



Kingdom of Lesotho

Ministry of Education and Training

# LGCSE SESOTHO

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National Curriculum Development Centre (NCDC)

LENANEO THUTO LA SESOTHO



## **Selelekela**

Puo ke sesebelisoa se fetisang molaetsa ebile e jere bochaba le litloaelo tsa sechaba ka seng. E sebelisoa ke ba batlang tsebo le kutloisiso ea litaba tse ba potileng. Seo motho a se buang se paka seo a se nahanang. Tsena tsohle, motho o li hlahisa bathong ka puo. Mokhoa oo motho a sebelisang puo ka oona o beha pepeneneng tsela eo motho ea joalo a inahanang ka eona. E leng hore puo e bohlokoa ho bopa motho kelellong le bothong, le ho fetisetsa boinahano ba motho ho e mong. Puo ke eona feela e ka sebelisoang ho fetisa molaetsa o hlakileng, etsoe leha motho a shebile setšoantšo, hore a se utloisise, o sebelisa puo ka ho botsa lipotso tse kang, “e be moo ho boleloa’ng?” kapa “e leng hore batho ba itšoara tjee?”

## **Sepheo se akaretsang**

Sepheo ka seng se ngotsoe ho latela tsebo-ketso eo morutoana a lokelang ho ba le eona hammoho le moko-taba o tla thusa ho holisa tsebo-ketso eo.

Qetellong ea selemo sena, barutua ba lokela:

- i. ho hola tšebelisong ea puo maemong a fapaneng a bophelo.
- ii. ho ba le tsebo ea moshoelella ea sebopaho, bokhabi, bokheleke, makhabane le litsebo-ketso tse khethollang setsebi sa puo ea Sesotho ho batho ba bang.
- iii. ho ananela bochaba ba bona le ba lichaba tse ling ka ho bala libuka le maselinyana a ngotsoeng ka Sesotho.
- iv. ho kenya letsoho kholong ea sechaba ka ho ithukhubetsa mesebetsing le tharollong ea mathata a se amang.

## **Sepheo sa Lenaneo-thuto lena**

Lenaneo-thuto lena le reretsoe ho holisa ngoana oa Mosotho puong, bothong le kelellong. Le reretsoe, hape, ho mo etsa motho ea ratang Sesotho hobane a bona tšebeliso ea sona bophelong ba hae ba letsatsi le letsatsi. Ke ka lenaneo-thuto lena

morutoana a tleng ho hlokomela tse mo potileng, tse ka mo phelisang le tse ka mo hlahllellang ka mekhoa e amohelehang ea bophelo le phelisano. Morutoana o lokela ho chorisoa ka litsebo-ketso tsa mantlha tsa puo e leng:

- ✓ ho mamela ka kutloisiso
- ✓ ho bua ho kenyaletsang khetho e nepahetseng ea mantsoe le popo ea lipolelo tse fetisang molaetsa o reriloeng
- ✓ ho bala ka kutloisiso litaba tse ngotsoeng
- ✓ ho ngola litaba tse utloahalang, tse nyalanang hantle
- ✓ ho boha litšoantšo le matšoao (symbols) le ho fetolela molaetsa oa tsona mantsoeng ka ho bua kapa ho ngola
- ✓ ho sebelisa 'mele ho bontša maikutlo kapa boikutlo/ tšekamelo.

## **Sebopoho sa Lenaneo-Thuto**

Lenaneo-thuto lena le arotsoe ka likarolo tse hlano e leng ***Ho mamela le ho bala; Ho bua le ho ngola; Bophelo le phelisano; Lingoloa le Sebopoho sa puo***. Likaroloana tsena li reretsoe ho thusa tichere le morutoana ho chorisa litsebo-ketso tsa mantlha tsa puo; ho ithuta kamoo puo e ahiloeng ebileng e sebelisoang kateng, esita le kamoo Mosotho oa maobane a neng a sheba litaba kateng.

1. ***Ho mamela le ho bala*** ke litsebo-ketso tsa mantlha tsa puo tse re thusang ho fumana tsebo. Karolo ena e reretsoe ho hlahllella barutuoa ka mekhoa e fapaneng ea ho ithusa ho mamela; ho mamela kapa ho bala papatso ka sepheo sa ho utloisia molaetsa oa eona; ho balla ho rua tsebo, ho balla ho qolla lintlha tsa bohloko a le ho akaretsa; esita le malebaleba a ho fuputsa taba lingoloeng le bathong.
2. ***Ho bua le ho ngola*** ke litsebo-ketso tsa mantlha tsa puo tse re thusang ho fetisa molaetsa oa seo re se nahana. Ke ka tsona re bontšang bokheleke esita le kholo puong. Karolong ena barutuoa ba ichorisa ka tlotlo-ntsoe, tšebeliso ea matšoao, ho khetha, ho qaqlisa le ho nyalyana lintlha, esita le ho ngolla maselinyana.

3. **Bophelo le phelisano** ke moo botho, lerato, tlhompho le tšebelisano-'moho li holisoang. Mona barutua ba hlokomelisoa hore motho ke sebopua se lokelang ho phelisana ka lerato le tlhompho le batho ba bang. Bochaba ba Basotho, bo hlhang karoloaneng ena, bo khothaletsa bophelo le phelisano e ntle. Lijo tseo Basotho ba neng ba li ja li ne li e-na le tsohle tse hlokoang ke 'mele. Litšomo, lithoko, maele le maelana tsa Basotho, li na le likeletso tsa bophelo. Tsena tsohle barutua ba li fumana karolong ena.
4. **Lingoloa** ke karolo eo barutua ba hlahlolloang ka litsebo tsa ho bala, ho hlahlolla le ho ikaha ka litaba tsa lingoloa tseo. Tšebeliso e nepahetseng ea puo, matšoao, mekhabo-puo le maoa a ho fetisa litaba li totobala hantle kahar'a lingoloa. Lingoloa tse etsoang sehlopheng sena ke pale (e telele le e khutšoanyane), thothokiso le tšoantsiso.
5. **Sebopheo sa puo** se thusa ho fihlela tšebeliso e nepahetseng ea puo le mokhoa oo puo e joalo e bopehileng ka oona. Tsena ke lits'ea boithutong ba puo. Barutua ba ithuta melaoana le mokhoa oo puo e sebelisoang ka oona. Hona ho ba thusa ho sebelisa puo ka nepo.

### Mekhoa ea ho ruta le ho ithuta Sesotho

**Lihlotšoana:** lihlotšoaneng ke moo barutua bohole ba fumanang monyetla oa ho itlhalosa le ho botsa lipotso. Ka lebaka leo, hore li atlehe li lokela boptjoa ka barutua ba sa feteng bohlano. Ho bohloka hore barutua ba fuoe mesebetsi e fapaneng moo lihlotšoaneng e leng oa bolula-setulo, bongoli le poloko ea nako. Tichere e lokela ho ba seli hore barutua bohole e fela e le karolo ea puisano e etsoang moo lihlotšoaneng. Ka lebaka leo, e khaleme ka matla mefuta e latelang ea barutua:

- ✓ Bo-tsebanyane: bao litaba tse nepahetseng e leng tsa bona feela.
- ✓ Bo-aik'hona: ba khahlanong le taba e 'ngoe le e 'ngoe e buuoang.
- ✓ Bo-na-le-utloile: ba ipuelang litaba lisele ho tseo ba lebeletsoeng ho li tšetšetha. Nako e fela sehlopha se e-s'o etse letho la mosebetsi o fanoeng.
- ✓ Bo-ptjemptjete: ba ratang ho bua empa ba se na lintla tse amanang le seo ho buuoang ka sona. Ba rata ho imamela, ho mamela le ho bonoa hore ba teng kahare ho batho. Ba hloka ho thusoa ho ithuta ho mamela ba bang.

- ✓ Bo-thola-tu!: bana ke ba ekelitseng letšoel. Ha se le hobane ba sa tsebe, empa ka mohlomong baa itšaba kapa ba litlhong. U le tichere, u hopole hore lihlotšoaneng ke moo barutua ba holang mekhoa ea ho nahana, ho bua, ho mamela, ho arolelana maikutlo le ho sebelisa puo ka nepo ho itlhalosa le ho kholisa ba bang hore litaba tsa bona li bohloko a feta tsa ba bang.

**Liphuputso:** liphuputso li thusa barutua ka malebela a ho ngola mohloli oa litaba ka nepo ba ela hloko sengoli, selemo sa phatlalatso, lebitso la buka, sebaka sa phatlalatso le mophatlalatsi. Ba ithuta hape mekhoa ea ho ngola lipotso tse ka ba thusang ho fumana litaba tseo ba li hlokang. Kaholimo ho moo, ba ithuta ho beha litaba ka mantsoe a bona le ho sebelisa matšoao ka nepo moo ba qotsitseng litaba tsa sengoli kapa tsa sebui li le joalo.

**Tšoantšiso:** tšoantšiso e phelisa litaba tseo morutoana a ithutileng tsona. E ka etsoa ka mekhoa e 'maloa:

- i. setu: mona barutua ba etsa liketso ba khutsitse, empa liketso tseo, li fetise molaetsa o hlakileng
- ii. hang-hang: mona barutua ha ba fuoe nako ea ho itokisetsa ho tšoantšisa, empa ba lokela ho fetisa litaba tseo ba li balileng ba sa fetole moelelo oa tsona empa ba bile ba iqapela mantsoe
- iii. tšoantšiso-boitokisetso: barutua ba fuoa nako ea ho itokisetsa ho tšoantšisa. Ba bala ka hloko mantsoe a batšoantšisi kapa baphetua, ba ithuta maikutlo le liketso tsa bona, ba ithuta meaparo le metsamao ea bona, joale ba nt'o lekisa motšoantšisi kapa mophetua oa boikhethelo ba bona.

**Ngangisano:** ngangisano ke mokhoa o motle oa ho hlahluba hore na morutoana o na le boikemelo ka puo. Lehoja o sa tloaeleha, o lokisetsa morutoana ho ngola moqoqo-tšekatšeko le khang. Morutoa o lokela ho ba seli ho hloaea lintlha tse ka nontšang taba ea hae, le ho fumana mokhoa oa ho ikhaha ka litaba tsa eo a ngangisanang le eena.

## Tlhahlobo

Moralo-thuto ke pitsa e maoto a mararo e leng tsebo (moko-taba, litsebo-ketso le makhabane), mekhoa ea ho ruta le tlhahlobo. Lekala la Thuto le Koetliso le kothaletsa haholo hore barutua ba hlahljoje khafetsa, ka mekhoa e kenyehetsang ho bua, tlhahlojana ea tsome (quizzes) esita le ho ngola. Ntlheng ea moqoqo, e ka ba bohlale hore barutua ba hlahljoje likaroloana

tse itseng tsa moqoqo ha ba ntse ba rutoa ho o ngola. Mohlala, ho ka hlahloja tsebo ea bona ea ho haha baphetoa, ho haha tikoloho, ho bopa polelo ea sehlooho le lintlha tsa tlatssetso. Sena se ka thusa haholo hore tichere e se imeloe ho tšoaea maqephe a tletseng, a mpang a sa phuthela boiphihlelo bo lebeletsoeng.

Lenaneo-thuto le na le sepheo, moko-taba, litsebo-ketso le makhabane, tse ka etsoang, tse hlahlojoang esita le lithusa-thuto. Karolo ea tse hlahlojoang e reretsoe ho thusa tichere ho hlahloba mehato eohle e thusang morutoana ho fihlela sepheo se fanoeng.

## Lethathamo la tse rutoang

### Sepheo: qetellong ea sehlopha sa bo-11, barutuo ba be ba ka:

1. bala seballoa-kutloisiso sa bolelele ba mantsoe a 600-700 ka sepheo sa ho qolla lintlha le ho ngola kakaretso.
2. bala seballoa-kutloisiso sa bolelele ba mantsoe a 600-700 ka sepheo sa ho fumana moelego o totobetseng le o kubutiloeng.
3. ntša liphoso litokomaneng tse ngotsoeng.
4. bopa likutu-ketso tsa mahlomela ka nepo.
5. sebelisa sephafi ka nepo lipolelong.
6. sebelisa seruisa-thantšo ka nepo lipolelong.
7. hlalohanya mefuta ea seboleli le popeho ea sona.
8. sebelisa sefetoli ka nepo lipolelong.
9. sebelisa lekhotsa ka nepo ha a bua leha a ngola.
10. sebelisa lihokelo le manonyeletso a litaba ka nepo ha a bua leha a ngola.
11. ngola moqoqo oa pale oa bolelele ba maqephe a 2-2½ ka mantsoe a 350–500.
12. ngola moqoqo-tthalosi ka bolelele ba maqephe a 2-2½ ka mantsoe a 350–500.
13. ngola moqoqo- tšekatšeko ka bolelele ba maqephe a 2-2½ ka mantsoe a 350-500
14. ngola moqoqo oa khang ka bolelele ba maqephe a 2-2½ ka mantsoe a 350–500.
15. ngola lengolo la setsoalle ka bolelele ba maqephe a 1½ ka mantsoe a 200
16. ngola lengolo la tšebetso ka bolelele ba maqephe a 1½ ka mantsoe a 200
17. ngola tlaleho ea tšebetso ka bolelele ba maqephe a 1½ ka mantsoe a 200
18. ngola puo maemong a khethehileng ka bolelele ba maqephe a 1½ ka mantsoe a 200.
19. ngola athikele ka litaba tse fapaneng tse amang bophelo ba sechaba ka bolele ba maqephe a 1½ ka mantsoe a 200.
20. ngolla mohlophisi oa leselinyana ka litaba tse fapaneng ka bolelele ba maqephe a 1½ ka mantsoe a 200
21. hlalohanyamekhoa e fapaneng ea ho hlokamelana le ho tšehtsana bophelong.
22. lokolisa mekhoa e amoheleheng ea ho boloka le ho boulela likamano
23. hlalosa litsebo le mekhoa e amoheleheng eo ngoan'a Mosotho a ithutang eona ka lapeng, lithakeng tsa hae le sechabeng.
24. hlalohanya mekhoa ea boipheliso le phelisano.
25. lokolisa litaba tsa linnete tsa bophelo le tharollo ea mathata.
26. qhaqholla buka ea pale ka botebo.
27. qhaqholla buka ea tšoantšiso ka botebo
28. manolla lithothokiso ka botebo.
29. manolla lithoko.



## LIBALLOA-KUTLOISISO

<b>Qetellong ea sehlopha sa 11, barutua ba be ba ka:</b>	<b>Moko-taba, litsebo-ketso le makhabane</b>	<b>Tse ka etsoang</b>	<b>Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:</b>	<b>Lisebelisoa</b>
1. Bala seballoa-kutloisiso sa bolelele ba mantsoe a 600-700 ka sepheo sa ho qolla lintlha le ho ngola kakaretso.	<p><b>Moko-taba</b> Seballoa-kutloisiso Ho ntša lintlha tsa bohloko Ho ngola kakaretso ea bolelele ba mantsoe a 160. Ho sebelisa sehokelo le manonyeletso a puo ho etsa meevelo e fapaneng le ho kopanya litaba.</p> <p><b>Litsebo-ketso</b> Ho: bala, ngola, qolla, hlaphisa, akaretsa, ngola ka mantsoe a sele</p> <p><b>Makhabane</b> Makhetha Bokheleke</p>	<ul style="list-style-type: none"> <li>• Tichere le barutua ba buisane ka mekhoa ea ho qolla lintlha tsa bohloko seballoa-kutloisisong.</li> <li>• Ka lihlotšoana, barutua ba qolla lintlha tsa bohloko seballoa-kutloisisong ba sebelisa mekhoa eo ba ithutileng eona.</li> <li>• Tichere e fe barutua seballoa-kutloisiso, ba qolle liketso le litholoana, ba be ba li nyalyane.</li> <li>• Ka lihlotšoana, barutua ba buisane ka litholoana tse ling tse ka bakoang ke liketso tse fanoeng.</li> <li>• Barutua ba fane ka maikutlo malebana le litaba tseo ba li balileng.</li> <li>• Tichere e fe barutua liballoa-kutloisiso tse nang le: mathata le litharollo; tšoano le phapano; litumela-khoeela le linnete; linnete le maikutlo a sengoli; tatellano ea ho etsa lintho le bottle le bobe 'me ba li qolle.</li> <li>• Moo ho lumellehang, barutua, ka lihlotšoana, ba fane ka litharollo tse fapaneng le tse fanoeng ke sengoli.</li> <li>• Tichere le barutua ba buisane ka tse bakoang ke mathata a hlhang seballoa-kutloisisong le mekhoa ea ho a qoba kapa ho a fenza.</li> </ul>	<ul style="list-style-type: none"> <li>- qolla lintlha tsa bohloko seballoa-kutloisisong a sebelisa mekhoa eo a ithutileng eona.</li> <li>- qolla sesosa le litholoana seballoa-kutloisisong seo a se filoeng, a bile a li nyalyane.</li> <li>- qolla litumela-khoeela le linnete esita le ho fana ka maikutlo ka litaba tseo a li balileng.</li> <li>- qolla mathata le litharollo; tšoano le phapano; liketso le litholoana; kapa botle le bobe seballoa-kutloisisong seo a se balileng.</li> <li>- fana ka litharollo kapa phapano e fapaneng le e fanoeng ke sengoli.</li> <li>- hlalosa ka ho ngola se bakoang ke mathata a fanoeng le mekhoa ea ho a qoba.</li> </ul>	TG Lingoloa Maselinyana

		<ul style="list-style-type: none"> <li>• Ka thuso ea tichere, barutua ba hlophise lihokelo le lipoleloana tse kopanyang litaba 'me ba li sebelise ho etsa kakaretso ea mantsoe a 160, ka lintlha tseo ba li qollotseng seballoa-kutloisisong.</li> <li>• Barutua ba intše liphoso tsa mopeleto, bonako, matšoao le lenane la mantsoe a hlokoang kakaretsong tsa bona.</li> </ul>	<ul style="list-style-type: none"> <li>- ngola kakaretso ea mantsoe a 160 ka lintlha tseo a li qollotseng seballoa-kutloisisong, a sebelisa mantsoe a hae.</li> </ul>	
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Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
2. bala seballoa-kutloisiso sa bolelele ba mantsoe a 600-700 ka sepheo sa ho fumana moelelo o totobetseng le o kubutiloeng.	<b>Moko-taba</b> Seballoa-kutloisiso  Moelelo o totobetseng le o kubutiloeng  Tlotlo-ntsoe  Sephafi  Mekhabo-puo  Sefetoli  Seboleli	<ul style="list-style-type: none"> <li>• Tichere e fe barutua seballoa-kutloisiso, ba se bale ka bomong ba khutsitse.</li> <li>• Ka tataiso ea tichere, barutua ba qolle mantsoe le lipoleloana tse ba thatafallang seratsoaneng, ba li hlilosetsane ho latela tšebeliso ea tsona.</li> <li>• Barutua ba ngole seratsoana bocha ba sebelisa lithhaloso sebakeng sa mantsoe ao ba a hlilosetsaneng.</li> <li>• Tichere e fe barutua seballoa-kutloisiso, ba qolle sephafi, ba bolele mofuta oa sona, ba bolele hore na se na le tšusumetso efe ho hlakisa litaba, ba be ba tšehetse ka litaba tse hlahang seballoa-kutloisisong.</li> </ul>	<ul style="list-style-type: none"> <li>- bala seballoa-kutloisiso ka kutloisiso.</li> <li>- qolla mantsoe le lipoleloana tse mo thatafallang seratsoaneng le ho li hlalosa ho latela tšebeliso ea 'ona.</li> <li>- ngola seratsoana bocha a sebelisa mantsoe ao a a hlilosetseng.</li> <li>- qolla sephafi, ho bolelela mofuta oa sona, le ho bolele hore na se na le tšusumetso efe ho hlakisa</li> </ul>	Lingoloa Maselinyana

	<p><b>Litsebo-ketso</b> Ho: bala, ngola, habanya, qolla, qhaqholla, lokolisa, nyebekolla, akaretsa</p> <p><b>Makhabane</b> Makhethe</p>	<ul style="list-style-type: none"> <li>• Barutua ba qolle seboleli, ba bolele mofuta oa sona.</li> <li>• Tichere e fe barutua seratsoana se nang le sere, ba ngole leetsi sebakeng sa sere, ba nt'o buisana ka moelelo o fanoang ke phetoho eo ba e entseng.</li> <li>• Tichere e fe barutua seratsoana, ba matlafatse moelelo oa sona ka ho sebelisa sere le leeketsi moo ba utloang li hlakisa taba haholo.</li> <li>• Barutua ba qolle, ba be ba hhalose tlotlo-ntsoe, maele le maelana le mekhabo-puo seballoa-kutloisisong, ba bolele le mefuta ea mekhabo-puo le hore na tšebeliso ea puo e bontša sengoli se ikutloa joang.</li> <li>• Tichere e fe barutua seballoa-kutloisiso le lipotso ho hlahloba kutloisiso ea litaba le puo, barutua ba li arabe ka ho ngola.</li> </ul>	<p>litaba, le ho tšeheletska ka litaba tse hlhang seballoa-kutloisisong.</p> <ul style="list-style-type: none"> <li>- qolla seboleli le ho bolela mofuta oa sona.</li> <li>- matlafatsa moelelo oa seratsoana ka ho sebelisa sere le leeketsi polelong.</li> <li>- ngola leetsi sebakeng sa sere.</li> <li>- qolla le ho hhalosa tlotlo-ntsoe le mekhabo-puo seballoa-kutloisisong, a bolela le mefuta ea eona le hore na e bontša sengoli se ikutloa joang.</li> <li>- araba lipotso tsa seballoa-kutloisiso ka ho ngola.</li> </ul>	
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## TŠEBELISO EA PUO

