

# Grade 1: Week 19 & 20

## Ondondo 1: Oshiwike 19 no20



English / Oshindonga

A balanced diet & Road safety /  
likulya yina uundjolowele negameno lyomoondjila



Ministry of Education,  
Arts and Culture



NAMIBIAN  
COMMUNITY TRUST



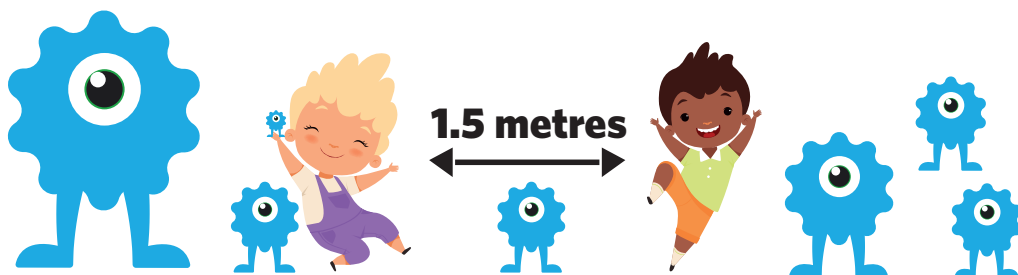
Capricorn Foundation

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.

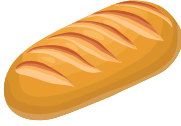
Production by: Namibia Media Holdings **NMH** NAMIBIA MEDIA HOLDINGS

Printing: Newsprint Namibia **newsprint** NAMIBIA



# Vocabulary

Read the vocabulary words.



bread

vegetables



fruit



meat



porridge

Fill in the missing letters:

br\_\_a\_\_

m\_\_at

f\_\_u\_\_t

v\_\_g\_\_t\_\_bl\_\_s

p\_\_rr\_\_dg\_\_

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



## Sight words/litya yakwalukehe

Read:

go

we

said

Trace it:

Write it:

go go

we we

said

Lesh:

inda

tse

tya

Shi sindolola:

Shi nyola:

inda

tse

tya

Choose two sight words and write your own sentences. /  
Hogolola iitya yakwalukehe iyali e to nyola etumbulo lyoye mwene.

---

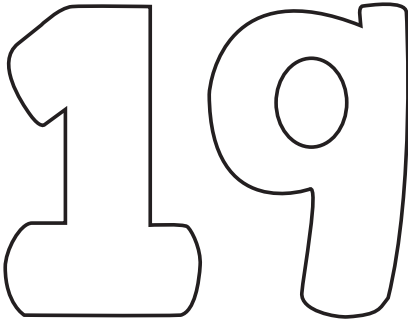


---



# Number 19/ Onomola 19

Colour in/ Mbapeka



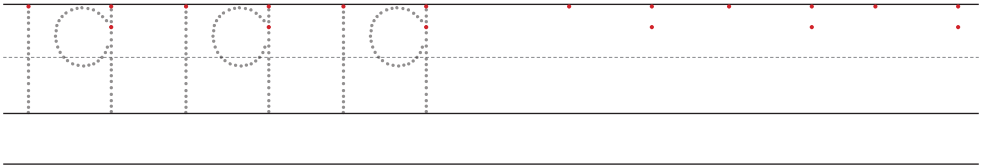
Make 19 dots on the dice/ Mbapeka uundothi 19 kokadaisa



Clircle the word nineteen/ Tula mongonga oshitya omulongo nomugoyi fourteen / Omulongo nane nineteen / omulongo nomugoyi nineteen / omulongo nomugoyi nineteen / omulongo nomugoyi omulongo nahamano

