwe le mongwe a tla go tlhagisa kwalo ya bona.**
3. **Bontsha tiro yotlhe e e phasaladitsweng ya barutwana mo bukeng ya phaposi kgotsa mo pating ya dikitsiso.**



Puisokopanelo: Barutwana ba tswela go tlhagisa kwalo ya bona



NAKO:
15 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Tswela go bitsa barutwana go tlhagisa mo phaposiborutelong.**
 - a. Bitsa barutwana ka bongwe ka bongwe gore ba tle kwa pele mo phaposing go tla go tlhagisa kwalo ya bona.
 - b. Naya morutwana mongwe le mongwe metsotso e le 1-2 go tlhalosa setshwantsho sa gagwe le go buisa se a se kwadileng.
 - c. Fa ba feditse, ba tshwanetse go tsamayatsamaya ba bontsha setshwantsho sa bone.
2. **Fa barutwana ba tlhagisa kwalo ya bona, tlhomamisa gore phaposi e reetsa ka kelotlhoko. Ba gakolole gore ba ope diatla fa morutwana mongwe le mongwe a tla go tlhagisa kwalo ya bona.**
3. **Bontsha tiro yotlhe e e phasaladitsweng ya barutwana mo bukeng ya phaposi kgotsa mo pating ya dikitsiso.**



Puisokaelo ka ditlhophha: Dira Teko ya Puiso ya Molomo ka Thelelo



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso
Buka ya
Tlhatlhobo

1. **Baya barutwana mo maemong a a siameng ka Dibukapuiso tsa Ditumiso tsa bona.**
 - a. Bolelela barutwana go bula dibukapuiso tsa ditumiso tsa bona mo tsebeng ya ntlha.
 - b. Bolelela barutwana go dira le balekane ba bona.
 - c. Bolelela barutwana go itlhatlhoba fa ba ka kgona go buisa medumopuo yotlhe.
 - d. Bolelela barutwana go refosana go buisa mafoko otlhe le ditlhangwa gape.
2. **Bitsa barutwana ka bongwe go tla go dira diteko tsa PMT.**
 - a. Dirisa diteko tsa PMT tse di neetsweng mo Bukaneng ya Tlhatlhobo.
 - b. Latela ditaelo tsa teko ya PMT mo Bukananeng ya Tlhatlhobo.
 - c. Rekota dipholo tsa morutwana mongwe le mongwe.
 - d. Dirisa dipholo tseno go tlhabolola ditlhophha tsa bokgoni jwa puiso jo bo tshwanang tsa gago.
 - e. Gape dirisa dipholo tseno go dira dintlha tse di tshwanetseng go siamisiwa mo kgweditharong e e latelang.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Tshameka metshameko ya tlotlofoko: Leina kgotsa lediri?



NAKO:
15 metsotso



DIDIRISWA:
Didiriswa ga
di tlhokege.

1. **Dira lenaane la mafoko otlhe a tlotlofoko a e leng madiri kgotsa maina.**
2. **Bolelela barutwana gore maina ke mafoko a go naya maina mme madiri ke mafoko a a diragatsang kgotsa a a dirang.**
3. **Neela barutwana ditaelo tse di latelang:**
 - a. Re tlile go tshameka 'leina kgotsa lediri'.
 - b. Ke tla bua lefoko.
 - c. Fa e le leina, o tshwanetse go tsholetsa monwana o le mongwe.
 - d. Fa e le lediri, o tshwanetse go tsholetsa menwana e le 2.
 - e. Go tswa foo, lo tla dira ka bobedi go dira polelo ka lefoko, le le bontshang gore le kaya eng.
 - f. Ke tla bitsa bobedi bo bo farologaneng go bua dipolelo tsa bone.
4. **Bua lefoko la ntlha mme o simolole motshameko.**



Medumopuo: Aga le go bontsha mafoko



NAKO:
15 metsotso



DIDIRISWA:
Tege ya go
tsameka,
ditlhogo tsa
mabotlolo,
bobowa,
pasta, jj.

