

Grade 1 : Week 19 & 20/ Ondondo 1 : Otjivike 19 & 20



English / Otjiverero

A balanced diet & Road safety /
Ovikurya oviveruke noukohoke womozondjira



Ministry of Education,
Arts and Culture



NAMIBIAN
COMMUNITY TRUST

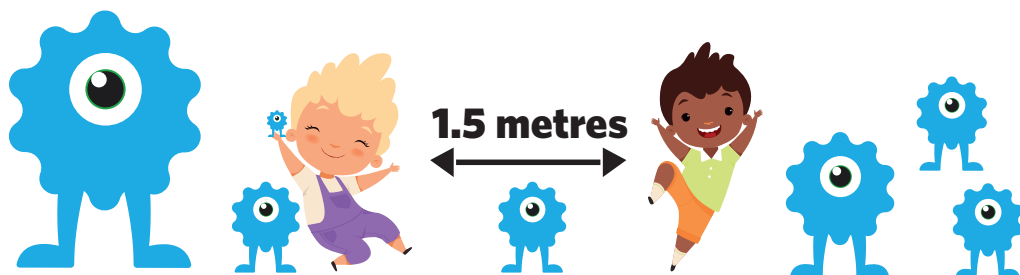
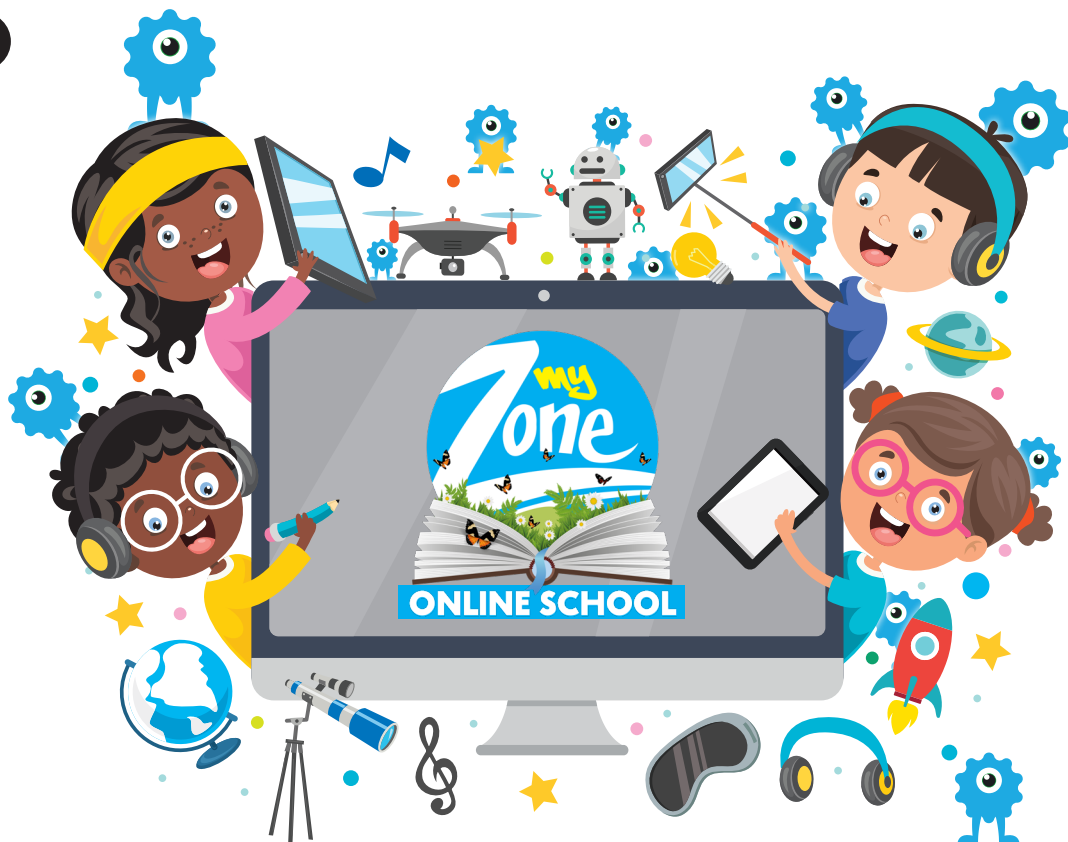


Capricorn Foundation

unicef 
for every child



ONLINE SCHOOL



These numbers indicate which day you can complete each worksheet! But if you want to, you can work ahead and do the rest as well.

This publication is a collaboration between the Ministry of Education, Arts and Culture and Namibia Media Holdings. This publication is sponsored by the Ministry.

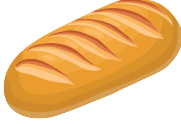
Copyright © Ministry of Education, Arts and Culture. All parts of this publication cannot be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without prior permission of the Ministry of Education, Arts and Culture or the Publisher.