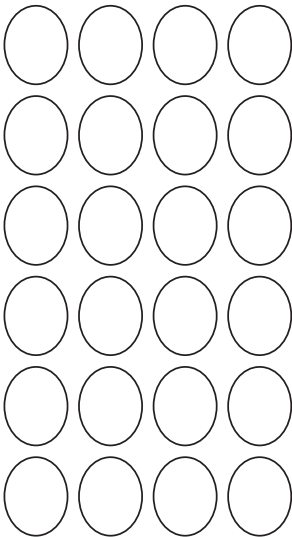
Trace/ Sindolola

Write/ Nyola



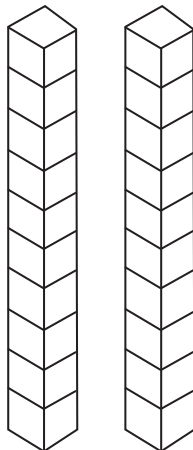
omulongo nomugoyi

Colour in 19 ovals/ Mbapeka omayi 19

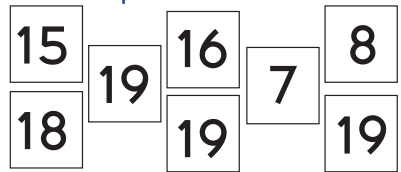


Colour in 19 blocks/ Mbapeka uukololo

19



Colour in the number 19/ Mbapeka onomola 19



Before and after/ Komeho/konima



Oshiwike 19

Ondondo 1



## Counting / Okuyalula

Complete the skip counting series. / Manitha omayalulo ga nukwa po.

2, 4, 6, , , , ,

13, 15, 17, , , , ,

16, 18, 20, , , , ,


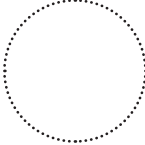

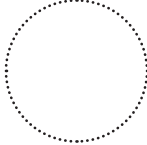

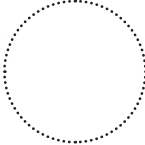

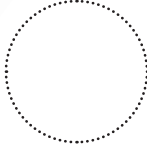



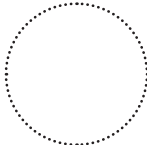
3, 4, 5, , , , ,

7, 9, 11, , , , ,

# A balanced diet / likulya yina uundjolowele

How many each if: / Ingapi kehe shimwe ngele:


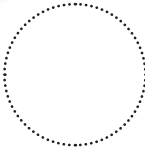
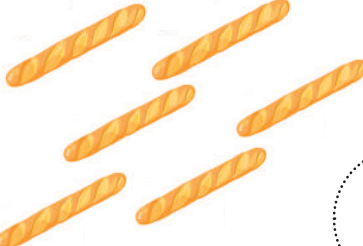
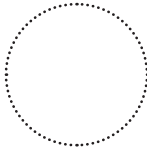
1. Shared by 2? / 1. Ya topolelwa thana ku2?

Oshiwike 19

Ondondo 1

2. Shared by 3? / Ya topolelwathana ku3?

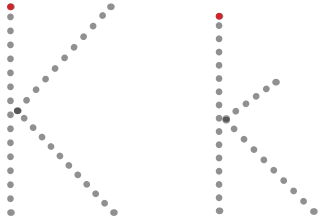
 	 
---	--



# English Activity

## The 'K' 'k' sound

Trace



Draw a line from the circle to the images that begin with the letter 'k':

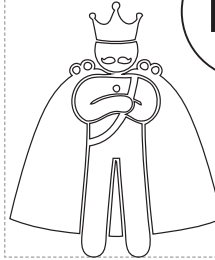


kite



giraffe

K k

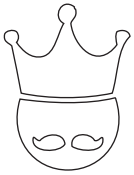


king



kettle

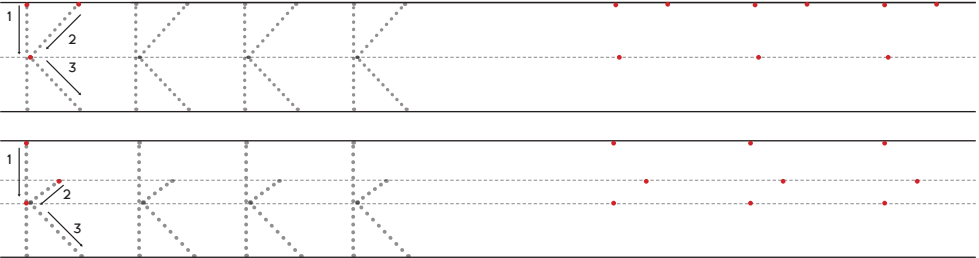
Circle the k's in the sentence:



