

## 1 SESOTHO PUO YA LAPENG KEREITI YA 1

Moralo wa Semmuso wa ho ruta Kharikhulamo ya Naha e fetoletsweng

### TATAISO YA HO SEBEDISA KHARIKHULAMO E FETOTSWENG BAKENG SA PUO MOKGAHLELONG O TLASE:

#### Ka kopo ela hloko tse latelang:

1. Kharikhulamo e fetotswe ho tshetleha feela dintlha tsa bokgoni
2. Bokgoni bo qhalakantswe ho latela nako eo ho fanweng ka yona. Bokgoni le tsebo di phetwa dibekeng tsohle e le hore ho se be moithuti ya sa fumantshwang monyetla ha a sa ye sekolong letsatsi le leng le leng.
3. Dikahare di phatlalatswa ka lehare ho kgaohanya dibeke
4. Ho tlameha hore ho be le kopano e matla dipakeng tsa dithuto tsohle.
5. Dihlooho tsohle tsa Puo di kopantswe, le mesebetsi ya letsatsi le letsatsi ha e ya tobana le nako empa di sebediswa letsatsi lohle.
6. Ho bala ho hloka tse latelang: **Nako ya tsepamiso ya Ho bala le Ho ngola (CAPS)**. Dikgopotso tsena di kenyelleditswe ka ha ho bonahala hona le kutlwisiso e batlang e fapane hanyane ya se bolelwang ke nako ya tsepamiso ya Ho bala le Ho ngola ho **CAPS**.
  - **Nako ya tsepamiso ya Ho bala le Ho ngola** ke nako e kopantsweng hantle (nako e ka etsang hore) moo ho bala ka kopanelo le ho ngola ka kopanelo ho etsahalang metsotsong e 15 ya pele. Kamora moo, empa hape e hokahane le bokgoni bo ithutilweng mohatong wa ho bala ka kopanelo/ ho ngola kopanelo, boemo ba mantswe le polelo bo entswe (mohl. medumo). Sena se nka metsotso e ka bang leshome. Kamora moo, Ho bala ka tataiso ya sehlopha ho etswe, ka baithuti ba hlophisitsweng ka sehlopha sa bokgoni ba ho bala. Ka nako ya tsepamiso ya ho bala le ho ngola, motheo o bewa bakeng sa ho tsamaisa bokgoni bo hloka halang bakeng sa ho bala ka bobedi, ho bala ka boikemelo le ho ngola ka boikemelo e hlahellang ho nako ya ho bala le ho ngola nakong ya tsepamiso.
  - Bokgoni ba mantlha le tsebo e etswang dibakeng tse fapaneng di tshheheta sena mme ha di eme di le ding
7. **Ho bohlokwa ho bala karolo ya 2 ka ha sena se na le tlhahisoleseding ka mokgwa wa ho ruta**

**8. Moralo wa ho ruta wa selemo le selemo o tlameha ho kena dipakeng boemong ba sekolo ho amohela melawana ya sekolo mohl. Lenaneo la Medumo le ntse le sebediswa le tla etsa qeto ya hore na e tla ruta Medumo efe le hore na e tla rutwa dibekeng di fe?**

9. Nako le nako ha mosebetsi wa sehlopha e etswa, ho tlameha hore ho latelwe ho arohangwa ha batho.

10. Matitjhere a dule a buisana le matitjhere a dikereiti tse fetileng (haeba ho kgonahala) e le hore ho se be le dikgeo tse etsahalang phethohong pakeng tsa dikereiti.

**Tekanyetso e thehilweng sekolong:**

- Tekanyetso e etsahala ho ya ho ile Mokgahlelong wa Motheo
- Tekanyetso e ka etsahala feela ka dikahare tse rutilweng.
- Karolo ya 4 e kgutsufaditsweng e lokela ho sebediswa bakeng sa tekanyetso tsohle.