Production by: Namibia Media Holdings  **NAMIBIA MEDIA HOLDINGS**

Printing: Newsprint Namibia  **newsprint** NAMIBIA

Vocabulary / Orutumbo romambo

Read the vocabulary words. / Resa orutumbo romambo.



bread/ Omboroto

vegetables/
ovihapefruit /
Ovihape

meat / onyama



porridge / oruhere

Fill in the missing letters:

br__a__

m__at

f__u__t

v__g__t__bl__s

p__rr__dg__

Hitisa ozoreṭera nḁ heripo:

Omb__r__t__

Ony__m__

Ov__h__p__

Ov__h__p__

Or__h__r__

Search the vocabulary words.

v	e	g	e	t	a	b	l	e	s
t	m	c	n	b	b	r	e	a	d
m	e	a	t	p	t	a	b	d	g
s	n	p	o	r	r	i	d	g	e
l	y	t	r	k	f	r	u	i	t

Paha orutumbo romambo mokahakwa komambo.

o	r	u	h	e	r	e	t	y	u
n	o	v	i	h	a	p	e	e	r
m	e	o	m	b	o	r	o	t	o
b	r	k	o	v	i	h	a	p	e
g	h	o	n	y	a	m	a		



Sight words/Omambo wohevapayuva

Read:

go

we

said

Trace it:

Write it:

go go

we we

said

Resa:

twende

ete

hungira

Yarukira moutootoo:

Tjanga:

twende

ete

hungira

Choose two sight words and write your own sentences. /
Toorora omambo yevari wohevapayuva nu u tjange omihewo vyove omuini.

Number 19/ Onomora ndji 19

Colour in/ Hwaa



Make 19 dots on the dice/
Twako outotoo 19 koundaesa

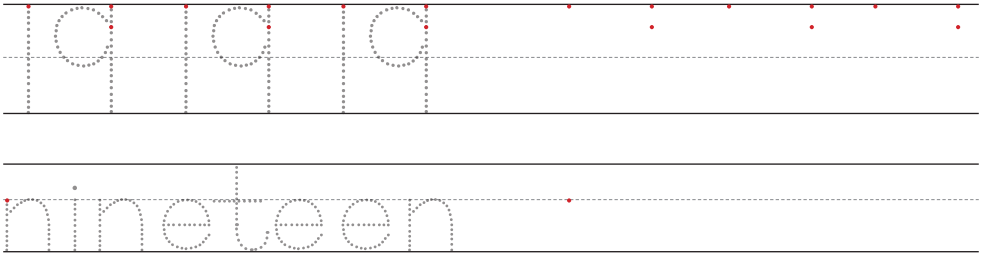


Circle the word nineteen/ Patera embo ndi omurongo na muvyu mokawongo

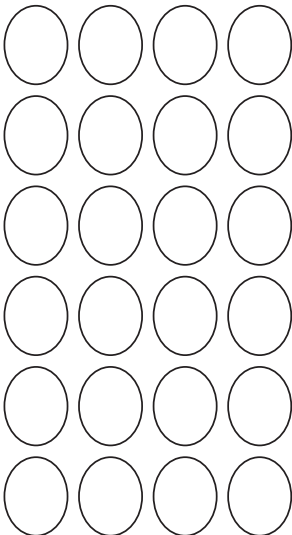
- fourteen
- nineteen
- nineteen
- nineteen
- sixteen
- Omurongo na ine
- Omurongo na muvyu
- Omurongo na muvyu
- Omurongo na muvyu
- Omurongo na hambouwwe

Trace/ Yarukira mo

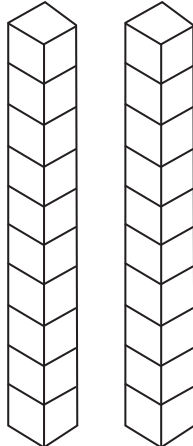
Write/ Tjanga



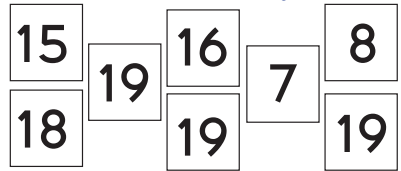
Colour in 19 ovals/
Hwaa



Colour in 19 blocks/
Hwaa oupaka 19



Colour in the number 19/
Hwaa onomora ndjii 19



Before and after
Komurongo nokongotwe



Counting / Okuvara

Complete the skip counting series. / Urisa opaṭorona.

2, 4, 6, , , , ,

13, 15, 17, , , , ,

16, 18, 20, , , , ,


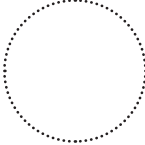

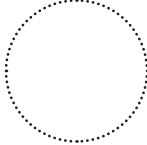

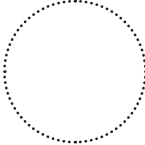

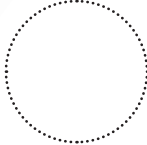



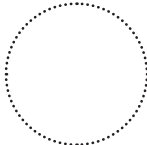
3, 4, 5, , , , ,

7, 9, 11, , , , ,


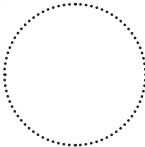
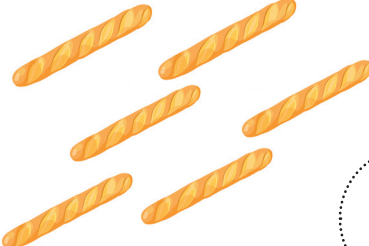
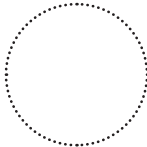
A balanced diet / Ovikurya oviveruke

How many each if: / I vingapi atjihe indi:

1. Shared by 2? / Tji vya haṅewa 2?

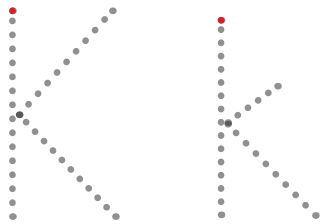
2. Shared by 3? / Tji vya haṅewa 3?