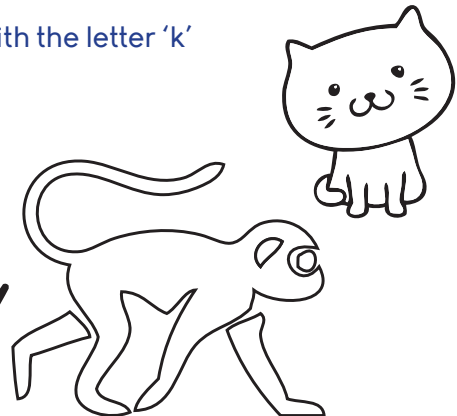
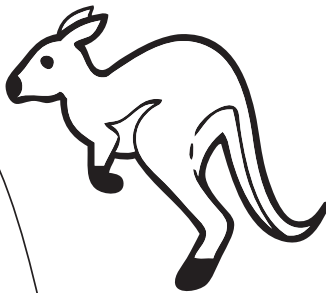
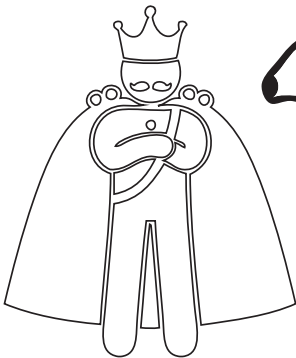
The king's key is in the kitchen.

Trace

Write







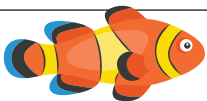



Colour the picture that start with the letter 'k'





Label the pictures. /  
Nyola edhina kohi yethano kehe.

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

tomato / etama

pear / okayupa

apple / eapela

onion / onyanga

water / omeya

fish / ohi

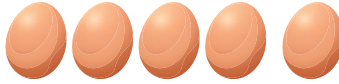
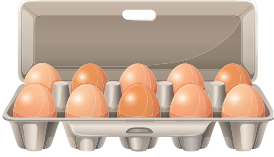
banana / ebanana

chicken / ondjuhwa



## Problem Solving / Okukitakununa

1. Mother cooks 10 eggs. I eat 5 eggs. How many eggs are left? /  
Meme okwa teleka omayi 10. Onda li po omayi ga5. Omayi gangapi gathigalapo?



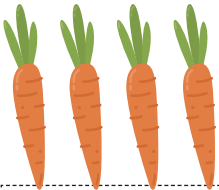
$$\boxed{\phantom{000}} - \boxed{\phantom{000}} = \boxed{\phantom{000}}$$

2. Pam has 6 pieces of cheese. She shares it with her friend, Ann. How many pieces of cheese will each girl get? / Pama okuna uupambu wehini u6. Okwe wu topola nakuume ke Anna. Kehe gumwe ota mono uupambu ungapi?



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

3. I used 4 carrots and 2 potatoes to cook soup. How many vegetables did I use altogether? / Onda longitha uunawamudesa u4 niihakautu 2 okuteleka osopa. Onda longitha iikwamboga ingapi ayihe kumwe?



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





3



# Money / limaliwa

Select a set of coins up to 50c. Hogolola ehwata lyiimaliwa iikukutu sigo 50c.

How many 5c and 10c coins will make 50c?/  
limaliwa iikukutu yoosenda 5c noosenda 10c tayi ningi oosenda 50c?

In each block colour the correct set of coins to make up to 50c. /  
Mokakololo kehe mbapeka ehwata lyiimaliwa iikukutu yomondjila tayi ningi oosenda 50c.

