

ISIGABA ESISISISEKO IZAKHONO ZOBOMI

UKUZIPHATHA NENTLALO USICWANGCISO SESIFUNDO IBANGA 3	
TAPS IKOTA 1	Iveki: 7-8
Umxholo:	Ukhuseleko Empilweni
Injongo:	<ul style="list-style-type: none"> • Ukufundisa abafundi ngokhuseleko empilweni Bangazigcina njani bekhuselekile • Bangawanyanga njani amanxeba/izilonda
Unxibelelwano	<ul style="list-style-type: none"> ❖ Ulwimi lwasekhaya - Ukufunda - Ukubhala - Izandi - Upelo - Ukuphulaphula nokuthetha - Isigama
Isifundo: Izixhobo zokufunda nokufundisa (LTSM):	<ul style="list-style-type: none"> ❖ DBE lincwadi zokusebenzela amaphepha 18-21 ❖ Oonotsheluzi – libhokisi zepapa/siriyeli ❖ Imifanekiso – Sika kwi ncwadi ezindala ❖ Iipowsta ezingokhuseleko ngokwasempilweni
Izixhobo:	<ul style="list-style-type: none"> ❖ ePortal URL for Life Skills resource file ❖ Video URLs: Learn about Health Protection https://youtu.be/RgnCUrdZ688 ❖ How to slow the spread of Corona – 19 https://youtu.be/9kvWo1QYF6w
Intshayelelo:	<ul style="list-style-type: none"> ❖ Utitshala ubonisa abafundi ezi vidiyo zilandelayo ukubazisa ngoKhuseleko Emphilweni ❖ Ividiyo: Learn about Health Protection https://youtu.be/RgnCUrdZ688 ❖ How to slow the spread of Corona-19 https://youtu.be/9kvWo1QYF6w
Isifundo: Izixhobo zokufunda nokufundisa (LTSM): Makufundiswe /kuncedwe/kuxhaswe...)	Utitshala angaqala ingxoxo ngendlela yokuziphatha elungileyo ukuze afumane ukuba bazi ntoni, baqonda kwaye bacinga ntoni. Ukuhambela phambili kwesifundo kuyakuxhomekeka kulwazi oluza nabafundi aze utitshala akhele isifundo kolu lwazi kuze oku kube yinkqubo elandelwa rhoqo eklasini.



Njengoko i COVID isisifo esinobungozi, utitshala angakongeza oku ngokuzenzekelayo nanjengemeko yangoku ongeze nezinye ezikhankanywe kuCAPS.

- ❖ Utitshala uxelela abafundi ngeendlela zezempilo ukuchitha iinkolo ezingeyonyani, ukuba zikhona.

Imisebenzi/ imikhwa yemihla ngemihla yezemithambo:

Imikhwa yemihla ngemihla esikhokelela kwimithambo nakubomi obusempilweni kuquka oku: -

- ❖ Ucoceko lomzimba (umz. Tshintsha impahla yangaphantsi yonke imihla, impahla ecocekileyo, ukuhlamba umzimba.
- ❖ Phumla/Lala (ukufumana ubuthongo obaneleyo, ukuthi qwaka)
- ❖ Ukutya okunempilo kubalulekile. (ukutya kwiintlobo ezintlanu zokutya)

Okwenziwa ziintlobo zokutya:

- ❖ **Iziqhamo nemifuno** ineevithamini neeminerali ezikhusela kwizifo.
- ❖ **Ukutya okunestatshi** njengeetapile, izonka, irayisi nepasta ne khalsiyam zingowona mthombo onika amandla.
- ❖ **Iinyama** yiprotheni yokukhula.
- ❖ **Imveliso yobisi** inika iprotheni neevithamini ezigcina amathambo esempilweni kwaye omelele.
- ❖ **Amafutha** afumaneka kwi-oyili nakwizinto zokuqaba

Impilo yamazinyo:

- ❖ Ukuhlamba amazinyo kabini ngemini ze uhambele ugqirha wamazinyo rhoqo emva kweenyanga ezintandathu. Utitshala wenza uphando lokuba abafundi bawahlamba kangaphi ngemini amazinyo abo.
- ❖ Xoxani ngokuba abafundi bangayiphucula njani indlela abawakhathalela ngayo amazinyo. (umz. ngokuflosa, ukusebenzisa ibhrashi ezakukhusela ukubola.)