## Moralo wa ho ruta wa selemo le selemo wa 2021- Kotara ya 4: THUTO: Sesotho Puo Ya Lapeng Kereiti ya 1

Kotara ya 3 matsatsi a 48	Beke 1	Beke 2	Beke 3	Beke 4	Beke 5	Beke 6	Beke 7	Beke 8	Beke 9	Beke 10
<b>Sehlooho sa CAPS</b>	<b>HO MAMELA LE HO BUA</b>									
	Bonyane; metsotso e 45 ka eke (3x metsotso e 15) Moedi wa nako: hora e le 1 ka beke (4x metsotso e 15)									
<b>Dikgopolokutlwisiso tsa mantlha, bokgoni le bohlokwa</b>	<ul style="list-style-type: none"> <li>• Ho mamela ntle le tshitiso ho bontsha tlhopmphi ho sebui</li> <li>• Bua ka boiphihlelo ba hae jwalo ka ho pheta ditaba ka ho sebedisa tatellano e nepahetseng</li> <li>• Pheta dithothokiso le dipina ka ho etsisa</li> <li>• Mamela dintlha ka botlalo paleng le ho araba dipotso tse batlang maikutlo a motho ka mong</li> </ul>	<ul style="list-style-type: none"> <li>• Mamela ntle le tshitiso le ho fana ka sebaka sa ho bua le ho botsa dipotso tsa ditlhalosetso</li> <li>• Bua ka boiphihlelo ba hae le ho fana ka maikutlo jwalo ka ho pheta ditaba</li> <li>• Ho mamela dipale le ho fana ka maikutlo mabapi le pale</li> <li>• Ho ba le seabo dipuisanong tsa sehlopha le ho fana ka tlaleho ho sehlopha sohle.</li> <li>• Ho hlophisa dintlha, mohl., ka ho sebedisa ditshwantsho tse qhalaneng</li> </ul>	<ul style="list-style-type: none"> <li>• Mamela ntle le tshitiso le ho fana ka sebaka sa ho bua le ho botsa dipotso tsa ditlhalosetso</li> <li>• Bua ka boiphihlelo ba hae le ho fana ka maikutlo jwalo ka ho pheta ditaba</li> <li>• Ho mamela dipale le ho fana ka maikutlo mabapi le pale</li> <li>• Sebedisa mantswe a kang polelo, tlhaku e kgutlo</li> <li>• Mamelwa, natefelwa le ho araba ditshwantsho le diphazele tsa mantswe, dilotho bakeng sa boithabiso, ka ho sebedisa puo ya boinahanelo</li> </ul>	<ul style="list-style-type: none"> <li>• Mamela ntle le tshitiso le ho fana ka sebaka sa ho bua le ho botsa dipotso tsa ditlhalosetso</li> <li>• Bua ka boiphihlelo ba hae le ho fana ka maikutlo jwalo ka ho pheta ditaba</li> <li>• Ho mamela dipale le ho fana ka maikutlo mabapi le pale</li> <li>• Sebedisa mantswe a kang polelo, tlhaku e kgutlo</li> <li>• Sebedisa mantswe a kang polelo, tlhaku e kgutlo</li> <li>• Mamela ditaello le ditsebiso le ho araba ka nepahalo</li> </ul>	<ul style="list-style-type: none"> <li>• Mamela ntle le tshitiso le ho fana ka sebaka sa ho bua le ho botsa dipotso tsa ditlhalosetso</li> <li>• Bua ka boiphihlelo ba hae le ho fana ka maikutlo jwalo ka ho pheta ditaba</li> <li>• Ho mamela dipale le ho fana ka maikutlo mabapi le pale</li> <li>• Sebedisa mantswe a kang polelo, tlhaku e kgutlo</li> <li>• Ho ba le seabo dipuisanong tsa sehlopha le ho fana ka tlaleho ho sehlopha sohle.</li> <li>• Pheta pale e tsebahalang e nang le qalo, mmele le qetelo, a fetola bophahamo ba lentswe le sehlo</li> <li>• Araba dipotso tse bulehileng ka ho</li> </ul>	<ul style="list-style-type: none"> <li>• Bua ka boiphihlelo ba hae le ho fana ka maikutlo jwalo ka ho pheta ditaba</li> <li>• Mamelwa, natefelwa le ho araba ditshwantsho le diphazele tsa mantswe, dilotho bakeng sa boithabiso, ka ho sebedisa puo ya boinahanelo</li> <li>• Ho mamela dipale le ho fana ka maikutlo mabapi le pale</li> </ul>				