 	 
---	--



The 'K' 'k' sound / Omboširo o 'K' 'k'

Trace/ Yarukira moutootoo



Circle the k's in the sentence: /
Patera ozo "K" nđeri momuhewo
mbwi mokawongo:



The king's key is in
the kitchen.

Ekende ra kondo okanatje
meke.

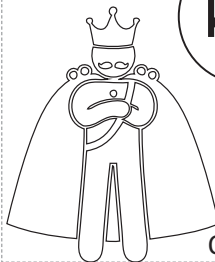
Draw a line from the circle to the images
that begin with the letter 'k':/ Nana
umukoka okuza mokawongo okutwara
kembo mu mu noretera o "k"



Bird
Okazera



giraffe
Ombahe



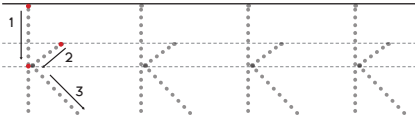
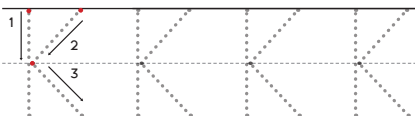
king
Ombara

kettle/Otjiketisa

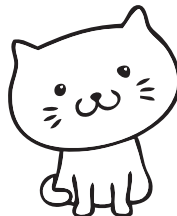
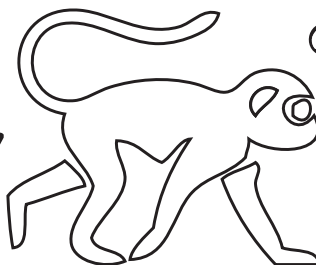
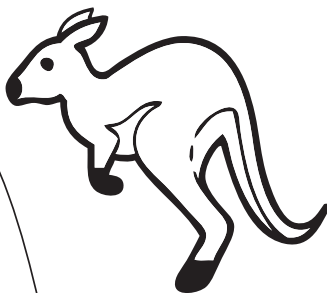
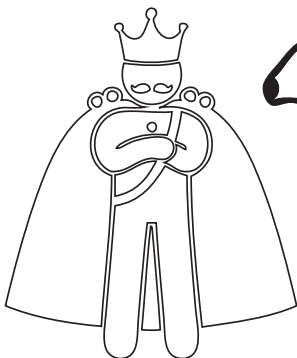


Trace/ Yarukira moutootoo









Write/ Tjanga



Colour the picture that start with the letter 'k'/
Hwaa otjiperendero mu mu noretera o 'k'



Label the pictures. /
Tjanga omana kehi yoviperendero.

 <p>.....</p>	 <p>.....</p>
 <p>.....</p>	 <p>.....</p>
 <p>.....</p>	 <p>.....</p>
 <p>.....</p>	 <p>.....</p>

tomato / otjitamate

pear / okaupa

apple / otjiapera

onion / onyanga

water / omeva

fish / ehundju

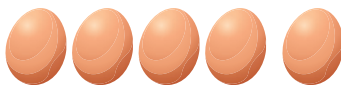
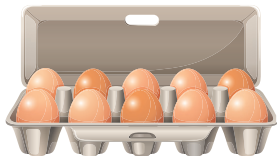
banana / otjibanana

chicken / ohunguriva



Problem Solving / Omazengururiro wozondjemeno

1. Mother cooks 10 eggs. I eat 5 eggs. How many eggs are left? /
Mama wa ziki omai 10. Ami mbari omai 5. Omai ye ngapi nga sewa po?



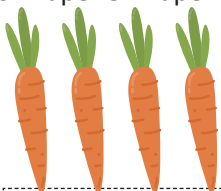
$$\boxed{} - \boxed{} = \boxed{}$$

2. Pam has 6 pieces of cheese. She shares it with her friend, Ann. How many pieces of cheese will each girl get? / Pam u noutupamu 6 tokeese. Eye wa hañasana ku nepanga re Ann .Otupamu tu ngapi tokeese omusukona auhe twa munu?



$$\boxed{} \div \boxed{} = \boxed{}$$

3. I used 4 carrots and 2 potatoes to cook soup. How many vegetables did I use altogether? / Ami mba ungurisa ozombaruru 4 novihakautu 2 okuzika navyo osopa yovihape. Ovihape vingapi avihe kumwe ami mbi mba ungurisa?



$$\boxed{} + \boxed{} = \boxed{}$$





Money / Ovimariva



Select a set of coins up to 50c.
 How many 5c and 10c coins will make 50c?/
 Toorora otjimbumba tjozosenda ngaa ko 50c.
 Ozosenda ngapi 5 no 10 ndu maze ku pi 50c?

In each block colour the correct set of coins to make up to 50c. / Hwaa otjimbumba otjisemba tjozosenda tji matji ku pe 50c mokapaka akehe

Otiivike 19

Ondondo 1

5c	5c	10c	10c	5c	10c	5c
10c	10c	5c	10c	5c	5c	



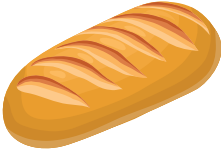



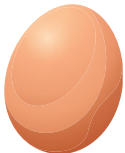

10c	5c	10c	10c	5c	10c	5c
5c	5c	5c	5c	5c	10c	

10c	10c	10c	10c	5c	10c	5c
5c	5c	10c	10c	5c	10c	

5c	5c	5c	5c	5c	10c	5c
10c	5c	10c	10c	5c	10c	

Plurals / Ouingi

Write the plural form of the given words. Add 's' to make the words plural./
Tjanga ouingi womambo nga yandjwa mba.

