

# Grade 1: Week 13 & 14 / Sitopa sapili: Viki 13 ni 14



English / siLozi

## Healthy lifestyle & Winter / Bupilo bwa makete ni salami



Ministry of Education,  
Arts and Culture



**NAMIBIAN**  
COMMUNITY TRUST



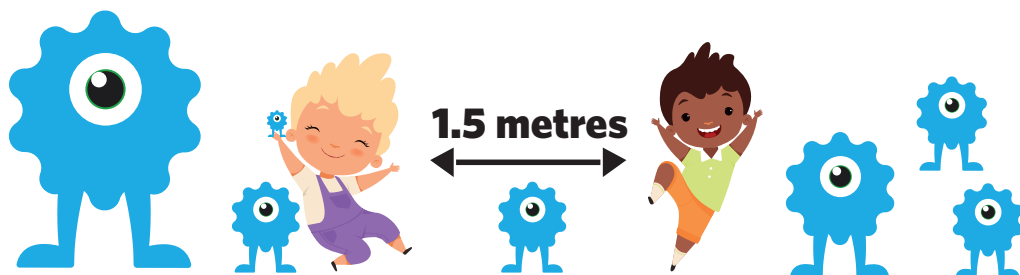
**Capricorn Foundation**

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.

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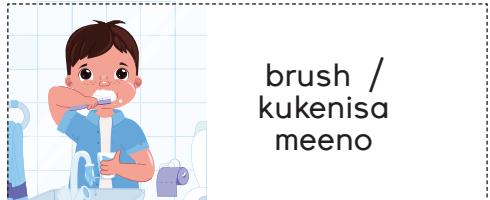
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# Vocabulary / Manzwi atata

Read the vocabulary words. / Bala manzwi atata.



Fill in the missing letters:

Utazelelze litaku zesio:

cl\_\_a\_\_

Ku\_\_enis\_\_

\_\_l\_\_y

B\_\_\_\_pal\_\_\_\_\_

r\_\_a\_\_

B\_\_l\_\_\_\_\_

b\_\_u\_\_h

Ku\_\_eni\_\_ame\_\_no

Search the vocabulary words.

r	e	a	d	a	i	s
b	r	u	s	h	o	l
m	y	c	p	l	a	y
c	l	e	a	n	n	p

Bata manzwi atata mwatafule ye mwatasi.

k	u	k	e	n	i	s	a	m	e	e	n	a
k	u	k	e	n	i	s	a	e	n	c	h	r
s	p	e	e	b	b	a	i	a	h	v	h	s
p	b	a	p	a	l	a	b	a	p	a	l	a



## Sight words / Manzwi a bubebe

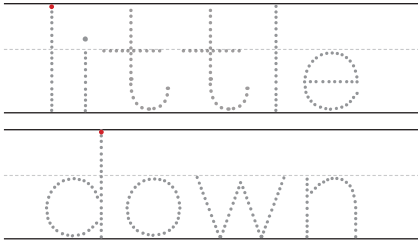
Read:

little

down

Trace it:

Write it:



Fill in the missing letters.

l\_\_tt\_\_e

d\_\_w\_\_

Find the sight words and circle it.

little

up

on

to

down

and

the

little

down

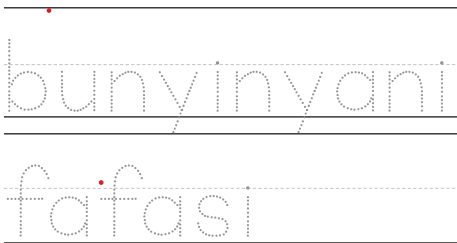
Bala:

bunyinyani

fafasi

Utilese:

Iñole:



Tazeleleza litaku zesio:

bu\_\_yi\_\_ya\_\_i

f\_\_f\_\_si

Fumana manzwi abubebe ni kua bea  
mwasikwenda:

bunyinyani    mwahalimu    fa

kwa    fafasi    ni

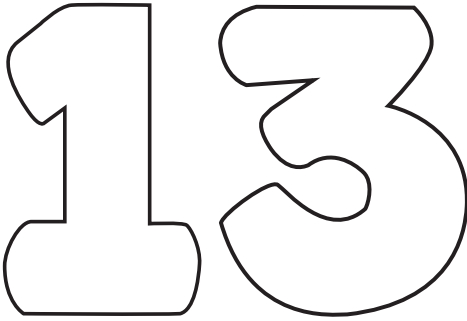
bunyinyani    fafasi





# Number 13 / Nombolo ya 13

Colour in / Upende



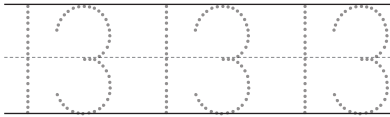
Make 13 dots on the dice / Eza tudoti inzi 13 mwalikwenda zeo



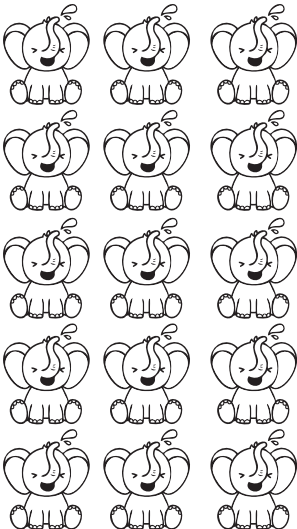
Circle the word thirteen / Bea nombolo ya thirteenth mwasikwenda  
 thirteen / liswumi eleven / liswumi ni  
 ni totu lala kalikañwi  
 thirteen / liswumi two / peli  
 ni totu lala

Trace / Utilese

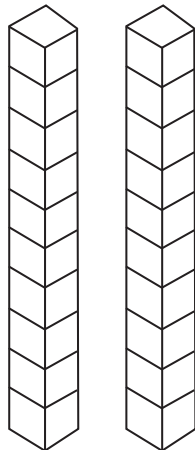
Write / Ñola



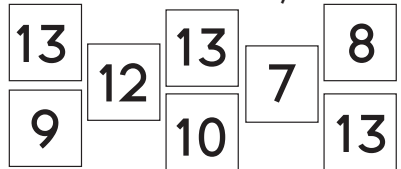
Colour in 13 elephants / Upende litou ze 13



Colour in 13 blocks / Penda tuboloko totuinzi 13



Colour in the number 13 / Penda nombolo ya 13

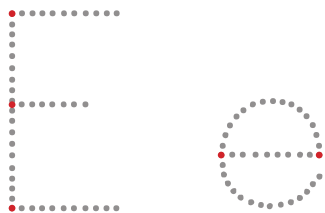


Before and after / Sapilo ni kasumulaho



## The 'E' 'e' sound / Mulumo wa 'E'

Trace / Utilese



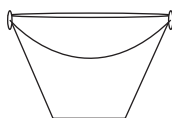
Circle the e's in the sentence: /  
Bea taku ya 'e' mwasikwenda  
mwamubamba wo:



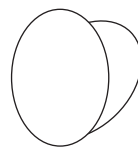
The eagle eats  
eight eggs.

