

# Grade 1: Week 13 & 14 / Ondondo 1: Otjivike 13 & 14



English / Otjiverero

## Healthy lifestyle & Winter / Omuinyo wokuhupa ouveruke nOkupepera



Ministry of Education,  
Arts and Culture

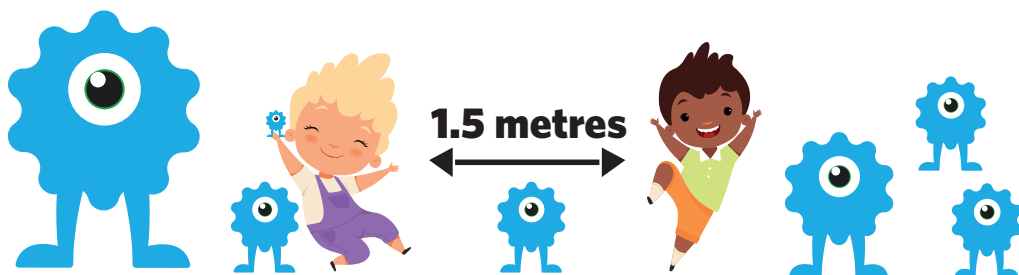


NAMIBIAN  
COMMUNITY TRUST



unicef   
for every child





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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Vocabulary / Orutumbo romambo

Read the vocabulary words. / Resa orutumbo romambo.



Fill in the missing letters:

Hitisa ozoreṭera ṅde he ri po:

cl\_\_a\_\_

koh\_\_r\_\_ra

\_\_l\_\_y

ny\_\_n\_\_a

r\_\_a\_\_

\_\_e\_\_a\_\_

b\_\_u\_\_h

p\_\_tj\_\_

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

Paha orutumbo romambo:

k	o	h	o	r	o	r	a
b	d	n	y	a	n	d	a
m	r	e	s	a	w	h	r
p	u	t	j	a	n	J	f



## Sight words/Omambo wopevapyuva

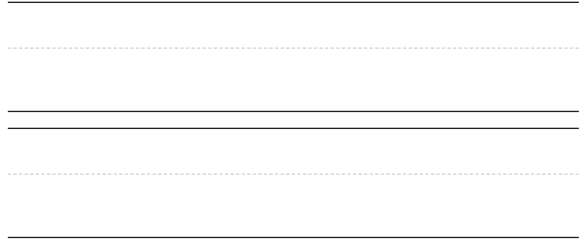
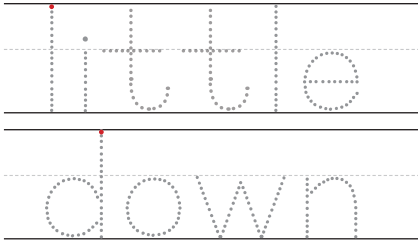
Read:

little

down

Trace it:

Write it:



Fill in the missing letters.

l \_ \_ t t \_ \_ e

d \_ \_ w \_ \_

Find the sight words and circle it.

little

up

on

to

down

and

the

little

down

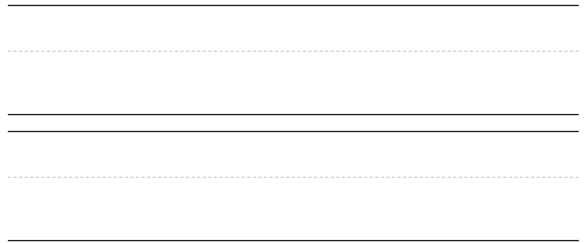
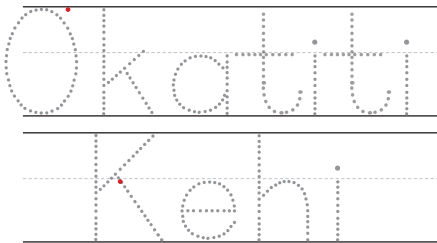
Resa:

okaṭiṭi

kehi

Yarukira mo:

Tjanga:

Hitisa ozoreṭera nde he  
ri po:

Ok \_ \_ ṭi \_ \_

Ke \_ \_ i

Paha orutumbo romambo nu u patere mokawongo:

kaṭiṭi

kombanda

kombanda

ko

kehi

no

o

kaṭiṭi

kehi



# Number 13/ Onomora 13

Colour in/ Hwaa



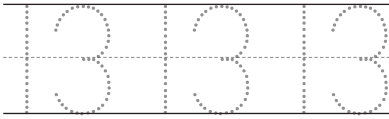
Make 13 dots on the dice/ Perenda outootoo 13 mondaesa



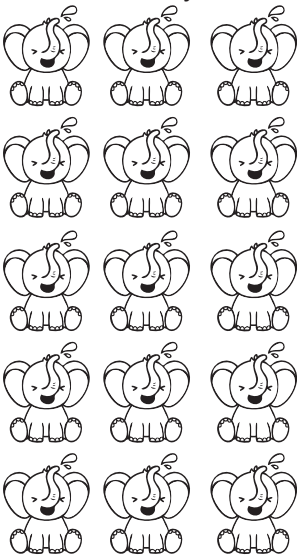
Circle the word thirteen/ Patera embo ndi omurongonandatu mokawongo  
 thirteen/ Omurongonandatu eleven/ omurongo na imwe  
 thirteen/ Omurongonandatu thirteen/ Omurongonandatu  
 two/ ombari