 <p>apple</p> <p>.....</p> <p>Otjiapera</p> <p>.....</p>	 <p>pear</p> <p>.....</p> <p>okaupa</p> <p>.....</p>
 <p>bread</p> <p>.....</p> <p>Otjitamate</p> <p>.....</p>	 <p>orange</p> <p>.....</p> <p>otjiremune</p> <p>.....</p>
 <p>carrot</p> <p>.....</p> <p>Ombaruru</p> <p>.....</p>	 <p>banana</p> <p>.....</p> <p>Otjipanana</p> <p>.....</p>
 <p>egg</p> <p>.....</p> <p>Ei</p> <p>.....</p>	 <p>pumpkin</p> <p>.....</p> <p>Otjimbakuna</p> <p>.....</p>

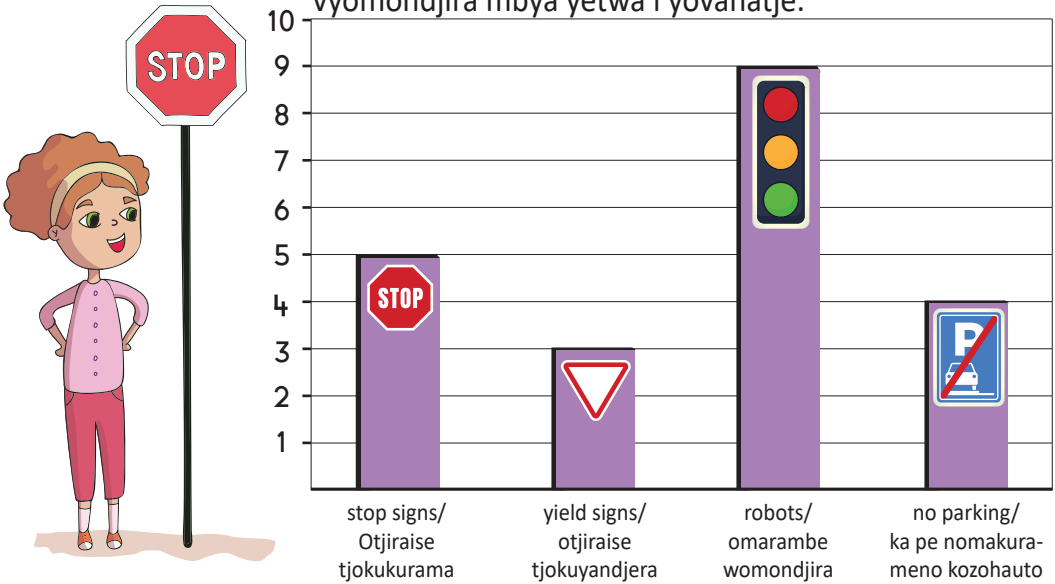


Data Handling / Ombunguriso yondjiviro omborongansiwa

Miss Botha asked the Grade 1 class to bring pictures of road signs to class.

This graph shows the road signs the children brought. /

Omuyozikwa Botha wa ningire ovahongwa wondondo 1 okuyeterera oviperendero vyoviraise vyomondjira .Ongarafa ndji mai yarisa oviraise vyomondjira mbya yetwa i yovanatje.



1. How many children brought pictures of the following signs: /

Ovanatje vengapi mba yeta oviperendero vyoviraise vyomondjira:

stop signs / Otjiraise tjokukurama : yield signs/ Otjiraise tjokuyandjera:

robots/Omarambe womondjira: no parking/ka pe nomakurameno kozohauto:

.....

2. Which road sign pictures was the most? /

Oviperendero vyoviraise vyomondjira mbi ri ovingi oovine?

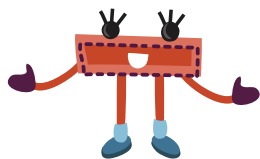
3. Which road sign pictures was the least? /

Oviperendero vyoviraise vyomondjira mbi ri ovititi oovine?

4. How many learners are in Miss Botha's class? /

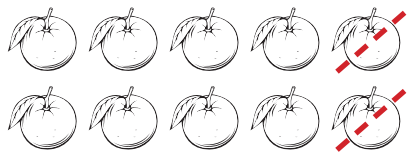
Ovahongwa ve ngapi mbe ri metuwo romahongero romuyozikwa Botha?



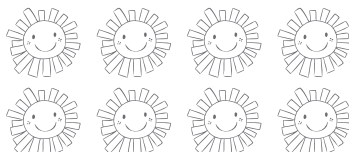


Computation: Subtraction / Okurekena: Okuisako

Use the pictures for help. / Ungurisa oviperendero kutja vi kuvatere.