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	



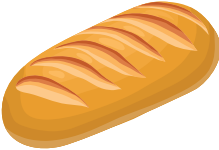



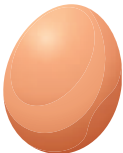

Oshiwike 19

Ondondo 1

## English Activity

## Plurals

Write the plural form of the given words. Add 's' to make the words plural.

 <p style="text-align: center;">apple</p> <p>.....</p> <p>.....</p>	 <p style="text-align: center;">pear</p> <p>.....</p> <p>.....</p>
 <p style="text-align: center;">bread</p> <p>.....</p> <p>.....</p>	 <p style="text-align: center;">orange</p> <p>.....</p> <p>.....</p>
 <p style="text-align: center;">carrot</p> <p>.....</p> <p>.....</p>	 <p style="text-align: center;">banana</p> <p>.....</p> <p>.....</p>
 <p style="text-align: center;">egg</p> <p>.....</p> <p>.....</p>	 <p style="text-align: center;">pumpkin</p> <p>.....</p> <p>.....</p>

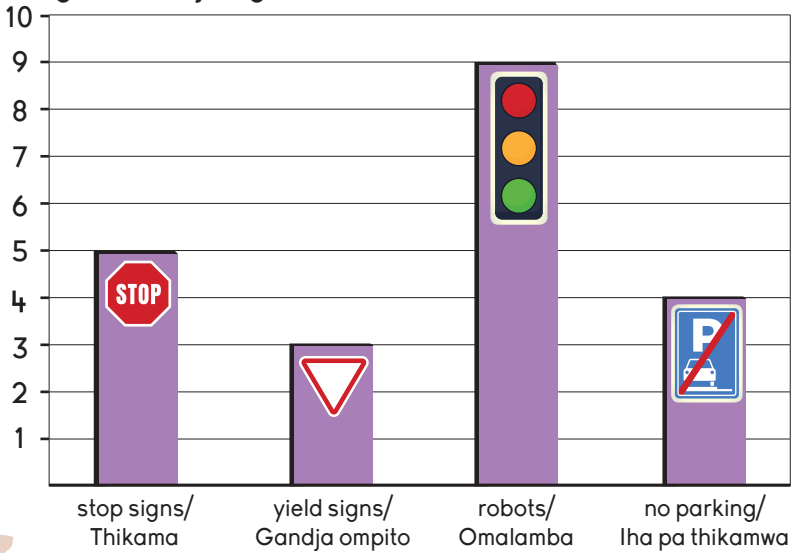
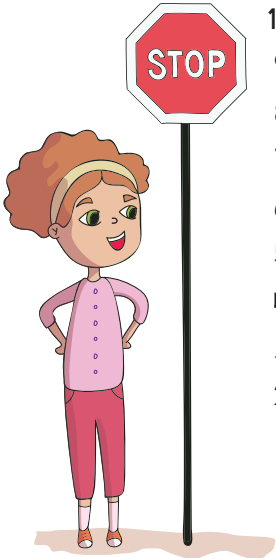


## Data Handling / Egongelo lyomauelele

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

This graph shows the road signs the children brought. /

Meme Botha okwa pula ondondo 1 yi ete omathano gomandhindhiliko gomoondjila kosikola. Ografa ndjino otayi ulike omandhindhiliko gomoondjila ga etelelwa kaanona.



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

Unona ungapi weetelela omathano gomadhindhiliko taga landula?:

stop signs /Thikama : ..... yield signs/gandja ompito:.....

robots/Omalamba: ..... iha pa thikamwa: .....

2. Which road sign pictures was the most? /

Omathano geni gomandhindhiliko gomoondjila ga li ogendji?.....

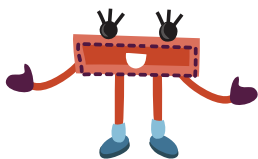
3. Which road sign pictures was the least? /

Omathano geni gomandhindhiliko gomoondjila ga li omashona?.....

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

Meme Botha oku na aalongwa yangapi mongulu yosikola ye? .....