Wanyi ica mai a eight  
(lobapeli)

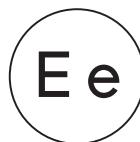
Draw a line from the circle to the  
images that begin with the letter 'e':/  
Uswanise mubamba kuzwa fa  
sikwenda kuya



bucket  
hemele



egg  
lii

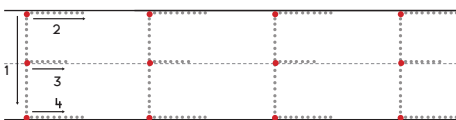


elephant  
tou

8

eight  
lobapeli

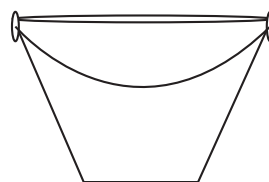
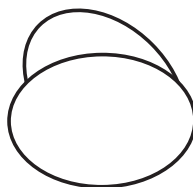
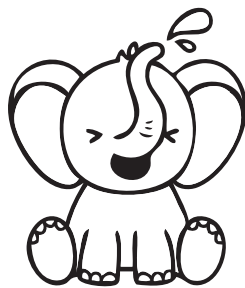
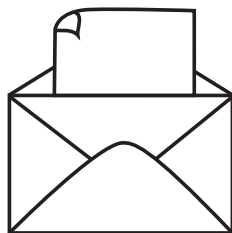
Trace / Utilese

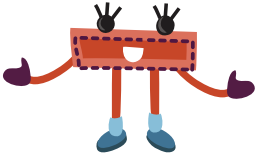


Write / Ñola



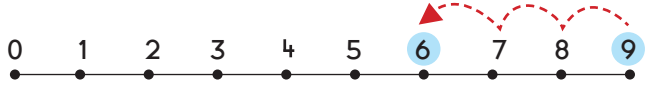
Colour the picture that start with the letter 'e' /  
Upende siswaniso sesikala kataku ya 'e'



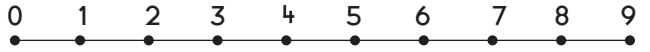


# Computation: Subtraction / Kusebeza lipalo: Za kuzwisa

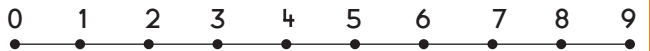
$9 - 3 = \square$



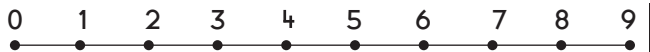
$6 - 2 = \square$



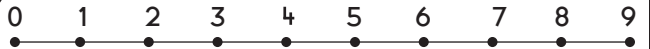
$8 - 1 = \square$



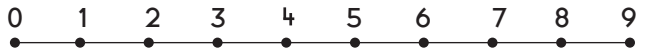
$7 - 4 = \square$



$4 - 2 = \square$



$9 - 5 = \square$



$5 - 4 = \square$



$7 - 7 = \square$



# Present Continuous Tense / Nako ya cwale ye zwelapili.

sitting / iinzi	sleeping / lobezi	eating / uca	playing / sweli kubapala	painting / penta
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Complete the sentences. / Taleleza mibamba.

1. Ben is \_\_\_\_\_ now.

1. Beni u \_\_\_\_\_ fa.



2. Jack is \_\_\_\_\_ soccer.

2. Jake u \_\_\_\_\_ mbola.



3. Pam is \_\_\_\_\_ lunch now.

3. Pamela \_\_\_\_\_ lico zahae.



4. The baby is \_\_\_\_\_ now.

4. Mbututu i \_\_\_\_\_ fa.



5. Tom is \_\_\_\_\_ on a bench.

5. Tomi u \_\_\_\_\_ fasiboloko.



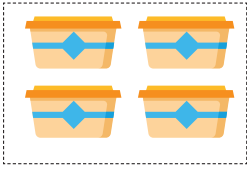
Double the following: Verdubbel die volgende /  
Mutaimise zemwatsi habeli



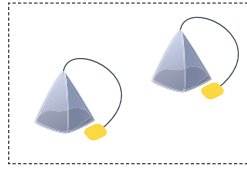
=



=

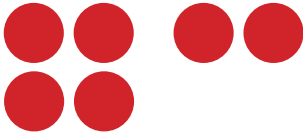


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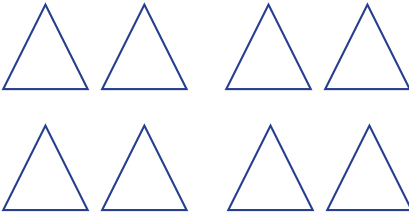
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Groups of two. / Likwata za 2



groups of two /  
likwata za 2

\_\_\_\_\_



groups of two /  
likwata za 2

\_\_\_\_\_

Write the numbers from small to big. /

Ñola linombolo zeo kuzwa kuyenyinyani kuya kuyetuna.

3      4      2      5      1

Write the numbers from big to small. /

Ñola linombolo zeo kuzwa kuye tuna kuya kuyenyinyani.

2      3      5      1      4



## Problem Solving / Tatululo ya butata

1. Mary has 6 cherries. She eats 2 of them. How many cherries are left? / Maria una ni maswiti a 6. Uca fateni amabeli. Maria ukaisia lelwa maswiti amakai?



$$\boxed{\phantom{000}} - \boxed{\phantom{000}} = \boxed{\phantom{000}}$$

2. There are 8 orange slices in a plate. Pam eats 3 of them. How many orange slices are there in the plate now? / Liembaza maolenji kize lobatalu 8 mwa mukeke Pama uca zetalu. Kukasiala liemba zekai mwa mukeke?



$$\boxed{\phantom{000}} - \boxed{\phantom{000}} = \boxed{\phantom{000}}$$

3. Tina has 5 sweets. She gave 4 of them to Rosy. How many sweets are left? / Tina una ni maswiti a ketalizoho. Ufa Rosi a 4. Tina ukasialelwa maswiti amakai?