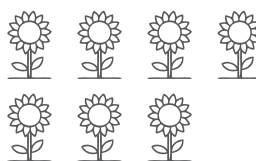
$$10 - 2 = \dots\dots\dots$$



$$8 - 4 = \dots\dots\dots$$



$$9 - 5 = \dots\dots\dots$$



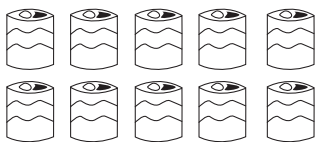
$$7 - 5 = \dots\dots\dots$$



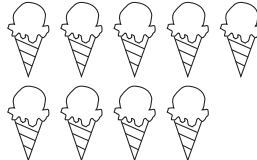
$$8 - 3 = \dots\dots\dots$$



$$6 - 4 = \dots\dots\dots$$



$$10 - 3 = \dots\dots\dots$$



$$9 - 8 = \dots\dots\dots$$



Healthy and Unhealthy foods / Ovikurya oviveruke novihaveruke

5


15

Cut out the food pictures. Decide if the food in each picture is healthy or unhealthy.
Glue each picture in the correct column. /
Konda oviperendero yovikurya .Tara kutja oviperendero mavi wire kehi yovikurya
oviveruke poo ovihaviveruke. Kakaterisa oviperendero mbi potuveze otusemba.

Healthy foods / Ovikurya oviveruke	Unhealthy foods / Ovikurya ovihaveruke

Ojivike 19

Ondondo 1

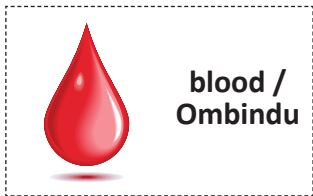
<p>Eggs / Ei</p> 	<p>Banana / Otjipanana</p> 
<p>Potato chips / Otjepisa</p> 	<p>Grapes / Omandjembere</p> 
<p>Beetroot / Oviroimbiyeta</p> 	<p>Donut / Okakuki koutji</p> 
<p>Chocolate / Otjokorate</p> 	<p>Ice cream / Oisikirima</p> 





Vocabulary / Orutumbo romambo

Read the vocabulary words. / Resa orutumbo romambo.



Fill in the missing letters:

f__l__

c__y c__t

b__nd__g__

bl__od

Hitisa ozoreṭera nḁ heripo:

Wa__

R__r__

K__nd__

Omb__nd__

Search the vocabulary words.

s	t	p	f	a	l	l
c	u	t	k	s	e	n
l	m	c	r	y	b	n
a	r	b	l	a	o	d
b	a	n	d	a	g	e

Paha orutumbo romambo.

g	o	m	b	i	n	d	u	e	a	i
o	f	e	r	e	m	b	a	n	d	a
w	a	u	i	w	e	r	t	y	u	i
a	s	d	r	k	o	n	d	a	n	m
g	h	k	a	v	b	n	m	g	h	k

Sight words/Omambo wopevapayuva

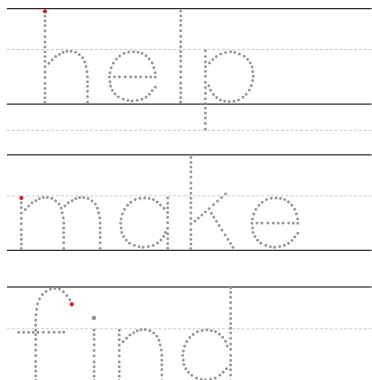
Read:

help

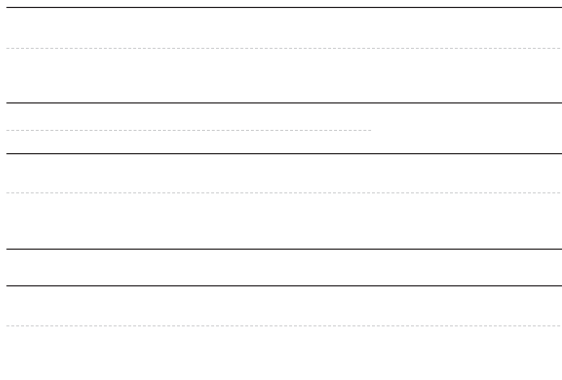
make

find

Trace it:



Write it:



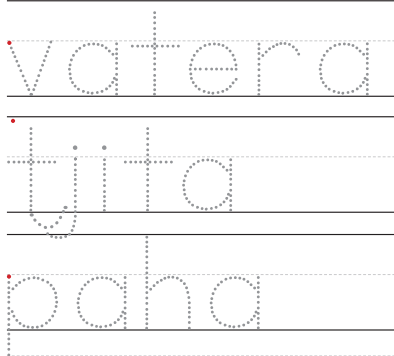
Resa:

Vatera

Tjita

Paha

Yarukira moutotoo:



Tjanga :



Choose two sight words and write your own sentences. /
 Toorora omambo yevari wopevapayuva nu outjange po omihewo vyoye
 omuini.

Number 20/ Onomora 20

Colour in/ Hwaa



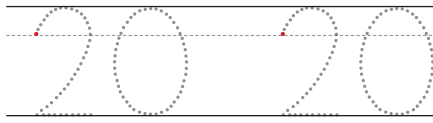
Make 20 dots on the dice/
Tjita outooto 20 mokandaesa



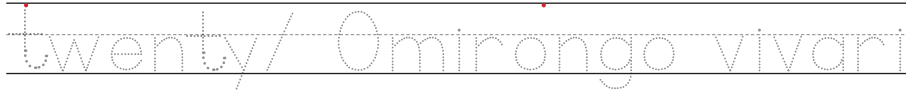
Circle the word twenty/
Patera embo ndi omirongo vivari mokawongo

- twenty
- eleven
- fourteen
- twenty
- twenty
- Omirongo vivari
- omurongo naimwe
- Omurongo na ine
- Omirongo vivari
- omirongo vivari