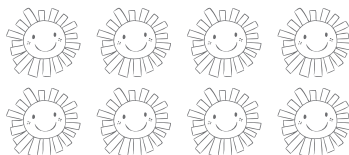


## Computation: Subtraction / Okuyalula: Ekuthomo

Use the pictures for help. / Longitha omathano okuku kwathela.



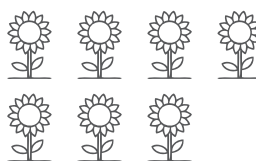
$$10 - 2 = \dots\dots\dots$$



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



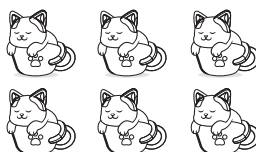
$$9 - 5 = \dots\dots\dots$$



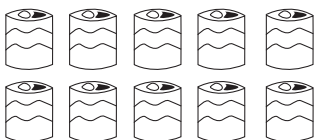
$$7 - 5 = \dots\dots\dots$$



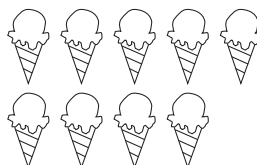
$$8 - 3 = \dots\dots\dots$$



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



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



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



## Healthy and Unhealthy foods / likulya yi na uundjolowele niikulya yaana uundjolowele.

Cut out the food pictures. Decide if the food in each picture is healthy or unhealthy. Glue each picture in the correct column. /  
Konda mo omathano giikulya. Popya ngele oshikulya oshina uundjolowele.  
Nateka ethano kehe mokakololo komondjila.

Healthy foods / likulya yi na uundjolowele	Unhealthy foods / likulya yaa na uundjolowele

eggs / Omayi



banana / omabanana



potato chips / Otyepisa



grapes / omandjembele



beetroot / Engumutulu

donut /  
okambolotokosuuka

chocolate / Otyokolate



ice cream / oice-creama







## Vocabulary

Read the vocabulary words.

fall



cut



blood



cry



bandage

Fill in the missing letters:

f\_\_l\_\_

c\_\_y

c\_\_t

b\_\_nd\_\_g\_\_

bl\_\_od

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



## Sight words/litya yakwalukehe

Read:

help

make

find

Trace it:

Write it:

help

make

find

---



---



---



---



---



---

Lesha:

kwatha

ninga

konga

Shi sindolola:

shi nyola:

kwatha

ninga

konga

---



---



---



---



---



---

Choose two sight words and write your own sentences. /  
hogolola iitya iyali yakwalukehe e to tungu etumbulo  
lyoye lyanathangwa.

---



---

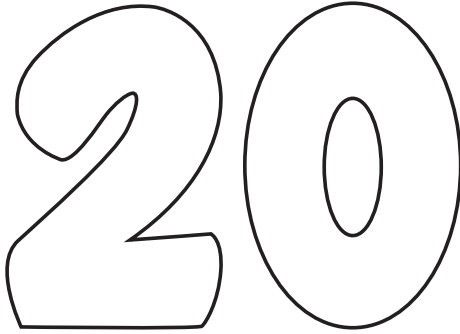


---



# Number 20/ Onomola 20

Colour in/ Mbapeka



Make 20 dots on the dice/  
Ninga uundothi 20 kokadaisa

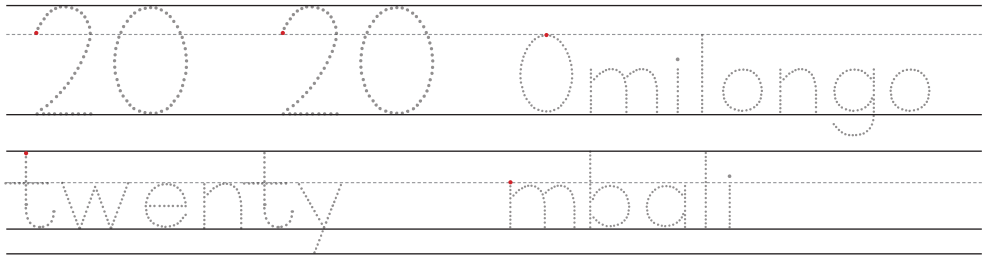


Clircle the word twenty/  
Tula mongonga oshitya  
omilongo mbali

- twenty/ Omilongo mbali
- eleven/ omulongo nayimwe
- fourteen/ Omulongo nane
- twenty/ Omilongo mbali
- twenty/ Omilongo mbali