<b>Qetellong ea sehlopha sa 11, barutua ba be ba ka:</b>	<b>Moko-taba, litsebo-ketso le makhabane</b>	<b>Tse ka etsoang</b>	<b>Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:</b>	<b>Lisebelisoa</b>
3. ntša liphoso litokomaneng tse ngotsoeng.	<b>Moko-taba</b> Ho ntša liphoso Sebophe-puo Lipolelo Mopeleto Matšaoa Leetsi Sephafi Sehokelo Moelelo Puo e nepahetseng  <b>Litsebo-ketso</b> Ho: bala, ngola, ntša liphoso, fuputsa	<ul style="list-style-type: none"> <li>• Tichere le barutua ba hopotsane popeho ea leetsi, sephafi le sehokelo ba shebile haholo ho kopana ha sehokelo le ho arohana ha tumela le kutu ho leetsi le sephafi.</li> <li>• Tichere e fe barutua seratsoana se ntšuoeng liphoso, ba ithute sona, ba be ba bolele hore na letšoao ka leng le sebelisitsoeng ho bontša liphoso le bolela'ng.</li> <li>• Tichere e fe barutua seratsoana se sekhutšoanyane se nang le matšoao a tokiso, 'me morutoana a se ngole bocha a se a se lokisitse ho latela matšoao a tokiso ao tichere e a entseng seratsoaneng.</li> <li>• Tichere e fe barutua seratsoana se nang le liphoso, ba li lokise ba sebelisa matšoao ao ba ithutileng 'ona.</li> <li>• Tichere e fe barutua seratsoana se ngotsoeng ka bonako bo fosahetseng, ba se ngole bocha ka bonako bo nepahetseng.</li> <li>• Barutua ba fuputse mosebetsi oa matšoao a mongolo ba be ba tlalehele sehlopha.</li> <li>• Barutua ba fuputse lingoloa tse nang</li> </ul>	<ul style="list-style-type: none"> <li>- ngola polelo e nang le leetsi, sephafi le sehokelo ka nepo.</li> <li>- halohanya matšoao a bonšang liphoso tse fapaneng.</li> <li>- lokisa liphoso a sebelisa matšoao a hlokome lisang ho lokisa liphoso.</li> <li>- fetolela seratsoana bonakong bo nepahetseng.</li> <li>- ntšana liphoso ba sebelisa matšoao ao ba ithutileng 'ona.</li> <li>- sebelisa matšoao a mongolo ka ho nepahala ha a ngola.</li> <li>- ntša le ho lokisa liphoso tsohle tsa mangolo lingoloeng tseo a ipatletseng tsona.</li> </ul>	-TG  -Chate ea matšoao a tokiso ea litokomane

		le liphoso tsa puo le matšoao a mongolo, ba tlalehele sehlopha ba be ba bolele hore na ha ho nepahetse ho ka be ho sebelisitsoe mantsoe le matšoao joang.		
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Qetellong ea sehlopha sa 11, barutuo ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
4. bopa likutu-ketso tsa mahlomela ka nepo.	<b>Moko-taba likutu-ketso tsa mathomo.</b> Likatoloso tsa mahlomela - boetsua - ketsetso - ketsollo - ketsiso - ketsetsano - ketsano - ketsisiso - ketsahalo	<ul style="list-style-type: none"> <li>• Tichere e hlalosetse barutoana tšebeliso ea likutu-ketso tsa mahlomela.</li> <li>• Barutuo ba hokele likatoloso tse fapaneng ho bopa likutu-ketso tsa mahlomela.</li> <li>• Barutoana ba ipopele lipolelo moo ba sebelisitseng likutu-ketso tsa mahlomela.</li> <li>• Tichere le barutoana ba buisane ka likutu-ketso tse sa sebeliseng likatoloso tse ling tsa mahlomela.</li> <li>• Tichere e fe barutoana seratsoana se nang le likutu-ketso tsa mahlomela, tse nepahetseng le tse fosahetseng, barutoana ba li sehelella ba be ba ngole tse nepahetseng.</li> <li>• Barutoana ba ingolle liratsoana tse peli moo ba sebelisitseng likutu-ketso tshole tsa mahlomela.</li> </ul>	<ul style="list-style-type: none"> <li>• Hlalosa tšebeliso ea likutu-ketso tsa mahlomela.</li> <li>• hokela likatoloso tse fapaneng ho bopa likutu-ketso tsa mahlomela.</li> <li>• ipopela lipolelo moo a sebelisitseng likutu-ketso tsa mahlomela.</li> <li>• hlalohanya likutu-ketso tse sa sebeliseng likatoloso tse ling tsa mahlomela.</li> <li>• Sehelella likutu-ketso seratsoanag, le ho ngola tse nepahetseng sebakeng sa tse fosahetseng.</li> <li>• Ka lihlotšoana, barutoana ba ntše likutu-ketso tsa mahlomela bukeng kapa leqepheng leo ba le balang.</li> </ul>	Lingoloa

			<ul style="list-style-type: none"><li>• ingolla liratsoana tse peli moo a sebelisitseng likutu- ketso tsohle tsa mahlomela.</li></ul>	
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Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
5. Sebelisa sephafi ka nepo lipolelong	<p><b>Moko-taba</b></p> <p>Sephafi</p> <ul style="list-style-type: none"> <li>- sehloai-kotloloho</li> <li>- sehloai-potoloho</li> <li>- mokhoa le bonako ba seboleli se bopileng sehloai</li> <li>- tlhomahanyo (tiiso le tatolo)</li> </ul>	<ul style="list-style-type: none"> <li>• Tichere le barutua ba hopotsane tlhaloso ea sephafi, seboleho le mefuta ea sona.</li> <li>• Tichere le barutua ba hopotsane sehloai-kotloloho.</li> <li>• Ka lihlotšoana, barutua ba ngole lipolelo tse nang le sehloai- kotloloho, ba tlalehele sehlopha, lipolelo li ngoloe letlapeng, ho seheloe sehloai.</li> <li>• Barutua ba qhaqholla sehloai se seheletsoeng e le ho fumana litumela-tlhoaeo le likutu-tlhoaeo, esitana le ho bontša likutu-tlhoaeo tsa semelo le tsa mahlomela.</li> <li>• Barutua ba bolele mokhoa o hlhang sehloaing se sehelletsoeng esita le bonako ba mokhoa oo le tlhomahanyo ea oona.</li> <li>• Tichere e buisane le barutua ka popeho ea sehloai-potoloho le mefuta ea sona ba ipapisitse le popeho.</li> <li>• Tichere e fe barutua seratsoana se nang le sehloai-kotloloho le sehloai-potoloho, ka lihlotšoana ba se bale 'me ba ntše sehloai sa mefuta eo e 'meli.</li> <li>• Ka lihlotšoana, barutua ba bapise tšoano le phapano ea sehloai-</li> </ul>	<ul style="list-style-type: none"> <li>- fana ka tlhaloso, seboleho, le mefuta ea sephafi.</li> <li>- bolela mefuta ea sehloai le popeho ea eona.</li> <li>- etsa le ho ntša sehloai-kotloloho lipolelong.</li> <li>- qhaqholla sehloai e le ho fumana litumela-tlhoaeo le likutu-tlhoaeo, esitana le ho bontša likutu-tlhoaeo tsa semelo le tsa mahlomela.</li> <li>- bolela mokhoa, bonako le tlhomahanyo e hlhang sehloaing se khethiloeng.</li> <li>- qolla sehloai-kotloloho le sehloai-potoloho lipolelong, ba be ba bolele mefuta ea tsona.</li> <li>- hlalohanya popeho ea sehloai-kotloloho le sehloai-potoloho.</li> </ul>	

		<p>kotloloho le sehloai-potoloho, ba tlalehe mosebetsi oa bona, o ngoloe letlapeng.</p> <ul style="list-style-type: none"> <li>• Ka lihlotšoana, barutua ba qhaqholle sehloai-potoloho se ngotsoeng letlapeng e le ho totobatsa popeho ea sona.</li> <li>• Tichere e fe barutua lipolelo tse nang le mefuta e fapaneng ea lihloai-potoloho, 'me barutua ba bolele mefuta ea lihloai-potoloho tseo.</li> <li>• Ka lihlotšoana, barutua ba abeloe mofuta o itseng oa sehloai-potoloho, ba fane ka mehlala ba be ba bope lipolelo, ba tlalehele sehlopha.</li> <li>• Ka bomong barutua ba tlatse likheo seratsoaneng ka sehloai-kotloloho le sehloai-potoloho se boletsoeng.</li> </ul>	<ul style="list-style-type: none"> <li>- bopa lipolelo tsa sehloai-kotloloho le sehloai-potoloho.</li> <li>- tlatsa likheo seratsoaneng ka sehloai se boletsoeng.</li> </ul>	
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Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
6. Sebelisa seruisa-thantšo ka nepo lipolelong	<p>Moko-taba Seruisa-thantšo. Ho bontša:</p> <ul style="list-style-type: none"> <li>- se sebelisoang ho tšela ho hong</li> <li>- seo ntho e entsoeng ka sona.</li> <li>- ntho e</li> </ul>	<ul style="list-style-type: none"> <li>• Tichere le barutua ba hopotsane ka seruisa-kotloloho, 'me barutua ba etse lipolelo.</li> <li>• Tichere e fe barutua seratsoana se nang le seruisa-thantšo, 'me ka tataiso ea tichere, barutua ba qotsule liruisa-thantšo, ba bolele na liruisa tseo li sebelitsoe ho bolela eng.</li> </ul>	<ul style="list-style-type: none"> <li>- sebelisa seruisa-kotloloho.</li> <li>- qotsula seruisa-thantšo le ho bolele na seruisa seo se sebelitse ho hhalosa eng.</li> <li>- ngola lipolelo tse nang le seruisa le ho bolela na se</li> </ul>	

	<p>sebelisetsoang lebaka le itseng</p> <ul style="list-style-type: none"> <li>- tlahlamano ea lintho</li> <li>- mofuta oa ntho kapa seboleho</li> <li>- lebitso la ntho</li> <li>- nako</li> </ul>	<ul style="list-style-type: none"> <li>• Ka lihlotšoana, barutua ba bapise tšoano le phapang ea seruisa-kotlolohlo le seruisa-thantšo, ba tlalehe mosebetsi oa bona, o ngoloe letlapeng.</li> <li>• Ka lihlotšoana, barutua ba abeloe mesebetsi e fapaneng ea seruisa-thantšo, ba fane ka mehlala ba be ba bope lipolelo, ba tlalehele sehlopha.</li> <li>• Ka bomong barutua ba tlatse likheo seratsoaneng ka liruisa-kotlolohlo le liruisa-thantšo tse boletsoeng.</li> </ul>	<p>sebelitse ho etsa'ng.</p> <ul style="list-style-type: none"> <li>- hhalosa tšoano le phapano ea seruisa-kotlolohlo le seruisa-thantšo.</li> <li>- tlatsa likheo seratsoaneng ka seruisa-thantšo se etsang mosebetsi o boletsoeng.</li> </ul>	
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Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
7. hlolahanya mefuta ea seboleli le popeho ea sona.	<p><b>Moko-taba</b></p> <p>Seboleli:</p> <ul style="list-style-type: none"> <li>- leetsi</li> <li>- boemo</li> </ul> <p>Bonako:</p> <ul style="list-style-type: none"> <li>- bojale</li> <li>- bophetheho</li> <li>- bokhale</li> <li>- bomoso</li> <li>- setsoellisa-bojale</li> <li>- setsoellisa-bomoso,</li> <li>- setsoellisa-bokhale</li> <li>- bomoso-bophetheho</li> <li>- bokhale-bomoso</li> <li>- bokhale-bophetheho</li> </ul> <p>Thomahanyo:</p> <ul style="list-style-type: none"> <li>- tiiso</li> <li>- tatolo</li> </ul> <p>Mokhoa:</p> <ul style="list-style-type: none"> <li>- boreho,</li> <li>- takatso,</li> <li>- tjoetso,</li> <li>- taelo,</li> <li>- khakanyo/sekheeqe.</li> </ul>	<ul style="list-style-type: none"> <li>• Barutua ba fuputse mefuta ea seboleli ba be ba e hlalose, ba tlalehele sehlopha.</li> <li>• Barutua ba fane ka lipolelo tse nang le leetsi 'me li ngoloe letlapeng, ba qhaqholle leetsi ho fumana seboleho, bonako le tlhomahanyo ea lona.</li> <li>• Tichere e hlalose mokhoa, ebe ka lihlotšoana, barutua ba qolla leetsi seratsoaneng se fanoeng ba bile ba bolelamekhoa.</li> <li>• Barutua ba lule ka lihlotšoana ho ngola lipolelo tse ho mokhoa o fanoeng. Sehlotšoana ka seng se sebetsane le mokhoa oo se o filoeng, se nt'o tlalehela sehlopha.</li> <li>• Barutua ba sebelise lihokelo ho kopanya lipolelo tse mekhoeng e fapaneng.</li> <li>• Barutua ba ngole lipolelo tse nang le leetsi le bonakong bo fanoeng.</li> <li>• Ka tataiso ea tichere barutua ba hlolahanye boemo le leetsi.</li> <li>• Barutua ba qolle leetsi le boemo seratsoaneng, 'me ba tlalehele</li> </ul>	<ul style="list-style-type: none"> <li>- bolela le ho hlolahanya mefuta ea seboleli.</li> <li>- bopa lipolelo tse nang le leetsi ka bonako le tlhomahanyo e boletsoeng.</li> <li>- qhaqholla leetsi ka ho bolela bonako le tlhomahanyo ea lona.</li> <li>- qolla leetsi le ho bolela mokhoa oo le leng ho oona.</li> <li>- ngola leetsi le ho mokhoa o fapaneng.</li> <li>- sebelisa lihokelo ho kopanya lipolelo tse nang le mokhoa.</li> <li>- ngola lipolelo tse nang le leetsi ka bonako bo fanoeng.</li> <li>- hlolahanya boemo le leetsi.</li> <li>- fetolela lipolelo tse ho</li> </ul>	

	Sebopoho-sehlooho Sebopoho-seitšetlehi	<p>sehlopha e be likarabo li ngoloa letlapeng.</p> <ul style="list-style-type: none"> <li>• Tichere e fe barutua lipolelo tse ho boemo, ba li fetolele mekhoeng, bonakong le tlhomahanyong tse fapaneng.</li> <li>• Barutua ba qhaqholle boemo e le ho fumana popeho ea bona.</li> <li>• Barutua ba ngole lipolelo tse nang le boemo bo fapaneng.</li> <li>• Ka lihlotšoana, barutua ba ngole lipolelo tsa boemo ba mofuta oo ba o filoeng, 'me ba tlalehele sehlopha.</li> <li>• Ka bomong barutua ba tlatse likheo seratsoaneng ka seboleli se boletsoeng.</li> </ul>	<p>boemo tseo a li qollotseng mekhoeng, bonakong le tlhomahanyong tse fapaneng.</p> <p>- tlatsa likheo seratsoaneng ka seboleli se boletsoeng.</p>	
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Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
8. sebelisa sefetoli ka nepo lipolelong	<b>Moko-taba</b> Sefetoli: Keketso-mokhoa e bopiloeng ka maretlo-puo a mang.  Ketella-leikemisa (preposition)  Keketso-mokhoa-	<ul style="list-style-type: none"> <li>• Tichere le barutua ba hopotsane mefuta ea maeketsi a semelo baa sebelise lipolelong.</li> <li>• Tichere e fe barutua seratsoana se nang le mefuta ea keketso-mokhoa e seheletsoeng, ka tataiso ea tichere barutua ba bolele ba be ba hlilosetsane na se seheletsoeng ke mofuta ofe oa keketso-mokhoa.</li> <li>• Ka lihlotšoana, barutua ba ngole mehlala ea lipolelo tlas'a mofuta ka mong o fanoeng oa keketso-mokhoa.</li> </ul>	<ul style="list-style-type: none"> <li>- bolela mefuta ea maekesi a semelo le ho a sebelisa lipolelong.</li> <li>- ngola lipolelo tsa mefuta e fapaneng ea keketso-mokhoa.</li> <li>- qhaqholla mofuta ka mong oa mokhoa ho totobatsa</li> </ul>	TG

	<p>lebaka/borumuo Keketso-mokhoa-boleng Keketso-mokhoa-sesebelisoa Keketso-mokhoa-khokelo Keketso-mokhoa-papiso Keketso-mokhoa-tlhahlollo</p> <p>Sere Moelelo oa sere Mefuta ea sere - Sere-semelo - Sere-mahlomela Tšebeliso/mosebetsi - Sefetoli - Seboleli</p>	<ul style="list-style-type: none"> <li>Barutua ba qhaqholle mofuta ka mong oa keketso-mokhoa ho totobatsa sebopeho/ likarolo tsa keketso-mokhoa ka 'ngoe.</li> <li>Barutua ba nyalanya mefuta ea keketso-mokhoa le mehlala e nepahetseng ea lipolelo tse fanoeng.</li> <li>Barutua ba tlatsa likheo seratsoaneng ka likeketso-mokhoa tse boletsoeng.</li> <li>Ka mehlala, barutua ba bapise keketso-mokhoa-sesebelisoa le keketso mokhoa-tlhahlollo ho fumana phapano ea tsona.</li> <li>Tichere e etse likarete tse ngotsoeng maretlo-puo a fapaneng; barutua ba hule ka lotho e be ba bopa likeketso-mokhoa ka maretlo-puo ao.</li> <li>Barutua ba qolle likeketso-mokhoa seratsoaneng ba be ba bolele mefuta ea tsona.</li> <li>Barutua ba fuoe tafolana e siuoeng likheo, 'me ba tlatsa likheo tseo ka maeketsi.</li> <li>Barutua ba tlatsa likheo seratsoaneng ka maeketsi a fanoeng.</li> <li>Tichere e fe barutua seratsoana se nang le lire tsa meeleo e fapaneng, 'me barutua ba li sehelle.</li> <li>Ka lihlotšoana barutua ba hhalose moelelo oa sere ka seng, ba nt'o tlalehela sehlopha.</li> <li>Ka lihlotšoana tse fapaneng barutua ba eo bokella lire tsa moelelo oo sehlotšoana ka seng se o filoeng, 'me ba tlalehele sehlopha.</li> <li>Ka tataiso ea tichere, barutua ba hlaphise lire ho latela tsa semelo le tsa mahlomela, 'me li ngoloe letlapeng.</li> </ul>	<p>sebopeho/ likarolo tsa keketso-mokhoa ka 'ngoe.</p> <p>- nyalanya mefuta ea keketso-mokhoa le mehlala e nepahetseng ea lipolelo tse fanoeng.</p> <p>- tlatsa likheo seratsoaneng ka likeketso-mokhoa tse boletsoeng.</p>	
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		<ul style="list-style-type: none"> <li>• Tichere e fe barutua seratsoana se nang le likheo, 'me barutua ba li tlatse ka lire, e be ho buisanoa ka mosebetsi oa sere ka seng polelong ka 'ngoe.</li> <li>• Barutua ba ngole lipolelo tse nang le lire tsa mesebetsi, meeleo le mefuta e fapaneng.</li> <li>• Tichere e fe barutua lipolelo tse nang le likutu-ketso tse seheletsoeng, barutua ba fetolele likutu-ketso ho lire, kapa ba ise lire ho likutu-ketso.</li> </ul>		
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Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
9. Sebelisa lekhotsa ka nepo ha a bua leha a ngola.	<b>Moko-taba</b> Lekhotsa: Tlahaloso mefuta <ul style="list-style-type: none"> <li>- Mathomo/semelo</li> <li>- mahlomela</li> </ul> Mosebetsi <ul style="list-style-type: none"> <li>Ho:</li> <li>- makala</li> </ul>	<ul style="list-style-type: none"> <li>• Tichere e fe barutoana lipolelo tse nang le makhotsa, bana ba ntše karoloana eo e reng ha e tlositsoe, polelo e sale e ntse e na le moevelo.</li> <li>• Ka tataiso ea tichere, bana ba bolela mosebetsi oa karoloana eo ba e ntšitseng lipolelong tse kaholimo.</li> </ul>	<ul style="list-style-type: none"> <li>• ntša karoloana eo e reng ha e tlositsoe, polelo e sale e ntse e na le moevelo.</li> <li>• bolela mosebetsi oa karoloana eo e ntšitseng lipolelong tse kaholimo.</li> <li>• bolela makhotsa a bontšang ho makala, ho hana/lumela le ho bitsa. phoofolo a fanoeng</li> </ul>	TG

	<ul style="list-style-type: none"> <li>- bitsa/ khalema</li> <li>- leleka liphoofolo</li> <li>- teneha</li> <li>- utloa bohloko</li> <li>- nyelisa</li> <li>- hana/ lumela</li> </ul>	<ul style="list-style-type: none"> <li>• Bana ba bolele makhotsa a bontšang ho makala, ho hana/lumela le ho bitsa. phoofolo a fanoeng ke tichere.</li> <li>• Bana ba kopanye makhotsa le lipolelo tse fanoeng ke tichere, ba li kopanye ho etsa lipolelo tse fetisang molaetsa o nepahetseng.</li> <li>• Bana ba ntše makhotsa lipolelong le liratsoaneng.</li> <li>• Bana ba ba tlatse likheo seratsoaneng ka maretlo-puo ao baa entseng, ba kenyeltsa le lekhotsa.</li> <li>• Bana ba ngole seratsoana ba sebelisa makhotsa.</li> </ul>	<p>ke tichere.</p> <ul style="list-style-type: none"> <li>• kopanya makhotsa le lipolelo tse fanoeng ke tichere, a li kopanye ho etsa lipolelo tse fetisang molaetsa o nepahetseng.</li> <li>• ntša makhotsa lipolelong le liratsoaneng.</li> <li>• tlatsa likheo seratsoaneng ka maretlo-puo ao aa entseng, a kenyeltsa le lekhotsa.</li> <li>• ngola seratsoana a sebelisa makhotsa.</li> </ul>	
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Qetellong ea seholpha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
10. Sebelisa lihokelo le manonyeletso a litaba ka nepo ha a bua leha a ngola.	<b>Moko-taba</b> sehokelo: Tlahaloso Mefuta - Mathomo/ semelo - mahlomela Popeho Tšebeliso Polelo- marara Polelo-nolo	<ul style="list-style-type: none"> <li>• Tichere e fe barutoana lipolelo tse ngata, ba kopanye tse peli kapa tse tharo ba sebelisa lihokelo. Ba buisane ka polelo-nolo le polelo-marara.</li> <li>• Tichere e fe barutoana lipolelo moo sehokelo se leng libakeng tse fapaneng. Ka tšebeliso ea lipolelo tseo, barutoana ba iphumanele sebaka sa sehokelo polelong.</li> <li>• Tichere e fe barutoana lipolelo tse lokelang ho ba le lihokelo feela a li sihile, ba tlatse lihokelo tseo.</li> <li>• Ka mehlala, tichere le barautoana ba buisana ka mefuta ea lihokelo le manonyeletso a litaba.</li> <li>• Ba sebelisa lipolelo tse kaholimo, tichere le barutoana, ba buisana ka tlhaloso ea sehokelo.</li> <li>• Barutoana ba tlatse likheo seratsoaneng ka meretlo-puo ao aa entseng a kenyeltsa le sehokelo.</li> <li>• Tichere e fe barutoana seratsoana se nang le manonyeletso a litaba. Barutoana ba a ntše ba be ba bolele na a sebelitse ho bontša mothinya ofe oa litaba. (<i>ho eketsa litaba, ho fetola maikutlo, ho tiisa taba</i>)</li> <li>• Barutoana ba ngole thapholiso ba sebelisa lihokelo le manonyeletso a</li> </ul>	<ul style="list-style-type: none"> <li>• Kopanya lipolelo tse peli kapa tse tharo a sebelisa lihokelo. A bile a hlahanya polelo-nolo le polelo-marara.</li> <li>• iphumanelo sebaka sa sehokelo polelong.</li> <li>• tlatsa lihokelo tse neng li sa kengoa lipoleleng.</li> <li>• hlahanya mefuta ea lihokelo le ho sebelisa manonyeletso a litaba kanepo.</li> <li>• sebelisa lipolelo tse kaholimo, le ho hlahosa sehokelo.</li> <li>• tlatsa likheo seratsoaneng ka meretlo-puo ao aa entseng a kenyeltsa le sehokelo.</li> <li>• Ntša manonyeletso a litaba le ho bolela na a sebelitse ho bontša mothinya ofe oa litaba. (<i>ho eketsa litaba, ho fetola maikutlo, ho tiisa taba</i>)</li> <li>• ngola thapholiso a sebelisa lihokelo le manonyeletso a litaba kanepo, a bile a li sehella.</li> </ul>	TG

		litaba kanepo. Ba be ba li sehelle.		
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## HO NGOLA