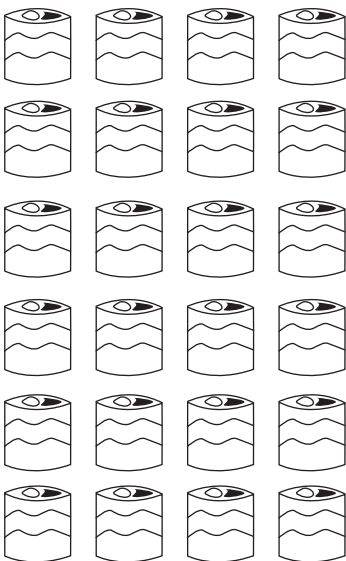
Trace/ Yarukira mo



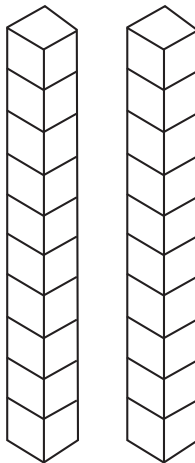
Write/ Tjanga



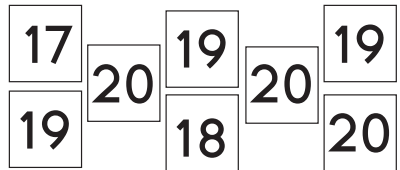
Colour in 20 cans/
Hwaa ozondooha 20



Colour in 20
blocks/
hwaa oupaka 20



Colour in the number 20/
Hwaa onomora 20



Before and after/
Komurungu nokongotwe





Odd & Even numbers / Otjihanavara notjinavara

Colour all the odd numbers red and the even numbers blue. /
Hwaa ovihanavara avihe notjivara otjiserandu novinanavara notjivara otjimbarau.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

Complete the number bonds./ Urisa ovidiagrama vyorupa novimbomba

Otjivike 20
Ondondo 1

Computation / Okurekena

Find the sums and differences. / Paha omaziriro wovivarero mbi.

Add 1 / Etera ko 1

$1 + 2 =$

$1 + 5 =$

$1 + 0 =$

$1 + 8 =$

$1 + 9 =$

$1 + 3 =$

$1 + 6 =$

$1 + 4 =$

$1 + 7 =$

$1 + 1 =$

Subtract 1 / Isako

$2 - 1 =$

$8 - 1 =$

$5 - 1 =$

$1 - 0 =$

$7 - 1 =$

$4 - 1 =$

$9 - 1 =$

$3 - 1 =$

$6 - 1 =$

$2 - 1 =$

+1 poo/ 1

$0 + 1 =$

$8 - 1 =$

$10 + 1 =$

$3 + 1 =$

$4 - 1 =$

$10 - 1 =$

$5 + 1 =$

$9 + 1 =$

$7 - 1 =$

$9 - 1 =$











English Activity

Phonics: Revise

Sounds : b, c, m, o, d, e, f, t, g, h, i, j, k.

Say the name of each picture, colour the beginning, middle and ending sounds. Write the word.

picture	colour	write
	d a d b e t	bed
	f e t r a d	
	w e p r o d	
	b e d p a n	
	b a t d u d	
	s a d c e t	
	r u b j a g	
	l e n r u m	



Long and short vowels./ Omapose omare nomasupi

Write the short and long o words./ Tjanga omambo nge nomapose omare nomasupi "o"

jog/ Toora

robe/ yooro

cob/ tona

broke/ okurooro

globe/ Eho

cop/ moro

rod/ kora

home

hop/ Koha

vote/ okutoorora

rope/ hora

fox/ nonga

Short o/ Omapose omasupi o

Long o/ Omapose omare o

Ofiivike 20

Ondondo 1



Number the pictures in the correct order. /

Tjanga ozonomora koviperendero mbi otja mongongorasaneno.

Otjivike 20

Ondondo 1





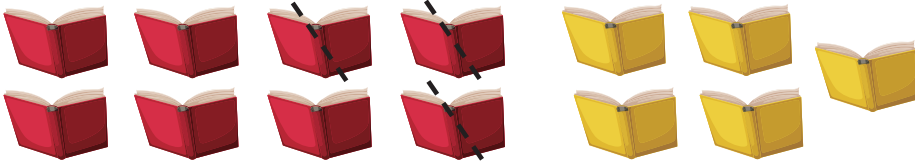






Problem Solving / Omazengururiro wozondjemeno

1. Max has 8 books and Kim has 3 less books. How many books does Kim have? / Max u nomambo 8 nu Kim u nomambo 3 kehi. Omambo ye ngapi Kim nge nayo?



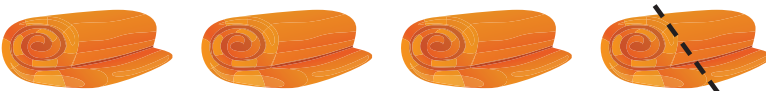
$$\boxed{} - \boxed{} = \boxed{}$$

2. Kim has 3 pillows and Max has 2 more than Kim. How many pillows does Max have? / Kim u nozondjaṭu zovikusinga 3 nu Max u na 2 kombanda ya Kim. Max u nozondjaṭu zovikusinga ngapi?



$$\boxed{} + \boxed{} = \boxed{}$$

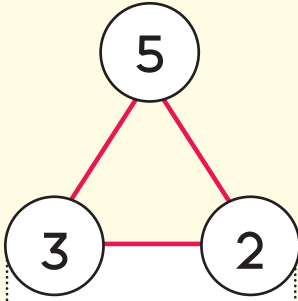
3. Kim has 4 blankets and Max has 1 less than Kim. How many blankets does Max have? / Kim u novikumbyasa 4 nu Max u notjikumbyasa 1 kehi ya Kim. Max u novikumbyasa vingapi?