Trace/ Yarukira mo

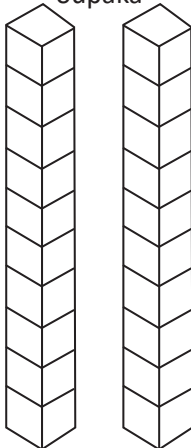
Write/ Tjanga



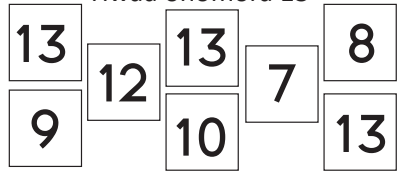
Colour in 13 elephants/  
 Hwaa ozondjou 13



Colour in 13  
 blocks/ Hwaa  
 oupaka



Colour in the number 13/  
 Hwaa onomora 13



Before and after/ Komurungu  
 nokongotwe



## The 'E' 'e' sound / Omboosiro o "e"

Trace/ Yarukira moutootoo



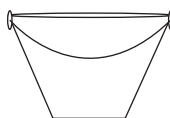
Circle the e's in the sentence: /  
Patera o "e" mokawoko:

The eagle eats eight  
eggs.



Orukoze rwa ri omai  
hambondatu.

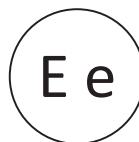
Draw a line from the circle to the images  
that begin with the letter 'e':/ Nana  
umukoka okuza kotjiputupu okuyenda  
kotjiperendero tjtjina oretera o "e".



bucket  
Otjijemere



egg  
ei

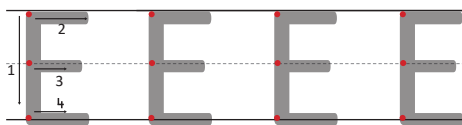


elephant  
Ondjou



eight  
ohambondatu

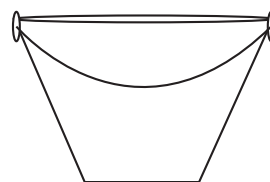
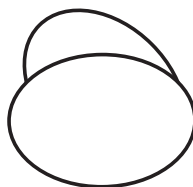
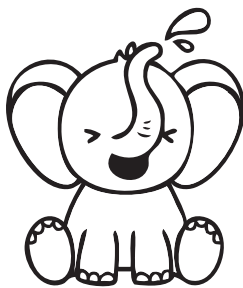
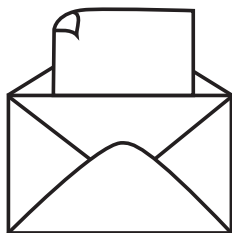
Trace/ Yarukira moutootoo



Write/ Tjanga

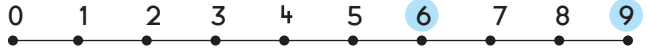


Colour the picture that start with the letter 'e'/  
Hwaa otjiperendero tji tji nena ndi uta no "e".

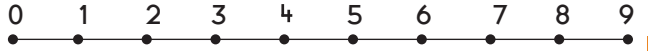


Computation: Subtraction /  
Okurekena: Okuisako

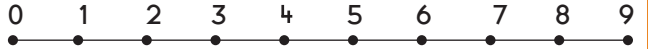
$9 - 3 = \boxed{6}$



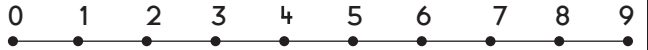
$6 - 2 = \boxed{\phantom{00}}$



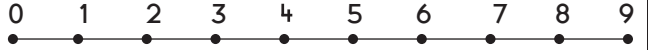
$8 - 1 = \boxed{\phantom{00}}$



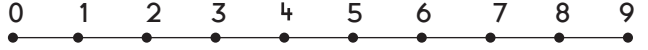
$7 - 4 = \boxed{\phantom{00}}$



$4 - 2 = \boxed{\phantom{00}}$



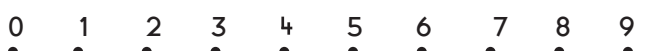
$9 - 5 = \boxed{\phantom{00}}$



$5 - 4 = \boxed{\phantom{00}}$



$7 - 7 = \boxed{\phantom{00}}$



Oshiwike 13

Ondondo 1



# English Activity

## Present Continuous Tense

sitting

sleeping

eating

playing

painting

Complete the sentences.

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



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



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



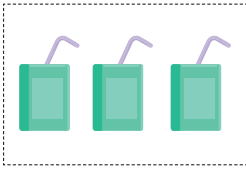
4. The baby is \_\_\_\_\_ now.



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



Double the following: Potuvarisa



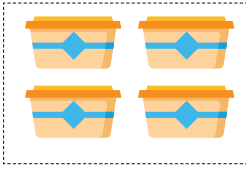
=

\_\_\_\_\_



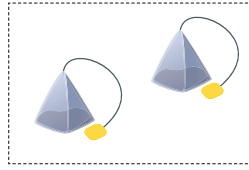
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\_\_\_\_\_



=

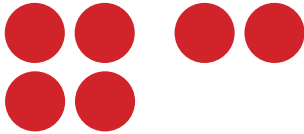
\_\_\_\_\_



=

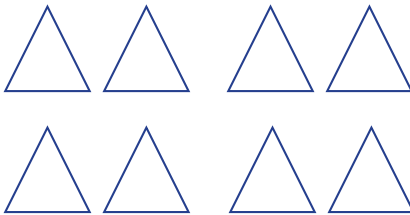
\_\_\_\_\_

Groups of two. / Otjimbumba tja vivari.



groups of two /  
Otjimbumba tja  
vivari.

\_\_\_\_\_



groups of two /  
Otjimbumba tja  
vivari.

\_\_\_\_\_

Write the numbers from small to big. / Tjanga ozonomora okuza konditi nga konene.