			<ul style="list-style-type: none"> <li>• Ho hlophisa dintlha, mohl., ka ho sebedisa ditshwantsho tse qhalaneng</li> </ul>	<ul style="list-style-type: none"> <li>• Pheta pale e tsebahalang e nang le qalo, mmele le qetelo, a fetola bophahamo ba lentswe le sehalo</li> <li>• Araba dipotso tse kwalehileng le tse bulehileng ka ho araba ka ho qetella ka lentswe feela</li> </ul>	araba ka ho qetella ka lentswe feela	
<b>Sehlooho sa CAPS</b>	<b>MEDUMO</b> Bonyane: hora e le nngwe le metsosto e 15 ka beke (5 x metsotso e 15): Moedi wa nako: hora e le nngwe le metsostso e 15 ka beke (5 x metsotso e 15)					
<b>Dikgopolokutlwisiso Tsa mantlha, Bokgoni le bohlokwa</b>	<ul style="list-style-type: none"> <li>• Hlwaya dikamano pakeng tsa tlhaku le modumo ya lentswe ka leng</li> <li>• Boeletsa motswako wa didumammoho tse tlwaelehleng qalong ya lentswe (mohl..., <b>tsela-</b>, <b>thola</b>)</li> </ul>	<ul style="list-style-type: none"> <li>• Boeletsa motswako wa didumammoho tse tlwaelehleng qalong ya lentswe (mohl..., <b>tsela-</b>, <b>thola</b>)</li> <li>• Sebedisa motswako wa didumammoho tse kopaneng hobopa le ho qhaqholla mantse (mohl, -n-tlh-a)</li> </ul>	<ul style="list-style-type: none"> <li>• Boeletsa motswako wa didumammoho tse tlwaelehleng qalong ya lentswe (mohl..., <b>tsela-</b>, <b>thola</b>)</li> <li>• Sebedisa motswako wa didumammoho tse kopaneng hobopa le ho qhaqholla</li> </ul>	<ul style="list-style-type: none"> <li>• Boeletsa motswako wa didumammoho tse tlwaelehleng qalong ya lentswe (mohl..., <b>tsela-</b>, <b>thola</b>)</li> <li>• Sebedisa motswako wa didumammoho tse kopaneng hobopa le ho qhaqholla</li> </ul>	<ul style="list-style-type: none"> <li>• Boeletsa motswako wa didumammoho tse tlwaelehleng qalong ya lentswe (mohl..., <b>tsela-</b>, <b>thola</b>)</li> <li>• Sebedisa motswako wa didumammoho tse kopaneng hobopa le ho qhaqholla mantse (mohl, -n-tlh-a)</li> <li>• Bopa mantse ka ho sebedisa medumo eo a ithutileng yona</li> </ul>	<ul style="list-style-type: none"> <li>• Bopa mantse ka ho sebedisa medumo eo a ithutileng yona</li> <li>• Hlophisa mantse ho latela leloko le le leng (mohl, ela, epa, eta, ema, ala, aba, ana)</li> <li>• Bala mantse a medumo dipolelong le ditemeng tse ding</li> </ul>

		<ul style="list-style-type: none"> <li>• Bopa mantswa ka ho sebedisa medumo eo a ithutileng yona</li> <li>• Hlophisa mantswa ho latela leloko le leng (mohl, ela, epa, eta, ema, ala, aba, ana)</li> <li>• Bala mantswa a medumo dipolelong le ditemeng tse ding</li> <li>• Ithuta ho ngola mantswa a leshome ka beke dithutong tsa medumo</li> </ul>	<p>mantswe ( mohl,-n-tlh-a)</p> <ul style="list-style-type: none"> <li>• Bopa mantswa ka ho sebedisa medumo eo a ithutileng yona</li> <li>• Hlophisa mantswa ho latela leloko le leng (mohl, ela, epa, eta, ema, ala, aba, ana)</li> <li>• Bala mantswa a medumo dipolelong le ditemeng tse ding</li> <li>• Ithuta ho ngola mantswa a leshome ka beke dithutong tsa medumo</li> </ul>	<p>mantswe ( mohl,-n-tlh-a)</p> <ul style="list-style-type: none"> <li>• Bopa mantswa ka ho sebedisa medumo eo a ithutileng yona</li> <li>• Hlophisa mantswa ho latela leloko le leng (mohl, ela, epa, eta, ema, ala, aba, ana)</li> <li>• Bala mantswa a medumo dipolelong le ditemeng tse ding</li> <li>• Ithuta ho ngola mantswa a leshome ka beke dithutong tsa medumo</li> </ul>	<ul style="list-style-type: none"> <li>• Hlophisa mantswa ho latela leloko le leng (mohl, ela, epa, eta, ema, ala, aba, ana)</li> <li>• Hlwaya bongata ba mantswa a qalang ka (se- le di-)</li> <li>• Bala mantswa a medumo dipolelong le ditemeng tse ding</li> <li>• Ithuta ho ngola mantswa a leshome ka beke dithutong tsa medumo</li> </ul>	
<b>Sehlooho sa CAPS</b>	<b>HO BALA</b>					
	<p>Ho bohlokwa ho bala ntlha ya 8 tataisong e leqephe la pele  Ho bala ka kopanelo: Bonyane metsotso e 45 ka beke (3 x metsotso e 15); Moedi wa nako: hora e le 1 ka beke le metsotso e 15 ka beke (5 X metsotso e 15); Ho bala ka tataiso ya sehlopha: dihora tse 2 metsotso e 30 ka beke (2 x metsotso e 15 ka letsatsi (dihlopha tse 2 ka letsatsi); Ho bala ka bonngwe/ bobedi: 2 x ka beke</p>					
<b>Dikgopolokutlwisiso Tsa mantlha, Bokgoni le bohlokwa</b>	Ho bala	<ul style="list-style-type: none"> <li>• Ho bala ka kopanelo dithutong tsa baithuti kaofela ha 2-3 ka beke metsotso e 15 ho sebediswa bonyane tema e 1 ka beke.</li> </ul>				
	Ka kopanelo	<ul style="list-style-type: none"> <li>• Ho bala ka kopanelo: Hlahisa dingolwa tse fapaneng, mohl: dipapadi tsa kalaneng, mefuta e fapaneng ya dithothokiso.</li> </ul>				