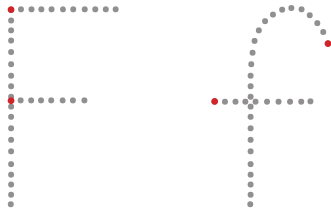


$$\boxed{\phantom{000}} - \boxed{\phantom{000}} = \boxed{\phantom{000}}$$



## The 'F' 'f' sound / Mulumo wa 'f'

Trace / Utilese



Circle the f's in the sentence: /  
Bea taku ya 'f' mwasikwenda  
mwa mubamba olatelela.

The fat frog eats  
fruits.

Simbotwe sesinunile  
sica miselo.



Draw a line from the circle to the  
images that begin with the letter 'f':/  
Swanisa mubamba kuzwa kwa  
sikwenda kuya kwa maswaniso akala  
kataku ya 'f'



fan  
feni



fairy  
feili



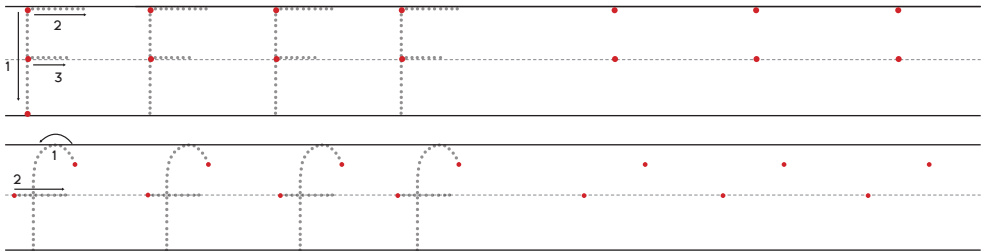
fish  
tapi



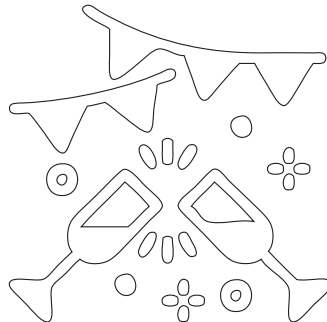
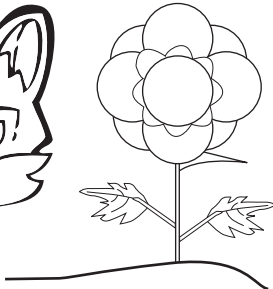
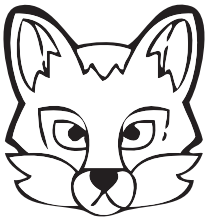
bicycle  
njinga

Trace / Utilese

Write / Ñola



Colour the picture that start with the letter 'f' /  
Upende maswaniso akalaka taku ya 'f'



## Reading comprehension / Kubala likande

Read the story and Choose the correct answer and write it on the line. /  
Bala likande ni kualaba lipuzo mi muliñole fa mubamba.

### My Dog

See my dog. We like to play outside.  
We run and jump in the sun.

**1. What pet does the girl have?**

- a. dog
- b. cat
- c. bird

**2. Where do they like to play?**

- a. inside
- b. outside
- c. at the park

**3. Where do they run and jump?**

- a. inside
- b. in the sun
- c. at the beach

### Nja Yaka

Bona nja yaka. Nja yaka lutabela kubapalela fande ni yona. Lwamatanga ni kutula mwa lizazi.

**1. Kisimunanu mañi autile musizana yo?**

- a. nja
- b. kaze
- c. sinyunywani

**2. Balta ahulu kbpalela kai?**

- a. mwandu
- b. fande
- c. sibaka

**3. Balata kumata ni kutulaka?**

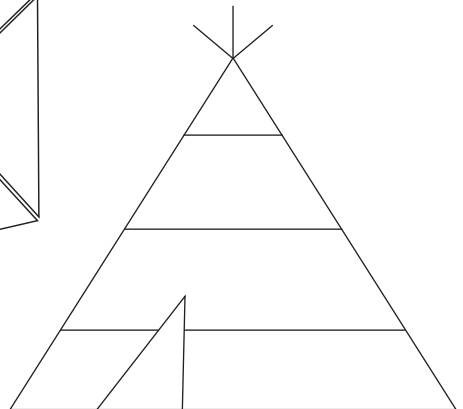
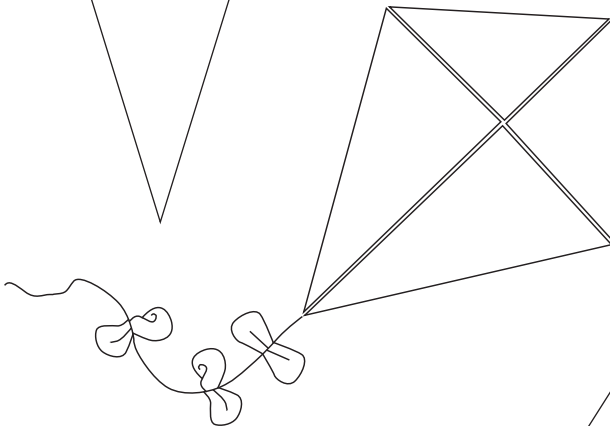
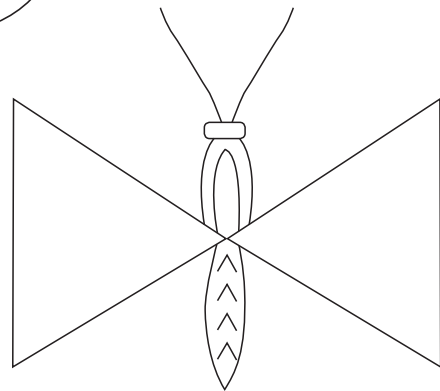
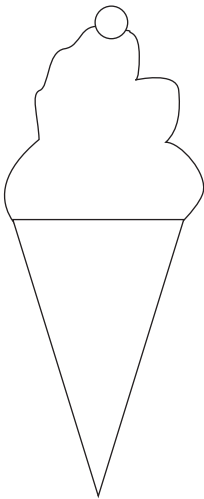
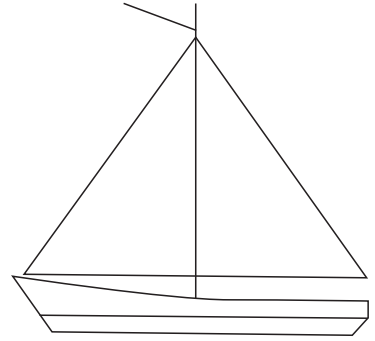
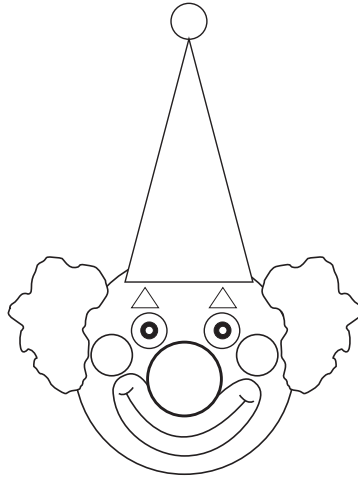
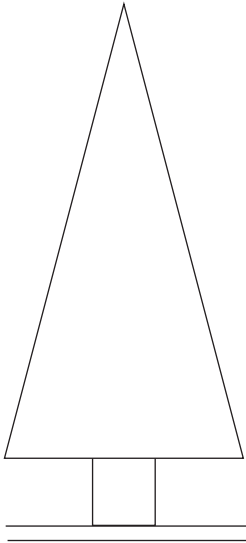
- a. mwandu
- b. mwalizazi
- c. fasiboloko