3      4      2      5      1

\_\_\_\_\_

Write the numbers from big to small. / Tjanga ozonomora okuza konditi nga konene.

2      3      5      1      4.

\_\_\_\_\_

## Problem Solving / Omazengruriro wozondjemeno

1. Mary has 6 cherries. She eats 2 of them. How many cherries are left? /  
Mary u noumurumbi 6. Eye wa ri 2. Oumurumbi u ngapi mbwa sewa po?



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

2. There are 8 orange slices in a plate. Pam eats 3 of them. How many orange slices are there in the plate now? / 2. Peno otupamu 8 toviyaporosine motjiyaha. Pam wa ri 3. Outupamu u ngapi toviyaporosine tu twa sewa motjiyaha nai?



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

3. Tina has 5 sweets. She gave 4 of them to Rosy. How many sweets are left? / 3. Tina u nourekerisa 5. Eye wa yandja 4 ku Rosy. Ourekerisa u ngapi Tina mbwa sewa nawo?



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

The 'F' 'f' sound

Trace

Circle the f's in the sentence:

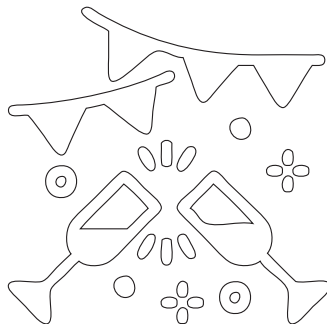
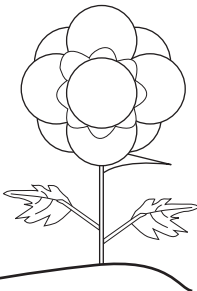
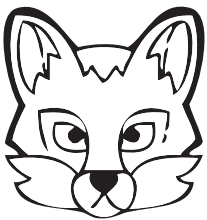
The fat frog eats fruits.



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

Trace Write

Colour the picture that start with the letter 'f'



## Reading comprehension/ Okuresa nokupaka

Read the story and Choose the correct answer and write it on the line. / Resa okahungi nu u zire omapuriro.

### 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

### Ombwa yandje

Tara ombwa yandje . eṭe twa suvera okunyandera pendje.

1. Okanamuiño keṅe Okakorwa koponganda Omusukona ke nako?

- a. Ombwa
- b. Okambihi
- c. Okazera

2. Ovo vasuvera oku nyandera pi?

- a. moukoto
- b. pendje
- c. koruveze romerinaneno

3. Ovo vetupuka nokutukira pi?

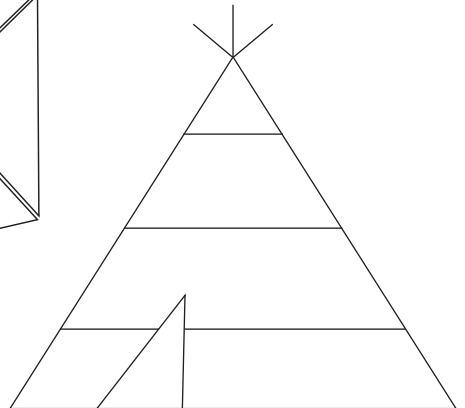
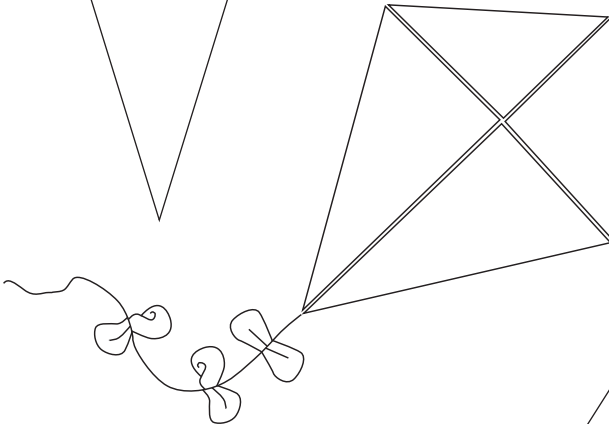
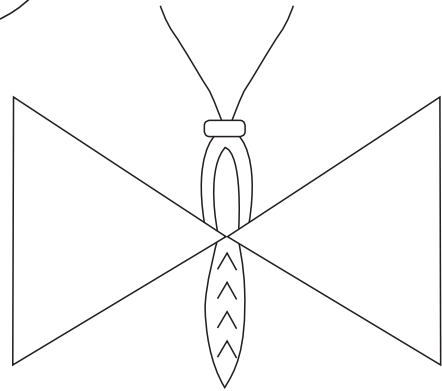
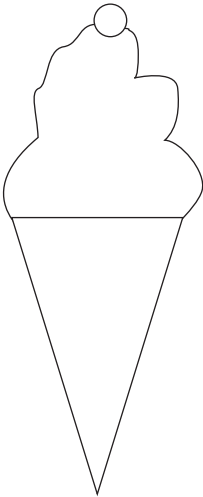
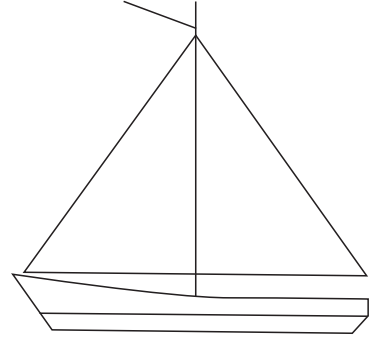
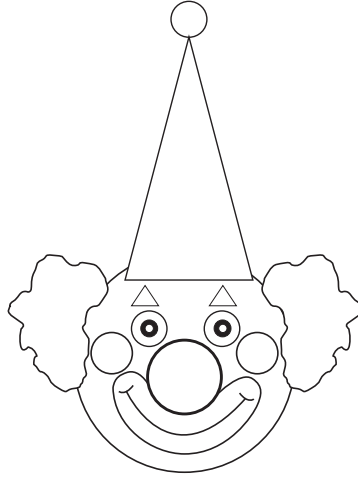
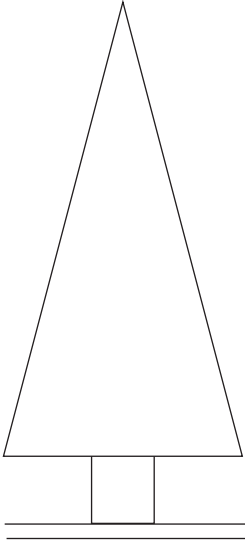
- a. moukoto
- b. momutenya
- c. pomuronga