	<ul style="list-style-type: none"> <li>•Ho bala buka tse kgolo le ditema tse hodisitsweng e le baithuti bohle mmoho le titjhere.</li> <li>•Sebedisa bokantle ba buka ho lepa hore buka e bua ka eng</li> <li>•Araba dipotso tse tswang temeng tse batlang ho nahanisisa ka kelello e tebileng mme di bulehile</li> </ul>	<ul style="list-style-type: none"> <li>• Ho bala buka tse kgolo le ditema tse hodisitsweng e le baithuti bohle mmoho le titjhere</li> <li>• Sebedis ditemoso le ditshwantsho tsa buka ho utlwisisa</li> <li>• Hlwaya bothata ba pele ba pale bo etsang hore pale e nne e tswele pele. Bukeng ya dibere tse tharo bothata e ne e le motoho o neng o tjhesa haholo, hoo dibere di neng di tswa ka tlong ho otlolla maoto</li> <li>• Araba dipotso tse tswang temeng tse batlang ho nahanisisa ka kelello e tebileng mme di bulehile</li> </ul>	<ul style="list-style-type: none"> <li>• Ho bala buka tse kgolo le ditema tse hodisitsweng e le baithuti bohle mmoho le titjhere.</li> <li>• Sebedisa bokantle ba buka ho lepa hore buka e bua ka eng.</li> <li>• Hlwaya tatellano ya diketsahalo ho se badilweng</li> <li>• Elellwa sesosa le ditlamorao tsa pole. Moithuti o bothateng <b>hobane</b> a tjhwatlile fensetere</li> <li>• Araba dipotso tse tswang temeng tse batlang ho nahanisisa ka kelello e tebileng mme di bulehile</li> </ul>	<ul style="list-style-type: none"> <li>• Ho bala buka tse kgolo le ditema tse hodisitsweng e le baithuti bohle mmoho le titjhere</li> <li>• Sebedisa ditemoso le ditshwantsho tsa buka ho utlwisisa</li> <li>• Hlwaya bothata ba pele ba pale bo etsang hore pale e nne e tswele pele.</li> <li>• Bukeng ya dibere tse tharo bothata e ne e le motoho o neng o tjhesa haholo, hoo dibere di neng di tswa ka tlong ho otlolla maoto</li> <li>• Hlalosa tlhahisoleseding ho tswa diphousetaren</li> <li>• Araba dipotso tse tswang temeng tse batlang ho nahanisisa ka</li> </ul>	<ul style="list-style-type: none"> <li>• Ho bala buka tse kgolo le ditema tse hodisitsweng e le baithuti bohle mmoho le titjhere</li> <li>• Sebedisa bokantle ba buka ho lepa hore buka e bua ka eng</li> <li>• Hlwaya tatellano ya diketsahalo ho se badilweng</li> <li>• Elellwa sesosa le ditlamorao tsa pale. Moithuti o bothateng <b>hobane</b> a tjhwatlile fensetere</li> <li>• Hlalosa tlhahisoleseding ho tswa diphousetareng</li> <li>• Araba dipotso tse tswang temeng tse batlang ho nahanisisa ka kelello e tebileng mme di bulehile</li> </ul>	<ul style="list-style-type: none"> <li>• Ho bala buka tse kgolo le ditema tse hodisitsweng e le baithuti bohle mmoho le titjhere</li> <li>• Sebedisa ditemoso le ditshwantsho tsa buka ho utlwisisa</li> <li>• Araba dipotso tse tswang temeng tse batlang ho nahanisisa ka kelello e tebileng mme di bulehile</li> </ul>
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				kelello e tebileng mme di bulehile		
	<p><b>Ho bala ka tataiso Ya sehlopha</b></p> <ul style="list-style-type: none"> <li>• Balla buka hodimo ka sekgahla se lekaneng ka tataiso ya titjhere le sehlopha, sehlopha sohle se bale pale.</li> <li>• Itekole ha a bala ho elellwa mantswa le tekokutlwisiso</li> <li>• Bontsha kutlwisiso ya mantshwao a puo ha a balla hodimo</li> </ul>	<ul style="list-style-type: none"> <li>• Balla buka hodimo ka sekgahla se lekaneng ka tataiso ya titjhere le sehlopha, sehlopha sohle se bale pale</li> <li>• Sebedisa medumo, ditemoso tsa boemo, hlophollo ya sebopeho le mantswa a bonwang ha a bala</li> <li>• Itekole ha a bala ho elellwa mantswa le tekokutlwisiso</li> <li>• Tswella pele ho bopa tlotlontswa e bonwang ho tswa lenaneong</li> </ul>	<ul style="list-style-type: none"> <li>• Balla buka hodimo ka sekgahla se lekaneng ka tataiso ya titjhere le sehlopha, sehlopha sohle se bale pale.</li> <li>• Sebedisa medumo, ditemoso tsa boemo, hlophollo ya sebopeho le mantswa a bonwang ha a bala</li> <li>• Bala ka bokgele bo eketsehang le maikutlo</li> <li>• Itekole ha a bala ho elellwa mantswa le tekokutlwisiso</li> <li>• Tswella pele ho bopa</li> </ul>	<ul style="list-style-type: none"> <li>• Balla buka hodimo ka sekgahla se lekaneng ka tataiso ya titjhere le sehlopha, sehlopha sohle se bale pale</li> <li>• Sebedisa medumo, ditemoso tsa boemo, hlophollo ya sebopeho le mantswa a bonwang ha a bala</li> <li>• Itekole ha a bala ho elellwa mantswa le tekokutlwisiso</li> <li>• Bala ka bokgeleke bo eketsehang le maikutlo</li> </ul>	<ul style="list-style-type: none"> <li>• Balla buka hodimo ka sekgahla se lekaneng ka tataiso ya titjhere le sehlopha, sehlopha sohle se bale pale.</li> <li>• Sebedisa medumo, ditemoso tsa boemo, hlophollo ya sebopeho le mantswa a bonwang ha a bala</li> <li>• Itekole ha a bala ho elellwa mantswa le tekokutlwisiso.</li> <li>• Bala ka bokgeleke bo eketsehang le maikutlo</li> <li>• Bontsha kutlwisiso ya mantshwao a puo ha a balla hodimo</li> <li>• Tswella pele ho bopa tlotlontswa e bonwang ho tswa lenaneong la ho bala ka tshohanyetso dibuka tse</li> </ul>	<ul style="list-style-type: none"> <li>• Balla buka hodimo ka sekgahla se lekaneng ka tataiso ya titjhere le sehlopha, sehlopha sohle se bale pale</li> <li>• Bala ka bokgeleke bo eketsehang le maikutlo</li> <li>• Bontsha kutlwisiso ya mantshwao a puo ha a balla hodimo</li> </ul>