# Shape recognition / Kulemuha libupeho kabunolo

Colour the triangles yellow. / Upende li ñokolwatatu ñandatatukeke.



## Data handling / Pulukelo ya mañusa

Look at the picture-graph and answer the questions./  
Talima fatefule ya maswaniso mi ualabe lipuzo zelatelela.

6					
5					
4					
3					
2					
1					
	apples maapule	bananas makonde	grapes mangilembusi	oranges maolenji	strawberries sitolobeli

Types of fruit- Mifula ya miselo

Miss Apple asked class 1 to bring in a fruit for morning break. This graph shows the fruits the children had brought. / Bo mufumahali Apule bakupile kilasi ya pili kutisa miselo yakuca kakusasana. Tafuloe ye isupeza miselo yetisisizwe kibanana.

1. How many children brought apples?

Kibabakai banana babatisize ma apule? .....

2. Which was the most popular fruit?

Ki miselo mañi ozibaahala ahulu .....  
kakusebelisa tafule yeo?

3. Which fruit did only one child bring?

Ki miselo mañi outisizwe feela ki mwanana alimuñwi? .....

4. How many bananas were brought?

Kibabakai babatisize makonde? .....

5. How many children brought oranges?

Kibaba kai banana babatisize ma olenji? .....

6. How many fruits were brought altogether?

Kiemikai miselo kaufela yeneitisizwe kwasikolo? .....



## Time / Nako

Sequence the events in the morning:  
Bealipangaliko zeo kakuya kamo liitatelelana kuzwa kakusasana:



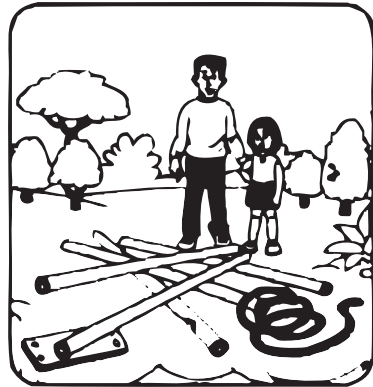
Soon the swing was ready.  
Munyunge nesekulukisizwe.



Carol enjoyed the swing ride.  
Calolina uikozi.



Father started building the swing.  
Bondate bakala kalukisa munyunge.



Carol and her father decided to  
build a swing.  
Calolina ni bondatahe balelana  
kuyaha munyunge.

## Reading and writing / Kubala ni kuñola

shoes	sitting		makatulo	bainzi	
	washing		kutapisa	bufubelunyana	
pink	spiders		ilumbetela	kwatukoni	
next to	between		mwahala	liapehelo	olenji
kitchen	playing				

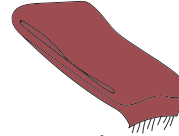
Mary and Sam are \_\_\_\_\_ on the floor. They are \_\_\_\_\_ with some \_\_\_\_\_. Jill, the mom, is \_\_\_\_\_ the dishes. Mary is wearing a \_\_\_\_\_ T-shirt. The children aren't wearing \_\_\_\_\_. The box is \_\_\_\_\_ Mary and Sam and there are some flowers \_\_\_\_\_ the window. It is sunny today but they are in the \_\_\_\_\_.

Maria ni Samwele \_\_\_\_\_ fa bulanda. Basweli \_\_\_\_\_ ni \_\_\_\_\_. Luli boma bon, \_\_\_\_\_ mikeke. Maria utinile makatulo \_\_\_\_\_. Banana habasikatina \_\_\_\_\_. Si pomkesi siinzi \_\_\_\_\_ Marie en Sam en Maria ni Samwele mi kuna ni lipalisa mwateni \_\_\_\_\_ ni lihaul. Kucisizwe kacenu kono bamwa \_\_\_\_\_.



## Vocabulary / Manzwi atata

Read the vocabulary words. / Bala manzwi atata

jersey /  
sweta

scarf / sikafu



winter hat / sisoti sa salami

cold /  
kubata

Fill in the missing letters:

j\_\_rse\_\_

wi\_\_t\_\_r

h\_\_t

s\_\_a\_\_f\_\_

c\_\_l\_\_

Fumana litaku zesiyo:

sw\_\_t\_\_

sil\_\_\_\_m\_\_\_\_

s\_\_\_\_so\_\_\_\_i

s\_\_\_\_kaf\_\_\_\_

kub\_\_t\_\_

Fumana manzwi atata:

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



## Sight words / Manzwi abubebe

Read:

now

blue

Trace it:

Write it:

now

blue

Fill in the missing letters.

n\_\_w

b\_\_u\_\_

Find the sight words and circle it.

blue

is

the

little

now

on

Bala:

onafa

ndilu

Utilese:

Ñola:

onafa

ndilu

Bea taku yesiyo mo:

on\_\_f\_\_

nd\_\_lu

Fumana manzwi abunolo uabee  
mwasikwenda:

ndilu

ki

nyinyani

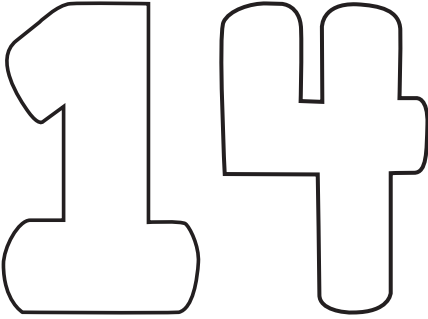
onafa

fa



# Number 12 / Nombolo ya 12

Colour in / Upende mwahali



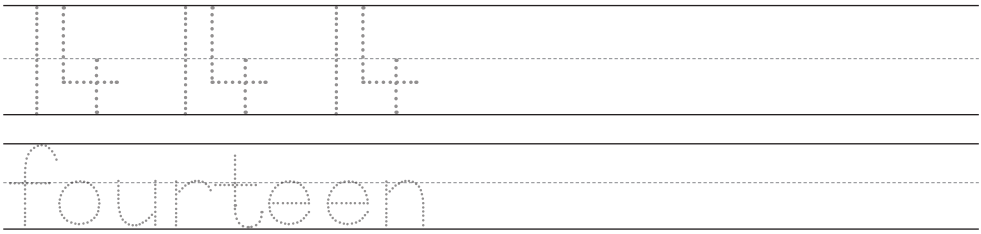
Make 14 dots on the dice / Ñola tudoti totuinzi 12 mwakaboloko totuiinzi mwatasi



Circle the word fourteen / Bea nombolo ya fourteen mwasikwenda  
 fourteen / liswumi eleven / liswumi ni ni totune kalikañwi  
 fourteen / liswumi twelve / liswumi ni ni totune totubeli

Trace / Utilese

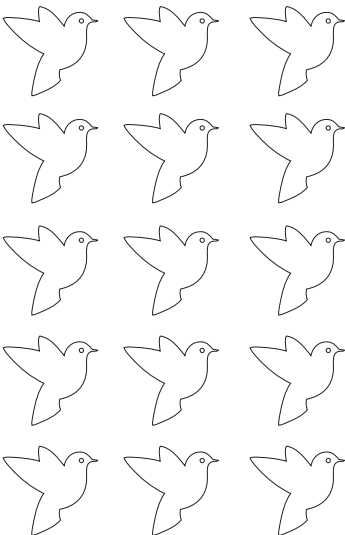
Write / Ñola



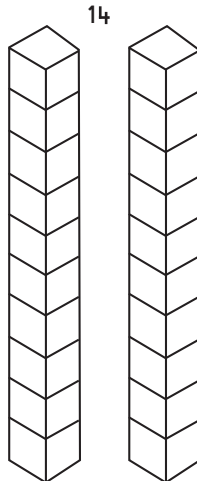
Wiki 13

Sitopa 1

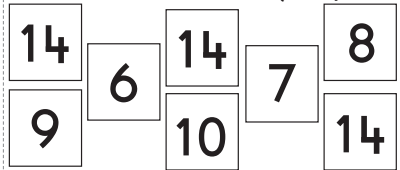
Colour in 14 birds / Upende linyunywani ze 14



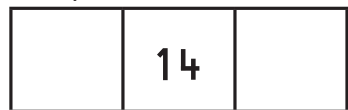
Colour in 14 blocks / Upnede tuboloko totu iinzi



Colour in the number 14 / Penda nombolo ya 14



Before and after / Sapili ni kasa mulaho



# The 'T' 't' sound / Mulumo wa 'T'

Viki 13

Sitopa 1

Trace / Utilese

Draw a line from the circle to the images that begin with the letter 'o': / Uswanise mubamba kuzwa fasikwenda kuya kwalika zekla ni taku ya 'T'

table tafule

turtle kulu

tent / tente

ball mbola

Circle the t's in the sentence: /  
Bea sikwenda taku ya 't' mwa  
mubamba olatelela:

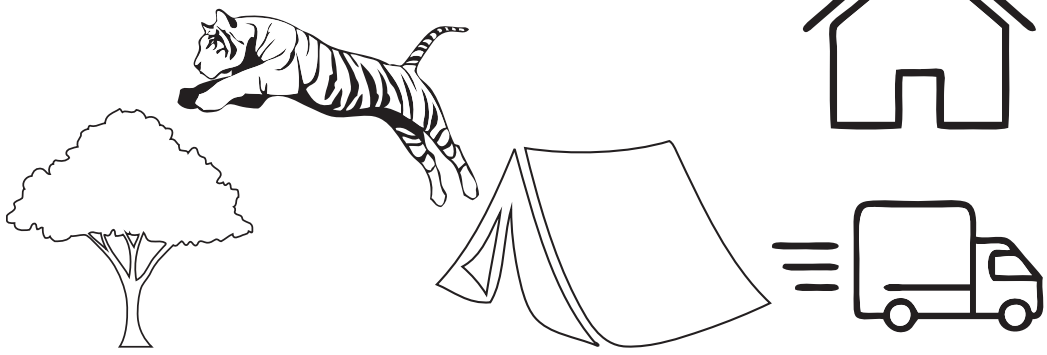


- The tiger tries to climb the tree. /
- Ngwe ilika kupahama kwakota.