# Shape recognition/ Omazemburukiro womihapo

Colour the triangles yellow. / Hwaa ovinavikorovitatu notjivara otjingara.





















Oshiwike 13

Ondondo 1



## Data handling / Ombungurisiro yondjivisiro yondjiviro omborongansiwa

Look at the picture-graph and answer the questions./  
Tara kongarafa yoviperendero nu u zire omapuriro.

6					
5					
4					
3					
2					
1					
	apples oviapera	bananas ovipanana	grapes omandjembere	oranges oviyapoprisine	strawberries oustroumberi

Types of fruit- Ovihape pekepeke

Miss Apple asked class 1 to bring in a fruit for morning break. This graph shows the fruits the children had brought. / Omuyozikwa Apple wa ningire ovahongwa vo ndondo 1 okuyeterera ovihape mopause.

1. How many children brought apples?

Ovanatje ve ngapi mba yeta oviapera? .....

2. Which was the most popular fruit?

Otjihape tjiṅe tji tja yetwa otjingi? .....

3. Which fruit did only one child bring?

Otjihape tjiṅe tji tja yetwa i yomatje umwe? .....

4. How many bananas were brought?

Ovipanana vi ngapi mbya etwa? .....

5. How many children brought oranges?

Ovanatje vengapi mba eta oviyapoprisine? .....

6. How many fruits were brought altogether?

Ovihape vi ngapi avihe kumwe mbwa yetwa? .....



## Time / Oruveze: oiri

Sequence the events in the morning: /  
Twa ovitjitwa vyomuhukomunene mondeto:



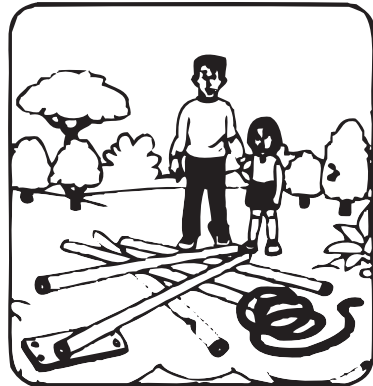
Soon the swing was ready. /  
Kamanga omutukururu wa Manuka okutungwa.



Carol enjoyed the swing ride. /  
Carol u nondjoroka tjinene okunyandera komutukururu we.



Father started building the swing. /  
Ihe wa utu okutungwa omutukururu.



Carol and her father decided to build a  
swing. /  
Carol na Ihe ve ripura okungura omutukururu.



## Reading and writing / Okuresa nokutjanga

sitting  
shoes  
washing  
pink  
spiders  
next to  
between  
kitchen  
playing



haama  
ozopinge  
mene  
okombeisa  
koha  
otjitjauvi  
pokati  
otjiranye

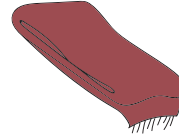
Mary and Sam are \_\_\_\_\_ on the floor. They are  
\_\_\_\_\_ with some \_\_\_\_\_. Jill, the mom, is  
\_\_\_\_\_ the dishes. Mary is wearing a \_\_\_\_\_ T-shirt.  
The children aren't wearing \_\_\_\_\_. The box is  
\_\_\_\_\_ Mary and Sam and there are some flowers  
\_\_\_\_\_ the window. It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

Mary na Sam va \_\_\_\_\_ posurura. Ovo veri \_\_\_\_\_ puna tjiva \_\_\_\_\_. Jill  
na Ina mave \_\_\_\_\_ ovitjuma. Mary wa zara ozongaku \_\_\_\_\_. Ovanatje  
kave ya zara \_\_\_\_\_. Otjimbakete tji ri \_\_\_\_\_ ya Mary na Sam nu  
ovimburoma tjiva vi ri \_\_\_\_\_ Yoruiho. Ndinondi ku nomutenya posi yokutja  
ovo ve ri m \_\_\_\_\_.