Qetellong ea seholpha sa 11, barutuo ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
11. Ngola moqoqo oa pale oa bolelele ba maqephe a 2–2½ ka mantsoe a 350–500.	<p><b>Moko-taba</b> Moqoqo oa pale</p> <p>litšiea tsa moqoqo:</p> <ul style="list-style-type: none"> <li>- sehlooho</li> <li>- selelekela</li> <li>- liratsoana</li> <li>- baphetoa,</li> <li>- tikolooho</li> <li>- liketsahalo</li> <li>- tatellano e kholisang ea liketsahalo tse lebisang seholhollong sa pale. <i>(tikolooho, mokhoephetsane, khohlano/qaka, seholhololo, tharollo/qetello)</i></li> <li>- tšebeliso ea puo, mantsoe le lipoleloana tse kopanyang litaba</li> <li>- tlotlo-ntsoe</li> <li>- qetello.</li> </ul> <p>Manollo e tebileng ea taba</p>	<ul style="list-style-type: none"> <li>• Tichere e ngolle barutuo moqoqo oa pale, 'me tichere le barutuo ba shebisane litšiea tsa moqoqo.</li> <li>• Tichere le barutuo ba shebisane mekhoa ea ho utloisia seholoho e joaloka ho utloisia mantsoe a ho sona le ho fumana mantsoe a supang khubu ea taba</li> <li>• Ka bomong barutuo ba ngole selelekela sa moqoqo se hohelang.</li> <li>• Barutuo ba fapanyetsane ka lilelekela tsa bona, e mong a ngole seratsoana sa bobeli se kenanang hantle le selekela.</li> <li>• Barutuo ba khutlisetse meqoqo ho beng ba lilelekela, beng ba tsona ba qetele meqoqo ea bona. Meqoqo e baloe ka seholpheng ho hlahloba litšiea tsa moqoqo.</li> <li>• Barutuo ba ngole moqoqo oa pale o totobatsang taba le litholoana tsa taba eo.</li> <li>• Moo ho lumellehang barutuo ba hlakise sesosa le litholoana tsa eona.</li> <li>• Tichere e fe barutuo litaba tse beileng taba ka bokhutšoane; ka lihlotšoana barutuo ba e manolle ka botebo.</li> <li>• Barutuo ba fapanyetsane meqoqo ea bona, ba ntšane liphoso, ba be ba buisane e le</li> </ul>	<ul style="list-style-type: none"> <li>- hlalahanya litšiea tsa moqoqo oa pale.</li> <li>- ngola selelekela se hohelang.</li> <li>- ngola seratsoana sa bobeli se kenanang hantle le selekela se ngotsoeng ke e mong.</li> <li>- ngola seratsoana sa bobeli se kenanang hantle le se se eteletseng pele .</li> <li>- ngola moqoqo ka seholoho se fanoeng a bile a itokisetsa liphoso tsa puo, mongolo le matšoao.</li> <li>- qetela moqoqo oa selelekela seo a se qalileng o kenanang hantle le liratsoana tse kaholimo.</li> <li>- ngola moqoqo o</li> </ul>	TG

	<p>Bonako</p> <p>Mantsoe le lipoleloana tse kopanyang litaba</p> <p>Matšoao le mopeleto</p> <p><b>Makhabane</b></p> <p>Makhethe</p> <p>Bokheleke</p> <p>Boqapi</p>	<p>sehlopha ka liphoso tseo ba li etseng hloko le hore na ke liphoso hobane'ng.</p> <ul style="list-style-type: none"> <li>• Tichere e fe barutua moqoqo oa liratsoana tse lobokantsoeng, 'me barutua ba li latellise ka nepo.</li> <li>• Barutua ba ngole moqoqo ka sehlooho se fanoeng ba be ba itokisetse liphoso tsa puo, mongolo le matšoao, tichere e tšoae moqoqo oo.</li> </ul>	<p>totobatsang taba le litholoana tsa eona, khohlano le litholoana tsa eona, a bile a itokisetsa liphoso tsa puo, mongolo le matšoao.</p>	
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Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
12. Ngola moqoqo-tthalosi ka bolelele ba maqephe a 2–2½ ka mantsoe a 350–500.	<p><b>Moko-taba</b></p> <p>Moqoqo oa tthaloso</p> <p>Sehlooho</p> <p>Liratsoana</p> <ul style="list-style-type: none"> <li>- selelekela</li> <li>- bohare</li> <li>- ntlha ea</li> <li>sehlooho le</li> <li>lintlha tsa</li> <li>tlatsetso</li> <li>- tthaloso e etsang</li> <li>karaburetso</li> <li>(monko, tatso,</li> <li>chebahalo,</li> <li>kamo, kutlo)</li> <li>- khokahanyo ea</li> </ul>	<ul style="list-style-type: none"> <li>• Barutua ba fuputse ka sehlooho seo ba se fuoeng, bathong le lingoloeng, ka sepheo sa ho hlolahanya 'nete le litumela-khoela.</li> <li>• Barutua ba qhaqholla sehlooho ka sepheo sa ho bokella tlotlo-ntsoe le lintlha.</li> <li>• Barutua ba ngole sehlooho ka lithaku tse kholo se qala pel'a moeli o ka ho le letšehali, ba ela hloko matšoao.</li> <li>• Tichere le barutua ba buisane ka libopeho tsa moqoqo oa tthaloso tse kenyelletsang selelekela, bohare le getello.</li> <li>• Tichere e hlalosetse barutua</li> </ul>	<ul style="list-style-type: none"> <li>- qhaqholla sehlooho ka sepheo sa ho bokella tlotlo-ntsoe, maele, maelana, mekhabo-puo le lintlha tse loketseng sehlooho.</li> <li>- hlophisa lintlha tsa bona ka tatellano.</li> <li>- ngola sehlooho ka lithaku tse kholo se qala pel'a moeli o ka ho le letšehali.</li> <li>- bopa seratsoana ka seng se e-na le moko-taba o tšeheletsoeng ka lintlha, a ela hloko bonako, nyalano ea lipolelo le liratsoana.</li> <li>- fetola lipolelo tse sa</li> </ul>	TG

	<p>lintlha - bonako - qetello</p> <p>Mopeleto</p> <p>Matšoao</p> <p>Puo e manoni</p> <p><b>Litsebo-ketso</b> Ho: mamela, bua, bala, ngola, fuputsa, qhaqholla, hhalosa, bopa liratsoana</p> <p>Makhabane</p> <p>Makhethé</p> <p>Bokheleke</p> <p>Boqapi</p>	<p>mokhoa oa ho hhalosa taba ka bottalo. E fane ka mohlala oa taba e okotsoeng le moo taba eona eo e hhalositoeng ka bottalo.</p> <ul style="list-style-type: none"> <li>• Tichere e fe barutua lipolelo tse bobebé bona ba bope tse fanang ka litšoantšo tse hlakileng.</li> <li>• Barutua ba bope seratsoana ka seng se e-na le moko-taba o tšeheilitsoeng ka lintlha, ba ela hloko bonako, nyalano ea lipolelo le liratsoana.</li> <li>• Barutua ba ngole moqoqo oa tlhaloso ba sebelisa puo ka nepo le tlotlo-ntsoe e lumellanang le sehlooho, maemo, nako le sebaka; a ela hloko mopeleto le matšoao.</li> <li>• Barutua ba ngole moqoqo oa tlhaloso ba sebelisa puo ka nepo le tlotlo-ntsoe e lumellanang le sehlooho, maemo, bonako le sebaka; ba ela hloko mopeleto le matšoao; ba be ba itokisetse liphoso.</li> </ul>	<p>hhalosisang taba a li etsa tse fanang ka setšoantšo se hlakileng.</p> <ul style="list-style-type: none"> <li>- ngola moqoqo oa tlhaloso o nang le selelekela, bohare le qetello, a sebelisa puo ka nepo le tlotlo-ntsoe e lumellanang le sehlooho, maemo, nako le sebaka; a ela hloko mopeleto le matšoao.</li> <li>- itokisetsa mosebetsi oa hae a shebile mopeleto le matšoao.</li> </ul>	
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Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
13. Ngola moqoqo tšekatšeko ka bolelele ba maqephe a 2–2½ ka mantsoe a 350–500.	<p>Moko-taba</p> <p>Moqoqo-tšekatšeko</p> <p>Matšoao</p> <p>Mopeleto</p> <p>Liratsoana:</p> <ul style="list-style-type: none"> <li>- selelekela</li> <li>- bohare</li> <li>- ntla ea sehlooho</li> </ul>	<ul style="list-style-type: none"> <li>• Tichere le barutua ba buisane ka sebopaho sa moqoqo-tšekatšeko, ba o bapise le moqoqo oa tlhaloso le oa khang.</li> <li>• Tichere le barutua ba buisane ka mahlofa a lihlooho tseo e ka bang tsa moqoqo-tšekatšeko.</li> <li>• Tichere e thuse barutua ka mekhoa ea ho ngola selelekela se</li> </ul>	<ul style="list-style-type: none"> <li>- hlahohanya sehlooho sa moqoqo-tšeka-tšeko ho lihlooho tse ling tsa meqoqo</li> <li>- ngola selelekela sa moqoqo-tšeka-tšeko</li> <li>- hlophisa lintlha-kholo tseo a ngolang moqoqo-tšeka-tšeko tsa tsona</li> </ul>	TG

	<p>le lintlha tsa tšehetso</p> <ul style="list-style-type: none"> <li>- tatellano ea lintlha</li> <li>- tlötlo-ntsoe</li> <li>- qetello</li> <li>- lihokelo le litšupane</li> </ul> <p><b>Litsebo-ketso</b> Ho: mamela, bua, bala, ngola, fuputsa, qhaqholla, hlophisa, kholisa</p> <p><b>Makhabane</b> Mamellano Bokheleke Boqapi Makhethé</p>	<p>lokelang mefuta e fapaneng ea lihlooho, barutuo ba ngole lilelekela.</p> <ul style="list-style-type: none"> <li>• Tichere e fe barutuo lipotso tse fapaneng tseo ba ka ngolang moqoqo-tšekatšeko ka tsona, barutuo ba ntše seo e leng sehlooho kahar'a lipotso tseo.</li> <li>• Barutuo ba etse lipatlisiso ka lihlooho tseo ba tl'o ngola moqoqo- tšekatšeko ka tsona.</li> <li>• Barutuo ba ngole lintlha tseo ba tl'o ngola ka tsona 'me ba li sebelise ho ngola moqoqo.</li> <li>• Barutuo ba bokelle puo e nonneng eo ba tla natefisa moqoqo oa bona ka eona.</li> <li>• Barutuo ba etse moliko oa lihokelo le litšupane tseo ba tl'o li sebelisa 'me ba ngole moqoqo.</li> <li>• Barutoa ba phethele moqoqo ka tsela e nyallanang le taba eo ba e tšitšithileng</li> <li>• Ba intše liphoso tsa mongolo le mopeleto.</li> </ul>	<ul style="list-style-type: none"> <li>- bontša lintlha-tlatsetso tsa ntlha-kholo ka 'ngoe</li> <li>- ngola liratsoana tse hokahaneng hantle a sebelisa lintlha tseo a li hlophisitseng</li> <li>- ngola moqoqo oa bolelele ba maqephe a mabeli ho isa ho a mabeli le halofo (2–2 ½) ka mantsoe a 350–500.</li> <li>- seselisa puo e nonneng, e lokelang mothati oo a leng ho oona</li> <li>- ngola qetello ea moqoqo- tšeka-tšeko</li> <li>- ntša liphoso moqoqong oo a o ngotseng</li> </ul>	
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Qetellong ea sehlopha sa 11, barutuo ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
14. Ngola moqoqo oa khang ka bolelele ba maqephe a 2–2½ ka mantsoe a 350–500.	<p><b>Moko-taba</b>            Moqoqo oa khang            Ntlha-kemo            Matšoao            Mopeleto            Liratsoana:            - selelekela            - bohare            - ntlha ea            sehlooho le tšehetso ka litaba tse itseng            - lntlha tsa tlatsetso            - tatellano ea lntlha            - tlotlo-ntsoe            - qetello</p> <p><b>Litsebo-ketso</b>            Ho: mamela, bua, bala, ngola, fuputsa, qhaqholla, hlophisa, kholisa</p> <p><b>Makhabane</b>            Mamellano            Bokheleke            Boqapi</p>	<ul style="list-style-type: none"> <li>Tichere e hlokamelise barutuo mekhoa e meraro ea ho ngola moqoqo oa khang, e leng moo mongoli a hlasisang le ho tšehtsa mahlokore a mabeli a taba, le moo mongoli a hlasisang le ho tšehtsa lehlakore le leng la taba, le moo mongoli a ruthuthang lehlakore leo a hanang le lona.</li> <li>Barutuo ba fuputse ka sehlooho seo ba se fuoeng bathong le lingoloeng, ka sepheo sa ho hlalohanya 'nete ho maikutlo.</li> <li>Tichere le barutuo ba buisane ka libopeho tsa moqoqo oa khang tse kenyeltsang selelekela, bohare le qetello.</li> <li>Barutuo ba ngangisane ka sehlooho se fanoeng ka ho bua ka tataiso ea tichere.</li> <li>Barutuo ba qhaqholle sehlooho sa ngangisano ka sepheo sa ho bokella tlotlo-ntsoe, maele, maelana, mekhabo-puo le lntlha.</li> <li>Ka lihlotšoana, barutuo ba hlophise lntlha tsa bona ba qala ka e bobabe ba qetella ka e toma, kapa ba qale ka e toma 'me ba qetelle ka e bobabe.</li> </ul>	<ul style="list-style-type: none"> <li>- hlalohanya mefuta e 'meli ea moqoqo oa khang.</li> <li>- hlalohanya 'nete ho maikutlo.</li> <li>- tšehtsa taba eo a buoang ka eona.</li> <li>- bokella tlotlo-ntsoe: maele, maelana, mekhabo-puo le lntlha tse lumellanang le taba eo a ngolang ka eona.</li> <li>- hlophisa lntlha a qala ka e bobabe a qetella ka e toma.</li> <li>- hlalohanya libopeho tsa moqoqo oa khang tse kenyeltsang selelekela, bohare le qetello.</li> <li>- ngola sehlooho ka nepo a ela hloko mongolo le matšoao.</li> <li>- ngola moqoqo oa khang a aha seratsoana ka seng se e-na le moko-taba o</li> </ul>	TG

	Makhethe	<ul style="list-style-type: none"> <li>Barutua ba ngole seholooh ka litlhaku tse kholo se qala pel'a moeli o ka ho le let'sehali.</li> <li>Barutua ba ahe seratsoana ka seng se e-na le moko-taba o t'sehelitsoeng ka lintlha, ba ela hloko nyalano ea lipolelo le liratsoana.</li> <li>Barutua ba ngole moqoqo oa khang ba sebelisa puo ka nepo le tlollo-ntsoe e lumellanang le seholooh, maemo, nako le sebaka; ba ela hloko mopeleto le matšoao.</li> <li>Barutua ba itokisetse mosebetsi oa bona ba shebile mopeleto, matšoao le t'sebeliso ea puo.</li> </ul>	<p>t'sehelitsoeng ka lintlha, a ela hloko nyalano ea lipolelo le liratsoana.</p> <p>- Itokisetse mosebetsi oa hae a shebile mopeleto le matšoao.</p>	
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Qetellong ea seholpha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketsi le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
15. Ngola lengolo la setsoalle la bolelele ba maqephe a 1½ ka mantsoe a 200.	<b>Moko-taba Lengolo la setsoalle:</b> Likarolo: - aterese - letsatsi - tumeliso - bohare (qalo, ntšetso-pele, phethelo), le qetello	<ul style="list-style-type: none"> <li>Tichere e buisane le barutua ka maemo ao ho 'ona ba ka ngolang mangolo.</li> <li>Tichere e buisane le barutua ka mefuta e 'meli ea mangolo e leng la setsoalle le la t'sebetso.</li> <li>Ka lihlotšoana, barutua ba ngole likarolo tsa lengolo la setsoalle ka nepo.</li> <li>Tichere le barutua ba buisane ka puo e sebelisoang lengolong la setsoalle</li> </ul>	<ul style="list-style-type: none"> <li>- halosa maemo ao ho 'ona a ka ngolang mangolo.</li> <li>- ngola likarolo tsa lengolo la setsoalle ka nepo.</li> <li>- ngola likarolo tsa lengolo la mosebetsi ka nepo.</li> <li>- hlaphisa moralo oa lintlha, a bokella, tlollo-ntsoe eo a tla e sebelisa ho ngola</li> </ul>	TG

	<p><b>Puo</b></p> <p><b>Makhabane</b></p> <p>Tlhompho Bokheleke Makhethé Boqapi</p>	<ul style="list-style-type: none"> <li>• Baithuti ba qhaqholle potso ea lengolo e le hore ba hlophise moralo oa lintlha, ba bokelle tlotlo-ntsoe eo ba tla e sebelisa ho ngola lengolo.</li> <li>• Barutua ba ngole lengolo la setsoalle ka bomong, ba sebelisa puo e hloekileng feela e loketseng ea ngolloang, tlotlo-ntsoe, matšao le mopeleto. Ba latellise lintlha ka nepo 'me ba hokahanye liratsoana ba bontša qalo, bohare le qetello ea lengolo.</li> <li>• Barutua ba buisane ka litlhoko tsa bohloko a bophelong ba bona e le baithuti. Ka bomong, ba ngolle batsoali/baholisi ba kopa chelete e hlakisitseng litlhoko le chelete ea tlhoko ka 'ngoe, ba sebelisa puo e lokelang.</li> <li>• Tichere e fe barutua nako ea ho itokisetsa liphoso tsa motšao le mopeleto.</li> <li>• Barutua ba ngollane, ba arabane ba be ba pose mangolo.</li> </ul>	<p>lengolo.</p> <p>- sebelisa puo e nepahetseng ho ngola lengolo la setsoalle.</p> <p>- sebelisa puo e nepahetseng ho ngola lengolo la mosebetsi.</p> <p>- itokisetsa liphoso tsa motšao le mopeleto.</p> <p>- khetha litlhoko tsa bohloko a bophelong ba hae e le moithuti le ho ngolla motsoali/moholisi a kopa chelete e hlakisitseng litlhoko le chelete ea tlhoko ka 'ngoe, a sebelisa puo e lokelang.</p>	
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Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
16. Ngola lengolo la tšebetso la bolelele ba maqephe a 1½ ka mantsoe a 200.	<p><b>Moko-taba Lengolo la tšebetso:</b></p> <ul style="list-style-type: none"> <li>- Lengolo la kopo ea mosebetsi</li> <li>- Lengolo la ttlebo kapa kananelo, ngongoreho, kopo ea tšoarelo,</li> <li>- boithhaloso ka bokhutšoanya ne (cv).</li> </ul> <p>Likarolo: Liaterese tse peli Letsatsi Tumeliso Sehlooho Bohare Qetello Mokoallo</p> <p><b>Makhabane</b> Tlhompho Bokheleke Makhethé Boqapi</p>	<ul style="list-style-type: none"> <li>• Tichere e buisane le barutua ka phapang ea lengolo la mosebetsi le la setsoalle.</li> <li>• Barutua ba fuputse linomoro (codes) tsa liposo ho latela litereke 'me ba etse tokiso ea tse fosahetseng ka thuso ea tichere.</li> <li>• Ka lihlotšoana, barutua ba ngole likarolo tsa lengolo la mosebetsi.</li> <li>• Barutua ba qhaqholle potso ea lengolo e le ho hlophisa moraloo a lintlha le ho bokella tlotlo-ntsoe e loketseng lengolo la tsebetso.</li> <li>• Ka lihlotšoana barutua ba etse lipatlisiso ka bosebeletsi ba litsi tsa chelete le litokelo tsa baj. Ka bomong barutua ba ngolle bookameli ka tšoaro ea lichelete tsa bona polokelong ea chelete.</li> <li>• Ka bomong, barutua ba ngole lengolo la mosebetsi ba sebelisa puo e loketseng boemo ba ea ngolloang, lengolo le bontše qalo, bohare, qetello le mokoallo.</li> <li>• Ka tataiso ea tichere barutua ba hloae lintho tse hlhang lengolong le felehetsang litokomane, ba bolele mefuta ea litokomane tse ka</li> </ul>	<ul style="list-style-type: none"> <li>- ngola likarolo tsa lengolo la mosebetsi ka nepo.</li> <li>- hlophisa moraloo a lintlha, a bokella, tlotlo-ntsoe eo a tla e sebelisa ho ngola lengolo.</li> <li>- bolela bosebeletsi ba litsi tsa chelete le litokelo tsa baj le ho ngolla mookameli ka tšoaro ea lichelete tsa hae polokelong ea chelete.</li> <li>- sebelisa puo e nepahetseng ho ngola lengolo la mosebetsi.</li> <li>- itokisetsa liphoso tsa motšoao le mopeleto.</li> </ul>	TG

		<p>felehetsoang ka lengolo.</p> <ul style="list-style-type: none"> <li>• Ka bomong barutua ba ngole lengolo le felehetsang tokomane, 'me ba ngole sehlooho ka lithaku tse kholo, se itšetlehile ka moeli o ka ho le letšeħali.</li> <li>• Tichere le barutua ba buisane ka lintħha-kholo tse hlahang boitħhalosong ka bokħutšoane, ba li ngole letlapeng.</li> <li>• Ka bomong barutua ba ngole boitħħloсо ba bona ka bokħutšoanyane, 'me ba ngole sehlooho ka lithaku tse kholo, se itšetlehile ka moeli o ka ho le letšeħali.</li> <li>• Barutua ba intše liphoso tsa mongolo, mopeleto le matšoao.</li> </ul>		
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Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makħabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
17. Ngola tlaleho ka bolelele ba maqephe a 1½ ka mantsoe a 200.	<b>Moko-taba</b> Tlaleho - sehlooho Selelekela: - u mang? - u tlaleha eng? - kae? - neng?	<ul style="list-style-type: none"> <li>• Tichere le barutua ba buisane ka likarolo tse hlano tse bopang tlaleho.</li> <li>• Tichere le barutua babuisane ka mefuta ea tlaleho.</li> <li>• Tichere le barutua ba buisane ka litšeloa tsa selelekela e fe barutua potso le lintħha tse ba tataisang 'me</li> </ul>	<ul style="list-style-type: none"> <li>- lokolisa likarolo tse hlano tse bopang tlaleho.</li> <li>- hlahohanya mefuta ea tlaleho.</li> <li>- ngola sehlooho se hohelang ka lithaku tse</li> </ul>	