1. Sutela kwa lefelong le le bulegileng.
2. Bontsha barutwana gore lefelo la bona la tiro le fa kae.
3. Bontsha barutwana gore lefelo la bona la pontsho le fa kae.
4. Kgaoganya barutwana ka ditlhopha tsa 2-4.
5. Abela setlhopha sengwe le sengwe didirisiwa tse di leng teng.
6. Bolelela setlhopha sengwe le sengwe go akanya ka lefoko le ba ka le kwalang.
7. Morago ga moo, bolelela ditlhopha go aga lefoko leo go tswa mo didirisiweng.
8. Fa ditlhopha di setse di agile lefoko la tsona, di tshwanetse go le bontsha mo lefelong la pontsho.
9. Letla barutwana go tsamayatsamaya le go buisa mafoko a mongwe le mongwe.
10. Leboga barutwana mme o ba bolelele gore ba phepafatse.



Mokwalo: Barutwana ba tswela go tlhagisa kwalo ya bona



NAKO:
15 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Tswela go bitsa barutwana go tlhagisa mo phaposiborutelong.**
 - a. Bitsa barutwana ka bongwe ka bongwe gore ba tle kwa pele mo phaposing go tla go tlhagisa kwalo ya bona.
 - b. Naya morutwana mongwe le mongwe metsotso e le 1-2 go tlhalosa setshwantsho sa gagwe le go buisa se a se kwadileng.
 - c. Fa ba feditse, ba tshwanetse go tsamayatsamaya ba bontsha setshwantsho sa bone.
2. **Fa barutwana ba tlhagisa kwalo ya bona, tlhomamisa gore phaposi e reetsa ka kelotlhoko. Ba gakolole gore ba ope diatla fa morutwana mongwe le mongwe a tla go tlhagisa kwalo ya bona.**
3. **Bontsha tiro yotlhe e e phasaladitsweng ya barutwana mo bukeng ya phaposi kgotsa mo pating ya dikitsiso.**



Puisokopanelo: Barutwana ba tswela go tlhagisa kwalo ya bona



NAKO:
15 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Tswela go bitsa barutwana go tlhagisa mo phaposiborutelong.**
 - a. Bitsa barutwana ka bongwe ka bongwe gore ba tle kwa pele mo phaposing go tla go tlhagisa kwalo ya bona.
 - b. Naya morutwana mongwe le mongwe metsotso e le 1-2 go tlhalosa setshwantsho sa gagwe le go buisa se a se kwadileng.
 - c. Fa ba feditse, ba tshwanetse go tsamayatsamaya ba bontsha setshwantsho sa bone.
2. **Fa barutwana ba tlhagisa kwalo ya bona, tlhomamisa gore phaposi e reetsa ka kelotlhoko. Ba gakolole gore ba ope diatla fa morutwana mongwe le mongwe a tla go tlhagisa kwalo ya bona.**
3. **Bontsha tiro yotlhe e e phasaladitsweng ya barutwana mo bukeng ya phaposi kgotsa mo pating ya dikitsiso.**



Go kwala: Barutwana ba tswelela go tlhagisa kwalo ya bona



NAKO:
20 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Tswelela go bitsa barutwana go tlhagisa mo phaposiborutelong.**
 - a. Bitsa barutwana ka bongwe ka bongwe gore ba tle kwa pele mo phaposing go tla go tlhagisa kwalo ya bona.
 - b. Naya morutwana mongwe le mongwe metsotso e le 1–2 go tthalosa setshwantsho sa gagwe le go buisa se a se kwadileng.
 - c. Fa ba feditse, ba tshwanetse go tsamayatsamaya ba bontsha setshwantsho sa bone.
2. **Fa barutwana ba tlhagisa kwalo ya bona, tlhomamisa gore phaposi e reetsa ka kelotlhoko. Ba gakolole gore ba ope diatla fa morutwana mongwe le mongwe a tla go tlhagisa kwalo ya bona.**
3. **Bontsha tiro yotlhe e e phasaladitsweng ya barutwana mo bukeng ya phaposi kgotsa mo pating ya dikitsiso.**