$$\boxed{} - \boxed{} = \boxed{}$$



Problem Solving / Omazengururiro wozondjemeno

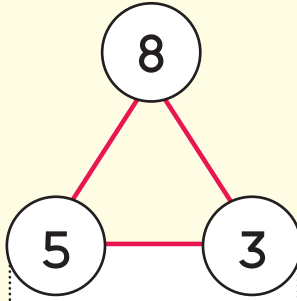


$$3 + 2 = 5$$

$$2 + 3 = 5$$

$$5 - 3 = 2$$

$$5 - 2 = 3$$

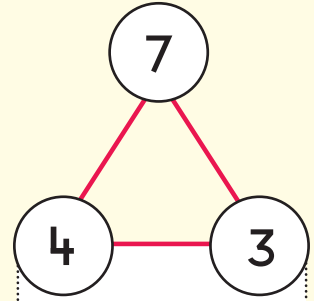


$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} - \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} - \underline{\quad} = \underline{\quad}$$



$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

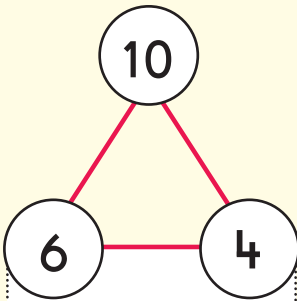
$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

Otjivike 20

Ondondo 1

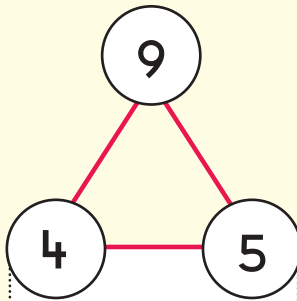


$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

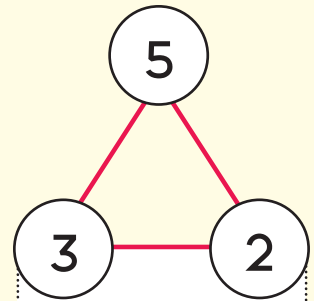


$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$



$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

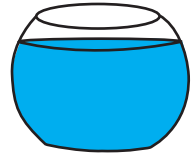
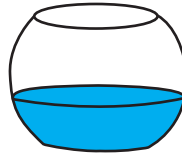
$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

Capacity / Omurya

Compare the volume of liquid. Write 'more' or 'less' on the lines. /
Sasaneke omurya womeva. Tjanga "Omengi" poo "Omaṭiti".

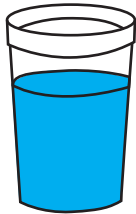
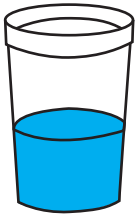


.....

.....

.....

.....

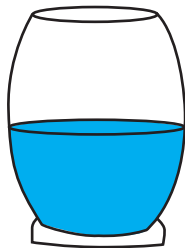
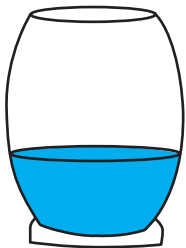


.....

.....

.....

.....



.....

.....

.....

.....

Ojivike 20

Ondondo 1



Possessive pronouns / Omapingenambo omaraisawini

Possessive pronouns take the place of names of someone or something and shows possession.

'Omapingena omaraisawini ye ungurisiwa poo ye yaruka poruveze romana wovandu poo oviṅa nu a ye raisa owini poo omuini wotjina.

Fill in each blank with the correct possessive pronoun. /
Urisa oruveze ndu ri kamwaha nomapingenambo omaraisawini.

1. Is this **your** umbrella? (yours / your)

Indi ehika roye? (yoye/roye)

2. You can't have _____ cake. (my / mine)

Ove komookara notjikuki _____ (ami/tjandje)

3. It is _____ turn. (our / ours)

Itji otjikando _____ okuyaruka. (tjetu/eṭe)

4. Look at _____ funny painting. (her / hers)

Tara kovihuwa _____ ovihimisa. (tje/vye)

5. That necklace has lost _____ shine. (its / it's)

Ongoho yomosengo yapandjarisa oukeṅakeṅe _____ (wayo/watjo)

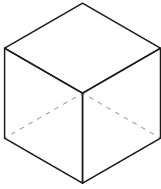


Geometry: 2D and 3D shapes /

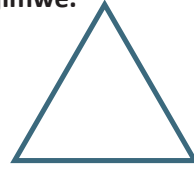
Ozopaṭorona zovivarero novivarero vyomihapo: Omihapo vyapevari (2D) nomihapo vyapetatu (3D)

Draw a line to match the 3D objects to their 2D look alike. /

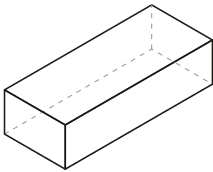
Nana omukoka okuketisa ovina vyomuhapo vyapetatu (3D) ku nomihapo vyapevari (2D) mbi mavi munika tjimwe.



cube / Okiupa



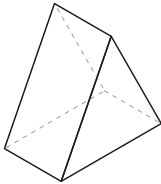
triangle/ otjinavikorovitatu



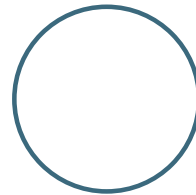
rectangular prism /
Otjinavisembatuwo
otjipirisima