	<p>Qhaqhollo ea litaba</p> <p>Qetello:</p> <ul style="list-style-type: none"> <li>- tharollo</li> <li>- tlhokomeliso</li> <li>- kopo</li> <li>- teboho</li> <li>- khothaletso</li> <li>- boeletsi</li> </ul> <p>Mokoallo</p> <p><b>Makhabane</b></p> <p>Tlhompho Bokheleke Makhethé Boqapi</p>	<p>ba aroloe lihlotšoana, seholotšoana ka seng se fuoe ntlha eo se e manollang, se sebelisa mantsoe a tobang tabeng 'me a chabisa molaetsa.</p> <ul style="list-style-type: none"> <li>• Ho latela maemo a litaba tseo ba li filoeng, barutuoa ba ngole seholoo se hohelang ka lithaku tse kholo, se qala pel'a moeli o letsohong le letšehali.</li> <li>• Tichere e fe barutuoa ketsahalo ka maemo a itseng, ka bomong barutuoa ba ngole tlaleho eo ho eona ba hlakisang boemo ba bona, sebaka sa ea tlalehang, boemo ba litaba ka nako eo tlaleho e e tsoang.</li> <li>• Barutuoa ba ngole qetello e totobatsang tharollo, kopo, teboho, khothaletso kapa boeletsi.</li> <li>• Barutuoa ba tekene ka mokhoa o khetholohang ho oa ba bang.</li> </ul>	<p>kholo, se qala pel'a moeli o letsohong le letšehali.</p> <ul style="list-style-type: none"> <li>- ngola tlaleho eo ho eona a hlakisang boemo ba hae, sebaka sa ea tlalehang, le boemo ba litaba ka nako eo tlaleho e e tsoang.</li> <li>- ngola qetello e totobatsang tharollo, kopo, teboho, khothaletso kapa boeletsi.</li> <li>- tekene ka mokhoa o ikhethollang.</li> </ul>	
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Qetellong ea sehlopha sa 11, barutuo ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
18. Ngolla puo maemo a khetheleng ka bolelele ba maqephe a 1½ ka mantsoe a 200.	<p><b>Moko-taba</b></p> <p>Puo</p> <p>Tšobotsi:</p> <ul style="list-style-type: none"> <li>- kananelo ho ea tsamaisang lethathamo</li> <li>- tumeliso/thompho ho latela maemo</li> <li>- sepheo sa puo</li> <li>- taba</li> <li>- qetello</li> <li>- mokoallo</li> </ul> <p><b>Makhabane</b></p> <p>Tlhompho Bokheleke Makheth Boqapi</p>	<ul style="list-style-type: none"> <li>• Barutuo ba fuputse maemo ao ho 'ona ho eeng ho etsoe puo, ba tlalehele sehlopha.</li> <li>• Tichere e fe barutuo puo e ngotsoeng, ba buisane ka litšobotsi, puo le tlotlo-ntsoe tse loketseng sepheo sa puo eo, ba be ba ntše litšeloa, le ho hlalosa maikutlo a sebul.</li> <li>• Barutuo ba etse puo moo e leng baokameli ba setsi sa toantšo ea bobolu le bomenemene. Ba hlalose ba be ba khaleme boqhekanyetsi.</li> <li>• Tichere e fe barutuo puo, ba e hlahlobe ka sepheo sa ho ntša litšeloa tsa eona le ho bolela sepheo sa puo eo, puo le tlotlo-ntsoe.</li> <li>• Tichere e mamelise barutuo puo e hatisitsoeng, 'me ka lihlotšoana ba ntše litšobotsi tsa eona.</li> <li>• Ka lihlotšoana, barutuo ba fuoe maemo a fapaneng a ho etsa puo ba a tšoantsise.</li> <li>• Tichere le barutuo ba buisane ka phapano ea tumeliso ha e etsoa ke batho ba maemo a</li> </ul>	<ul style="list-style-type: none"> <li>- manolla maemo ao ho 'ona ho eeng ho etsoe puo.</li> <li>- manolla litšobotsi tsa puo.</li> <li>- akaretsa litaba tse phuthetsoeng ke puo, ho bolela sepheo sa eona le ho bua ka puo le tlotlo-ntsoe.</li> <li>- hlophisa lintlha, tlotlo-ntsoe a be ba ngole puo a ipapisitse le maemo a fanoeng.</li> <li>- etsa lethathamo la marena a sehlooho, a libaka lea motse.</li> <li>- tšoantsisa maemo a ho etsa puo eo a e ngotseng ela hloko ho sheba letšoelle, phahamisa lentsoe; ho tebisa le ho phahamisa lentsoe; ho ema ba otlolohile le ho se</li> </ul>	<p>TG Lipuo tsa batho ba boholong.</p>

		<p>fapaneng.</p> <ul style="list-style-type: none"> <li>• Ka bomong, barutua ba hlophise lintlha, ba bokelle tlotlo-ntsoe ba be ba ngole puo ba ipapisitse le maemo a fanoeng. Ba qetelle ka mokhoa o lumellanang le tumeliso ea bona.</li> <li>• Barutua ba itokisetse liphoso tsa mongolo le mopeleto.</li> <li>• Barutua ba fuputse ka marena a bona a Sehlooho, a libaka le a metse, ba a behe ka tlahlamano ea 'ona, ba tle ba nepe tlahlamano ha ba etsa tumeliso.</li> <li>• Tichere le barutua buisane ka tatellano e nepahetseng ea libui.</li> <li>• Barutua ba etse puo ba ela hloko ho sheba letšoele, ho le kenyeltsa puong, ho phahamisa lentsoe; ho le tebisa le ho matlafatsa ntlha, ho ema ba otlolohile, ho se kokotletse.</li> </ul>	<p>kokotletse.</p> <ul style="list-style-type: none"> <li>- itokisetsa liphoso puong ea hae.</li> </ul>	
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Qetellong ea sehlopha sa 11, barutuo ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
19. ngola athikele ka litaba tse fapaneng tse amang bophelo ba sechaba ka bolelele ba maqephe a 1½ ka mantsoe a 200	<p><b>Moko-taba</b>            Ho ngolla maselinyana (tlaleho ea litaba)            - Popeho ea litaba tsa maselinyana.</p> <p><b>Litsebo-ketso</b>            - Ho fuputsa</p> <p><b>Makhabane</b>            Boqapi            Bohlokolosi            Bokheleke            Boithompho            Sebete</p>	<ul style="list-style-type: none"> <li>Barutuo ba tle le maselinyana a fapaneng a Sesotho 'me ba hlahlobe mokhoa oo a ngotsoeng ka oona esita le puo e hohelang e sebelisitsoeng.</li> <li>Tichere e etsetse barutuo mohlala oa sehlooho se totobatsang ketso ea boqhekanyetsi ba lichelete e be e ngolle leselinyana tlaleho e feletseng ea taba eo.</li> <li>Barutuo ba ngole sehlooho ka litlhaku tse kholo, se qala pela mola o ka lehalokereng le letšehali.</li> <li>Tichere e tataise barutuo ho qapa lihlooho tsa litaba tseo ba ka li ngolang maselinyaneng 'me barutuo ba etsa lethathamo la litaba tseo ba ka ngollang maselinyana ka tsona.</li> <li>Barutuo ba ngole sehlooho se hohelang ka litlhaku tse kholo, se qala pel'a moeli o letsohong le letšehali.</li> <li>Tichere e tataise barutuo kamekhoa ea ho qotsa litaba tsa sebui se hlhang litabeng tsa</li> </ul>	<ul style="list-style-type: none"> <li>- hlalohanya mekhoa e fapaneng eo maselinyana a ngotsoeng ka eona esita le puo e hohelang e sebelisitsoeng.</li> <li>- qapa lihlooho tse ka hohelang 'mali.</li> <li>- ngola puo a intša liphoso tsa mongolo, matšoao le tsa mopeleto.</li> <li>- thetha litaba tsa hae ka nepo.</li> </ul>	TG Maselinyana (Likoranta)

		<p>bona.</p> <ul style="list-style-type: none"> <li>• Tichere e fe barutuoa taba, ba qape sehlooho ba be ba ngole qetello e thethang litaba tsa bona.</li> <li>• Ka bomong, barutuoa ba hlophise lintilha tse fanoeng, ba ngole taba e eang maselinyaneng, ba thusane ho e ntša liphoso.</li> </ul>		
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Qetellong ea sehlopha sa 11, barutuoa ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
20. ngolla mohlophisi oa leselinya ka litaba tse fapaneng ka bolelele ba maqephe a 1½ ka mantsoe a 200.	<b>Moko-taba</b> Lengolo le eang ho mohlophisi Mabaka: - Ho elelloisa sechaba taba e itseng - Ho tletleba ka athikele kapa lengolo le fetileng kapa ho le thoholetsa. - Ho thoholetsa khato e itseng.  Popeho: - Aterese ea hau	<ul style="list-style-type: none"> <li>• Ka tataiso ea tichere, barutuoa ba ikhopotse mokhoa oa ho ngola litaba tsa maselinyana.</li> <li>• Tichere a hlalosetse barutuoa mabaka le mokhoa oa ho ngolla mohlophisi oa koranta/makasini. A qaqlise phapano ea lengolo le eang ho mohlophisi le ha ho ngoloa litaba tsa koranta (An article).</li> <li>• Barutuoa ba tle le maselinyana a fapaneng a Sesotho 'me ba hlahlobe mokhoa oo mangolo a mohlophisi a ngotsoeng ka oona, ba bolele lebaka leo lengolo ka leng le ngotsoeng ka lona.</li> <li>• Barutuoa ba ngolle mohlophisi oa koranta/makasini ka lihlooho le</li> </ul>	- hlalahanya mabaka le mokhoa oa ho ngolla mohlophisi oa koranta/makasini le ho qaqlise phapano ea lengolo le eang ho mohlophisi le ha ho ngoloa litaba tsa koranta (An article). - hlahloba koranta/ makasini 'me a qaqlise mokhoa oo mangolo a mohlophisi a ngoloang ka oona, a bolele lebaka leo lengolo ka leng le ngotsoeng ka lona. - ngolla mohlophisi oa koranta/makasini ka lihlooho le mabaka a	TG Maselinyana (Likoranta), makasini

	<p>ka bottlalo, fono, aterese ea e-mail, letsatsi</p> <ul style="list-style-type: none"> <li>- Aterese ea mohlophisi</li> <li>-</li> <li>-</li> <li>- Sehlooho</li> <li>- Selelekela</li> <li>- Litaba ka liratsoana tse tharo (3)</li> <li>- Phethelo ka polelo e le 'ngoe</li> <li>- Lebitso ka bottlalo, sehlopha kapa sebaka seo sengoli se phelang ho sona.</li> </ul> <p>Litsebo-ketso Ho bala Ho ngola</p> <p><b>Makhabane</b> Boqapi Bohlokolosi Bokheleke Boithompho Sebete</p>	<p>mabaka a boiqapelo ba bona. Ba fapanystsane ka maqephe ba tšoaeane.</p> <ul style="list-style-type: none"> <li>• Barutua ba lokise mosebetsi oo ba u tšoaeaneng, ba u bale ka sehlopheng, ebe ka tataiso ea tichere ba lokisetsana liphoso ba bile ba thakelana ka malebela.</li> <li>• Ka bomong, barutua ba ngolle mohlophisi, ba itšoae liphoso pele tichere e ba tšoaea.</li> <li>• Ka lihlotšoana, barutua ba etse koranta kapa makasini oa sehlopha, ba ngole litaba (articles) ba be ba ngolle bahlophsi.</li> <li>• Tichere e tataise barutua ho iketsetsa liaterese tsa <i>e-mail</i> 'me barutua ba li etse.</li> <li>• Barutua ba ngolle mohlophisi lengolo ba sebelisa aterese ea <i>e-mail</i>.</li> </ul>	<p>boiqapelo ba hae.</p> <ul style="list-style-type: none"> <li>- lokisa mosebetsi oo a o tšoauoeneng, a o bale ka sehlopheng, ebe ka tataiso ea tichere o thusa ba bang ho lokisa liphoso le ho ba thakelana ka malebela.</li> <li>- ngolla mohlophisi, a itšoae liphoso pele. tichere e mo tšoaea.</li> <li>- sebetsa ka lihlotšoana ho etsa koranta kapa makasini oa sehlopha, a ngole litaba (articles) a be a ngolle bahlophsi.</li> <li>- ngolla mohlophisi lengolo a sebelisa aterese ea <i>e-mail</i>.</li> </ul>	
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## BOCHABA

<b>Qetellong ea sehlopha sa 11, barutua ba be ba ka:</b>	<b>Moko-taba, litsebo-ketso le makhabane</b>	<b>Tse ka etsoang</b>	<b>Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:</b>	<b>Lisebelisoa</b>
21. lokolisa mekhoa e amoheleheng ea ho boloka le ho boulela likamano.	<b>Moko-taba</b> Ngoetsi ha e ea bohali: - -taeo - -phelehetso - -kamohelo (koae, ho bekoae, leqatha (ho tšaba lebota), - -litebello ka mokhoenyana bohoeng le ngoetsi bohali. - -maele a buang ka ngoetsi le mokhoenyana: mohloli oa maele, tlhaloso ea maele	<ul style="list-style-type: none"> <li>Barutua ba fuputse ka phelisano, boitšoaro le katamelo ea mokhoenyana ho ba bohoeng. (ho se bitse lebitso la tsoalo la mohoehali, ho se mo tšoare ka letsoho.)</li> <li>Barutua ba fuputse ka phelisano, boitšoaro le katamelo ea ngoetsi ho ba bohali (a se bitse matsale ka lebitso, mo tšoare ka letsoho; tšoare liphahlo tsa ntate matsale; se mo fe lijo matsohong; kene kamoo matsale/mohoe a robetseng; a roale hloohong; a tene mose o molelele; ho se arabise matsale)</li> <li>Barutua ba fane ka maikutlo a bona ka phelisano, boitšoaro le katamelo ea mokhoenyana bohoeng le ngoetsi bohali.</li> </ul>	- Lokolisa phelisano, boitšoaro le katamelo ea mokhoenyana ho ba bohoeng. - Lokolisa phelisano, boitšoaro le katamelo ea ngoetsi ho ba bohali. - Fana ka maikutlo ka phelisano, boitšoaro le katamelo ea mokhoenyana bohoeng le ngoetsi bohali.	TG

Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
22. Hlahanya mekhoa e fapaneng ea ho hlokamelana le ho tsehetsana bophelong.	<p><b>Moko-taba</b></p> <p>Likhoeli tsa kemaro</p> <ul style="list-style-type: none"> <li>- motlahali</li> <li>- letlahali</li> <li>- ho bipisa (leseko j.k. khoeetsa)</li> <li>- ho isoa setsoetse</li> <li>- ngoan'a matsibolo:</li> <li>- peho ea ngoana ho ntat'ae, sechaba le baeti. (metsi kapa lesuai, molilietsane le lehlaka)</li> <li>- kuruetsos</li> <li>- kananelo ea ngoana</li> <li>- koroso (moroto le mahlatsa)</li> </ul> <p>Puo/maele le maelana a sebelisoang litabeng tse kaholimo</p>	<ul style="list-style-type: none"> <li>• Barutua ba fuputse tlhokomelo le melaoana ho ngoetsi ka nako ea bokhachane.</li> <li>• Ka lihlotšoana barutua ba fuputse mekhoa e fapaneng ea ho bipisa ba tlalehele sehlopha.</li> <li>• Barutua ba ngole maikutlo le mabaka a bona ka moetlo o fanoeng. Ba tšehetse maikutlo a bona ba ipapisitse le tsebo ea litaba tse etsahalang bophelong: Bonnete/ mefokolo/ litholoana).</li> <li>• Tichere le barutua ba buisane ka likhoeli tsa kemaro le tse etsoang ka nako ea teng.</li> <li>• Barutua ba fuputse mekhoa eo batho ba fapaneng ba tsebisoang tlhao ea ngoana ka eona.</li> <li>• Tichere le barutua ba buisane ka bohloko ba ho anyesa. (<i>ho khina pelehi, ho thibela mafu</i>)</li> <li>• Tichere le barutua ba buisane ka methati e etsoang ha ho amoheloa ngoana le ho mo tshirelets ha a se a hlahile; ha a melisa, ha a khoesoa, khoeetsa.</li> <li>• Tichere le barutua ba buisane ka mekhoa eo ho ipapisoang le eona ha</li> </ul>	<ul style="list-style-type: none"> <li>- hlalosa tlhokomelo le melaoana ho ngoetsi ka nako ea kemaro.</li> <li>- hlalosa mekhoa e fapaneng ea ho bipisa.</li> <li>- bolela maikutlo le mabaka ka moetlo o fanoeng.</li> <li>- hlahanya likhoeli tsa kemaro le tse etsoang ka nako ea teng.</li> <li>- hlahanya mekhoa eo batho ba fapaneng ba tsebisoang tlhao ea ngoana ka eona.</li> <li>- hlalosa methati e etsoang ha ho amoheloa ngoana le ho mo tshirelets ha a se a hlahile.</li> <li>- bolela mekhoa eo ho ipapisoang le eona ha ho rehoa ngoana lebitso.</li> <li>- bolela maikutlo ka seo mabitso a ka se etsang bophelong ba motho/ngoana.</li> <li>- hlahanya mefuta ea kuruetsos le mabaka a eona, le ho fana ka maikutlo ka mofuta ka 'ngoe.</li> </ul>	TG

		<p>ho rehoa ngoana lebitso (liketsahalo le lithehello).</p> <ul style="list-style-type: none"> <li>• Barutua ba bolele maikutlo a bona ka seo mabitso a ka se etsang bophelong ba motho/ngoana.</li> <li>• Barutua ba fupute mefuta ea kuruetslo le mabaka a eona, ba be ba fane ka maikutlo ka mofuta ka 'ngoe.</li> <li>• Barutua ba fuputse litaba tsa koroso, <i>mahlatsa le moroto a ngoana</i>.</li> </ul>	<ul style="list-style-type: none"> <li>- hhalosa litaba tsa koroso, nako, mahlatsa <i>le moroto</i>.</li> </ul>	
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Qetellong ea sehlopha sa 11 barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
23. Hhalosa litsebo lemekhoa e amohelehlang eo ngoan'a Mosotho a ithutang eona ka lapeng, lithakeng tsa hae le sechabeng.	<b>Moko-taba</b> Litsebo le mekhoa ho tsoa: - ka lapeng - lithakeng tsa hae - sechabeng  Lipapali: - Khotsoana /khotsoaneng Thakaneng: - ho hloba khoale - litaeo Mesebetsi: Ho: hloekisa, hlokomela liphoofolo,	<ul style="list-style-type: none"> <li>• Barutua ba hhalose mokhoa oa ho bapala papali kanngoe, hore na e bapaloa ke bo mang, kae, neng le lisebelisoa.</li> <li>• Barutua ba fuputse melemo e fumanoang lipapaling tse fapaneng.</li> <li>• Ka tataiso ea tichere barutua ba bapale lipapali.</li> <li>• Barutua ba fuputse liila tsa bana ba Basotho ho latela botona le botšeħali, ba be ba bolele mabaka a fanoang a liila.</li> <li>• Barutua ba fuputse mabaka a 'nete ao bana ba thibeloang ho etsa lintho tse itseng.</li> <li>• Barutua ba fuputse mehloli ea liila</li> </ul>	<ul style="list-style-type: none"> <li>- hhalosa mokhoa oa ho bapala papali kanngoe, hore na e bapaloa ke bo mang, kae, neng le lisebelisoa.</li> <li>- hhalosa melemo e fumanoang lipapaling tse fapaneng.</li> <li>- bapala lipapali tse fapaneng.</li> <li>- bolela liila tsa bana ba Basotho ho latela botona le botšeħali.</li> <li>- bolele mabaka a fanoang a liila.</li> <li>- bolele mabaka a 'nete ao bana ba thibeloang ho etsa</li> </ul>	TG

	<p>hlokomela ba banyenyane, boipheliso</p> <p>Tlhompho:</p> <ul style="list-style-type: none"> <li>- puo</li> </ul> <p>Liila:</p> <ul style="list-style-type: none"> <li>- lijo (likahare, mahe, matšela-nokana,</li> <li>- libaka (patlello, sakeng, lephaka-tlali, khotla, lekhotla le mabitla mekhoa ea bophelo ea:</li> <li>- bashanyana le banana</li> </ul> <p>Mabaka a liila a fanoeng</p> <p>Melemo ea liila maphelong a bana ba Mosotho.</p>	<p>tse fapaneng.</p> <ul style="list-style-type: none"> <li>• Ka tataiso ea tichere, barutuo ba bolele melemo le mathata a tlisoang ke melao le litaelo tsa liila tse fapaneng bophelong ba bana.</li> </ul>	<p>lintho tse itseng.</p> <ul style="list-style-type: none"> <li>- bolela mehloli ea liila tse fapaneng.</li> <li>- bolela melemo le mathata a tlisoang ke melao le litaelo tsa liila tse fapaneng bophelong ba ngoana oa Mosotho.</li> </ul>	
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Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le Makhaane	Tse ka etsoang	Se hlahlojang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
24. Hlalohanya mekhoa ea boipheliso le phelisano.	<p><b>Moko-taba</b>  Mekhoa ea boipheliso le phelisano:  - Tšomo  - Mafisa  - Seahlololo  - tšimo ea lira  - matsema  - phapanystsano ea thepa le tšebelesto  - ho bolokela kamoso  - ho fana  - talenta  - thuto  - lefa  Temo:  - linako tsa ho lema, mekhoa ea ho lema.</p>	<ul style="list-style-type: none"> <li>Barutua ba hlalose seo ba ithutileng sona tšomong ea Mosimoli le Mosimotsana ka mekhoa ea ho bolokela kamoso.</li> <li>Ba lokolise tsohle tse amoheleheng le tse sa amoheleheng bophelong tseo ba ithutileng eona tšomong ena.</li> <li>Ka lihlotšoana barutua ba fuputse ba be ba tlalehe ka ho nepahala, litaba tsa mafa Sesothong le mekhoa e fapaneng ea ho a fetisa.</li> <li>Barutua ba lokolise mesebetsi e fapaneng ea temo le mekhoa ea ho e etsa.</li> <li>Tichere le barutua ba buisane ka mekhoa e fapaneng ea ho lema le lisebelisoa tse fapaneng tsa temo, 'me ba li bapise ka melemo le mathata a tsona.</li> <li>Ka lihlotšoana barutua ba buisane ka mekhoa e meng ea boipheliso le phelisano ntle le temo, 'me ba tlalehele sehlopha.</li> <li>Ka lihlotšoana barutua ba itlhophisetse ho buisane ka mekhoa, mathata le melemo ea ho fetolela leruo la lipooefolo le temo cheleteng.</li> <li>Ka lihlotšoana, barutua ba bolele</li> </ul>	<ul style="list-style-type: none"> <li>- hlalosa seo a ithutileng sona tšomong ea Mosimoli le Mosimotsana ka mekhoa ea ho bolokela kamoso.</li> <li>- lokolisa tsohle tse amoheleheng le tse sa amoheleheng bophelong tseo a ithutileng eona tšomong ena.</li> <li>- fuputsa le ho tlaleha ka ho nepahala litaba tsa mafa Sesothong le mekhoa e fapaneng ea ho a fetisa.</li> <li>- lokolisa mesebetsi e fapaneng ea temo le mekhoa ea ho e etsa.</li> <li>- bapisa mekhoa e fapaneng ea ho lema le lisebelisoa tse fapaneng tsa temo, a lokolisa melemo le mathata a tsona.</li> <li>- hlalosa mekhoa e meng ea boipheliso le phelisano ntle le temo.</li> <li>- hlalosa ka bottalo mekhoa, mathata le melemo ea ho fetolela leruo la lipooefolo le temo cheleteng.</li> <li>- bolela mekhoa e fapaneng</li> </ul>	-TG -Motho oa litsebo