Trace / Utilese

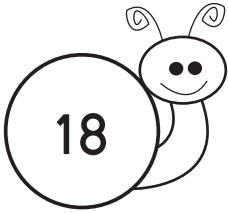
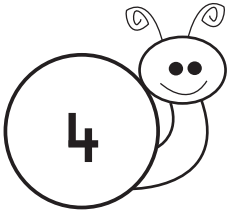
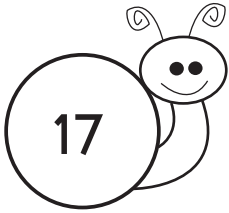
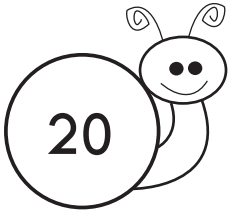
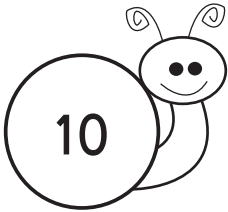
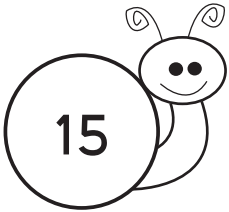
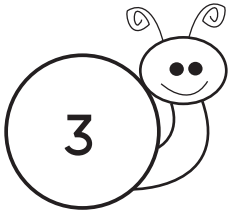
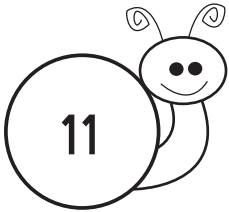
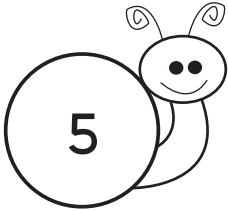
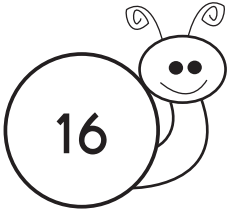
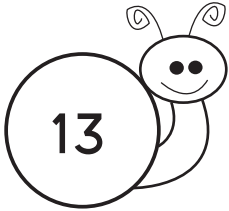
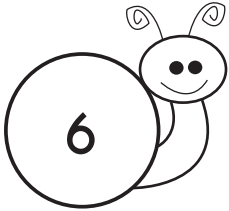
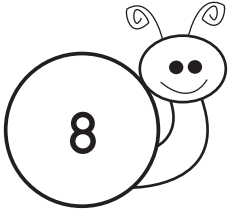
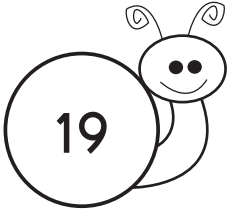
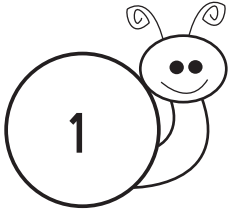
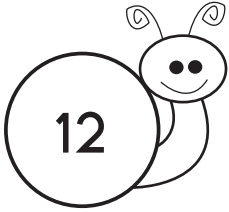
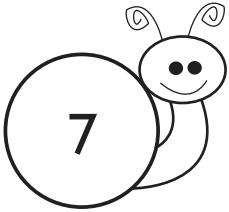
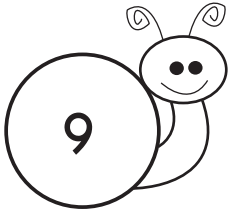
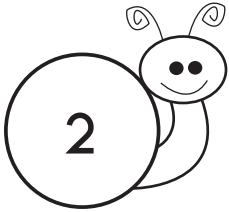
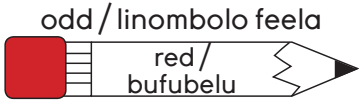
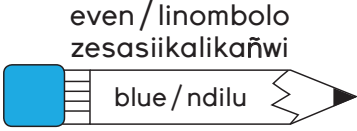
Write / Nola

Colour the picture that start with the letter 't' /  
Upende maswaniso akala kataku ya 't'





Colour the even numbers blue and the odd numbers red. / Upenda mubala wa ndilui linombolo zesasii kalikañwi hamuabelani 2 nikupenda mubala wa bufubelu linombolo feela ili zeo lisia kalikañwi haliabela ni 2.



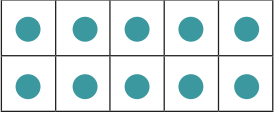
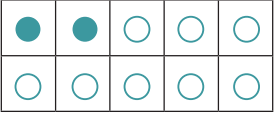
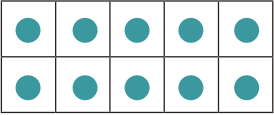
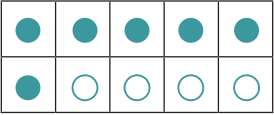
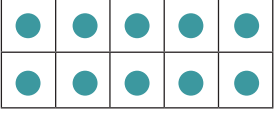
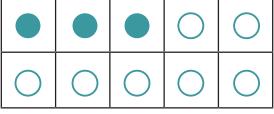
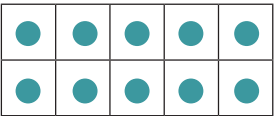
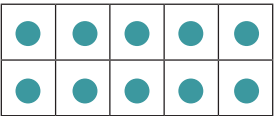
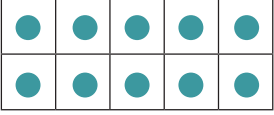
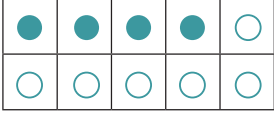
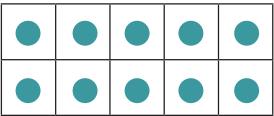
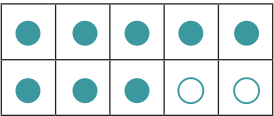
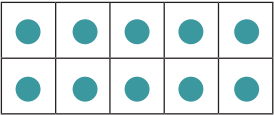
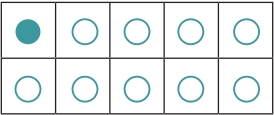
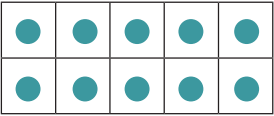
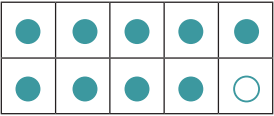
Viki 14

Sitopa 1



Ten frame/Tafule ya bulishumi

How many? / Kiamakai?

1			
2			
3			
4			
5			
6			
7			
8			



# Reading Comprehension / Bala likande

Read the text 3 times and answer the questions: /  
Bala likande leo halalu mi ualabe lipuzo:

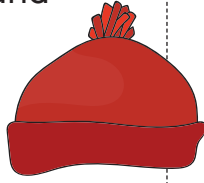
I have a new hat.

My hat is little and red.

I like it a lot.

I wear it every time  
I go outside.

My mom bought it  
for me.



1. My hat is

\_\_\_\_\_ and \_\_\_\_\_

2. Who is it from?

\_\_\_\_\_

3. Which hat do you like?



a



b



c

Viki 14

Sitopa 1

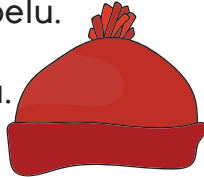
Ninani sisoti sesinca.

Sisoti saka kisesinyinyani  
hape kise sifubelu.

Nisilata hahulu.

Nisitina zazi  
kazazi haniya fande.

Bome kibabani lekezi sona.