Trace/ Sindolola

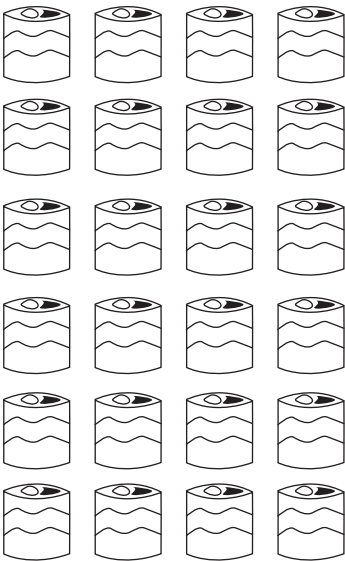
Write/ Nyola



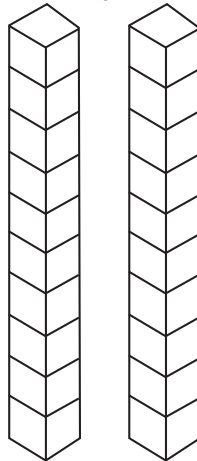
Oshiwike 20

Ondondo 1

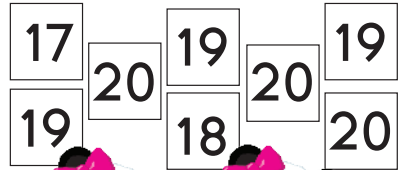
Colour in 20 cans/  
Mbapeka uundooha 20



Colour in 20  
blocks/  
Mbapeka uukololo  
20



Colour in the number 20/  
Mbapeka onomola 20



Before and after/ Komeho/konima





# Odd & Even numbers / Onomola dhiisheka nodheelekana

Colour all the odd numbers red and the even numbers blue. /  
Mbapeka oonomola adhihe dhiisheka nolwaala olutiligane noonomola  
dheelekana nolwaala olumbulawu.

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

Complete the number bonds. /  
Manitha ekwatathano lyonomola.

Oshiwike 20  
Ondondo 1

# Computation / Okuyalula

Find the sums and differences. / Konga omayamukulo nomayooloko gomiyalu ndhika:

Add 1 /  
Kwagwedhwa 1

$1 + 2 = \square$

$1 + 5 = \square$

$1 + 0 = \square$

$1 + 8 = \square$

$1 + 9 = \square$

$1 + 3 = \square$

$1 + 6 = \square$

$1 + 4 = \square$

$1 + 7 = \square$

$1 + 1 = \square$

Subtract 1 / Mwaza 1

$2 - 1 = \square$

$8 - 1 = \square$

$5 - 1 = \square$

$1 - 0 = \square$

$7 - 1 = \square$

$4 - 1 = \square$

$9 - 1 = \square$

$3 - 1 = \square$

$6 - 1 = \square$

$2 - 1 = \square$

+1 / Nenge -1

$0 + 1 = \square$

$8 - 1 = \square$

$10 + 1 = \square$

$3 + 1 = \square$

$4 - 1 = \square$

$10 - 1 = \square$

$5 + 1 = \square$

$9 + 1 = \square$

$7 - 1 = \square$

$9 - 1 = \square$

Oshiwike 20

Ondondo 1












## English Activity

## Phonics:

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	
	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	



# English Activity

## Long and short vowels.

Write the short and long o words.

- jog
- robe
- cob
- broke
- globe
- cop
- rod
- home
- hop
- vote
- rope
- fox

Short o	Long o

Oshiwike 20

Ondondo 1

Number the pictures in the correct order.








## Problem Solving / Okukitakununa

1. Max has 8 books and Kim has 3 less books. How many books does Kim have? / Max okuna omambo ga8 na Kim oku vulike nomambo ga3. Kim okuna omambo gangapi?