		<p>litalente tse fapaneng tse ka ntlafatsang bophelo le ho phelisa batho, ba tlalehele sehlopha ba be ba hlalosa hore na litalenta tseo bona ba nang le tsona li ka ba phelisa joang.</p> <ul style="list-style-type: none"> <li>• Ka tataiso ea tichere, barutuo ba hlilosetsane lentsoe “lefa” ba be ba fane ka mehlala ea mafa.</li> <li>• Ba qoqe kamekhoa ea ho baballa lefa le litholoana tseo motho a ka li kotulang ha a sa le baballe.</li> <li>• Ka lihlopha tse peli, barutuo ba etse khang(debate), ka mokhoa oo Basotho ba sebetsang litaba tsa lefa ka oona.</li> <li>• Ba buisane ka mekhoa eo ba ka e etsang ho ntlafatsa lefa e le hore le ba phelele, ba be ba bolele tseo ba lokelang ho li qoba.</li> <li>• Ba bolele mekhoa e ka sebelisoang ho thusa ba kojoana li mahetleng ho iphelisa.</li> <li>• Ba fuputse hore na temo e ka thusa batho joang ho iphelisa.</li> <li>• Ba bapise mekhoa ea joale ea ho thusa bahloki le mekhoa ea khale ba be ba bolele maikutlo a bona ka mekhoa eo e fapaneng.</li> <li>• Ba bapise melemo le mathata a phapanyetsano ea thepa, chelete le tšebeletso.</li> <li>• Ka tataiso ea tichere barutuo ba buisane ka mekhoa ea ho hlahloba</li> </ul>	<p>ea boipheliso ka litalenta, 'me ba tlalehele sehlopha, le ho hlalosa hore na litalenta tseo een a nang le tsona li ka mo phelisa joang</p> <ul style="list-style-type: none"> <li>- hlalosa lentsoe “lefa” a be a fane ka mehlala ea mafa.</li> <li>- qoqa ka mekhoa ea ho baballa lefa le litholoana tseo motho a ka li kotulang ha a sa le baballe.</li> <li>- lokolisa mekhoa eo a ka e etsang ho ntlafatsa lefa e le hore le mo phelele, a be a bolele tseo a lokelang ho li qoba.</li> <li>- bolela mekhoa e ka sebelisoang ho thusa ba kojoana li mahetleng ho iphelisa.</li> <li>- fuputsa hore na temo e ka thusa batho joang ho iphelisa.</li> <li>- bapisa mekhoa ea joale ea ho thusa bahloki le mekhoa ea khale, a be a bolele maikutlo a hae ka mekhoa eo e fapaneng.</li> <li>- bapisa melemo le mathata a phapanyetsano ea thepa, chelete le tšebeletso.</li> <li>- hlalosa melemo eo a e</li> </ul>	
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		<p>melemo eo ba e fumanang ha ba reka/rekisa kapa ba fana ka bosebeletsi.</p> <ul style="list-style-type: none"> <li>• Ka lihlotšoana barutua ba buisane, 'me ba tlalehele seholpha ka mekhoa ea matsema ea khale le ea kajeno. Ba e bapise ba hlahloba melemo le mathata a eona.</li> <li>• Ba fuputse mekhoa e amohelehang ea ho rarolla likhang, 'me ba tlalehele lihlotšoana.</li> <li>• Ba buisane ka melemo le mathata a ho fana.</li> <li>• Barutua ba ngole moqoqo ba qhaqholla melemo le mathata a leruo la chelate le la bohoai.</li> </ul>	<p>fumanang ha a reka/rekisa kapa a fana ka bosebeletsi.</p> <ul style="list-style-type: none"> <li>- bapisa mekhoa ea matsema ea khale le ea kajeno, a hhalosa melemo le mathata a eona.</li> <li>- qaqlisa ka ho ngola kapa ho tlalehela seholpha mekhoa e amohelehang ea ho rarolla likhang.</li> <li>- hhalosa melemo le mathata a ho fana.</li> <li>- ngola moqoqo a qhaqholla melemo le mathata a leruo la chelete le la bohoai.</li> </ul>	
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Qetellong ea seholpha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
25. Lokolisa litaba tsa linnete tsa bophelo le tharollo ea mathata.	<b>Mooko-taba</b> <b>Linnete tsa bophelo</b> <ul style="list-style-type: none"> <li>- kotsi ea lithethefatsi</li> <li>- tšusumetso ea seholpha</li> <li>- boimana ba pele ho lenyalo.</li> </ul>	<ul style="list-style-type: none"> <li>• Tichere le barutua ba totobatse ba be ba buisane ka linnete tsa bophelo tse atileng maphelong a bacha, tse behang maphelo ao tlokotsing.</li> <li>• Ka lihlotšoana, barutua ba fuputse meetlo ea Sesotho e thusang bacha kapa bana ho qoba mathata ao.</li> <li>• Barutua ba batle maele a opang khomo lenaka a khalemelang liketso tse behang bophelo tsietsing ba be ba a hhalose.</li> </ul>	<ul style="list-style-type: none"> <li>- bua le ho totobatsa linnete tsa bophelo tse atileng maphelong a bacha, tse behang maphelo a bona tlokotsing.</li> <li>- fuputsa le ho tlaleha meetlo ea Sesotho e thusang bacha kapa bana ho qoba mathata ao.</li> <li>- bolela le ho halosa maele a opang khomo lenaka a</li> </ul>	TG -Litšoantšo tse hlakisang kotsi ea lithethefatsi. -Batho ba litsebo

	<p>Maele a khalemang.</p> <p><b>Litsebo-ketso</b> Ho: bala, mamela, ngola, fuputsa, bapisa,</p> <ul style="list-style-type: none"> <li>• Barutua ba buisane ka liketsahalo/ liqholotso tse kileng tsa ba tlama ho etsa khetho holim'a lintho tse peli tse behang bophelo ba bona tsietsing.</li> <li>• Barutua ba etse lipatlisiso, ba be ba tlalehele sehlopha ka mefuta eohle ea lithethefatsi le litemoso tse teng ka kotsi ea lithethefatsi.</li> <li>• Ka lihlotšoana, barutua ba fumane metsoako e sebelisitsoeng lithethefatsing tse fapaneng, le kotsi ea tsona.</li> <li>• Barutua ba bolele mabaka a ka susumetsang motho ho sebelisa lithethefatsi, ba be ba bolele hore na mabaka ao a ka qobeha joang.</li> <li>• Barutua ba fumane mekhoa eo naha ea bona e thibelang tšebeliso e fosahetsng ea lithethefatsi, le ho phekola bokuli bo bakoang ke tsona.</li> <li>• Barutua ba buisane ka litholoana tsa tšebeliso e fosahetseng ea lithethefatsi.</li> <li>• Barutua ba phete pale ka mathata ao ba a tsebang a bakiloeng ke tšebeliso ea lithethefatsi.</li> <li>• Barutua ba ngole puo, e le letona la bophelo, la bacha kapa la thuto, ba lemosa bacha ka kotsi ea lithethefatsi.</li> </ul>	<p>khalemelang liketso tse behang bophelo tsietsing.</p> <ul style="list-style-type: none"> <li>- qoqa ka liketsahalo/ liqholotso tse kileng tsa mo tlama ho etsa khetho holim'a lintho tse peli tse behang bophelo ba hae tsietsing.</li> <li>- etsa le ho tlaleha lipatlisiso ka mefuta eohle ea lithethefatsi le litemoso tse teng ka kotsi ea lithethefatsi.</li> <li>- halosa metsoako e sebelisitsoeng lithethefatsing tse fapaneng, le kotsi ea tsona.</li> <li>- bolela mabaka a ka susumetsang motho ho sebelisa lithethefatsi, a bile a bolela hore na mabaka ao a ka qobeha joang.</li> <li>- hlaosa mekhoa eo naha ea habo e thibelang tšebeliso e fosahetsng ea lithethefatsi, le ho phekola bokuli bo bakoang ke tsona.</li> <li>- manolla ka botlalo litholoana tsa tšebeliso e fosahetseng ea lithethefatsi.</li> </ul>	
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			<ul style="list-style-type: none"><li>- phete pale ka mathata ao a a tsebang a bakiloeng ke tšebeliso e fosahetseng ea liththefatsi.</li><li>- ngola puo, e le letona la bophelo, la bacha le tekano kapa la thuto, a lemosa bacha ka kotsi ea tšebeliso e fosahetseng ea liththefatsi.</li></ul>	
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## LINGOLOA

<b>Qetellong ea sehlopha sa 11, barutuo ba be ba ka:</b>	<b>Moko-taba, litsebo-ketso le makhabane</b>	<b>Tse ka etsoang</b>	<b>Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:</b>	<b>Lisebelisoa</b>
26. Qhaqholla buka ea pale ka botebo.	<p><b>Moko-taba</b></p> <p>Buka ea pale</p> <ul style="list-style-type: none"> <li>- baphetoa (boleng)</li> <li>- -liketsahalo</li> <li>- -tikoloho</li> <li>- -maikutlo</li> <li>- -boikutlo</li> <li>- khohlano</li> <li>- Tšebeliso ea puo</li> <li>- Tlotlo-ntsoe</li> </ul> <p>Ho bala haholo</p> <ul style="list-style-type: none"> <li>- Pitso ea mantsoe</li> </ul> <p><b>Litsebo-ketso</b></p> <ul style="list-style-type: none"> <li>- Ho: bala, ngola, akaretsa, hhalosa.</li> </ul> <p><b>Makhabane</b></p> <ul style="list-style-type: none"> <li>- Botšepo</li> <li>- Bokheleke</li> </ul>	<ul style="list-style-type: none"> <li>• Barutuo ba lepe liketsahalo tsa buka ba ipapisitse le lebitso la buka.</li> <li>• Tichere le barutuo ba bale likhaolo tsa pele tsa buka /pale-khutšoe, ho hlahloba: tikoloho, baphetoa, tema, mekhabo-puo, tlotlo-ntsoe le litemoso/likeletso.</li> <li>• Ka lihlotšoana barutuo ba bale likhaolo tse fapaneng ho fumana tikoloho, baphetoa, tema, mekhabo-puo, tlotlo-ntsoe le litemoso/likeletso, 'me ba tlalehele sehlopha.</li> <li>• Barutuo ba tšoantsise karoloana ea khaolo kapa pale-khutšoe.</li> <li>• Barutuo ba tsoantšise ba ikentse lieteng tsa mophetoa ea itseng a bolele maikutlo le menahano ea bona ka taba e khethiloeng.</li> <li>• Barutuo ba hloae mantsoe a thata ba be ba a hhalose.</li> <li>• Ka lihlotšoana ba ngole ba itšoantsisa ka ho ikenya lieteng tsa baphetoa, ba bolele maikutlo le menahano ea bona ka taba e khethiloeng. Ba li ballane seholotšoaneng, ba hloae eo ba eo balla seholopha sohle.</li> <li>• Barutuo ba fane ka maikutlo a bona</li> </ul>	<ul style="list-style-type: none"> <li>- lepa liketsahalo tsa buka a ipapisitse le lebitso la buka.</li> <li>- tlaleha litaba tsa buka ea pale/ pale-khutšoe, ba ipapisitse le tikoloho, baphetoa, tema, mekhabo-puo, tlotlo-ntsoe le litemoso/likeletso.</li> <li>- tšoantsisa karoloana ea khaolo kapa pale-khutšoe.</li> <li>- ngola a ikentse lieteng tsa mophetoa ea itseng a bolela maikutlo le menahano ea hae ka taba e khethiloeng le ho li balla sehlopha.</li> <li>- hhalosa mantsoe a thata a hlahang ka bukeng</li> <li>- ngola kakaretso ea seo a se balileng.</li> <li>- bolela tšoano le phapano ea bochaba bo hlahang ka bukeng le ba habo, 'me a bolele maikutlo a hae ka meetlo eo e 'meli.</li> </ul>	

		<p>holima seo ba se balileng.</p> <ul style="list-style-type: none"> <li>Barutua ba ngole kakaretso ea seo ba se balileng.</li> <li>Barutua ba bapise bochaba bo hlahang ka bukeng le ba habo bona ,me ba bolele maikutlo a bona ka meetlo eo e 'meli.</li> </ul>		
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Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
27. Qhaqholla buka ea tšoantšiso ka botebo	<b>Moko-taba</b> Tema Pono Batšoantšisi (boleng) Tikoloho Litthaloso / litaelo Khohlano Botšoantšisi Kalana  <b>Litsebo-ketso</b> Ho: bala, ngola, akaretsa, hhalosa, tšoantšisa.  <b>Makhabane</b> Boitšepo	<ul style="list-style-type: none"> <li>Barutua ba lepe liketsahalo tsa tšoantšiso ba ipapisitse le lebitso la buka.</li> <li>Barutua ba bale tšoantšiso ka nepo.</li> <li>Barutua ba tšoantšise lietsahala tsa tšoantšiso.</li> <li>Barutua ba hhalose khohlano pakeng tsa batšoantšisi.</li> <li>Barutua ba hhalose moelelo oa lipoleloana, mekhabo-puo kapa maele ho latela mokhoa oo a sebelisitsoeng ka ona ka bukeng.</li> <li>Barutua ba hhalose boleng ba batšoantšisi ho latela seo ba se buoang, seo ba se etsang le seo batšoantšisi ba bang ba se buang ka bona.</li> <li>Barutua ba amahanye tikoloho le</li> </ul>	<ul style="list-style-type: none"> <li>- lepa liketsahalo tsa tšoantšiso a ipapisitse le lebitso la buka.</li> <li>- bala tšoantšiso ka nepo.</li> <li>- tšoantšisa lietsahala tsa tšoantšiso.</li> <li>- hhalosa khohlano pakeng tsa batšoantšisi.</li> <li>- hhalosa moelelo oa lipoleloana, mekhabo-puo kapa maele ho latela mokhoa oo a sebelisitsoeng ka ona ka bukeng.</li> <li>- hhalosa boleng ba batšoantšisi ho latela seo a se buoang, seo a se etsang le seo batšoantšisi ba bang ba se buang ka bona.</li> </ul>	Buka ea tšoantšiso

		<p>lietsahala tsa eona.</p> <ul style="list-style-type: none"> <li>• Barutuo ba totobatse khahlamelo ea meetlo e hlhang kahar'a tšoantšiso.</li> <li>• Ba ngole liketsahalo tse isang khubung ea litaba tsa tšoantšiso.</li> <li>• Barutuo ba hlhlobe maoala/maqati ao sengoli se a sebelisitseng ho fetisa melaetsa e itseng.</li> <li>• Barutuo ba akaretse sebae ka seng ka bolelele ba leqephe.</li> <li>• Ka lihlotšoana barutuo ba ngole ba ikentse lieteng tsa motšoantšisi ea itseng, ba bolele maikutlo le menahano ea bona ka taba e khethiloeng le ho li balla sehlopha.</li> <li>• Barutuo ba bapise liketsahalo tsa tšoantšiso le tse bophelong.</li> <li>• Barutuo ba take liketsahalo tse itseng/ kapa tatellano ea liketsahalo tse hahang tema.</li> </ul>	<ul style="list-style-type: none"> <li>- amahanya tikoloho le lietsahala tsa eona.</li> <li>- totobatsa khahlamelo ea meetlo e hlhang kahar'a tšoantšiso.</li> <li>- ngola liketsahalo tse isang khubung ea litaba tsa tšoantšiso.</li> <li>- hllosa maoala/maqati ao sengoli se a sebelisitseng ho fetisa melaetsa e itseng.</li> <li>- akaretsa sebae ka seng ka bolelele ba leqephe.</li> <li>- ngola a ikentse lieteng tsa motšoantšisi ea itseng,a bolele maikutlo le menahano ea hae ka taba e khethiloeng le ho li balla sehlopha.</li> <li>- bapisa liketsahalo tsa tšoantšiso le tse bophelong.</li> <li>- tako liketsahalo tse itseng/ kapa tatellano ea liketsahalo tse hahang tema.</li> </ul>	
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Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahlojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
28. Manolla lithothokiso ka botebo.	<p><b>Moko-taba</b>  Thothokiso  Mekhabo-puo:  - papiso  - thehello  - pheta-pheto  - mothofatso  - karaburetso  - pepe  - lepata  - kemeli  - khakhamatso  - khanyetsane  - moqasa  - kobiso  - thipoloho  - phelekanyo  - pebolo  - phoqo/nyatso/teolo  - poleliso  - potso  - selateliso  - sengangela</p> <p>Tlotlo-ntsoe  Thuto  Kakaretso</p> <p><b>Litsebo-ketso</b>  Ho: mamela, bua, bala,</p>	<ul style="list-style-type: none"> <li>Barutua ba bale thothokiso ka nepo.</li> <li>Barutua ba qolle mantsoe ao ba sa a tloaelang ba a hlalose ho latela kamoo a sebelisitsoeng.</li> <li>Barutua ba ngole kakaretso ea thothokiso.</li> <li>Barutua ba hlalose sehlooho sa thothokiso.</li> <li>Barutua ba fane ka litebello tsa bona ka sehlooho sa thothokiso.</li> <li>Barutua ba qolle mekhabo-puo ba be ba e hlalose ka nepo.</li> <li>Barutua ba manolle mola ka mola.</li> <li>Barutua ba akaretse seratsoana ka seng sa thothokiso ba sebelisa mantsoe a bona.</li> <li>Barutua ba ngole molaetsa/ moko-taba/ thuto e fetisoang ke thothokiso.</li> <li>Barutua ba ngole kakaretso ea thothokiso ba ipapisitse le molaetsa/ moko-taba/ thuto ea eona 'me ba itokisetse liphoso.</li> <li>Barutua ba hlalosemekhoa eo sethethokisi se behileng litaba ka eona.</li> <li>Barutua ba ahlole nepahalo ea sehlooho ba ipapisitse le litaba tsa thothokiso.</li> </ul>	- bala thothokiso ka nepo. - hlalosa mantsoe le lipolelo ho latela kamoo a sebelisitsoeng. - ngola kakaretso ea thothokiso. - hlalosa sehlooho sa thothokiso. - bolela litebello ka sehlooho sa thothokiso. - qolla mekhabo-puo a ba a e hlalosa ka nepo. - manolla mola ka mola. - akaretsa seratsoana ka seng sa thothokiso a sebelisa mantsoe a hae. - ngola molaetsa/ moko-taba/ thuto e fetisoang ke thothokiso. - ngola kakaretso ea thothokiso a ipapisitse le molaetsa/ moko-taba/ thuto ea eona 'me a itokisetse liphoso. - hlalosa mekhoa eo sethethokisi se behileng litaba ka eona. - ahlola ho nepahala/fosahala hoa	

	<p>ngola, qolla, hhalosa, akaretsa, ngangisana, ahlola, tšoantšisa, manolla</p> <p><b>Makhabane</b> Boikemelo Tlhompho Kananelo</p>	<ul style="list-style-type: none"> <li>Barutua ba tšoantšise litaba tsa thothokiso moo ho lumellehang.</li> <li>Barutua ba ngangisane ka litaba tsa thothokiso moo ho lumellehang.</li> <li>Barutua ba fane ka maikutlo holim'a litaba tsa thothokiso.</li> <li>Barutua ba fuputse litaba tsa sengoli (sebaka, lenyalo, thuto, mosebetsi, moetlo, bolumeli).</li> <li>Ka lihlotšoana, barutua ba amahanye litaba tsa bophelo ba sengoli le tse senoloang ke thothokiso.</li> </ul>	<p>sehlooho a ipapisitse le litaba tsa thothokiso.</p> <p>- tšoantšisa litaba tsa thothokiso moo ho lumellehang.</p> <p>- fana ka maikutlo holim'a litaba tsa thothokiso.</p> <p>- sibolla le ho tlaleha litaba tsa sengoli (sebaka, lenyalo, thuto, mosebetsi, moetlo, bolumeli).</p> <p>- amahanya litaba tsa bophelo ba sengoli le tse senoloang ke thothokiso.</p>	
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Qetellong ea sehlopha sa 11, barutua ba be ba ka:	Moko-taba, litsebo-ketso le makhabane	Tse ka etsoang	Se hlahojoang: tichere e hlahlobe tsebo ea morutoana ea ho:	Lisebelisoa
29. Manolla lithoko	<p><b>Moko-taba</b> Lithoko tsa: mohale, le tsa morena.</p> <p>Nalane ea lithoko (ho rokoa mang? Hobane'ng? leloko) Mekhabo-puo Tlhaloso ea liketsahalo.</p>	<ul style="list-style-type: none"> <li>Barutua ba fuputse nalane ea ea rokoang, mabitso a hae le mabaka a mabitso ao, sefate sa leloko; basali le bana.</li> <li>Barutua ba fuputse lintoa tseo ea rokoang a li loanneng le lilemo tsa tsona, le libaka tseo ho loanentsoeng ho tsona.</li> <li>Barutua ba ngole sesosa sa lintoa tseo ea rokoang a li loanneng.</li> <li>Tichere le barutua ba buisane ka tseo ba li fumaneng liphuputsong tsa bona.</li> </ul>	<p>- bolela/pheta nalane ea ea rokoang, mabitso a hae le mabaka a mabitso ao, sefate sa leloko; basali le bana.</p> <p>- bolela lintoa tseo ea rokoang a li loanneng le lilemo tsa tsona, le libaka tseo ho loanentsoeng ho tsona.</p> <p>- ngola sesosa sa lintoa tseo ea rokoang a li loanneng.</p> <p>- qolla 'me a ngole mabitso a</p>	TG