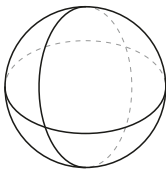
square /
otjinavikorovine



triangular prism /
Otjinavikorovitatu
otjipirisima



circle / otjiputupu



sphere / Omuhapo
wotjimbere



rectangle / otjisembatuwo



Simple Future Tense/ Oruyaveze

The simple future tense expresses an action that has not yet happened or a state that does not yet exist./ Oruyaveze ru yarisa otjitjita tji tji hiya tjitwa ngunda poo ongaro ndji hiya zikama ngunda

Example: I _____ you tonight. (call)/

Otjihorera: Ami me _____ ongoze ngurova. (tona)

I will call you tonight.

Complete each sentence with the simple future tense of the verb.

1. Jake _____ you to school tomorrow. (drive)

Jake _____ okuyenda kosikore muhuka.(hingi)

2. Fifth-grade learners _____ in the science fair. (participate)

Ovahongwa wondondo oitjatano _____ mombatasaneno younoko vyovimemwa.
(kara norupa)

3. Vivian _____ us with the decorations. (not help)

Vivian _____ okupwisa etuwo retu romahongero(vatere)

4. The airplane to Swakopmund _____ off in ten minutes. (take)

Ondera okuyenda kotjozondjii _____ ozominute omuronga okuvaza.(kambura)

5. Joanne and Rhea _____ in Namibia three weeks from today. (be)

Joanne na Rhea _____ moNamibia ovivike vitatu okuza mu ndino.(kara)

6. Gwen _____ early today. (sleep)

Gwen _____ rukuru ndino. (rara)

7. Mrs. Susan _____ art lessons any more. (not give)

Oserekaze Susan ka _____ otjirihongwa tjoviungura vyokomake rukwao.(vanga)

8. The weather guy said, "It _____ tomorrow." (rain)

Omuuke womuinyo weyuru watja, "Oyo _____ muhuka." (roka)

9. Heather _____ on time for the meeting. (not arrive)

Heather _____ moruveze kombongarero.(vaza)

10. Francis _____ his house next week. (sell)

Francis _____ ondjuwo ye otjivike tji matji yende .(randisa)



Success begins with education

Parents will be able to visit the website and watch daily videos or they can subscribe to our Zoshy Telegram channel to receive daily videos. One can also download the PDF version of the book on the website. Also watch our daily show on Active Kids to watch your favourite lessons.



<https://t.me/zoshyonline>



For extra perks!

How does it work?



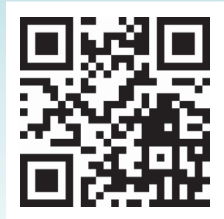
Easy peasy steps to follow

Register at zoshy

You can save your favourite lessons and find them easier



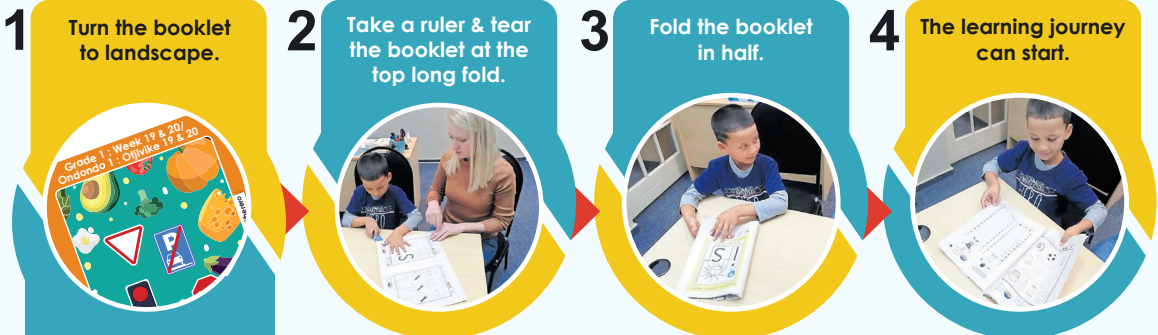
- Step 1: Find us at www.zoshy.online or scan the QR code
- Step 2: Find your grade and select the year
- Step 3: Choose your language
- Step 4: Choose the week you want to learn out of
- Step 5: Choose lessons from what lessons there are
- Step 6: Download booklet if you do not have it
- Step 7: Watch and follow the teacher as she explains what to do in the book
- Step 8: Follow us on Facebook (Zoshy & Active Kids) to never miss a video
- Step 9: Subscribe to our Zoshy Telegram channel if you want to receive daily updates



www.zoshy.online

In collaboration with the Ministry of Education, Arts and Culture

PRINT



STEPS
HOW TO TEAR & USE
THE BOOKLET



KURAMA TARA PURATEMA



Kurama



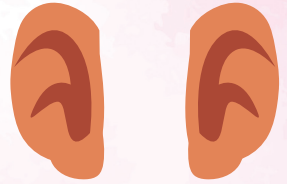
Aruhe kurama
ngunda au hiya
konda ondjira.

Tara



Tara minda
avi yevari.

Puratena



Puratena kutja
ozohauto ze ri
popezu.



Kurama! Kowondje!



Tji mu nozohauto
mondjira aruhe
undja erambe
engirine ndi
'nomurumendu'
okuyaka ngunda
auhiya konda
ondjira!