## Vocabulary / Orutumbo romambo

Read the vocabulary words. / Resa orutumbo romambo.

jersey /  
ondjesi

scarf / otjisiripi



winter hat / Ekoro rombepera

cold /  
outarazu

Fill in the missing letters:

j\_\_rse\_\_

wi\_\_t\_\_r

h\_\_t

s\_\_a\_\_f

c\_\_l\_\_

Hitisa ozoretera nǃehe ri  
po:

ondj\_\_s\_\_

r\_\_mb\_\_p\_\_r\_\_

\_\_k\_\_r\_\_

otj\_\_s\_\_r\_\_p\_\_

o\_\_ta\_\_r\_\_z\_\_

Paha orutumbo romambo mokahakwa (Otjiherero):

e	k	o	r	i	r	o	m	b	e	p	e	r	a
f	i	o	u	t	a	r	a	z	u	w	d	n	u
j	k	a	r	o	n	d	j	e	s	i	h	k	j
a	O	t	j	i	s	i	r	i	p	i	j	k	J
d	e	r	r	i	j	f	s	s	s	f	g	k	l



## Sight words/Omambo wopevapyuva

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

Resa:

nai

otjimbureau

Yarukira mo:

Tjanga:

nai

Otjimbureau

Hitisa ozoreṭera nḁe he  
ri po:

n\_\_i

otj\_\_bu\_\_

Paha omambo wopevapyuva nu u petere  
mokawongo:

Otjimbureau

iri

o

okaṭiṭi

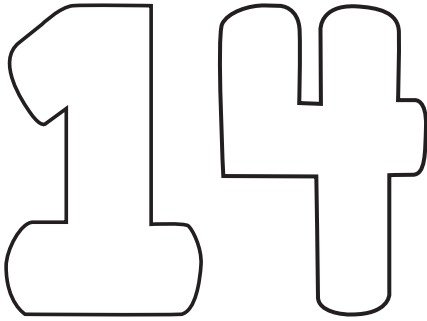
nai

kombanda



# Number 14/ Onomora 14

Colour in/ Hwaa



Make 14 dots on the dice/ Twako outootoo 12 mokandaesa



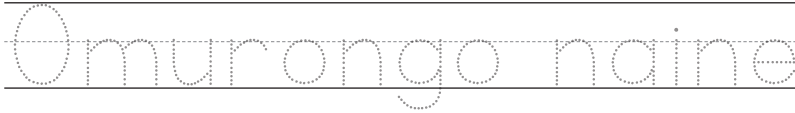
Circle the word fourteen/ Patera embo ndi omurongo na ine mokawongo

- fourteen/ Omurongo na ine
- fourteen/ Omurongo na ine
- eleven/ omurongo na imwe
- twelve/ omurongo na mbari
- fourteen/ Omurongo na ine

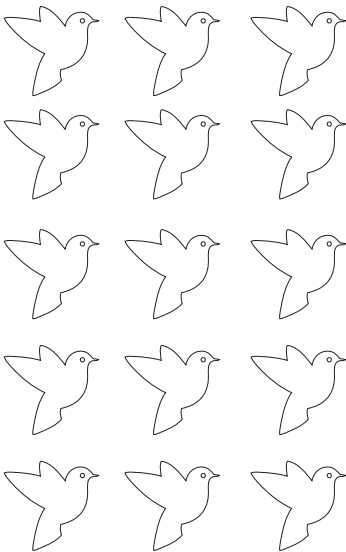
Trace/ Yarukira mo



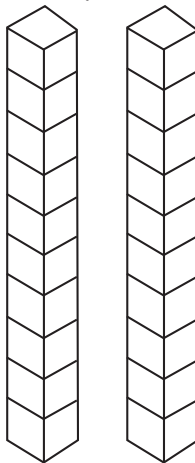
Write/ Tjanga



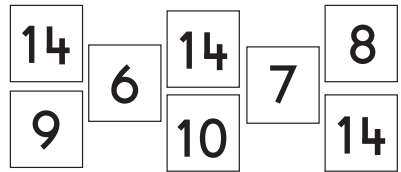
Colour in 14 birds/ Hwaa ouzera 14



Colour in 14 blocks/ Hwaa oupaka



Colour in the number 14/ hwaa onomora 14



Before and after/ Komurungu nokongotwe



# The 'T' 't' sound / Ombosiro o "t"

Oshiwike 14

Ondondo 1

Trace/ Yarikira moutootoo

Draw a line from the circle to the images that begin with the letter 'o':/ Nana omukoka okuza kotjiputuputu okutwara kotjiperendero tji tji nena mu mu noretera o "t".

table  
otjitha

turtle  
onduzu

tent/ otenda

ball  
otjimbere

Circle the t's in the sentence: /  
Otjitetongwe matji:

- The tiger tries to climb the tree./
- Kondjisa okuronda oruiti.

Trace/ yarikira moukoto

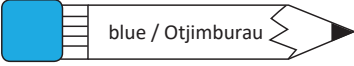
Write/ Tjanga

Colour the picture that start with the letter 't' /  
Hwaa otjiperendero tjena mu mu noretera o "t"