Puisokaelo ka ditlhopha: Dira Teko ya Puiso ya Molomo ka Thelelo



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso
Buka ya
Tlhatlhobo

1. **Baya barutwana mo maemong a a siameng ka Dibukapuiso tsa Ditumiso tsa bona.**
 - a. Bolelela barutwana go bula dibukapuiso tsa ditumiso tsa bona mo tsebeng ya ntlha.
 - b. Bolelela barutwana go dira le balekane ba bona.
 - c. Bolelela barutwana go itlhatlhoba fa ba ka kgona go buisa medumopuo yotlhe.
 - d. Bolelela barutwana go refosana go buisa mafoko otlhe le ditlangwa gape.
2. **Bitsa barutwana ka bongwe go tla go dira diteko tsa PMT.**
 - a. Dirisa diteko tsa PMT tse di neetsweng mo Bukaneng ya Tlhatlhobo.
 - b. Latela ditaelo tsa teko ya PMT mo Bukananeng ya Tlhatlhobo.
 - c. Rekota dipholo tsa morutwana mongwe le mongwe.
 - d. Dirisa dipholo tseno go tlhabolola ditlhopha tsa bokgoni jwa puiso jo bo tshwanang tsa gago.
 - e. Gape dirisa dipholo tseno go dira dintlha tse di tshwanetseng go siamisiwa mo kgweditharong e e latelang.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Medumopuo: Aga le go bontsha mafoko



NAKO:
15 metsotso



DIDIRISWA:
Tege ya go
tsameka,
ditlhogo tsa
mabotlolo,
bobowa,
pasta, jj.

1. Sutela kwa lefelong le le bulegileng.
2. Bontsha barutwana gore lefelo la bona la tiro le fa kae.
3. Bontsha barutwana gore lefelo la bona la pontsho le fa kae.
4. Kgaoganya barutwana ka ditlhopha tsa 2–4.
5. Abela setlhopha sengwe le sengwe didirisiwa tse di leng teng.
6. Bolelela setlhopha sengwe le sengwe go akanya ka lefoko le ba ka le kwalang.
7. Morago ga moo, bolelela ditlhopha go aga lefoko leo go tswa mo didirisweng.
8. Fa ditlhopha di setse di agile lefoko la tsona, di tshwanetse go le bontsha mo lefelong la pontsho.
9. Letla barutwana go tsamayatsamaya le go buisa mafoko a mongwe le mongwe.
10. Leboga barutwana mme o ba bolelele gore ba phepafatse.



Mokwalo: Barutwana ba tswelela go tlhagisa kwalo ya bona



NAKO:
15 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Tswelela go bitsa barutwana go tlhagisa mo phaposiborutelong.**
 - a. Bitsa barutwana ka bongwe ka bongwe gore ba tle kwa pele mo phaposing go tla go tlhagisa kwalo ya bona.
 - b. Naya morutwana mongwe le mongwe metsotso e le 1–2 go tlhalosa setshwantsho sa gagwe le go buisa se a se kwadileng.
 - c. Fa ba feditse, ba tshwanetse go tsamayatsamaya ba bontsha setshwantsho sa bone.
2. **Fa barutwana ba tlhagisa kwalo ya bona, tlhomamisa gore phaposi e reetsa ka kelotlhoko. Ba gakolole gore ba ope diatla fa morutwana mongwe le mongwe a tla go tlhagisa kwalo ya bona.**
3. **Bontsha tiro yotlhe e e phasaladitsweng ya barutwana mo bukeng ya phaposi kgotsa mo pating ya dikitsiso.**



Puisokopanelo: Barutwana ba tswela go tshagisa kwalo ya bona



NAKO:
15 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatsa le go tshagisa kwalo tsa bona.

1. **Tswela go bitsa barutwana go tshagisa mo phaposiborutelong.**
 - a. Bitsa barutwana ka bongwe ka bongwe gore ba tle kwa pele mo phaposing go tla go tshagisa kwalo ya bona.
 - b. Naya morutwana mongwe le mongwe metsotso e le 1-2 go tshalosa setshwantsho sa gagwe le go buisa se a se kwadileng.
 - c. Fa ba feditse, ba tshwanetse go tsamayatsamaya ba bontsha setshwantsho sa bone.
2. **Fa barutwana ba tshagisa kwalo ya bona, tshomamisa gore phaposi e reetsa ka kelotlhoko. Ba gakolole gore ba ope diatla fa morutwana mongwe le mongwe a tla go tshagisa kwalo ya bona.**
3. **Bontsha tiro yotlhe e e phasaladitsweng ya barutwana mo bukeng ya phaposi kgotsa mo pating ya dikitsiso.**



Go kwala: Barutwana ba tswela go tshagisa kwalo ya bona



NAKO:
20 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatsa le go tshagisa kwalo tsa bona.