		la ho bala ka tshohanyetso dibuka tse hlophisitsweng le manane a mantswe a sebediswang kgafetsa	tlotlontswe e bonwang ho tswa lenaneong la ho bala ka tshohanyetso dibuka tse hlophisitsweng le manane a mantswe a sebediswang kgafetsa	<ul style="list-style-type: none"> <li>• Bontsha kutlwisiso ya mantshwao a puo ha a balla hodimo</li> <li>• Tswella pele ho bopa tlotlontswe e bonwang ho tswa lenaneong la ho bala ka tshohanyetso dibuka tse hlophisitsweng le manane a mantswe a sebediswang kgafetsa</li> </ul>	hlophisitsweng le manane a mantswe a sebediswang kgafetsa	
	<b>Ho bala ka Bonngwe/Bobedi</b>	<ul style="list-style-type: none"> <li>• Bala dibuka tse badilweng ka nako ya ho bala ka kopanelo le dibuka tse sekgutlwaneng sa ho bala ka phaposing.</li> </ul>	<ul style="list-style-type: none"> <li>• Bala mongolo wa hae, a qala ho lokisa diphoso</li> <li>• Bala dibuka tse badilweng ka nako ya ho bala ka kopanelo le dibuka tse sekgutlwaneng sa ho bala ka phaposing</li> </ul>	<ul style="list-style-type: none"> <li>• Bala mongolo wa hae, a qala ho lokisa diphoso</li> <li>• Bala dibuka tse badilweng ka nako ya ho bala ka kopanelo le dibuka tse sekgutlwaneng sa ho bala ka phaposing</li> </ul>	<ul style="list-style-type: none"> <li>• Bala mongolo wa hae, a qala ho lokisa diphoso</li> <li>• Bala dibuka tse badilweng ka nako ya ho bala ka kopanelo le dibuka tse sekgutlwaneng sa ho bala ka phaposing</li> </ul>	<ul style="list-style-type: none"> <li>• Bala dibuka tse badilweng ka nako ya ho bala ka kopanelo le dibuka tse sekgutlwaneng sa ho bala ka phaposing</li> </ul>