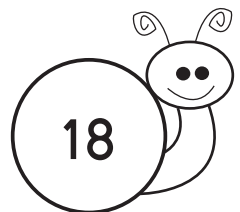
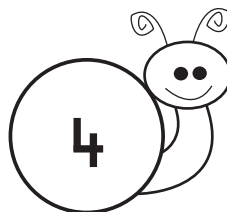
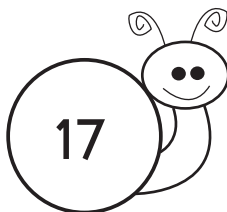
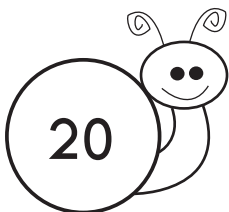
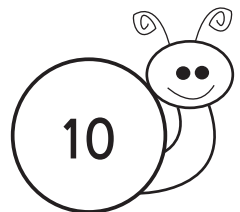
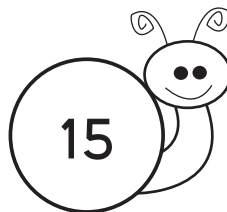
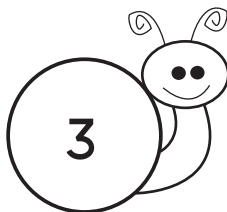
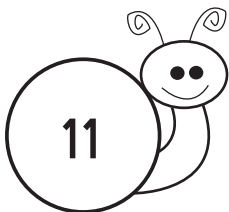
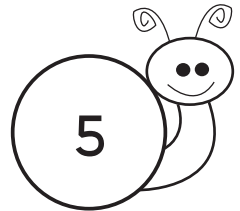
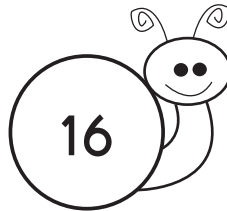
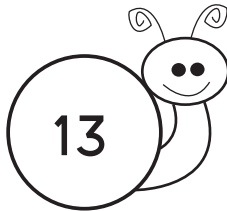
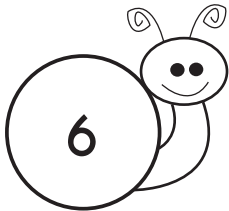
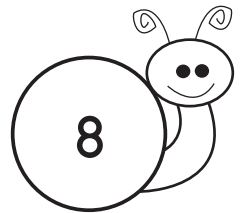
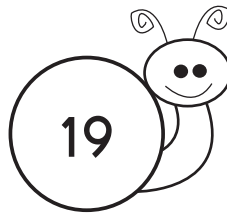
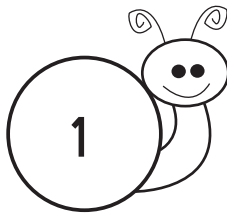
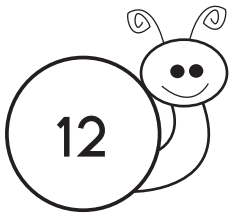
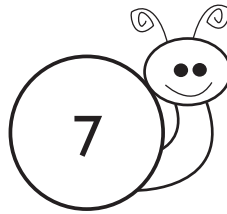
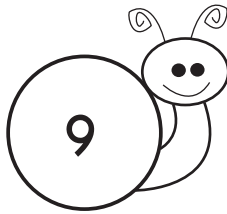
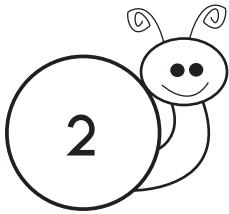
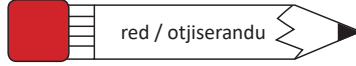


Colour the even numbers blue and the odd numbers red. / Hwaa ovinanavaro notjivara otjiserandu novihananavaro notjivara otjimbura.

even / Ovinanavaro



odd / Ovihananavaro



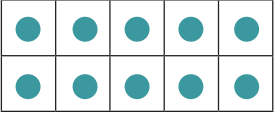
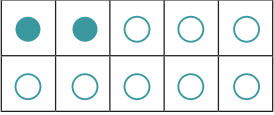
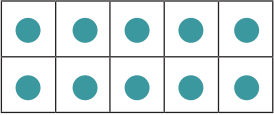
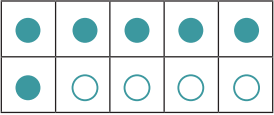
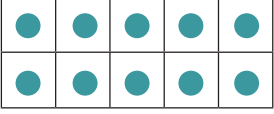
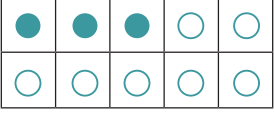
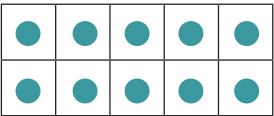
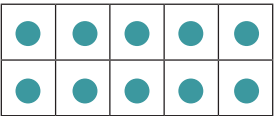
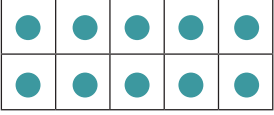
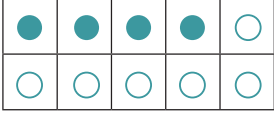
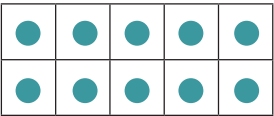
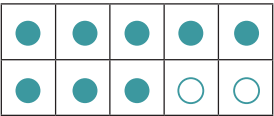
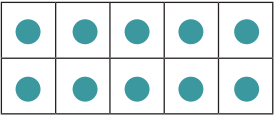
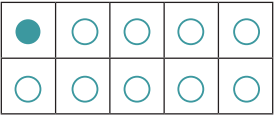
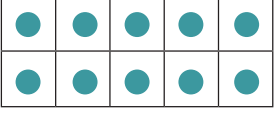
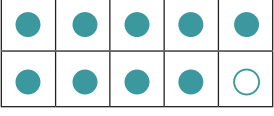
Oshiwike 14

Ondondo 1



Ten frame/ Otjipaka tjomirongo

How many? / U ngapi?

1	 	
2	 	
3	 	
4	 	
5	 	
6	 	
7	 	
8	 	



## Reading Comprehension / Resa eroramazuvira

Read the text 3 times and answer the questions: / Resa ehungi ovikando vitatu nu u zire omapuriro

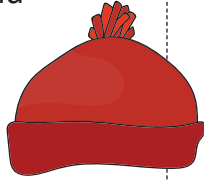
I have a new hat.

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

Oshiwike 14

Ondondo 1

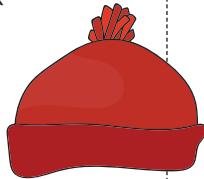
Ami mbi nekori epe.

Ekoro randje eti ɿ  
neserandu.

Ami mbe ri  
suvera tjinene.

Ami mbi ri zara oiri aihe  
tjime piti pendje.