1. **Tswela go bitsa barutwana go tshagisa mo phaposiborutelong.**
 - a. Bitsa barutwana ka bongwe ka bongwe gore ba tle kwa pele mo phaposing go tla go tshagisa kwalo ya bona.
 - b. Naya morutwana mongwe le mongwe metsotso e le 1-2 go tshalosa setshwantsho sa gagwe le go buisa se a se kwadileng.
 - c. Fa ba feditse, ba tshwanetse go tsamayatsamaya ba bontsha setshwantsho sa bone.
2. **Fa barutwana ba tshagisa kwalo ya bona, tshomamisa gore phaposi e reetsa ka kelotlhoko. Ba gakolole gore ba ope diatla fa morutwana mongwe le mongwe a tla go tshagisa kwalo ya bona.**
3. **Bontsha tiro yotlhe e e phasaladitsweng ya barutwana mo bukeng ya phaposi kgotsa mo pating ya dikitsiso.**



Puisokaelo ka ditlhophha: Dira Teko ya Puiso ya Molomo ka Thelelo



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso
Buka ya
Tlhatlhobo

1. **Baya barutwana mo maemong a a siameng ka Dibukapuiso tsa Ditumiso tsa bona.**
 - a. Bolelela barutwana go bula dibukapuiso tsa ditumiso tsa bona mo tsebeng ya ntlha.
 - b. Bolelela barutwana go dira le balekane ba bona.
 - c. Bolelela barutwana go itlhatlhoba fa ba ka kgona go buisa medumopuo yotlhe.
 - d. Bolelela barutwana go refosana go buisa mafoko otlhe le ditlhangwa gape.
2. **Bitsa barutwana ka bongwe go tla go dira diteko tsa PMT.**
 - a. Dirisa diteko tsa PMT tse di neetsweng mo Bukaneng ya Tlhatlhobo.
 - b. Latela ditaelo tsa teko ya PMT mo Bukananeng ya Tlhatlhobo.
 - c. Rekota dipholo tsa morutwana mongwe le mongwe.
 - d. Dirisa dipholo tseno go tlhabolola ditlhophha tsa bokgoni jwa puiso jo bo tshwanang tsa gago.
 - e. Gape dirisa dipholo tseno go dira dintlha tse di tshwanetseng go siamisiwa mo kgweditharong e e latelang.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.



Go Reetsa le go Bua: Tshameka metshameko ya tlotlofoko: Leina kgotsa lediri?



NAKO:
15 metsotso



DIDIRISWA:
Didiriswa ga
di tlhokege.

1. **Dira lenaane la mafoko otlhe a tlotlofoko a e leng madiri kgotsa maina.**
2. **Bolelela barutwana gore maina ke mafoko a go naya maina mme madiri ke mafoko a a diragatsang kgotsa a a dirang.**
3. **Neela barutwana ditaelo tse di latelang:**
 - a. Re tlile go tshameka 'leina kgotsa lediri'.
 - b. Ke tla bua lefoko.
 - c. Fa e le leina, o tshwanetse go tsholetsa monwana o le mongwe.
 - d. Fa e le lediri, o tshwanetse go tsholetsa menwana e le 2.
 - e. Go tswa foo, lo tla dira ka bobedi go dira polelo ka lefoko, le le bontshang gore le kaya eng.
 - f. Ke tla bitsa bobedi bo bo farologaneng go bua dipolelo tsa bone.
4. **Bua lefoko la ntlha mme o simolole motshameko.**



Medumopuo: Aga le go bontsha mafoko



NAKO:
15 metsotso



DIDIRISWA:
Tege ya go
tsameka,
ditlhogo tsa
mabotlolo,
bobowa,
pasta, jj.

1. Sutela kwa lefelong le le bulegileng.
2. Bontsha barutwana gore lefelo la bona la tiro le fa kae.
3. Bontsha barutwana gore lefelo la bona la pontsho le fa kae.
4. Kgaoganya barutwana ka ditlhopha tsa 2-4.
5. Abela setlhopha sengwe le sengwe didirisiwa tse di leng teng.
6. Bolelela setlhopha sengwe le sengwe go akanya ka lefoko le ba ka le kwalang.
7. Morago ga moo, bolelela ditlhopha go aga lefoko leo go tswa mo didirisiweng.
8. Fa ditlhopha di setse di agile lefoko la tsona, di tshwanetse go le bontsha mo lefelong la pontsho.
9. Letla barutwana go tsamayatsamaya le go buisa mafoko a mongwe le mongwe.
10. Leboga barutwana mme o ba bolelele gore ba phepafatse.