Amanzi nokubaluleka kwawo:

- ❖ Amanzi abalulekile ukuze umzimba, ingqondo, igazi namalungu angaphakathi asebenze kakuhle.

Utitshala ucacisela abafundi nangezinye izifo eziqhelekileyo ezosulelayo.

- ❖ Xa abantu bethimla okanye bekhohlela kufuneka bajike iintloko zabo ukuze bakhohlelele ezandleni okanye engqinibeni, xa bengakwenzi oko iintsholongwane ziyakuba semoyeni, ze abakufutshane babenezo zigulo ngenxa yokuphefumla loo moya ungcolileyo.
- ❖ Abantu abagulayo mabahlambe izandla zabo ukuze bangasasazi iintsholongwane kubanye abantu.
- ❖ Izinambuzane ezinjengeempukane neengcongconi zenza izifo
- ❖ Hlamba izandla zakho rhoqo ukuthintela ukusasazeka kweentsholongwane, ingakumbi phambi kokuba utye.

Uncedo lokuQala kwiimeko ezinje ngezi:

❖ Ukumongoza

Yenza oku ukunyanga ukumongoza:

- ❖ Thuthuzela **umntwana**.
- ❖ **Umntwana makahlale** ngeempundu ze agobele ngaphambili kancinci.
- ❖ Xelela **umntwana** ukuba aphefumle ngomlomo.
- ❖ Beka into ebandayo kumbombo **wempumlo**.
- ❖ Ukuba **ukopha** akuyeki, phinda wenze oku kungentla kwakhona.

❖ Ukulunywa zizilwanyana

Yenza oku ukunyanga inxeba lokulunywa sisilwanyana


- ❖ Hlamba **inxeba** ngesepha namanzi. Ukuba **inxeba** liyopha, licinezele usebenzisa ilaphu elicocekileyo.
- ❖ Ukuba ukopha kunqamkile, qaba iyeza kuloo ndawo.
- ❖ Bopha loo ndawo ngebhandeji.
- ❖ Ukuba **umntwana** wakho usezintlungwini, mnike ipilisi yeentlungu elungele abantwana.

❖ Amanxeba

Yenza oku ukunyanga inxeba elingavulekanga kakhulu nelifuna ukukhawuleza lihooywe:

Coca inxeba

- ❖ **Hlamba izandla zakho.**
- ❖ Hlamba inxeba ngamanzi amaninzi aphilileyo. Qinisekisa ukuba konke ukungcola kuhlambekile.
- ❖ Coca indawo esondele enxebeni ngamanzi nesepha.

	<p>Nqamla ukopha</p> <ul style="list-style-type: none"> ❖ Gquma inxeba ngetawuli ecocekileyo ze ucinezele ngesandla sakho. ❖ Ukuba ilaphu elo libamanzi toxo ligazi, musa ukulisusa. Beka elinye ilaphu ngaphezulu. ❖ Qhubeka ulicinezela inxeba imizuzwana emva kokuba liyekile ukopha. ❖ Zama ukunyusa indawo leyo inxeba, enjengomlenze okanye ingalo. <p>❖ Ukutsha</p> <p>Yenza oku ukunyanga ukutsha:</p> <ul style="list-style-type: none"> ❖ Pholisa ukutsha. Vulela amanzi abalekayo kule ndawo itshileyo kangangemizuzu emihlanu. Oku kunqanda ukubheka phambili kokutsha kuhlise iintlungu nokudumba. Musa ukubeka umkhenkce kwindawo etshileyo. Ungayihlikihli, oku kungenza ingozi ngakumbi. Sukuwagqabhuza amadyungu-dyungu kuba oku kungonyusa amathuba okungena kweentsholongwane enxebeni. ❖ Gquma ukutsha. Gquma le ndawo itshileyo ngebhandeji ecocekileyo engazukuncamathela kule ndawo itshileyo. Oku kwehlisa ithuba lokonakala kwehlise neentlungu. ❖ Khusela ukutsha. Gcina le ndawo itshileyo icocekile ngokuyihlamba ngamanzi nesepha. Ungaqabi yeza ngaphandle kokuba kutsho ugqirha wabantwana. Ungaze uqabe ibhotolo okanye ezinye izinto kwindawo etshileyo kuba nazo zinyusa amathuba okonakala kwesilonda. <p>Impilo esisiseko kunye nococeko</p> <ul style="list-style-type: none"> ❖ Kuquka nokungaphathi igazi lomnye umntu ❖ Thetha ngobungozi nokhuseleko <p>Abafundi bangayalelwa ukuba balinganise oku koonodoli. Umdlalwana – Yiba ngu “gqirha”. Uzinyanga njani izilonda.</p> <p>Umdlalwana ukuqaphela iingozi ekhaya. Ungahlala njani ukhuselekile.</p>
<p>Inkcazelo kubazali:</p> 	<ul style="list-style-type: none"> ❖ Abazali banganceda abantwana bagugulise: Ukukhusela impilo ❖ Bangashicilela imifanekiso. ❖ Sika le mifanekiso kwiimagazini ezindala: <ul style="list-style-type: none"> ○ Amaqela amahlanu okutya ○ Abantu abagulayo ○ amanzi