Mama we ndji randera ro



1. Ekori randje..... nu .....

2. Oro ra za pi?

3. Ekori riɱe ndi wa suvera



a



b



c



## Common Nouns / Omerikuramenambo

Put each word under the correct heading: / Tjanga  
embo arihe kehi yepu esemba nda yandjwa kehi mba:

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

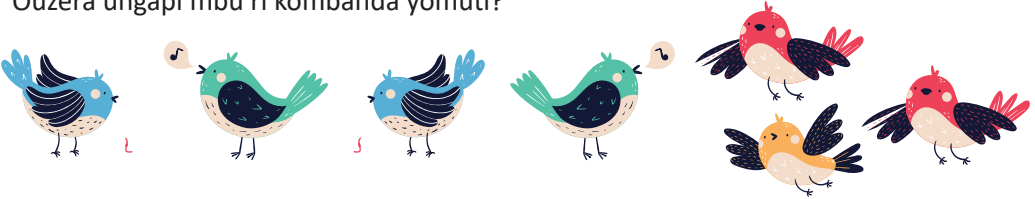
Ehi ombwa embo ondundu tjikukae  
Osikore omahina ongeyama erapi rehi okahwe omumeme

People / ovandu	Animals / ovipuka	Places / oruveze	Things / Oviṅa



## Problem Solving / Omazenguriro wozondjemeno

1. There were 7 big birds sitting on a tree. 3 of them fly away. How many birds are on the tree? / 1. Pe nouzera 7 ounene mbwa haama kombanda yomuti. 3 wa tuka. Ouzera ungapi mbu ri kombanda yomuti?



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

2. John had 9 coins. He gave 4 of them to his younger sister. How many coins does John have now? / John u nozosenda 9. Eye wa yandja 4 komutena kwe omutiti. Ozosenda ngapi John nde nazo nai?



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

3. Joe has 8 balloons. 3 of them burst. How many balloons are left? / Joe u noumbalona 8. 3 wa pamuka. Oumbalona u ngapi eye mbwa sewa nawo?



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

Oshiwike 14

Ondondo 1



## Doubling: / Okupotovarisa:

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

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

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

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

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

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

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

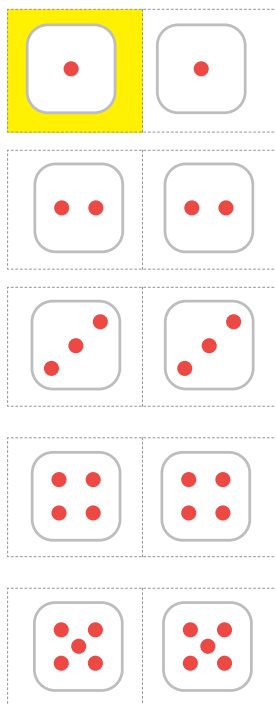
8 = \_\_\_\_\_

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

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

## Halving. / Okuhingaparisa.

One block of the dominoes represents half of the number./  
Okapaka kemwe kozondomino ka kuramene po ohinga yozonomora.



Half of 2  
Ohinga yo 2 = 1

Half of 4  
Ohinga yo 4 = \_\_\_\_\_

Half of 6  
Ohinga yo 6 = \_\_\_\_\_

Half of 8  
Ohinga yo 8 = \_\_\_\_\_

Half of 10  
Ohinga yo 10 = \_\_\_\_\_



## Syllables / Ozondundo

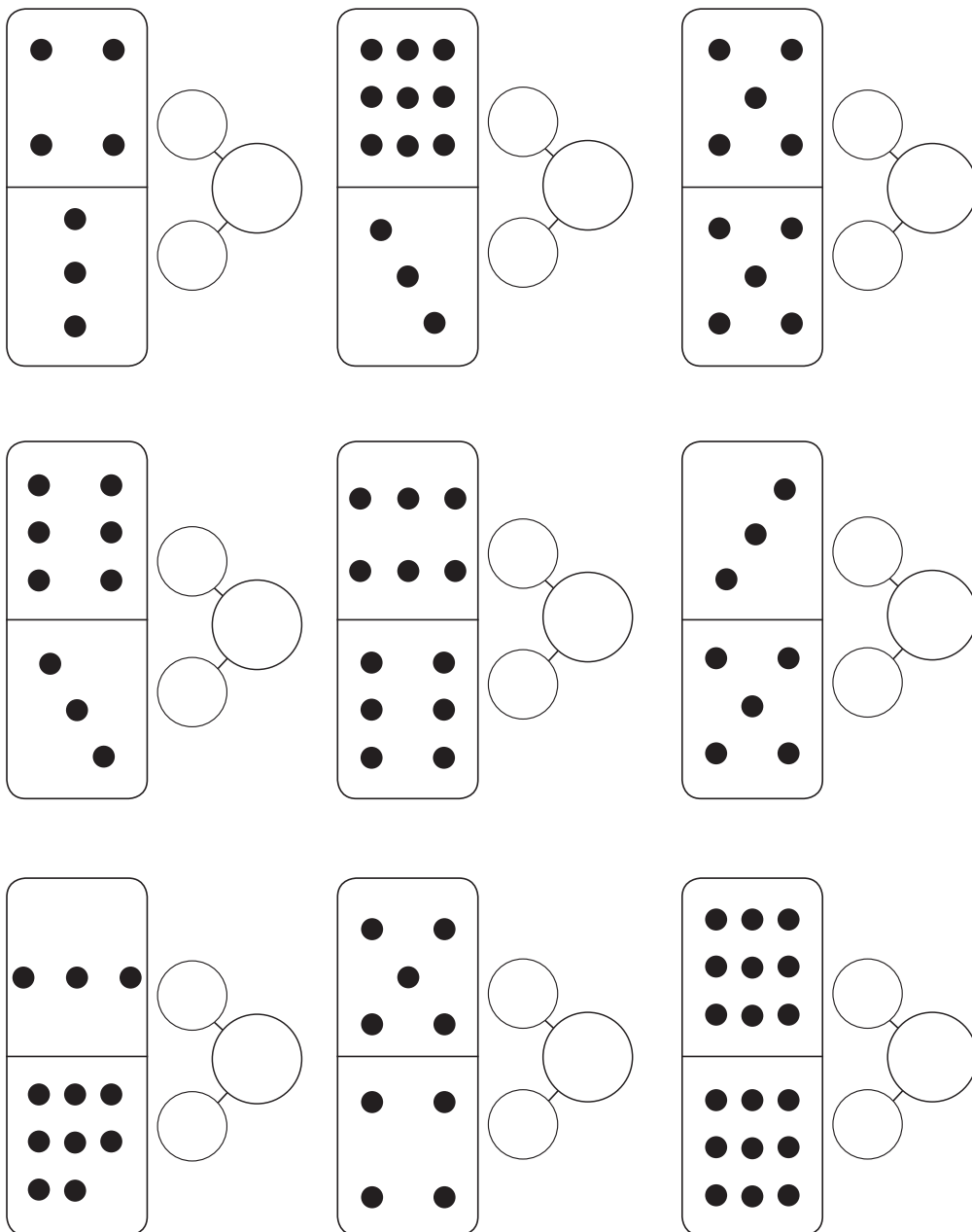
How many syllables do you hear in each word? /  
Ozondundo ngapi ndu mozuu membo arihe?