	<p>Makhabane le mahlale a fumanoang lithokong. Tse mpe tse lokelang ho qoja</p> <p><b>Litsebo-ketso</b> Ho: mamela, bua, bala, ngola, qolla, hhalosa, akaretsa, ngangisana, ahlola, tšoantšisa, manolla.</p> <p><b>Makhabane</b> Lerato la naha, Kaho ea sechaba Kholiso ea moruo Bokheleke</p>	<ul style="list-style-type: none"> <li>• Tichere e arole lithoko ka methangoana, barutua ba li phete ka hlooho ba be ba li manolle.</li> <li>• Barutua ba hhalose boleng ba batho ba hlahang lithokong ba ipapisitse le litaba tse hlahang lithokong.</li> <li>• Barutua ba qolle 'me ba ngole mabitso a ba hlahang lithokong le mabaka ao ba hlahang ka 'ona.</li> <li>• Barutua ba qolle mabitso ao ea rokoang a bitsoang ka 'ona le mabaka ao a fuoeng mabitso ao ka 'ona.</li> <li>• Ka lihlotšoana barutua ba qolle mantsoe a thata, ba ngole lithhaloso tsa bona, ba buisane ka tsona ka sehlopheng.</li> <li>• Barutua ba ntše mekhabo-puo lithokong, ba bolele mefuta ea eona, ba e hhalose ba be hhalose hore na e sebelisitsoe hobane'ng.</li> <li>• Barutua ba akaretse lithoko ka mela e 10-12 (mantsoe a 120).</li> <li>• Barutua ba hlahlobe lithoko ho fumana makhabane ao li a fetisang le limpet se lokelang ho qoja.</li> <li>• Barutua ba hlahlobe lithoko ho fumana litholoana tsa ntoa eo, le hore na ho ka be ho entsoe joang ho qoba ntoa eo.</li> <li>• Barutua ba hhalose litle le limpe tseo ba ithutileng tsona lithokong.</li> </ul>	<p>ba hlahang lithokong le mabaka ao ba hlahang ka 'ona (ba amana joang le ea rokoang).</p> <p>- hhalosa boleng ba batho ba hlahang lithokong a ipapisitse le litaba tse hlahang lithokong.</p> <p>- ntše mekhabo-puo lithokong, a bolele mefuta ea eona, 'me a e hhalose (a hhalose hore na e sebelisitsoe hobane'ng).</p> <p>- akaretsa lithoko ka mela e 10-12 (mantsoe a 120)</p> <p>- manolla makhabane ao lithoko li a fetisang.</p> <p>- manolla litholoana tsa ntoa eo le hore na ho ka be ho entsoe joang ho qoba ntoa eo.</p>	
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## TATAISO EA TICHERE

Sepheo: qetellong ea seholpha sa 11, barutuo ba be ba ka:	Malebela
<p>Lo 1. Bala seballoa-kutloisiso sa bolelele ba mantsoe a 600-700 ka sepheo sa ho qolla lintlha le ho etsa kakaretso.</p>	<p>Hlokomba hore seballoa-kutloisiso sena litaba tsa sona ke litaba tsa 'nete tsa bophelo. Ha se pale kapa phetelo ea lietsahala. Ke bohlale ho ela hloko litaba tseo e leng maikutlo a sengoli e le hore re se li nke e le linnete tsa bophelo. Mohlala oa liratsoana tse latelang ke mofuta oa seballoa-kutloisiso sena.</p> <p>Litsebi li re 'Mele oa motho o tšoana hantle le koloi e batlang ho tšeloa mafura le metsi, ekasitana le ho hlahloja na e ntse e phela hantle, esere ea pulukanya mong'a eona a sa itsepile.</p> <p>Motho o lokela ho hlokomba 'mele oa hae ka ho o koetlisa khafetsa. A koetle ho lekana matla a hae e le hore a se imetse pelo le mesifa. A etse joalo sebakeng se bulehileng a tsebe ho habola meea e hlokoang ke matšoaf. A noe metsi khafetsa a be a je lijo tse nang le molemo 'meleng.</p> <p>Ke bomali-mabe bo tšosang ho bona motsoali a foqa ngoana lijo tse mafura le tse tsoekerehali e ngata a re oa mo rata. Ngoana ea joalo ha a rongoe, o lutse fatše letšeare lohle ho thoe ke lerato athe ke lehloeo. Ka lebaka la ho se bapale, enoa seratu-ratu e ba petle-petlehali e leboluhali. Mafura le tsoekere li mo bakela mabelehali sefahlehong. Kaha le metsi oa a ila sekhethe, ntloaneng oa chakela. Joale mafu ke sentele ho eena mona. Mafehle-fehle ana a mafura a etsa hore motho a lule a khathetse, a sitoa le ho ingoaea. Mohla a ileng a chakela ntloaneng o utloa ho hlapa matsoho e le chaba se hole. O se a tatetse se eang ka hanong. Joale mafu! Letšollo! Lehlatso!</p> <p><i>Buisana le barutuo ka mantsoe le lipoleloana tse ba thatafallang e le ho lokisetsa ho ngoloa ha kakaretso.</i></p> <p><i>Mekhoa ea ho qolla lintlha tsa bohloko a ke e latelang:</i></p> <ol style="list-style-type: none"> <li>1. Ntša sesosa le litholoana litabeng tseo u li balileng.</li> </ol>

Sesosa	Litholoana
Ho se bapale	'Mele o motenya
Lijo tse mafura le tsoekere e ngata	Makhopho sefahlehong
Ho se noe metsi	Ho se ee ntloaneng hantle
Ho ja ka matsoho a litšila	Mafu; haholo-holo letšollo le lehlatso

2. Ngola kakaretso ea seratsoana se kaholimo ka mantsoe a hau, u sebelise lintlha tse kaholimo.  
\*\*\*Hlokomba hore tataiso ena ke ea Lo 1 le 2.

Hobane seratsoana sena hangata ke tšekatšeko, bonako ba sona bo ho bojoale. Hona ho bolela hore le kakaretso ea eona e lokela ho ngoloa ka bonako ba bojoale. **EMPA**, ho ka etsahala hore litaba tse ling li be ho bonako bo bong. **HA HO LE JOALO** le kakaretso e tla ba bonakong boo.

Hlokombela barutua ho sebelisa lihokelo kapa lipoleloana tse fapaneng hobane li na le matla a fapaneng a ho fetisa molaetsa. Mohlala: **Ho ekeletsa litaba tse seng li boletsoe**: hape, tse ling ke, kantle ho moo, kathoko ho moo, kaholimo ho tsohle...

**Ho bontša tlhahlamano ea liketsahalo**: Hang-hang, pele ho moo, kamor'a moo, qetellong, e sale sethathong, eaba.

**Ho kopanya taba le e 'ngoe kapa ho hlakisa taba**: ho hlakisa taba ena, mohlala, hona ho bonoa ka...

**Ho hlakisa litaba tse hanyetsanang**: Empa, ka lehlakoreng le leng, bang ba re, leha ho le joalo, 'nete ke hore...

	<p><b>Ho bapisa lintho tse tšoanang:</b> joaloka, ka ho tšoana...</p> <p>Hlokomela hore seballoa-kutloisiso sena u ka se sebelisa ho ruta moqoqo-tšekatšeko. Se qetele u se sebelise ho ruta kakaretso le moqoqo oo.</p>
	<p><b>Maqiti a ho arab a seballoa-kutlosiso se batlang moelego.</b></p> <p>Hlokomelisa barutuo a tse latelang:</p> <ul style="list-style-type: none"> <li>- bala lipotso pele ho litaba.</li> <li>- bala liratsoana ka ho li habanya pele.</li> <li>- ela hlko mokhoa oa mongolo o tataisang.</li> <li>- sehella mantsoe/ lipoleloana tseo ba utloang li le thata ha ba ntse a bala.</li> <li>- hlokomela bohlokoa ba ho bala potso ka kutloisiso; moo ho hlokoang lentsoe a fele a arabe ka lentsoe; moo a lokelang ho arab a ka lentsoe le nang le moelego o tšoanang le le sebelisitsoeng, a fele a fane ka lentsoe e seng poleloana.</li> </ul> <p>Tichere e eletsoa ho thusa barutuo a tse batlang moelego.</p> <p><b>Mehlala ea tse ka botsoang:</b></p> <ul style="list-style-type: none"> <li>- boleng ba baphetoa; kamano ea baphetoa; thhaloso ea mantsoe le ea lipolelo le lipoleloana; ho qotsa mantsoe a mophetoa; ho qolla mekhabo-puo, maele, maelana; ho fana ka mantsoe a lumellanang kapa a hananang.</li> </ul>

	<p>Lo 3. ntša liphoso litokomaneng tse ngotsoeng.</p> <p>Behela barutua matšoao a ho lokisa liphoso leboteng ka sehlopheng. Kamehla ha u laela barutua ho ngola halele, joaloka ho hlahluba buka, ho ngola moqoqo, ho ngola lengolo, ba fe na ba etse mosebetsi oo ba ela hloko lintho life haholo. Mohlala, e bang ba lokela ho hlahluba bongoli, hlalosa hore ba bue ka tšebeliso ea puo. E bang ba ngola athikele ba ngole sehlooho. Ha morutoana eo a itšoaea mosebetsi oo a o ngotseng, o lokela ho ela hloko ho hlahluba tseo potso e neng e re a li kenyelitse, joale a shebisisie na o fela a li kenyelitse.</p> <p>Kamehla hatella bohlokoa ba popeho ea puo hobane ke eona e ka thusang barutua ho itšoaea. Hape, poloko ea nako le eona e bohlokoa, haholo ha ba ngola moqoqo. Ba tloaetse ho emisa ho ngola ha ho setse metsotso e mehlano pele nako e fela, e be ba sebelisa metsotso eo ho intša liphoso.</p> <p>U ka sebelisa mosebetsi o liphoso haholo, ho thusa barutua ho ela hloko liphoso tseo ba lokelang ho li hlaola feela u lumellane le mong'a mosebetsi.</p>
Lo 8. sebelisa sefetoli ka nepo lipolelong.	<p><b>ketella-leikemisa (Preposition):</b> Taba ena e bohlokoa haholo popong ea leeketsi. Ea sa e eleng hloko a ka fosa le litaelo tsa leeketsi leo. Mohlala: holim'a, pel'a, tlas'a, ho, ha jj.</p> <p><b>Meelelo ea sere le mehlala:</b></p> <ul style="list-style-type: none"> <li>- 'mala            ttere!</li> <li>- monko           phu!</li> <li>- motsamao      latha!</li> <li>- mokhoa          nyaro!</li> <li>- sebolepho      be!</li> <li>- palo             to!</li> <li>- molumo         tšere!</li> </ul> <p>Hlokamelisa barutua hore sere se sebetsa ho latela bongata le sebaka. Mohlala sefate se le seng ha se mela re ke keng ra re se itse sipho! Empa re ka cho joalo ha li hlahile li le ngata. Re ke keng ra re a</p>

	<p>mo re maso! ka molamu monotong. Empa re ka sebelisa sere seo ha a otilioe thekeng kapa'meleng. Sere se sebetsa haholo ho ntlafatsa puo ea moqoqo.</p>
Lo 11. ngola moqoqo oa pale ka bolelele ba maqephe a 2–2½ (mantsoe a 350–500).	<p>Tikoloho:</p> <p><b>-Selelekela:</b> Ho ka etsahala hore kahar'a selelekela tikoloho e be sieo. Moo e leng teng, e ka hlalosa nako, sebaka le lisebelisoa.</p> <p>Ka mokhoa o mokhutšoanyane. Barutua ba hlokamelisoe hore selelekela se qalang ka, <b><i>E ne e le</i></b>, ha se hohele 'mali, 'me ba tataisoe ka mekhoa e fapaneng ea ho lelekela.</p> <p><b>-Bohare:</b> Mona tikoloho e ka fetoha, ea pharalla kapa ea sala e ntse e le eona eane ea mantlha.</p> <p><b>Mekhoa-kutlo:</b> pono, tatso, monko, kutlo, letlalo/kamo, maikutlo/kameho</p> <p>Tema:</p> <p><b>-Qalo:</b> Qalo e hlakileng ke moo mongoli a qalang ho pheta litaba kamor'a li lelekella.</p> <p><b>-Kholo:</b> ke ntšetso-pele ea litaba. Kaha se ngoloang ha se se lelele joaloka buka, taba ena e lokela ho isa mobali sehlohlolong kapele.</p> <p><b>-Sehlohlolo:</b> ke khubu ea taba 'me ke letšoao la pele la moqoqo o motlehali oa pale. Mona mobali o lokela ho ameha haholo ke litaba, haeba ke tse bohloko a hlabehe, haeba ke tse monate a utloe monatehali oo.</p> <p><b>-Phethelo (anti-climax) le qetello:</b> Mona mongoli o lihella litaba tsa hae. Ebang maikutlo a hae a ne a phahame, re lokela ho mo utloa ha a theoha a bile a theola le a mobali.</p> <p>Leha e se taba e kothaletsoang hore barutua ba ngole moqoqo ka lihlotšoana, e ka etsoa ha ho ntse ho koetlisoa barutua ho ngola moqoqo. Sehlotšoaneng ka seng, e mong a ka hlalosa chebahalo, e mong molumo, e mong monko, jj.</p> <p><b>-liratsoana:</b> Litaba tse kaholimo li hahoa ka liratsoana tse kopantsoeng hantle ka lihokelo le litšupane, tse sebelitseng maele le maelana, mekhabo-puo le puo e manoni .Seratsoana ka seng se lokela ho ba le</p>

	<p>lintla-kholo le lintlha tse e tlatsenag, 'me se hokahane hantle le tse ling ka tšebeliso ea lihokelo le litšupane.</p> <p><b>Puo:</b> Mongoli o sebelisa maele le maelana, mekhabo-puo le puo e manoni, hammoho le karaburetso ho hohela mobali moqoqong oohle.</p>
Lo 13. ngola moqoqo oa tšekatšeko ka bolelele ba maqephe a 2–2½ (mantsoe a 350–500	<p><b>Selelekela :</b> se lokela ho senola seo mongoli a tl'o bua ka sona 'me se be se hohele'mali.</p> <p>Moqoqo ona o totobatsa kutloisiso ea mongoli ka taba eo a ngolang ka eona. Mongoli ha a bile ha a etse khang, empa o sekaseka taba joalokaha e le joalo. Hona ho bolela hore ea ngolang mofuta ona oa moqoqo o lokela ho tseba hantle ka taba eo a ngolang ka eona. Lebaka ke hobane ha se moqoqo oa boiqapelo; ho sekaseko taba e tihileng, e teng.</p> <p><b>Lihlooho e kaba tse latelang:</b></p> <ul style="list-style-type: none"> <li>- Se ka etsoang ho fokotsa likotsi tsa mebileng naheng ea heno.</li> <li>- Pula ke mahlopha-a-senya.</li> </ul> <p><b>*Hlokomba hore ha u etsa lihlooho tsa moqoqo, u thusue barutua ho hlahanya moqoqo-tšekatšeko (Discursive) ho oa tlhalosi (Descriptive). U ka sebelisa lentsoe lena; <i>Hlalosa, Moqoqong</i> oa tlhalosi. Empa ha e le tšekatšeko e sala e le: Melemo le mathata a ho ithuta ka puo ea letsoele maemong 'ohle a thuto.</b></p> <p><b>*Hlokomba hape hore tšekatšeko e ka ba mahlakore a mabeli a taba, feela ha ho etsoe khang ka 'ona hobane ho buuoa ka taba e seng maikutlo a motho.</b></p> <p><b>Re ka ba le mefuta e latelang ea selelekela.</b></p> <p>a) <b>Ho qala ka pale ea seo ho ngoloang ka sona.</b>  <b>Mohlala:</b> <i>Batho ba iphetotse makhoba a marangrang.</i></p> <p>Litsebi li re taba ena ea marangrang e qalile e le mokhoa oo sesole se neng se buisana ka oona, empa kajeno, taba eo e ntle, ke mofetše o fetotseng ba bangata makhoba a oona.</p>

**b) Ho bolela maemo a taba eo lefatšeng kapa mafatšeng a mang.**

**Mohlala:** *Se ka etsoang ho fokotsa likotsi tsa mebileng naheng ea heno.*

Tlaleho ea mokhatlo oa lefatše oa bophelo, e supa hore ka selemo, bonyane ke batho ba ka holingoana ho milone ba timelang likotsing tsa mebileng lefatše ka bophara. Naheng ena ea Rantšo, e nang le baahi ba ka bang limilone li peli feela, teng likotsi tsa mebileng li hakanyetsoa ho makholo a mahlano a nang le metso ka selemo. Ebile naha ena e hlaha e le ea bomashome a mane a metso e robong ka likotsi tsena, lefatše ka bophara.

**c) Ho fana ka tlhaloso ea seo ho ngoloang ka sona.**

**Mohlala:** *Melemo ea lipapali.*

Ea nang le boloetse ba phallo ea mali e botsoa, o lokela ho bapala e le hore pelo ea hae e otle ka matla, joale mali a sututse ka matlanyana. Ea nang le phallo e phahameng ea mali eena, o chesa mafura a petelitseng methapo ka ho ikoetlisa. Ho bapala le ho ikoetlisa ke pheko e sa lefelloeng mathateng ana a bophelo.

**d) Ho fotela lintlha tseo ho tl'o ngoloa ka tsona.**

**Mohlala:** *Melemo le Mathata a morero oa metsi a lihlaba Lesotho.*

Morero oa metsi a lihlaba Lesotho o tlisitse melemo e mengata. Kahar'a eona re ka qolla e latelang: o ile oa hlahietsa bana ba Basotho mosebetsi, batho ba phelang libakeng tseo ba kenyetsoa motlakase, ba etsetsoa tsela ea letšoana, 'me le sechaba sa libaka tseo sa fumana metsi a hloekileng. Leha ho le joalo, masimo a Basotho a ile a nkoa ho etsa matamo, bao ho nkiloeng masimo le litša tsa bona, ba tlisoa mabalane moo ho seng masimo ao ba iphelisang ka 'ona.

Lo 14. Ngola moqoqo oa khang ka bolelele ba maqephe a 2–2½ (mantsoe a 350–500)	<p>Tataisa barutua ho ngola moqoqo ona ka mekhoa e meraro: ba nyebekolle mahlakore a taba kaofela; kapa ba tšehetse lehlakore le le leng. Ha ba tšehetsa lehlakore le le leng, esita le ha ba tšehetsa ba lokela ho hlakisa e sa le qalong hore na ba lehlakoreng lefe; kapa ba ruthuthe lehlakore leo ba hananang le lona ka ho fana ka mabaka a toma a le reselang. Mona ke moo ba bolelang ntlha ea lehlakore leo ba phehang khang le lona ebe baa le hanyetsa ka mabaka a kholisang.</p> <p>Selelekela se lokela ho fa 'mali leseli ka khopolo ea mongoli.</p> <p>Tichere e hlokomelise barutua hore ha ba ngolle eona e le motho, kahoo ba fane ka maikutlo a bona ba phutholohile empa ba sebelisa puo e hloekileng.</p> <p>Tichere e be seli ka litaba tsa morutoana tse qosang hore a hlabolloe.</p> <p>Tichere e hlokomelise barutua hore seratsoaneng sa ho qetela morutoana a ka thetha litaba tsa hae ka ho pepesa lehlakore leo a le tšehtsang; kapa a bontša hore taba eo a buileng ka eona e hloka lipatisiso; kapa a bontša hore maikutlo a batho a laoloa ke kholiso le tumelo.</p> <p>Khokahanyo ea litaba e kenyeltsa tšebeliso e nepahetseng ea lihokelo le lipoleloana tse kopanyang lipolelo le liratsoana. Barutua ba lokela ho koetlisoa haholo ka tšebeliso eo e le hore ba fele ba fetise melaetsa ea seo ba se <i>bolelang</i>. Khokahanyo eo e ka sebelisoa ho bontša hore:</p> <ul style="list-style-type: none"> <li>• mongoli o maikutlo a mabeli. Mohlala: <b>Leha ke itse...'nene e sale....</b></li> <li>• mongoli o hlakisa hore ha a lumellane le taba eo batho ba bangata ba lumellanang le eona. Mohlala: <b>Tabeng ena ke mokhelo hobane ke lumela ruri hore...</b></li> <li>• mongoli o hlakisa le ho ruthutha lehlakore leo a sa lumellaneng le lona. Mohlala: <b>Ha motho a re bana ba banana ba se ke ba rutoa mehleng ee, o re ke mang ea tla ba hlokomela ha ho bonahala mehla e fetohile hakaale? Likhaitseli tsa rona lia nyaloa kajeno, hosane li se li hlaloa kapa li hlekefetsoa ke bona bana bao re neng re hopotse hore ba tla li phutha.</b></li> </ul>
Lo 15. Ngola lengolo la setsoalle la bolelele ba maqephe a 1½ ka mantsoe a 200–300.	<p>Ela hloko hore ha barutua ba ngollana mangolo, u a bale pele a fetela ho beng ba 'ona e le ho qoba litaba tse sa amoheleheng.</p> <p>Ha barutua ba se ba ile ba ngollana ka poso, ba ka iketsetsa lionfolopo, 'me tichere ea 'na ea sebetsa e</p>