1. Sisoti

\_\_\_\_\_ ni \_\_\_\_\_

2. Sizwa kai sisoti seo?

\_\_\_\_\_

3. Ki sisoti mañi solata ahulu.



a



b



c



## Common Nouns / Mabizo feela

Put each word under the correct heading: / Bea linzwi ni linzwi mwa mubamba olukile fatafule ye mwatasi.

country dog book mountain minister granny Ann  
school train lion Namibia Windhoek mother brother

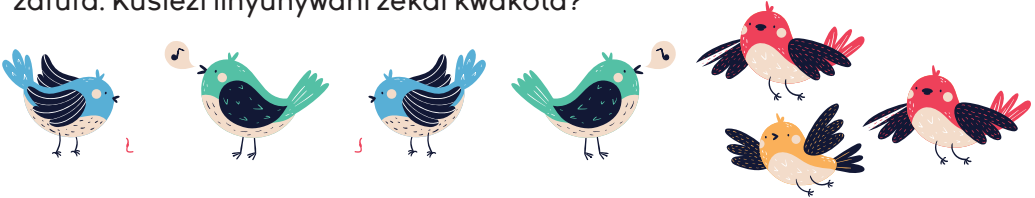
naha nja buka lilundu mueteleli kuku  
sikolo sitima tau ndembele luwawa muopeli

People / Batu	Animals / Lifolofolo	Places / Libaka	Things / Lika



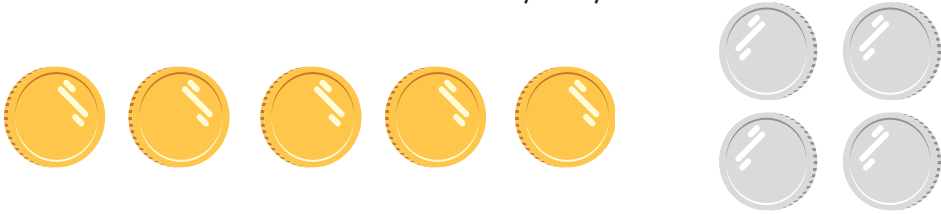
## Problem Solving / Tatululo ya butata

1. There were 7 big birds sitting on a tree. 3 of them fly away. How many birds are on the tree? / Nekuna ni linyunywani ze 7 zene liinzi fa kota. 3 fateni zafufa. Kusiezi linyunywani zekai kwakota?



$$\boxed{\phantom{00}} - \boxed{\phantom{00}} = \boxed{\phantom{00}}$$

2. John had 9 coins. He gave 4 of them to his younger sister. How many coins does John have now? / Johani una ni 9 muwayawaya. Ufa munyana hae N\$4.00. kanti Johani ukasialelwa muwayawaya ofita kai?



$$\boxed{\phantom{00}} - \boxed{\phantom{00}} = \boxed{\phantom{00}}$$

3. Joe has 8 balloons. 3 of them burst. How many balloons are left? / Juwele unani ma baloni a 8, a 3 apazuha. Usialelwi mabaloni amakai?



$$\boxed{\phantom{00}} - \boxed{\phantom{00}} = \boxed{\phantom{00}}$$



## Doubling: / Kukopanya habeli:

1 = \_\_\_\_\_

2 = \_\_\_\_\_

6 = \_\_\_\_\_

4 = \_\_\_\_\_

7 = \_\_\_\_\_

5 = \_\_\_\_\_

3 = \_\_\_\_\_

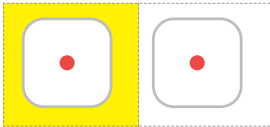
8 = \_\_\_\_\_

10 = \_\_\_\_\_

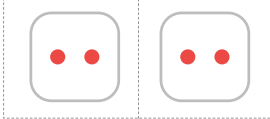
9 = \_\_\_\_\_

## Halving. / Kukauhanya fahali.

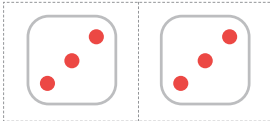
One block of the dominoes represents half of the number. /  
Kaboloko kalikañwi kaemela licika lanobolo.