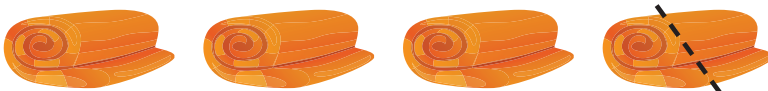
$$\boxed{\phantom{00}} - \boxed{\phantom{00}} = \boxed{\phantom{00}}$$

2. Kim has 3 pillows and Max has 2 more than Kim. How many pillows does Max have? / Kim oku na iikusinga i3 na Max okumu vule niikusinga i2. Max oku na iikusinga ingapi?



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

3. Kim has 4 blankets and Max has 1 less than Kim. How many blankets does Max have? / Kim oku na omakumbatha ga4 na Max oku vulike nekumbatha limwe kuKim. Max oku na omakumbatha gangapi?

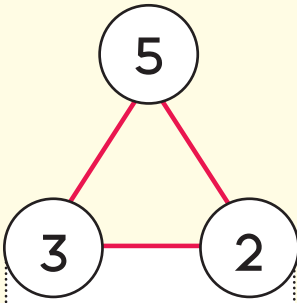


$$\boxed{\phantom{00}} - \boxed{\phantom{00}} = \boxed{\phantom{00}}$$



# Problem Solving / Okukitakununa omiyalu

Oshiholelwa:

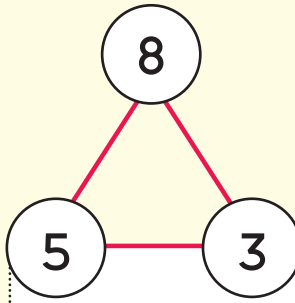


$$3 + 2 = 5$$

$$2 + 3 = 5$$

$$5 - 3 = 2$$

$$5 - 2 = 3$$

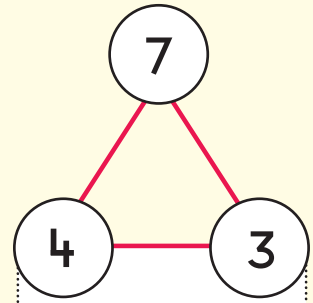


$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

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

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

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



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

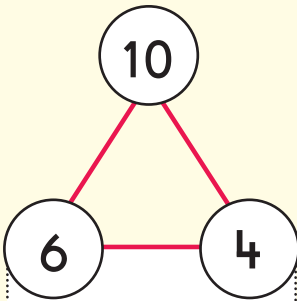
$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

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

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

Oshiwike 20

Ondondo 1

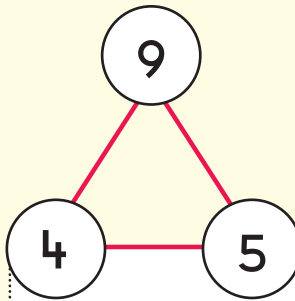


$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

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

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

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

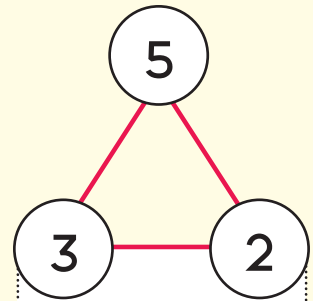


$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

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

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

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



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

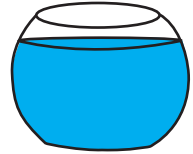
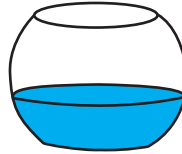
$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

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

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

# Capacity / Omutima gwoshikwatelwa

Compare the volume of liquid. Write 'more' or 'less' on the lines. /Yelesa (uuwindji) woshikunguluki. Nyola oshindji nenge oshishona pomisinda pevi lyoshikwatelwa kehe.

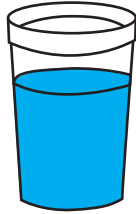
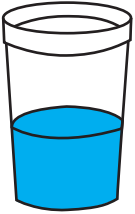


.....