	<ul style="list-style-type: none"> ○ Ucoceko lwakho ○ Impilo yamazinyo ❖ Ukhuseleko ekhaya; thetha ngengozi yezinto zasekhaya neendlela zokuzikhusela ❖ Xoxa ngokunyanga amanxeba ❖ Ingozi yokuphatha igazi lomnye umntu
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<p>Imisebenzi yabafundi:</p> <p>Gxininisa shwankathela uhlaziye / phonononga / yenza/nxibelelana</p> 	<ol style="list-style-type: none"> 1. Uxwebhu lomsebenzi: Impilo yamazinyo/ ukunyanga ukwenzakala 2. Uxwebhu lomsebenzi: Zizobe usebenza. 3. Bhala: Bhala izivakalisi ngezimbo zempilo usebenzisa la magama alandelayo: 4. Umdlalwana <table border="1" style="width: 100%; text-align: center;"> <tr> <td>amanzi</td> <td>ukutya</td> <td>impilo</td> </tr> <tr> <td>Impilo yamazinyo</td> <td>izifo</td> <td>ukulala</td> </tr> <tr> <td>Bulala iintsholongwane</td> <td>igazi</td> <td>ukhuseleko</td> </tr> <tr> <td>amachiza</td> <td>lumka</td> <td>isibindi</td> </tr> <tr> <td>ukosuleleka</td> <td>ibhandeji</td> <td>Amanzi abalekayo</td> </tr> <tr> <td>amanxeba</td> <td>Dettol</td> <td>impilo</td> </tr> <tr> <td>isiqhelo</td> <td>Amanxeba okulunywa</td> <td>uxinizelelo</td> </tr> <tr> <td>hlamba</td> <td>ukulumka</td> <td>iiglavzi</td> </tr> </table> <p style="text-align: center;">Nceda wengeze kolu luhlu/isigama</p>	amanzi	ukutya	impilo	Impilo yamazinyo	izifo	ukulala	Bulala iintsholongwane	igazi	ukhuseleko	amachiza	lumka	isibindi	ukosuleleka	ibhandeji	Amanzi abalekayo	amanxeba	Dettol	impilo	isiqhelo	Amanxeba okulunywa	uxinizelelo	hlamba	ukulumka	iiglavzi
amanzi	ukutya	impilo																							
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hlamba	ukulumka	iiglavzi																							

<p>Uvavanyo:</p>	<p>Le misebenzi ilandelayo ingasetyenziselwa uvavanyo olungekho sikweni ngexesha lesifundo emva kokunika amathuba aliqela: Sebenzisa izixhobo zovavanyo olungekho sikweni</p> <ul style="list-style-type: none"> ❖ lipowusta ezingempilo yakho neyamazinyo ❖ Eminye imisebenzi ekhankanywe ngentla ingasetyenziselwa uvavanyo olungekho sikweni [Eminye inxulumene noLwimi lwasekhaya] <p>Le misebenzi isesikweni ingasetyenziswa ukuvavanya kusetyenziswa irubhriki:</p> <ul style="list-style-type: none"> • Uxwebhu lomsebenzi: Impilo yamazinyo
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	Irubhrikhi:			
	Ikhayitheriya: <i>ingantlandlo-mbini</i>	Uncedo luyafuneka	Uzamile	Wenze kakhle
	Umfundi akakwazanga ukutshatisa amagama nemifanekiso. Akawazanga amagama.			
	Umfundi ukwazile ukutshatisa amagama amaninzi nemifanekiso. Wazi malunga nesiqingatha samagama.			
	Umfundi ukwazile ukutshatisa amagama nemifanekiso kwaye uyakwazi ukuwafunda			