apple Otjirapera _____	butterfly Ombombo _____
banana Otjipanana _____	pizza/ Otjipisa _____
ice cream Oaisikiririma _____	hop/ Otjimburoma _____
puppy Okambonda _____	radio / Oratiyo _____
car Ohauto _____	flower Otjimburoma _____
tree omuti _____	go twende _____



## Ozopaṭorona zovivarero

Count the dots on each domino. Write it and add them. /  
Vara outotoo mondomino aihe. Tjanga nu utwa kumwe.





## 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 .....

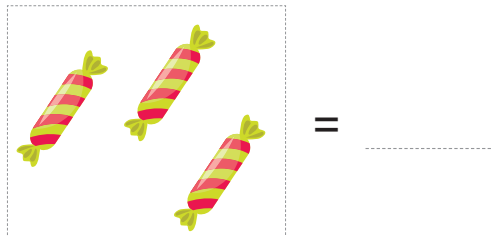
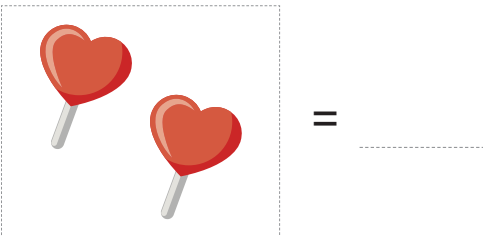
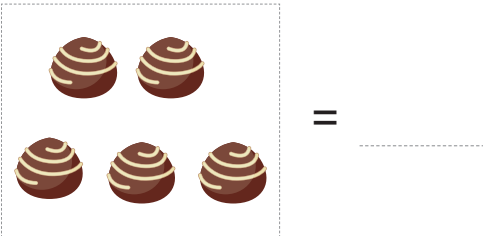
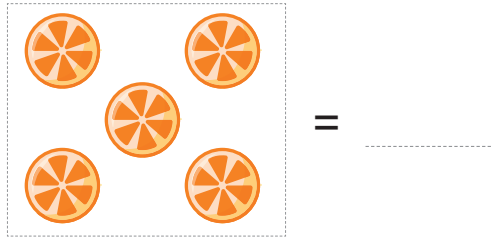
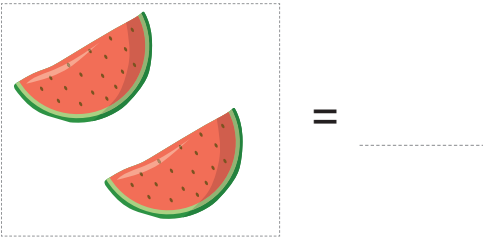
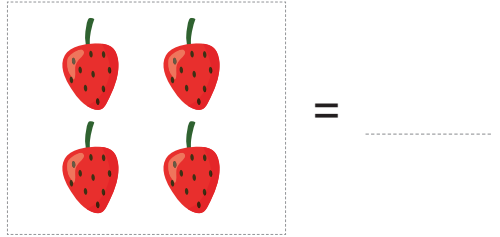
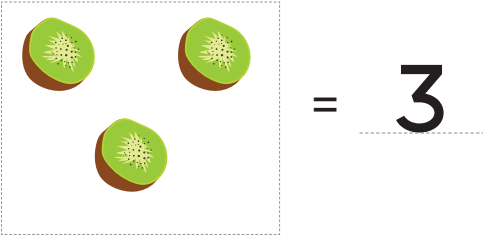
work .....



# Subitize / Okuhaka

Subitize: to see and know right away. You subitize with your eyes. /  
Okuhaka: okutara nomeho okumuna eziriho. U haka a motara nomeho uriri.

Oshiwike 14  
Ondondo 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.



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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



# Omuano wokurira OMBANGANE

Tjevera ovandu varwe,  
ritjevera omuini



OZOMBANGANE AZEHE

**ZE ZARA OKUTJIRE WOKOTJINYO NAWA**