<b>Sehlooho sa CAPS</b>	<b>HO NGOLA; Ho ngola ka kopanelo, ka sehlopha le ka bongwe</b> Metsotso e 45 ka beke (3 x metsotso e 15)					
<b>Dikgoplokutlwisiso Tsa mantlha, Bokgoni Le bohlokwa</b>	<ul style="list-style-type: none"> <li>• Sebedisa mesebetsi ya ho ngola ka kopanelo ho etsa mohlala wa tshebediso ya matshwao a puo, Thuta-puo le karolo ya Puo.</li> <li>• Sebedisa mesebetsi ya ho ngola ka kopanelo ho bontshahatsa tshebediso e nepahetseng ya matshwao a puo, thutapuo le mefuta e fapaneng ya dipolelo</li> <li>• Fana ka sebopeho sa ho ngola ho thusa baithuti ho ngola ditema tsa bona jwaloka lengolo.</li> </ul>					
	<ul style="list-style-type: none"> <li>• Ka ho fumana thuso ho sebedisa maemedi (nna, wena, yena, bona. jj) ha a ngola ka nepo.</li> <li>• Fana ka maikutlo mabapi le ho lokisa botjha pale ya sehlopha (ho ngola ka kopanelo)</li> </ul>	<ul style="list-style-type: none"> <li>• Fana ka maikutlo mabapi le ho lokisa botjha pale ya sehlopha (ho ngola ka kopanelo)</li> <li>• Buisana le sehlopha mabapi le dintlha tseo batla ngola ka tsona</li> <li>• Ngola dipolelo tse tharo bonyane tsa ditaba tsa hae kapa pale ya boiqapelo a sebedisa medumo eo a ithutileng yona le mantswa a tlwaelehileng ho bona ditlhaku tse kgolo le kgutlo</li> </ul>	<ul style="list-style-type: none"> <li>• Fana ka maikutlo mabapi le ho lokisa botjha pale ya sehlopha (ho ngola ka kopanelo)</li> <li>• Ngola dipolelo tse tharo bonyane tsa ditaba tsa hae kapa pale ya boiqapelo a sebedisa medumo eo a ithutileng yona le mantswa a tlwaelehileng ho bona ditlhaku tse kgolo le kgutlo</li> <li>• Ngola a tshwantshe polelo ka sehlooho ho phehisa ho ngolweng ha</li> </ul>	<ul style="list-style-type: none"> <li>• Fana ka maikutlo mabapi le ho lokisa botjha pale ya sehlopha (ho ngola ka kopanelo)</li> <li>• Buisana le sehlopha mabapi le dintlha tseo batla ngola ka tsona</li> <li>• Ngola dipolelo tse tharo bonyane tsa ditaba tsa hae kapa pale ya boiqapelo a sebedisa medumo eo a ithutileng yona le mantswa a tlwaelehileng ho bona ditlhaku</li> </ul>	<ul style="list-style-type: none"> <li>• Fana ka maikutlo mabapi le ho lokisa botjha pale ya sehlopha (ho ngola ka kopanelo)</li> <li>• Ngola dipolelo tse tharo bonyane tsa ditaba tsa hae kapa pale ya boiqapelo a sebedisa medumo eo a ithutileng yona le mantswa a tlwaelehileng ho bona ditlhaku tse kgolo le kgutlo</li> <li>• Ngola a tshwantshe polelo ka sehlooho ho phehisa ho ngolweng ha buka ya sekgutlwana sa ho bala</li> <li>• Peleta mantswa a tlwaelehileng ka nepo</li> <li>• Qala ho sebedisa lekgathe le jwale le</li> </ul>	<ul style="list-style-type: none"> <li>• Ngola dipolelo tse tharo bonyane tsa ditaba tsa hae kapa pale ya boiqapelo a sebedisa medumo eo a ithutileng yona le mantswa a tlwaelehileng ho bona ditlhaku tse kgolo le kgutlo.</li> <li>• Sebedisa maetelli ka nepo</li> <li>• Hlophisa dintlha ka mokgwa wa dikerafo jwalo ka tjhate kapa molapalo, mohl., sebedisa tjhate ho ngola diphuputso tsa hore baithuti bat la jwang sekolong</li> </ul>