.....

.....

.....

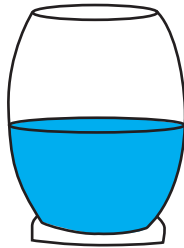
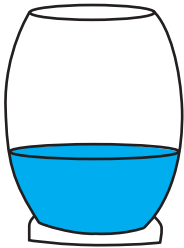


.....

.....

.....

.....



.....

.....

.....

.....

Oshiwike 20

Ondondo 1



## English Activity

### Possessive pronouns

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

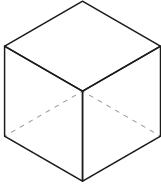
Fill in each blank with the correct possessive pronoun.

1. Is this **your** umbrella? (yours / your)
2. You can't have \_\_\_\_\_ cake. (my / min)
3. It is \_\_\_\_\_ turn. (our / ours)
4. Look at \_\_\_\_\_ funny painting. (her / hers)
5. That necklace has lost \_\_\_\_\_ shine. (its / it's)

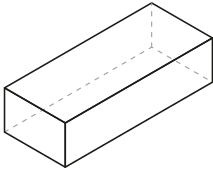


## Geometry: 2D and 3D shapes / Ontseyometo: Omalupe goombinga 2 (2D) noombinga 3 (3D)

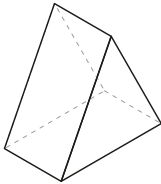
Draw a line to match the 3D objects to their 2D look alike. /  
Thaneka omusinda okutsitha kumwe iinima yoombinga 3 (3D) yafaathana  
niinima yoombinga 2 (2D).



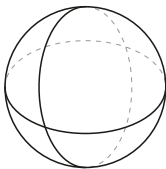
cube / okubu



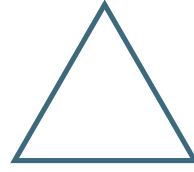
rectangular prism /  
oprisma yolee



triangular prism /  
oprisma yonkuvundatu



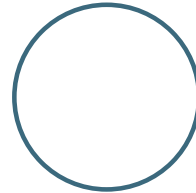
sphere / etanga



triangle / onkuvundatu



square / ombine



circle / ongonga



rectangle / olee



## English Activity

### Simple Future Tense

The simple future tense expresses an action that has not yet happened or a state that does not yet exist.

Example: I \_\_\_\_\_ you tonight. (call)  
I will call you tonight.

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

- Jake \_\_\_\_\_ you to school tomorrow. (drive)
- Fifth-grade learners \_\_\_\_\_ in the science fair. (participate)
- Vivian \_\_\_\_\_ us with the decorations. (not help)
- The airplane to Swakopmund \_\_\_\_\_ off in ten minutes. (take)
- Joanne and Rhea \_\_\_\_\_ in Namibia three weeks from today. (be)
- Gwen \_\_\_\_\_ early today. (sleep)
- Mrs. Susan \_\_\_\_\_ art lessons any more. (not give)
- The weather guy said, "It \_\_\_\_\_ tomorrow." (rain)
- Heather \_\_\_\_\_ on time for the meeting. (not arrive)
- Francis \_\_\_\_\_ his house next week. (sell)

# 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](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



# OMPANGO DHEGAMENO LYOMONDJILA



## Thikama



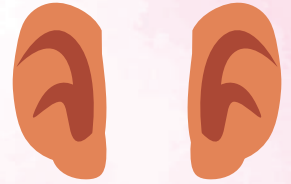
Aluhe thikama  
manga inoo  
taaguluka  
ondjila.

## Tala



Tala  
koombinga  
adhihe  
iihauto.

## Pulakena



Pulakena wu  
uve ngele  
opena ohauto  
yi li popepi.



**Thikama!**  
**Inda!**



Ngele opena  
omalamba, aluhe  
tegelela omuntu  
omuzizi e ye ko  
kelamba manga  
inoo taaguluka  
ondjila.