Puisokopanelo: Barutwana ba tswela go tlhagisa kwalo ya bona



NAKO:
15 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Tswela go bitsa barutwana go tlhagisa mo phaposiborutelong.**
 - a. Bitsa barutwana ka bongwe ka bongwe gore ba tle kwa pele mo phaposing go tla go tlhagisa kwalo ya bona.
 - b. Naya morutwana mongwe le mongwe metsotso e le 1-2 go tshalosa setshwantsho sa gagwe le go buisa se a se kwadileng.
 - c. Fa ba feditse, ba tshwanetse go tsamayatsamaya ba bontsha setshwantsho sa bone.
2. **Fa barutwana ba tlhagisa kwalo ya bona, tlhomamisa gore phaposi e reetsa ka kelotlhoko. Ba gakolole gore ba ope diatla fa morutwana mongwe le mongwe a tla go tlhagisa kwalo ya bona.**
3. **Bontsha tiro yotlhe e e phasaladitsweng ya barutwana mo bukeng ya phaposi kgotsa mo pating ya dikitsiso.**



Go kwala: Barutwana ba tswela go tlhagisa kwalo ya bona



NAKO:
20 metsotso



DIDIRISWA:
Barutwana
ba
Phasalatsa
Kwalo ya
bona

Dirisa nako e gore barutwana ba phasalatse le go tlhagisa kwalo tsa bona.

1. **Tswela go bitsa barutwana go tlhagisa mo phaposiborutelong.**
 - a. Bitsa barutwana ka bongwe ka bongwe gore ba tle kwa pele mo phaposing go tla go tlhagisa kwalo ya bona.
 - b. Naya morutwana mongwe le mongwe metsotso e le 1-2 go tshalosa setshwantsho sa gagwe le go buisa se a se kwadileng.
 - c. Fa ba feditse, ba tshwanetse go tsamayatsamaya ba bontsha setshwantsho sa bone.
2. **Fa barutwana ba tlhagisa kwalo ya bona, tlhomamisa gore phaposi e reetsa ka kelotlhoko. Ba gakolole gore ba ope diatla fa morutwana mongwe le mongwe a tla go tlhagisa kwalo ya bona.**
3. **Bontsha tiro yotlhe e e phasaladitsweng ya barutwana mo bukeng ya phaposi kgotsa mo pating ya dikitsiso.**



Puisokaelo ka ditlhophha: Dira Teko ya Puiso ya Molomo ka Thelelo



NAKO:
30 metsotso



DIDIRISWA:
Bukapuiso ya
Ditumiso
Buka ya
Tlhatlhobo

1. **Baya barutwana mo maemong a a siameng ka Dibukapuiso tsa Ditumiso tsa bona.**
 - a. Bolelela barutwana go bula dibukapuiso tsa ditumiso tsa bona mo tsebeng ya ntlha.
 - b. Bolelela barutwana go dira le balekane ba bona.
 - c. Bolelela barutwana go itlhatlhoba fa ba ka kgona go buisa medumopuo yotlhe.
 - d. Bolelela barutwana go refosana go buisa mafoko otlhe le ditlhangwa gape.
2. **Bitsa barutwana ka bongwe go tla go dira diteko tsa PMT.**
 - a. Dirisa diteko tsa PMT tse di neetsweng mo Bukaneng ya Tlhatlhobo.
 - b. Latela ditaelo tsa teko ya PMT mo Bukananeng ya Tlhatlhobo.
 - c. Rekota dipholo tsa morutwana mongwe le mongwe.
 - d. Dirisa dipholo tseno go tlhabolola ditlhophha tsa bokgoni jwa puiso jo bo tshwanang tsa gago.
 - e. Gape dirisa dipholo tseno go dira dintlha tse di tshwanetseng go siamisiwa mo kgweditharong e e latelang.



Bokhutlo ba letsatsi: Puisetsogodimo



NAKO:
15 metsotso



DIDIRISWA:
Didirisiwa tsa
morutabana

- Dirisa didirisiwa tsa gago: Dibukakgolo, Kgobokanyo ya Ditlhangwa le Dibuka tsa dikgang tse di maleba.
- Dirisa nako eno go bontsha puiso ka thelelo, o bontsha maikutlo.
- Tirwana e, e thusa barutwana go nna le lerato la dikgang le go buisa.
- Gape e aga tlotlofoko ya bona, kitso ya lemorago le mogopolo o o dirang. Tseno tsotlhe ke bokgoni jo bo botlhokwa jwa go tlhaloganya.