		<ul style="list-style-type: none"> <li>• Peleta mantswe a tlwaehelieng ka nepo</li> <li>• Ipopela pokello ya mantswe le bukantswe/dikshenare ka ho sebedisa tlhaku e qalang ya lentswe hole, haholo, katiba</li> </ul>	buka ya sekgutlwana sa ho bala <ul style="list-style-type: none"> <li>• Peleta mantswe a tlwaehelieng ka nepo</li> <li>• Ngola bongata ba mantswe a tlwaelehleng ka ho Kenya dihlongwapele tse nepahetseng</li> <li>• Ipopela pokello ya mantswe le bukantswe /dikshenare ka ho sebedisa tlhaku e qalang ya lentswe hole, haholo, katiba</li> </ul>	tse kgolo le kgutlo <ul style="list-style-type: none"> <li>• Peleta mantswe a tlwaehelieng ka nepo</li> <li>• Qala ho sebedisa lekgathe lejwale le lefitile ka nepo ha a ngola</li> <li>• Ipopela pokello ya mantswe le bukantswe/diks henere ka ho sebedisa tlhaku e qalang ya lentswe hole, haholo, katiba</li> <li>• Hlophisa dintlha ka mokgwa wa dikerafo jwalo ka tjhate kapa molapalo, mohl., sebedisa tjhate ho ngola diphuputso tsa hore baithuti ba tla jwang sekolong</li> </ul>	lefitile ka nepo ha a ngola <ul style="list-style-type: none"> <li>• Sebedisa maetelli ka nepo.</li> <li>• Hlophisa dintlha ka mokgwa wa dikerafo jwalo ka tjhate kapa molapalo, mohl., sebedisa tjhate ho ngola diphuputso tsa hore baithuti bat la jwang sekolong</li> </ul>	
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<b>Sehlooho sa CAPS</b>	<p><b>MONGOLO</b></p> <p><b>Hora e le 1 ka beke (3 x metsotso e 15)</b></p> <p><b>Boeletsa ho bopa ditlhaku tse kgolo le tse nyane</b></p> <p><b>Tswella ho ruta ka nepo ho siya dibaka tsa ditlhaku lentsweng le mantswe dipolelong,</b></p> <p><b>Jwaleka ha bana ba kopitsa mantswe le dipolelo ho tswa tlapangollong le dikgetjhana tsa ho ngola tsa dipolelo</b></p>
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<b>Dikgopolokutlwisiso Tsa mantlha, Bokgoni le bohlokwa</b>	<ul style="list-style-type: none"> <li>Tshwara pensile/potloloto le kerayone ka nepahalo <ul style="list-style-type: none"> <li>Kopitsa a ngola mantswe a siya dibaka ka ho nepahala</li> <li>Kopitsa a ngole mantswe a polelo ka nepo</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Tshwara pensile/potloloto le kerayone ka nepahalo <ul style="list-style-type: none"> <li>Ngola ditlhaku tse nyane le tse kgolo ka nepahalo ho latela boholo ba sebaka k.h.r ho qala le ho qetela sebakeng se nepahetseng</li> <li>Kopitsa a ngola mantswe a siya dibaka ka ho nepahala</li> <li>Kopitsa a ngole mantswe a polelo ka nepo</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Tshwara pensile/potloloto le kerayone ka nepahalo <ul style="list-style-type: none"> <li>Ngola ditlhaku tse nyane le tse kgolo ka nepahalo ho latela boholo ba sebaka k.h.r ho qala le ho qetela sebakeng se nepahetseng</li> <li>Kopitsa a ngola mantswe a siya dibaka ka ho nepahala</li> <li>Kopitsa a ngole mantswe a polelo ka nepo</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Tshwara pensile/potloloto le kerayone ka nepahalo <ul style="list-style-type: none"> <li>Ngola ditlhaku tse nyane le tse kgolo ka nepahalo ho latela boholo ba sebaka k.h.r ho qala le ho qetela sebakeng se nepahetseng</li> <li>Kopitsa a ngola mantswe a siya dibaka ka ho nepahala</li> <li>Kopitsa a ngole mantswe a polelo ka nepo</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Tshwara pensile/potloloto le kerayone ka nepahalo <ul style="list-style-type: none"> <li>Ngola ditlhaku tse nyane le tse kgolo ka nepahalo ho latela boholo ba sebaka k.h.r ho qala le ho qetela sebakeng se nepahetseng</li> <li>Kopitsa a ngola mantswe a siya dibaka ka ho nepahala</li> <li>Kopitsa a ngole mantswe a polelo ka nepo</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Tshwara pensile/potloloto le kerayone ka nepahalo <ul style="list-style-type: none"> <li>Kopitsa a ngola mantswe a siya dibaka ka ho nepahala</li> <li>Kopitsa a ngole mantswe a polelo ka nepo</li> </ul> </li> </ul>
Tsebo e hloka halang pele	Kotara ya 3 dikgopolokutlwisiso tsa mantlha, tsebo le bohlokwa					
Disebediswa (ntle le buka ya ho ithuta) ho ntlafatsa ho ithuta	Letoto la ho bala Dikarete Dibuka tsa mosebetsi tsa DBE Ditshwantsho Diphousetara	Letoto la ho bala Dikarete Dibuka tsa mosebetsi tsa DBE Ditshwantsho Diphousetara	Letoto la ho bala Dikarete Dibuka tsa mosebetsi tsa DBE Ditshwantsho Diphousetara	Letoto la ho bala Dikarete Dibuka tsa mosebetsi tsa DBE Ditshwantsho Diphousetara	Letoto la ho bala Dikarete Dibuka tsa mosebetsi tsa DBE Ditshwantsho Diphousetara	Letoto la ho bala Dikarete Dibuka tsa mosebetsi tsa DBE Ditshwantsho Diphousetara
Tekanyetso ya ho ithuta	<ul style="list-style-type: none"> <li>Mesebetsi e tlameha ho hlokomelwa le ho hlahlojwa nakong ya mesebetsi ya letsatsi le letsatsi ya dipuo</li> </ul>					