	<p>le mohokahanyi ka ho bala mangolo ao pele a fetela ho beng ba 'ona.</p>
Lo 16. Ngola lengolo la tšebetso la bolelele ba maqephe a 1½ ka mantsoe a 200–300.	<p>Lengolo la tšebetso le ka ngoloa ka mabaka a fapaneng. Le ka ngoloa ha mongoli oa lona a lakatsa ho fetisetsa litaba tse itseng sechabeng ka koranta (Lengolo le eang ho mohlophisi) kapa a ttlela/rorisatba e itseng e entsoeng ke koranta. E ka ba lengolo la kopo ea mosebetsi, la kananelo, ngongoreho, kopo ea tšoarelo le ho mema motho oa boemo bo khetheleng.</p> <p>Thusa barutua hore ha ba ngola mangolo ana a tšebetso ba se tebe haholo ka tšebeliso ea puo e manoni esere ea senya/ fokolisa/ fifatsa molaetsa.</p> <p>Hlokamelisa barutua hore lintlha tsa tataiso tseo ba li filoeng, ba ka li hlophisa bocha hore litaba tsa bona li latellane hantle. Mehlala ea mefuta ena ea mangolo e fumaneha qetellong ea tataiso ea tichere.</p> <p><b>Sehlooho se ngoloa ka litlhaku tse kholo 'me ha se sehlooe.</b></p> <p>Khothaletsa barutua ho iketsetsa maselinyana a sekolo.</p> <p>Letsatsi: La 30 Phuptjane 2020 – <b>Khoeeli e ngoloe ka lebitso la Sesotho.</b></p> <p>Aterese: P.O. Box 12 / Box 12</p> <p>Maseru 100 - <b>Nomoro (code) ea poso e be e nepahetseng.</b></p> <p><i>U ka sebelisa marangrang ho iphumanela linomoro tse nepahetseng tsa liposo tsa Lesotho.</i></p> <p>LIKAROLO TSA TLALEHO:</p> <p>Lilaterese, tumeliso, sehlooho, selelekela, (mang, kae, neng, eng) bohare, seratsoana sa qetello le motekeno.</p> <p>*** Aterese/lilaterese tsa ea ngolang le ea ngolloang li laoloa ke potso hobane potso ea hlakisa na karabo e qaloe joang/ kae. Ha re ntse re ruta tlaleho ka sehlopheng, re lokela ho ngola liaterese tse peli.</p>

	Litšeloa tsa tlaleho: boemo ba ea tlalehang, lebaka leo ho tlalehoang ka lona, maemo a litaba ka nako eo tlaleho e etsoang le qetello e totobatsang tharollo, kopo, teboho, kothaletso kapa boeletsi.
Lo 18. ngola puo maemong a khethelileng ka bolelele ba leqephe kapa maqephe a 1½ (mantsoe a 200–300)	Hatisa puo ebe u e mamelisa barutua. Ekaba ea morena oa sehlooho, oa sebaka kapa Ramotse. E le ho ikoetlisa, barutua ba ka etsa tšoantšisa ba etsa puo motseng, makhotleng a mathomo, a puso ea libaka, mabatooeng kapa makhotleng a setereke (Ba e ngole joale ba e etse ka bokheleke le tšebeliso ea puo e loketseng maemo). Ho na le phapano ea tatellano ea boholo ha batho ba bua leha ba lumelisoa ke motho ea etsang puo. Seratsoana sa selelekela se hlakisa sepheo sa puo. Qetello ea litaba sebui, se etsa boipiletso kapa keletso. Moo letona le leng teng ha ho etsoa puo, le hlomphuoe. Sebui se lokela ho hlokomele hore puo ea hae ha e siee batho bao a buang le bona. e.g Bo 'me' le bo ntate le lona bana, re tla hopola hore, .... A se ke a bua a ipuella a hlokomele hore o emetse sehlopha se itseng. Ngoana a eme a otlolohile, a bue ka lentsoe le utloahalang a shebile batho bao a buang le bona.  Ha re bua ka mokoallo re bolela taba e kang, <b>Khotso! Pula! Nala!</b> Kapa, <b>kea leboha</b> .
Lo 19. ngola athikele ka litaba tse fapaneng tse amang bophelo ba sechaba ka bolelele ba maqephe a 1½ ka mantsoe a 200	Litaba tse ngolloang leselinyana li ngoloa ke moqolotsi oa leselinyana leo, kahona ke tlaleho ea litaba tse etsahetseng. Ke kahona li nang le moqolotsi oa litaba tseo, sebaka le letsatsi la lietshala. Ha li na liaterese hobane boemong bona re sebelisa litaba tse qololitsoeng ke moqolotsi oa pampiri eo. Litabeng tsena moqolotsi haa hlahise maikutlo a hae, u li pheta joalokaha li etsahetse, ebile ke bohloko a ho qotsa batho bao a ba botsitseng. Joale, morutoana o ngola joaloha e-ka ke eena moqolotsi.  *Batho ba qotsoang ebe batho bao litaba tse tlalehoang li ba amang ka kotloloho.
Lo 20. ngolla mohlophisi oa leselinyana ka litaba tse fapaneng ka bolelele ba mantsoe a 200.	Lengolo le eang ho mohlophisi mongoli a ka ngola ka: <ul style="list-style-type: none"><li>• litaba tse arabang tse neng li ngotsoe pampiring eo, joale mobali a thoholetsa litaba tseo kapa a ipelahetsa ka tsona a bile a hlahisa maikutlo a hae.</li></ul>

	<ul style="list-style-type: none"> <li>• taba e mo tšoenyang e teng bophelong ba hae. Mona re bona maikutlo a mongoli hobane o hlalosa se mo tšoenyang kapa se mo khahlileng.</li> </ul> <p>Qetello: <b>Ngoana o ngola lebitso la hae ka botlalo 'me le lateloa hang ke;</b> sebaka kapa sehlopha seo a leng ho sona. Haeba:</p> <p>a) leselinyana kapa makasini e le oa sekolo, ho ngoloa sehlopha sa morutoana jk.</p> <p>Lineo Nkuebe</p> <p>C2</p> <p>b) leselinyana kapa makasini e le oa hae (local)</p> <p>Mathabo Motsoahae</p> <p>Maseru</p> <p>c) leselinyana kapa makasini e le oa machaba</p> <p>Mohau Mohlomi</p> <p>Lesotho</p>
Lo 21. lokolisa mekhoa e amohelehehang ea ho boloka le ho boulela likamano.	<p>Lo 19 le 20 li lokolisa mekhoa e amohelehehang ea ho boloka le ho boulela likamano le ho tšeletsana.</p> <p>Melaoana ea kemaro: u se tsamaee sakeng; ho se kute moriri; ho se khutle monyako; ho se potoe kamorao; ho se cheche; ho se roke; ho se robale le motšeare;</p> <p>Tlhokomelo: lipitsa; ho bipisa (khoeetsa)</p> <p>Mekhoa ea ho reha ngoana lebitso: liketsahalo, thehhello (ho fana ka lefutso/ fuoa lebitso la ngaka ea 'm'ae), maemo.</p>

	<p>Boholoka ba kanyeso: mokhoa oa ho thibela pelehi; ho etsa bana ba phetseng hantle.</p> <p><b>Maele a amanang le ngoetsi le mokhoenyana:</b></p> <ul style="list-style-type: none"> <li>- ngoetsi e ngalla motšeо</li> <li>- mokhoenyana bohoeng ke sebabatso</li> <li>- sa bohoeng se ratha se iname</li> <li>- monyala-ka-peli o nyala oa hae</li> </ul> <p><b>Maele a mang a buang ka litaba tsa ngoana.</b></p> <ul style="list-style-type: none"> <li>- Khomo boela haeno u holile.</li> <li>- Ngoana e moholo ke thaka ntat'ae.</li> <li>- Serata ngoana ke serata 'm'ae.</li> <li>- Ho hlaba le pele ho hlaba le morao.</li> </ul>
Lo 22. Hlalohanya mekhoa e fapaneng ea ho hlokamelana le ho tšehtsana bophelong	Kopa basebeletsi ba tsa bophelo ho fana ka tsebo ea melemo le mathata a ka bakoang ke ho se anyese ka nepo. Melemo eo ke e kang, ho khina pelei le ho thibela mafu kapa ho a laola.
Lo 23. hhalosa litsebo le mekhoa eo ngoan'a Mosotho a ithutang eona ka lapeng, lithakeng tsa hae le sechabeng.	<p><b>Lipapali le melemo ea tsona</b></p> <p><b>Liketo:</b> ho bala, ho chorisa ho tsepamisa maikutlo</p> <p><b>Liketoana;</b> ho: bala, itlosa bolutu, ntlafatsa pono ea mahlo; chorisa kelello, ba seli, aha moea oa tlholisano, aha mamello le mamellano, ho amohela tlholo, aha tšebelisano, aha setsoalle.</p> <p><b>Morabaraba;</b> ho ntlafatsa boinahano bo tebileng; aha tlotlo-ntsoe, aha mamello le mamellano, ntlafatsa bokheleke, tlosa bolutu, chorisa kelello/ hlabolla</p> <p><b>Seqata-majoana:</b> E tiisa pelo; E koetlisa ho nepa; E koetlisa ho qoba; E koetlisa sefutho</p>

	<p><b>Ho <i>kalla</i>:</b> Ho koetlisa kelello e chatsi, Ho koetlisa ho loana le ho itšireletsa</p> <p><b>Cheko:</b> Ho koetlisa ho bala, ho latela melao, ho koetlisa 'mele</p> <p><b>Ho <i>khoasa litali</i>:</b> Ho ikhoantrella, ho bala, ho hlosana, leihlo le nchocho, ho nepa, ho tlosa bolutu</p> <p><b>Karete:</b> bokheleke ba puo, e u ruta ho bala, leihlo le nchocho</p> <p><b>Khati:</b> ho bala, puo, ho koetlisa 'mele, tšebetso-'moho, tlholisano</p> <p><b>Lesokoana:</b> Ho rapella pula, ho tlosa bolutu, boikoetliso, ho aha setsoalle, ho aha tsebano, ho koetlisa maqiti.</p> <p><b>Lilotho:</b> Ho tlosa bolutu, ho inahana kapele, ho ba seli, tlholisano ea puo</p> <p><b>Mantloane:</b> Ho koetlisa bophelo ba malapeng le kamoo ba lebeletsoeng ho itšoara kateng, mesebetsi ea malapeng, sebetsa 'moho, ho tataisana/ eletsana, e hlaphola maikutlo a ba utloileng bohloko, puo</p> <p><b>Mohobeloa:</b> bokhabi, setsoalle, bokheleke, tšebelisano, tlholisano, pina</p> <p><b>Mokhibo:</b> Ho itlosa bolulutu, ho ikoetlisa</p> <p><b>Selialia/ sephumula/ tenye/ senyamo:</b> monyetla oa ho ikhethela mohlankana eo a ratang ho nyaloa ke eena,</p> <p><b>Serobolela:</b> Ho itlosa bolutu Liila li holisa tumelo, li ruta boitšoaro ebile li holisa boitimo.</p>
Lo 24. hlahanya mekhoa ea boipheliso le phelisano.	<p><b>Sebelisa litaba tsena ho hlokamelisa barutua mekhoa eohle ea ho iphelisa.</b></p> <p><b>Sebelisana le tichere ea thuto ea temo ho hlahosa litaba tsa temo.</b> Mekhoa e fapaneng ea temo, mathata le melemo ea eona. Ha re bua ka methati e fapaneng ea temo re bua ka, ho phethola, ho ekha, ho kofola, ho tesa, ho jala (ka feisi kapa polantere) ho hlaola, ho tšella seboko, ho kotula, ho pola le tse ling. Teba ka mekhoa ea ho etsa mesebetsi ena, mathata le melemo ea eona e fapaneng.</p>

	<p><b>Litaba tsa mafisa, tšimo ea lira, seahlolo, matsema, phapanyetsano ea thepa le tšebeletso le ho fana.</b>- ke litaba tseo u lokoleng ho li toboketsa e le ho hlokomelisa barutua hore, ho kopanya matsoho, ho arolelana, le ho etsa makhabonthithi a hore bana ba motho ba arolelane hloohoana ea tsie, ke botho bo khothaletsoang, bo bileng bo etsang bophelo bo monate bo hlokang littoli tsa molao hoba bohole ba khotše.</p> <p><b>Tšomo ea Mosimoli le Mosimotsana e re hlokomelisa tse latelang:</b></p> <p><b>Re lokela ho bolokela kamoso, re se obele tsohle ka nako e le 'ngoe.</b>- Bohlale bona re bo bona ka batsoali ba Mosimoli le Mosimotsana ba bolokileng mafi ka thulareng e kholo. Letsete ha lea lokela ho thetsoa ho fihlela nako eo le e baletsoeng. Ea etsang joalo o le sitisa ho tsoala joalokaha le lebeletsoe.</p> <p><b>Litaba tsa lefa li baka likhathatso, lintoa le lipolaeano ha li sa sebetsoe ka ho nepahala.</b>- Mosimoli o khutla bohali, o fihla a itjella mafi a ka thulareng e kholo empa a tseba hantle hore ha a lokela ho a tšoara. Mohlomong ke hobane a tseba hore ke eena e moholo, joale o etsa seo Mosimotsana eena a sa se etseng hobane a le monyane. Tsona litaba tsena tsa boholo/mafa li bakile lintoa le lipolaeano. *****Thusa barutua ho etsa liphuputso tsa phetesitsano ea lefa ka molao oa Lerotholi/Borena/moetlo le ka molao oa Sekhooa. Ke bohlale hape ho mema setsebi sa tsa molao ho tla hlakisetra barutua ka litaba tsena tsa mafa.</p> <p><b>Ho fana.</b>- Ha re ka ra tlaoela ho fana le ho arolelana seo re nang le sona , bophelo bo tla re natefela. Leha a fositse molao hakalo, Mosimoli o ile a ja le ngoan'abo ha a qeta ho fehla thulare e kholo.</p> <p><b>Nka monyetla oa ho bua le barutua ka ho rata le ho labalabela tseo ba sa lokelang ho li etsa ka kakaretso. Mohlala, ho utsoa makoloi a batsoali ao hangata a ba bakelang mafu.</b></p> <p>**** Hlokomela hore ka har'a Lo ena , ho na le moo ban aba ngolang moqoqo.Hlokomela ho ba hopotsa ka mekhoa e nepahetseng ea ho ngola meqoqo eo e hlhang ka mona.</p>
Lo 25. lokolisa litaba tsa linnete tsa bophelo le tharollo ea mathata.	Mema litsebi tsa tsa bophelo ho tla hhalosa kotsi ea koae le lithethefatsi, mathata a boimana ba bana ba tlaase lilemong, mafu a likobo a tšoaetsanoang ka thobalono, motsoali ho hhalosa tlontollo le mathata a bakoang ke ho ima pele ho lenyalo lelapeng la ngoana ea immeng/ imisitseng; le sepolesa ho tla hhalosa tšusumetso lithethefatsi littolong tsa molao.

Lo 29. manolla lithoko	<p><b>Ha re manolla lithoko re hlahloba</b> nalane ea lithoko; ho rokoa mang? Hobane'ng? Leloko, mekhabo-puo, tlhaloso ea liketsahalo le mantsoe. Kaholimo ho tsena tsohle, re lokela ho hlahloba makhabane a ea rokoang kapa a batho ba hlahang lithokong tsena. Re hlahloba litaba tsa tharollo ea mathata, likamano tsa batho, tsa malapa le tsa linaha. Litaba tsa bophelo (social issues) le mahlale ao re ka ithutang 'ona ho tsoa lithokong ke lintho tseo re lokelang ho li ela hloko ha re manolla lithoko. Kamohlomong ha ho ntse ho qhaqholloa lithoko kapa thothokiso ho hlaha mekhabo-puo e sa ngoloang kahar'a lenaneo-thuto, e hlalosetsoe barutua.</p>

### Tšebeliso ea puo

**Kamehla potso ena e lokela ho ba le maretlo-puo ohle 'me a hlahlolloe ka mokhoa o latelang e le ho etsa linepo tse leshome.**

Lereho  
 Seemeli-tu  
 Seemeli-phafu  
 Sephafi  
 Leetsi  
 Boemo  
 Leeketsi  
 Sere  
 Sehokelo  
 Lekhotsa

**\*\* Ho se phetoe leretlo-puo habeli, hape ha ho bolele hore tatellano ea maretlo puo e be ena kamehla. Hopola hore seratsoana se be le mantsoe a 120.**

**Mohlala oa taba e kaholimo.**

Tlatsa likheo ka maretlo-puo a bontšitsoeng ka masakaneng.

- a) \_\_\_\_\_ (**lekhotsa la semelo**)! ke ne ke qala ho makala (b) \_\_\_\_\_ (**keketsso mokhoa e boploeng ka kutu tlhakiso**). Ke lumela hore le batho ba neng ba nchebile ba ile ba bona hore ke maketse. E ne e ile eare ha (c) \_\_\_\_\_ (**leetsi**), ra fumana (d) \_\_\_\_\_ (**lereo la sehlopha sa pele le bopiloeng ka kutu-ketso**) holim'a ntlo (e) \_\_\_\_\_ (**sehloai-potoloho-keketsso sebaka**). Re ile ra hlaba mokhosi (f) \_\_\_\_\_ (**sehokelo**) batho ba bokana. O theohile moo a se a itse (g) \_\_\_\_\_ (**sere**)! motho eo, hoo (h) \_\_\_\_\_ (**seemeli-tlhakiso**) ba ileng ba mo qenehela. Ke ne ke ee ke re (i) \_\_\_\_\_ (**boemo-thuo**), empa khalefo eo ke ileng ka e halefa, e ile ea etsa hore (j) \_\_\_\_\_ (**seemeli-tu**) leha ho ka thoe a tetekoe, ke tla ba oa pele ho mo khahlola.

### Karabo

(a) **Khele**! ke ne ke qala ho makala (b) **hakaalo**. Ke lumela hore le batho ba neng ba nchebile ba ile ba bona hore ke maketse. E ne e ile eare ha (c) **re tsoha**, ra fumana (d) **moloi** holim'a ntlo (e) **eo nkhone a robalang ka ho eona**. Re ile ra hlaba mokhosi (f) **'me** batho ba bokana. O theohile moo a se a itse (g) **potlololo**! motho eo, hoo (h) **ba bang** ba ileng ba mo qenehela. Ke ne ke ee ke re (i) **ke na le mohau**, empa khalefo eo ke ileng ka e halefa, e ile ea etsa hore (j) **eena** leha ho ka thoe a tetekoe, ke tla ba oa pele ho mo khahlola.

## **Mohlala oa boitlhaloso ka bokhutšoanyane**

### **BOITSEBISO BA LEETO LEBITSA**

**1. Boitsebiso**

Fane:	Lebitsa
Mabitso:	Leeto Bernard
Tlhaho:	12 Tlhakubele 2000
Bochaba:	Mosotho
Boleng:	Botona
Aterese:	Box 56
	Pitso Ground 102
	Lesotho
Nomoro ea mohala:	+266 45678910
Email:	lebitsabl@gmail.com

**2. Thuteho**

Sekolo	Lengolo	Lilemo
Makhaola Primary	PSLE	2006-2011
Bocheletsana Secondary	J.C.	2012-2014
Senyokotho High	LGCSE	2015-2016

3. Boiphihlelo  
Morekisi lebenkeleng Phuptjane & Tšitoe, 2014  
Ho qhoba koloi e nyane Tšitoe 2016

4. Lithahasello:  
Bolo ea maoto  
Lingangisano

5. Ba u pakang  
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## MOHLALA OA LENGOLO LE HLAHISANG TOKOMANE

Box 56

Pitso Ground 102

La 22 Pherekong 2020

Mookameli  
Matjoing Department Store  
Box 235  
Mafeteng 900

Monghali

KOPO EA MOSEBETSI

Ke balile koranteng ea Tsiboho ea Senqu ea la 20 Pherekong, 2020 moo ho phatlalalitsoeng sekheo sa mosebetsi oa morekisi khoebong ea hao.  
Ke kopa mosebetsi oo.

Ke qhoaletse boitsebiso ba ka bo bokhutšoanyane lengolong lena.

Ka boikokobetsos

*LBLebitsa*

Leeto Bernard Lebitsa

## Tšomo

MOSIMOLI LE MOSIMOTSANA

MOSIMOLI LE MOSIMOTSANA

Thulare ke pitsa e kholo, thulatšana ke e nyane. Bana babo tsona ke Mosimoli le Mosimotsana. Ba re Mosimoli o ile a tloha ha hae, a etela habo. A fumana 'm'ae le ntat'ae ba le sieo e le Mosimotsana feela. A re ho Mosimotsana, "Mè' o ile kae?" Mosimotsana a re, "Ba ile pineng ea moholokoane-oa-seomile-leleme." Mosimoli a re, "Ha ho lijo tse jeoang?" Mosimotsana a re, "E! Ha ho lijo tse jeoang." Mosimoli a re, " 'Mè' ha a ka a fehla thulare e kholo?" A re, "Che! Ha aa ka a e fehla."

A re, "Thulatsana eona?"

A re, "Che! Le eona ha ea fehloa."

Mosimoli a kha metsi, a hlapa, a hlapa, a hlapa, a fehla thulare, a e beha har'a ntlo. A e fehla, a e fehla, a e fehla. A ntša mafura a a beha mane, a nka lisu a besa mollo. A nka mafura a a apeha ifo, a kha mofehlo a apeha motoho. A tšola mafura, a a tšolela mafisong, a tlala, a nka bohoko a bo tšela motohong, a re ho Mosimotsana, tloho re tlo ja." Ba ja, ba ja, ba ja, ba qeta. A koahela mafura ane a 'm'ae; a a koahela hantle. A nka metsi a hlatsoa thulare a e beha mane a re, "Joale kea tsamaea Mosimotsana, ke ea haeso." Eaba oa tsamaea o ea ha hae.

Bo-'m'ae ba fihla. 'M'ae a re, "Mosimotsana, thulare e fehliloe ke mang?" A re, "Ke Mosimoli." A omana le bosiu bohle. Hosasane a tsoha mosali enoa, a nka mabele a inetsoeng ka nkho a a beha kantle. A nka a mang a a beha kantle. A nka a mang, a nts'a omana. A nka mohoma, a cheka sekoti se selelele, a ntse a omana. A re, "Mosimotsana, tsamaea u e'o bitsa Mosimoli; u re kea mo bitsa." Mosimotsana a ea, a fihla a re, "Mosimoli, 'mè oa u bitsa." Mosimoli a 'motsa a re, "Mosimotsana! 'me' ha a ka a omana?" A latola. O itse ka pheta, "Kea u rapela hle 'nake! 'mè ha a ka a omana?" A latola a re, "Che! 'mè ha aa omana." Ba tsamaea. Ha ba le tseleng a 'ha a mo botsa hape a re, "'m'e ha aa ka a omana?" A 'na a latola.

Ba fihla hae. 'M'ae a re, "Mosimoli, nka mabele ao a ka u a inole, u nke tše, u e ale ka sekoting." A e nka a e ala ka sekoting. A nka nkho e kholo e nang le mabele, a e neheletsa Mosimoli a le ka sekoting. Eitse Mosimoli ha a re o e beha fatše, a mo re pupe! ka mobu. A mo khoba, a mo khoba, a mo khoba ka lejoe la 'molo, a mo etsa lerole a mo kopanya le mabele.

A nka seroto a ola mobu ona, a o roala, a o lahlela letšeng le pel'a seliba. Koen a mo bopa ka metsing, ea mo bopa, ea mo bopa, ea mo bopa. Ea boela ea e-ba Mosimoli hape.