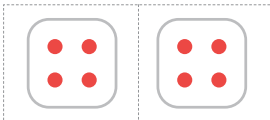
Half of 2  
Licika la 2 = 1



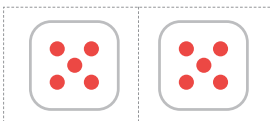
Half of 4  
Licika la 4 = \_\_\_\_\_



Half of 6  
Licika la 6 = \_\_\_\_\_



Half of 8  
Licika la 8 = \_\_\_\_\_



Half of 10  
Licika la 10 = \_\_\_\_\_



## Syllables / Mitai

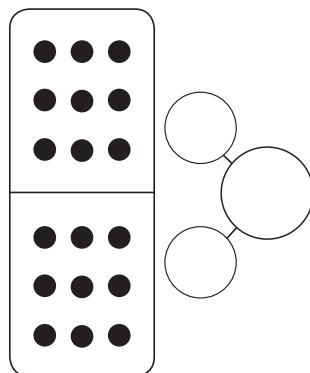
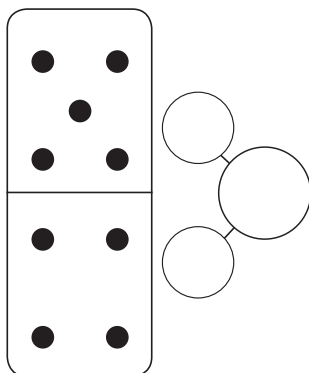
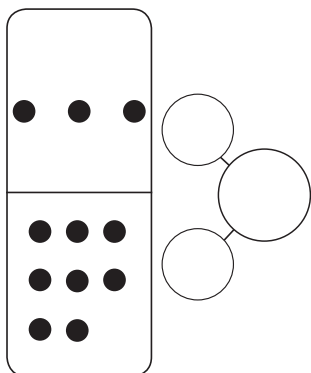
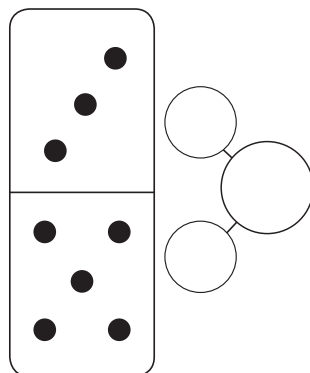
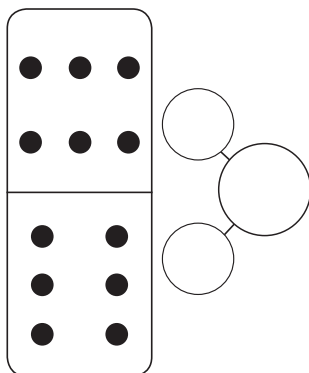
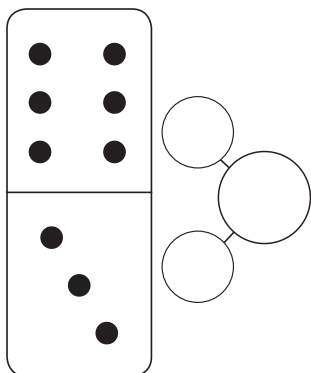
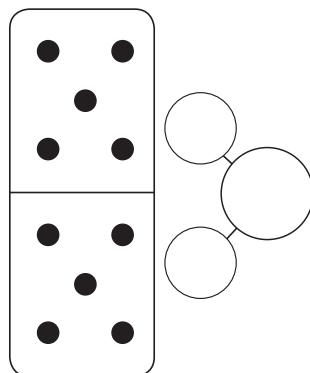
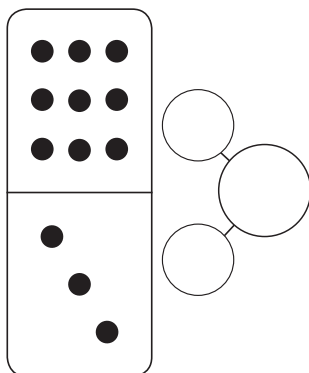
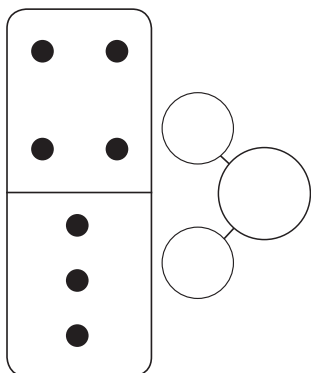
How many syllables do you hear in each word? /  
Kimitai ye ikkai youtwa mwananzwi amwatasi?

apple apule _____	butterfly pilipisa _____
banana likonde _____	pizza piza _____
ice cream isikilimu _____	hop _____
puppy kanjanana _____	radio wayelesi _____
car mota _____	flower palisa _____
tree kota _____	go zamaya _____



## Number bonds / Linombolo

Count the dots on each domino. Write it and add them. /  
Bala linombolo kaufela. Ñola ni kukopanya linombolo zeo.





## All about -ed

Add **-ed** to a verb to make it past tense.

**open – opened**

If a verb ends in a silent 'e' just add **-d** to make it past tense

**close – closed**



Write the correct past tense verbs:

watch .....

play .....

jump .....

enjoy .....

want .....

smile .....

wash .....

visit .....

arrive .....

work .....

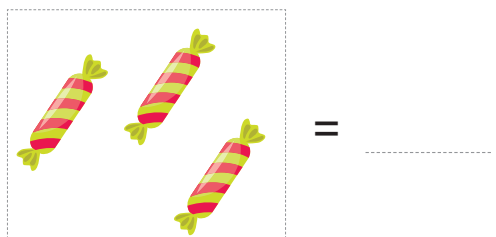
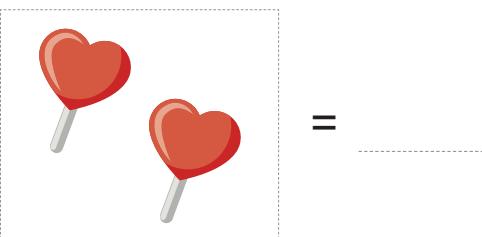
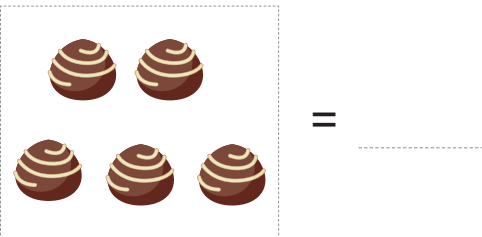
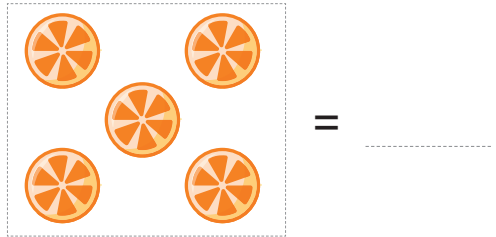
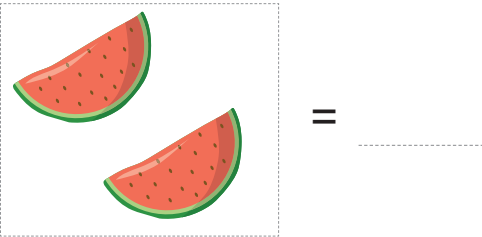
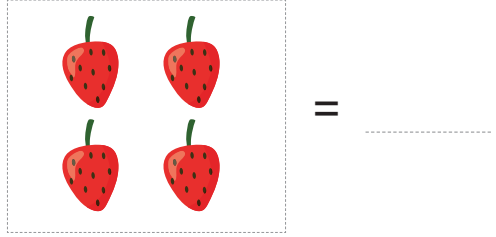
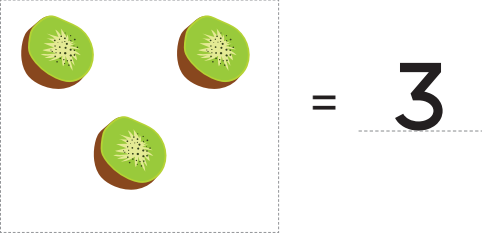


# Subitize / Kunuha

Subitize: to see and know right away. You subitize with your eyes. /  
Kutalima ni kufa palo ya nombolo ya maswaniso ali mwa tu ponkesi.

Viki 13

Sitopa 1



# 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>



ONLINE

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](http://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](http://www.zoshy.online)

In collaboration with the Ministry of Education, Arts and Culture

PRINT


### 1

Turn the booklet to landscape.




### 2

Take a ruler & tear the booklet at the top long fold.




### 3

Fold the booklet in half.



### 4

The learning journey can start.



## STEPS

HOW TO TEAR & USE THE BOOKLET





**Keep the school and your village clean**

**Don't cut trees. Plant trees!**

**Don't kill wild animals**

**Reuse and Recycle**