		<ul style="list-style-type: none"> <li>• Bokgoni bo bong le bo bong ha bo a rerelwa ho ba mosebetsi wa tlhahlobo empa ho lokela ho netefatsa hore baithuti ba fuwa menyetla ya ho bontsha bokhoni ba bona ka molomo le ka mokhwa o sebetsang</li> <li>• Teko e ka etsahala ha fela baithuti ba rutilwe mme ba bile le nako ya ho ikwetlisetsa thuto eo hantle ka nepo ba e utlwisisa</li> <li>• Tekanyetso ke tshetso e tswelang pele e rerilweng ya ho bokella, ho rekota, ho toloka, ho sebedisa le ho tlaleha tlhahisoleseding ka tswelopele le katleho ya ngwana ho ntshetsapele tsebo bokgoni le boitshwaro</li> <li>• Ho bohlokwa hape ho hlokomela hore mosebetsi o mong le o mong wa tekanyetso ha o wa lokela ho nkuwa e le ketsahalo kapa teko e le nngwe, empa e tlameha ho ikamahanya le metheo ya tekanyetso e tswelang pele ka dinako tsohle</li> <li>• Mosebetsi wa Tekolo o bopilwe ka karolo tse ngata tse sebetsanang le dintlha tse fapaneng tsa Puo kereiting ya 1-3. Ho bohlokwa ho hlokomela hore molao wa – motheo wa kgokahanyo le kopanyo ya lenaneo la puo jwaloka ha ho bontshitswe nakong ya Tsepamiso ya ho bala le ho ngola '( maqephe 11-12, FP CAPS Puo ya Lapeng Karolo ya 2) e lokela ho tsebisa moralo wa mosebetsi wa tekanyetso ha ho kgonahala</li> <li>• Bakeng sa ho rala Lenaneo la Tekanyetso</li> <li>• Mosebetsi wa Tekanyetso o lokela ho hlophiswa ka tsela eo ho nang le botsitso ba bokgoni bo hlalohwang. Sena se tla thusa ho se hlalobe bokgoni le dikgopolo tse tshwanang ha o ntse o hlokomoloha tse ding</li> <li>• Sebedisa kakaretso ya kereiti ya karolong ya 3 ya CAPS (dipuo tsohle) (ATP ena) e le tataiso ya ho netefatsa ditaba</li> <li>• Dikahare di phetwa ka kotara jwalokaha ho bontshitswe karolong ya 3 e seng ka beke, mme kgetho ya dikahare le tsebo ha di a lokela ho siya sekgeo mahareng a dikotara tse nne</li> </ul>
<p>TEKANYETSO E THEHILWENG SEKOLONG: <b>Mohlala wa mosebetsi wa Tekanyetso</b></p>		<p><b>Ho mamela le ho bua</b></p> <ul style="list-style-type: none"> <li>• Pheta pale e tsebahalang e nang le qalo, mmele le qetelo, a fetola bophahamo ba lentswe le sehalo</li> </ul> <p><b>Medumo</b></p> <ul style="list-style-type: none"> <li>• <b>Mosebetsi ya melomo le tse etsuwang:</b> Sebedisa motswako wa didumammoho tse kopaneng ho bopa le ho qhaqholla mantswa (mohl., -n-tlh-a)</li> <li>• <b>Tse ngolwang:</b> Boeletsa motswako wa didumammoho tse tlwaelehileng. <b>(Nako ya tsepamiso ya ho bala: Nako ya medumo e tsepamisitsweng)</b></li> </ul> <p><b>Ho bala</b></p>

		<ul style="list-style-type: none"> <li>• <b>Mesebetsi ya molomo:</b> Ho bala ka tataiso ya sehlopha. Balla hodimo ka sekgahla se lekaneng ka tataiso ya titjhere le ka boyena (elellwa mantse le ho bala ka kutlwisiso) <b>(Nako ya tsepamiso ya ho bala)</b></li> <li>• <b>Mesebetsi ya molomo:</b> Hlwaya bothata ba pele ba pale bo etsang hore pale e nne e tswelle pele. Bukeng ya dibere tse tharo bothata e ne e le motoho o neng o tjhesa haholo, hoo dibere di neng di tswa ka ntlong ho otlolla maoto</li> <li>• Sebedisa ditemoso le ditshwantsho tsa dibuka ho utlwisisa</li> <li>• Itekole ha a bala ho elellwa mantse le tekokutlwisiso</li> <li>• <b>Tsebo ya kutlwisiso:</b> araba dipotso tse tswang temeng tse batlang ho nahanisisa ka kelello e tebileng mme di bulehile.</li> <li>• Hlwaya tatellano ya diketsahalo ho se badilweng. <b>(Nako ya tsepamiso ya ho bala)</b></li> <li>• <b>Ho ngola</b></li> <li>• Ngola dipolelo tse tharo bonyane ka ditaba tsa hae kapa pale ya boiqapelo a sebedisa medumo eo a ithutileng yona le mantse a tlwaelehileng ho bona ditlhaku tse kgolo le dikgutlo</li> <li>• <b>Mongolo</b></li> <li>• Kopitsa a ngole mantse a polelo ka nepo</li> </ul>
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