Ka mohlomong banana ba bang ba re, "Mosimotsana ha re eeng selibeng." A nka nkho a ea le banana ba bang selibeng. Ba fihle ba khelle, ba khelle linkho li tlale, ba lule ba 'ne ba bapale, ba bapale, ba bapale. Ba re, "Mosimotsana, ha re eeng hae, tsatsi le liketse," Ba nke linkho tsa bona,

ba li roale. Ha Mosimotsana a re o nka ea hae nkho, e hanelle fatše. Banana ba bang ba role tsa bona, ba re ka bokanelia ea Mosimotsana, baa e kakasa, ba re ba 'meha eona hloohong, e hanelle fatše. Ba re, "A! Thotsela tsa 'm'ae li e tšoere." Ba nyolohe ba ee hae, a sale moo.

Ngoan'abo a hlahe a tsoa metsing, a ikokotlela ka lere la hae la tšepe. Etlare ha a e-tla a re,

*Ke thulare e kholo, Mosimotsana,  
Ke itse ke ile bohali, Mosimotsana,  
Oa nkakela leshano, Mosimotsana,  
Eena 'm'ao eo, Mosimotsana,  
A nkhaba, a nkhaba, Mosimotsana,  
Ka lejoe la 'molo, Mosimotsana,  
Koena ea mpopa, ea mpopa, Mosimotsana.*

A qhale metsi a ka nkhang ea hae, a luke a ka selibeng, a a luke, a a luke, a a luke. A re, "nka u eo apehela ntat'ao le 'm'ao ba je." A khutlele ka metsing Mosimoli a ntse a ikokotlela ka lere la hae la tšepe.

Ha a fihla hae a role metsi. 'M'ae a 'motse a re, "Mosimotsana, u n'u nts'u llela'ng?"

"Mè, ke ne ke sa lle."

"Uena eba u tla u khile metsi a mabe, a seretse, molato ke'ng?"

"A lukiloe ke mamamane." 'M'ae a khutse. Ba apehe, ba je, ba robale.

Ere hosasane ba ee masimong, banana ba 'mitse hape ba re, "Mosimotsana, ha re eeng selibeng." A nke nkho a ee le bona. Ba khelle, ba khelle, ba khelle, ba behe linkho, ba bapale. Ba re, "Mosimotsana, ha re eeng hae, tsatsi le liketse. Ba fihle ba nke linkho tsa bona kaofela, ba roale, a sale. A re ka re oa e safola, e hane ho ea hloohong. Banana ba bang ba role tsa bona, ba re baa e bokanelia, baa e kuka, e hane. Ba re, "Jooo! Thotsela tsa 'm'ae li e tšoere; ha re tsamaeeng."

A hlahe ngoan'abo, a tsoa metsing, a ntse a ikokotlela ka lere la tšepe, a re,

*Ke thulare e kholo, Mosimotsana,  
Ke itse ke ile bohali, Mosimotsana,  
Oa nkakela leshano, Mosimotsana,  
Eena 'm'ao eo, Mosimotsana,*

*A nkoba, a nkoba, Mosimotsana,  
Ka lejoe la 'molo, Mosimotsana,  
Koena ea mpopa, ea mpopa, Mosimotsana.*

A mo otle ka lere la tšepe, a a lube, a a lube, a a lube, a re, "Nka u nehe ntat'ao le 'm'ao ba je." A boele metsing.

Mosimotsana a roale, a khutlele hae. 'M'ae a re, "Mosimotsana, u n'u nts'u llela'ng?" A khutse tu! "Mosimotsana, u khutsets'ang ke ntse ke u botsa?" U khutsetsa'ng ha u otile hakaale"?

"Kea be ke ntse ke otloa ke Mosimoli".

"Mosimoli a u otla a le kae ke 'molaile?"

A re, "O letšeng lane le pel'a seliba. Kamehla ha ke ile selibeng le banana ba bang, nkho ea ka e hanella fatše. Banana ba bang ba role tsa bona, ba re baa nthoesa, e hanelle fatše, ba be ba nyolohe ba tle hae, joale ebe Mosimoli oa tla, o tla a ikokotlela ka lere la tšepe. A tle a ntse a re,

*Ke thulare e kholo, Mosimotsana,  
Ke itse ke ile bohali, Mosimotsana,  
Oa nkakela leshano, Mosimotsana,  
Eena 'm'ao eo, Mosimotsana,  
A nkoba, a nkoba, Mosimotsana,  
Ka lejoe la 'molo, Mosimotsana,  
Koena ea mpopa, ea mpopa, Mosimotsana.*

'M'ae a re, "Eu ngoanaka?"

A re, "E!" Ba bolella ntat'ae. Eitse hosasane, ntat'ae a ea selibeng seo ho ea lalla. A kena lihlahleng, a ipata teng letsatsi lohle. Ba tla hee banana ba bang, "Mosimoli ha re eeng selibeng." A nka nkho, a ea le bona. Ba fihle ba khelle, ba khelle, ba khelle. Ba 'na ba bapala, ba bapala, ba bapala. Ha re tsamaeeng, re eeng hae, letsatsi le liketse. Ba nke linkho tsa bona, ba li roale, ea hae e hanelle fatše. Ba role, ba e bokanele, e hane. Ba re, "Thotssela tsa 'm'ae li e tšoere." Ba tsamaee, a sale moo. A hlahe Mosemoli a ntse a ikokotlela ka lere la hae la tšepe, a re:

*Ke thulare e kholo, Mosimotsana,  
Ke itse ke ile bohali, Mosimotsana,  
Oa nkakela leshano, Mosimotsana,  
Eena 'm'ao eo, Mosimotsana,*

*A nkhoba, a nkhoba, Mosimotsana,  
Ka lejoe la 'molo, Mosimotsana,  
Koena ea mpopa, ea mpopa, Mosimotsana.*

Eitse ha a re o mo otla ka lere, ntat'ae a re, "Oho ngoan'a ka, kea u rapela."

"Ngoan'a hao ke mang? Le ne le mpolae. 'Na ke ngoana koena. Le mpolaela lebese. 'Na ntate le 'me' ke kuena. Eaba oa khutla, o boela metsing. Ntat'ae a nyolohela hae, a fihla a bolella 'm'ae. 'M'ae a re, "Oe!" A re, "Ke eena ke eena, o nts'a le joalokaha u mo tseba." Ntat'ae a ntša likhomotse ngaaaaaaaata, a li bokella, tsa khanno, tsa isoa letšeng la koena. Ha bokana likhomotse batho. Eaba koena ea tsoa e re, "Taba ke life?" Ntat'ae a re, "Ke tl'o lopolla ngoan'aka, morena."

Koena ea khutlela ka metsing, ea ea buisana le Mosimoli. Mosimooli a lumela. Eaba koena ea tsoa, ea fihla ea re, "Li liheleng!" eaba baa li khanna, tsa teba kaofela kahar'a boliba ba metsi. Ea kena, ea ea, ea ea, ea ea, ea ea. Ea hlaha e nkile moseme, ea fihla ea o ala. Ea khutla, ea fihla ea nka liphahlo, likobo, lifaha, mefitšana, ea fihla ea bokella holim'a moseme ona.

Ea khutla, ea boela ea ea motsotsonyana. Ea hlaha le eena a nts'a ikokotlela ka lere la hae la tšepe. Eaba koena e re, "Ke enoa ngoan'a ka, le tle le 'molaee hape." "Ha ba ka ba u bolaea, u khutlele koano ho 'na, ke tla u amohela." Ea mo fa likhomotse ling, ea mo fa le pelesa ea ho bofa liphahlo tsa hae, eaba hosesane o feta a se a ea ha hae bohali ba hae.

Ke tšomo ka mathetho.

*Adapted from Litšomo tsa Basotho buka ea pele.*

**Hlokomela hore barutua ba nang le bokooa ba pono ba lokisetsoa se tl'o baloa ka mongolo oa bona (braille), kapa mongolo o moholo.**

**Barutua ba nang le bokooa ba kutlo ba fuoe monyetla oa ho pheta tseo ba lokelang ho li tlalehela sehlopha ka Puo ea Matsoho.**

## **LITŠOBOTSI TSA LITHAPHOLISO-TATAISO KA MEFUTA EA TSONA**

### **1. LENGOLO LE EANG HO MOHLOPHISI** (letter to the editor)

Ho hlokomeloe hore lengolo le eang ho mohlophisi e ntse e le karolo ea **lengolo la tšebetso**, kahona le nka litšobotsi tsa lengolo leo. Lona le ka shebahala tjena:

Mohlala

Khatibe Ha-Jane

P.O. Box 314

Botha-Bothe 400

La 12 Tšitoe 2020

Mohlophisi

Leselinyana la Lesotho

Box 134

Morija 190

Monghali/Mofumahali / / Mohlophisi      (mohlophisi eona e tsamaea e le 'ngoe ha e sebelisitsoe)

MARIHA A FETOHILE MOHLORISI OA SECHABA

*S. Mohapi*

Sesiu Mohapi

Morija

\*\*\* Potso ke eona e tla tataisa morutoana na o araba joang. *Mohlala*, e ka mo laela hore a qale ka Monghali, Mofumahali kapa Mohlophisi. E ka mo laela ho qetella ka ho ngola, mokoallo (*Ka boikokobetso*), lebitso le sebaka. Morutoana o lokela ho latela seo a se laetsoeng ke potso.

## 2. ATHIKELE (article)

SEHLOOHO SE HOHELANG, KA TLHAKU TSE KHOLO LE MABITSO A MONGOLI  
TLAS'A SEHLOOHO.

Mohlala: **MOLLO O SIEA BAITŠOKOLI LEPALAPALENG**

Sesiu Mohapi

### ***MEHLALA EA LIPOTSO LE LIKARABO***

1. a) Nakong ea Mariha ho ee ho be le tšenyo e ngata e bakoang ke mollo malapeng, likhoebung le mesebetsing. Ngolla mohlophisi oa e 'ngoe ea likoranta ka boemo bona u sebelisa lintlha tse latelang:

- hhalosa seo u bonang e le sona sesosa sa mollo ona.
- tse tlisoang/ behoang ke kotsi ea mollo.
- tse ka thusang ho fenza tšenyo ena esitana le likhothaletso tsa hau.

Qala lengolo la hau tjena: 'Mohlophisi', 'me u hopole ho le qetella ka tsohle tse qetellang lengolo lena.

(b) U qholotsehile haholo ke litaba tseo u li balileng ho e 'ngoe ea likoranta ka litaba tse amang ho cha ha maphephe a baitšokoli motse-moholo Maseru.

Ngolla **mohlophisi** oa koranta **lengolo** ka se u qhololitseng, u sebelisa lintlha tse latelang:

- tlaleho e u qhololitseng, mongoli oa eona le letsatsi la phatlalatso ea eona.
- moko-taba oa tlaleho eo u e balileng le se hlileng se u qhololitseng.
- maikutlo a hau ka litaba tseo le likhotohaletso

Qala lengolo la hau tjena: "Mohlophisi", me u hopole ho le qetella ka tsohle tse qetellang lengolo lena ntle le mokoallo.

2. (a) Bekeng e fetileng ho bile le tšenyo ea maphephe a baitšokoli ke mollo, U le motlalehi oa litaba oa e `ngoe ea likoranta, u bile teng sebakeng sa ketsahalo eo. Tlaleha ketsahalo eo koranteng ea heno. Sebelisa lintlha tse latelang:

- Ho cha ha maphephe ho etsahetse neng, kae?
- Sesosa sa mollo le tšenyo e bileng teng ke life?
- Likhato tse nkuoeng ho thusa ho tima mollo ke life?

Qala tlaleho ea hau ka sehlooho se hohelang, u be u ngole mabitso a hau ka botlalo:

## Lengolo le eang ho mohlophisi

Mohlophisi

MARIHA A FETOHILE MOHLORISI OA SECHABA, MOLLO!

Ho bonahala matsatsing ana ho qhoma ha mollo malapeng, likhoeborg le liofising ka ho fapano tsa mafapaha a sebeletsang 'muso oa Motlotlehi ho fetohile mohlorisi e mocha oa sechaba le bahlanka ba 'muso, haholo-holo nakong ea mariha. Ka linako tse ling sesosa sea tsebahala, empa hangata ntho ena e fetoha mohlolo-taba o lulang o opeloa liatla. A ea tla mariha, le monongoaha re tla e bona meka le mehlolo.

Mekhahlelong ena e boletsoeng, ho ee ho etsahale hore ha ho ile ha bata hantle, joalokaha a bata mariha a moraong ona, ka baka la phetoho ea boemo ba leholimo, ba malapa ba besa litetemehali tsa mello ea mashala. Ba besa lifuthumatsi tsena tsa parafini kapa tsa motlakase. Le mesebetsing mona ho ba joalo feela. Motho ha a qala a re batha! mosebetsing le pele a ka etsa thapelo feela o etsa bonneta ba hore sea hoba sefuthumatsi. Ba malapa bona baa be ba kabeletsa tjena ho thibela bana mohatsela le lifuba. Joale ho tla besoa letšeare lohle, mantsiboea ho fokotsoa molora feela, ha ho emisoe ho besa.

Ha ho le tjena u tla fumana batho ba qhalile likobo. Ba be ba khalehe hona ifo moo. Le bona bana ba liofising mona motho o be a qetelle a tsamaile a lebetse ho tima sefuthumatsi kaha ha a ile a se besa o se besitse! O phetha mesebetsi eohle ea hae ntho ena e ntse e hoba feela pel'a hae mona. Kaha bolebali bo tsoetsoe le motho, maemong a kang ana ha ho makatse ha batho re ka iphumana re entse liphoso tsa ho chesa matlo le tsona liofisi ke ho leka ho ba haufi le leshala ka nako tsohle.

'Na hoja ke 'muso kea laela, nka be ke hla ke re ho hle ho sebelisoe lifuthumatsi tse seng kotsi hohle, malapeng le mesebetsing; ntho tsena tsa morao-rao tseo u tla utloa ntlo e phehlekane empa u sa bone na e ntse e futhumatsa joang ke tsona tse molemo. Le motlakase oa letsatsi ehlile o motle haholo ntlheng ea ho bolokeha. Lesotho ke naha ea matsaranka a phahameng a lithaba ao ho se nang lebaka la hore na, hobane'ng ha ho ke ke ha fehloa motlakase ka moea ona o mongata lithorong tsa lithaba tsena tsa Lesotho. Ho se etse lintho tse kang tsena tse khothaletsoang mona ke ho akofisa masisa-pelo ana ao re a bonang naheng ena boholo ba nako ha e le Mariha. Ho li etsa ke ho ipeha lehaheng le moriti o pholileng nakong tsohle.

Ha re hopoleng hore ho itlhokomela ho molemo ho feta setlhlar!

Ka boikokobetso

*S. Mohapi*

Sesiu Mohapi

Moitšokoli

## **ATHIKELE (ARTICLE)**

### **MAPHEPHE A BAITŠOKOLI A FETOHA LESUPI KE MOLLO**

Seretse Mohapi

Shekhemahali ea lelakabe le mosi o bupetsang habohloko, li ile tsa foqoha 'me tsa hlobaetsa baahi ba Motse oa Stadium Area, Maseru, bosiung ba la 12 Pherekhong monongoaha. Mollo ona o ile oa fiela maphephe a baitšokoli le thepa e neng e le kahar'a ona, oa siea e le lesupi, beng ba sala ba itlhophere le ho beha matsoho hloohong.

Sesosa sa mollo ona se belaeloa e le molebeli oa 'ona maphephe ao, ea neng a leka ho iphuthumatsa kaha e ne e ingoailo ka oto la pele. Eka o ne a besitse ka lipampiri le mabokose ao eitseng ha mollo o kekela, malakabe a nanabela maphephe a haufi. Ho chele, hape, le thepa ea bona basebetsi bao ba sebeletsang maphepheng moo kaofela, le e setseng ha se e ka hlolang e sa sebelisoa ho hang ho ea ka ba bang ba beng ba maphephe ao.

"Re setse re le tjena ka ha u re bona, ngoan'eso, ha hoa sala le ha u mpotsa tšepo ea ka!" ho bolela e mong oa ba senyehetsoeng, mofumahali 'Manthako Sehleho (51). O re ha ba tsebe hore na boemong bono ba ka thusoa ke mang eo e ka bang Mosamaria ea molemo.

Ha a botsoa ka seo e ka bang thuso ea nakoana ho baitšokoli bana, Ratoropo oa Maseru, monghali Phatšoane Moramang, o supile hore, Lekhotla la Toropo ea Motse-moholo Maseru le tla ba le tulo ea tšohanyetso ho leka ho fumana mekhoa ea thuso e potlakileng lebakeng la baitšokoli bana. "Ke utloa hajoale ke sa tsielehile haholo ke tšenyo ena, le tahlehelo e kana-kana ea thepa ea batho ba ithukhubeletsang hore bophelo ba bona bo ntlaufale e le bona ba intlafatsang. Lebitsong la Lekhotla 'moho le Lekala la Likhoebo tse nyane, re saretsoe haholo." Ke monghali Moramang eo.

Phala ea Sepolesa sa Lesotho, monghali Mpiti Mopeli eena o ile a li beha tjena, "O ne o le boima mollo ono ha o boleloa, empa litho tsa sepolesa sa heso lefapheng leno la mollo, li ile tsa e hlanaka senna ho o tima." O bile a tsoelapele ka ho leboha sechaba sa motse oo oa Stadium Area, haholo-holo moahi ea ileng a hlaba patsana hang ha a bona ketshalo eo. "Hoja a se itlhabe ho re tsebisa ka moea oa hae, re ka be re bina ra shoellella, kaha ho ka be ho se le le leng la maphephe le phonyohileng."

Ha a qetella, monghali Mpiti Mopeli o ile a khothaletsa hore sechaba se hlokomele mollo haholo, kaha ho bonahala o fetohile lefu le lecha le nkelang batho tsa bona ka sehloho.

## **Lengolo le eang ho mohlophisi ka taba e hlahileng koranteng.**

Mohlophisi

BOITLHOKOMELO MOLLONG

Litabeng tsa koranta ea Thakaneng ea la bobeli Pherekhong, selemong se holimo, bohole re khotse tse molemo. Re le babali ba pampiri ena re motlotlo ka tlhokomeliso le thuto eo e re fileng eona ka litaba tsa ho itlhokomela khahlanong le mollo.

Ho fapano le tloaelo ea mora-rao ea maselinyana a rona a phatlalatsang lintoa, lipeto le lipolaeano, re ithutile hore re lokela ho hlahloba pele re robala hore tsohle tse lokelang ho tima li tinngoe. Ke leselinyana lena le re butseng mahlo hore ha ho qhomme mollo o bakiloeng ka khase, re lokela ho koahela sebaka seo ka kobo haeba mollo o s'o be mobe. Re elelitsoe hape hore re potlakelo ho ntsetsa kantle se chang, 'me re furalle monyako e le hore moea o se khutlisetse lelakabe ka tlung le ho le tlisa ho motho ea nkileng seo se chang. Kaholimo ho tsohle re hlokomesitsoe hore mokhoa oa ho tima mollo ha se metsi feela. Re ka sebelisa kobo kapa mobu.

Ka lebaka la litaba tsa phatlalatso eo, motse oa heso o hlokolosi haholo mariheng ana. Re entse letšolo la hore baahi ba khethiloeng ke Morena, ba hlahlobe malapa a likhutsana tse lulang li le ling, le a maqheku. Mona re hlokomesitsoe hore tsohle tse lokelang ho tima pele ho robaloa li timme. Kamor'a ho epa pitso, morena Leshoboro, o hlokomesitsoe hore baahi ba motse oa hae hore re lokela ho itlhokomela le ho hlokomesitsoe hore lithupelo tse rupelang baahi bohole le balisana. Taba ena e re thusitse haholo hobane, balisa ba motse oa rona ke bona ba seng ba bolella ba bang kotsi ea ho chesa makhulo, mokhoa o nepahetseng oa ho thibela hore hlaha e ate le ho tima mollo.

Sepolesa sa motebo o pel'a motse oa heso le sona ha se kopanye ntši, se katile maemo a kotsi a ka re hlahelang. Ka ho fetisia re thabetse hore taba ena e bopile lerato le tšebeleliso ho sepola le baahi. Litsitse le littoli tsa molao le tsona li nyametse hobane li bona sepolesa sa Motlotlehi se katile baahi.

Kea leboha.

*L. Mashapha*

Lerato Mashapha

Qacha's Nek

## Tlaleho

Mookameli oa Lekala la likoluoa

Maseru

### MAPHEPHE A BAITŠOKOLI A FETOHA LESUPI KE MOLLO

Ke le moahi oa Stadium Area, ka ho sareloa ho hoholo, ke u tlalehela ka mollo o chesitseng maphephe a baitšokoli a haufi le seemelo sa makoloi a baeti sa Manonyane bosiusng bo neng bo sella Labohlano la la 12 Pherekhong 2020.

Ho ea ka ba bang ba beng ba maphephe, eka sesosa sa mollo ke molebeli oa maphephe ea hiriloeng ke baitšokoli ka kopanelo. Ho utloahala ha a ile a hlola ke lelakabe la mollo o ileng oa butsoeloa ke moea, 'me oa nanabeloa ke lephephe le neng le le haufi le moo a neng a beselitse lipampiri le mabokose. Ke moo eitseng ha a re oa tima ha bonahala hore o se a siuoe ke nako. Mollo o ile oa mo hlola kaha maphephe ao a ile a o nelehetsana ka potlako e kholo ka lebaka la bongata ba moea oa mesong eo.

Boholo ba thepa e rekisoang ea baitšokoli e cheletse moo, ke bohoko. Le eona e senyehile hoo e ke keng ea hlola e sa sebelisoa hape. Ke maphephe a ka bang leshome le metso e mehlano a anngoeng ke mollo ona.

Ha ke qala ho bona khanare ea lelakabe la mollo oo ka fesetere ea ntlo ea ka, ke ile ka letsetsa ofisi ea heno ho kopa thuso, ka hlabela baahisani mokhosi. Boholo re ile ra phallela moo, ra fumana le batho ba metse e haufi ba se ba ntse ba fihla ho phoka bohale ba mollo oo. Re sa tsoa fihla, ho ile ha tla fihla litima-mollo tse sehlophahali tsa sepolesa sa likoluoa tsa mollo. Ke tsona lihlopha tsena tse ileng tsa atleha ho e loana hore ebe maphephe a mang a ile a phonyoha.

Ke ipeletsa ho ofisi ea heno ho nanabetsa letsoho hore baitšokoli ba anngoeeng ke mollo ona ba tsose likhoebo tseo tsa bona.

*S. Mohapi*

Sesiou Mohapi

Moahi oa Stadium Area

La 13 Pherekhong 2020