

# Grade 1: Week 13 & 14 / Ntambondunge 1: Shivike 13 na 14



English / Rumanyo

## Healthy lifestyle & Winter / Kuparuka paghukanguki nakufu



Ministry of Education,  
Arts and Culture



NAMIBIAN  
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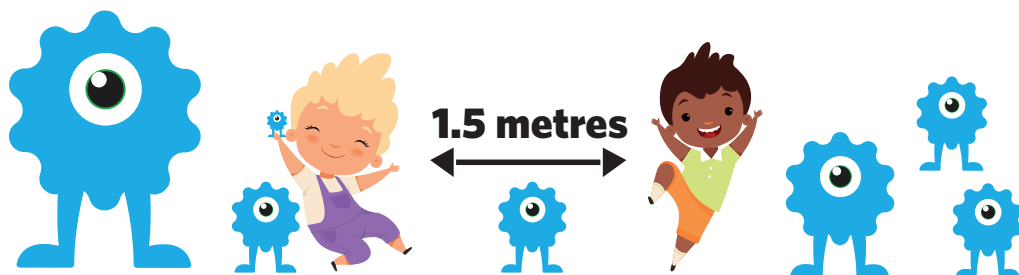


Capricorn Foundation

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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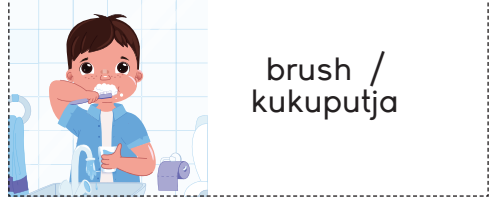
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Vocabulary / Ghushwinkango

Read the vocabulary words. / Varura ghushwinkango.



Fill in the missing letters:

cl\_\_a\_\_

\_\_l\_\_y

r\_\_a\_\_

b\_\_u\_\_h

Yudamo nkango odo dina piromo:

K\_\_kenit\_\_

Kud\_\_n\_\_gh\_\_k\_\_

Kuy\_\_r\_\_r\_\_

Kuk\_\_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 |

Shana ghuswinkango.

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| k | u | k | u | p | u | t | j | a | c | s |
| k | u | k | e | n | i | t | a | l | e | t |
| h | r | i | k | u | v | a | r | u | r | a |
| k | u | d | a | n | a | g | h | u | k | a |



## Sight words / Nkango monayiko

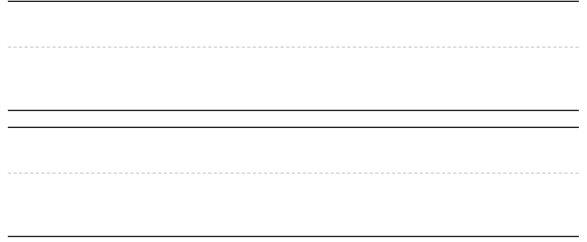
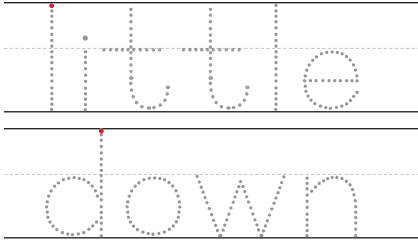
Read:

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

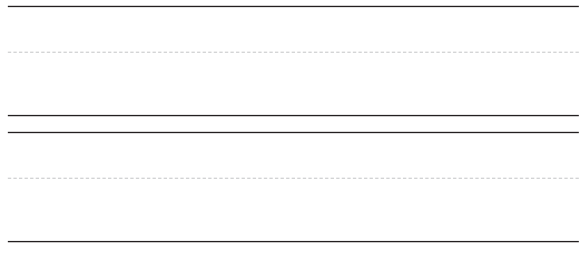
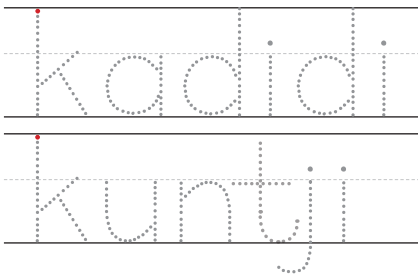
Varura:

kadidi

kuntji

Dekera:

Tjanga:

Yuda ndanda dina  
piromo:

K\_\_d\_\_d\_\_

Kun\_\_tj\_\_

Shana nkango monayiko:

kadidi

kuwiru

mu

ku

kuntji

na

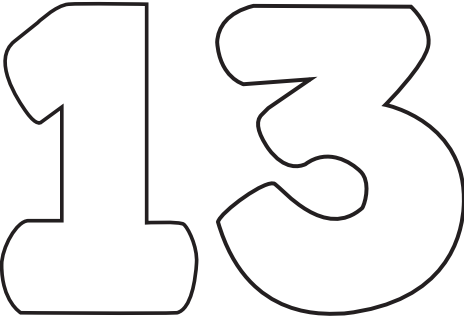
osho

kadidi

kuntji

# Number 13 / Nomora 13

Colour in / Kwita ndombwe



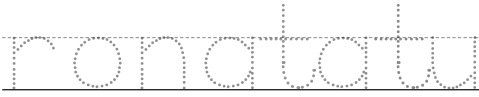
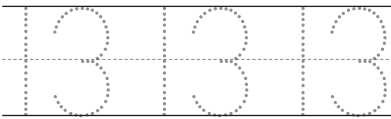
Make 13 dots on the dice / Tura vindomo 13 muvimbangu



Circle the word thirteen / Dingilika nkango ronatatu  
 thirteen/ronatatu eleven/ronane  
 thirteen/ronatatu  
 thirteen/ronatatu two/viri

Trace / Dekera

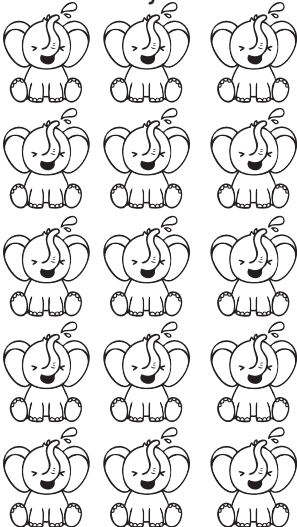
Write / Tjanga



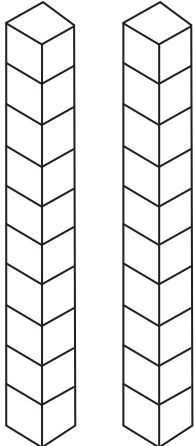
Shivike 13

Ntambundunge 1

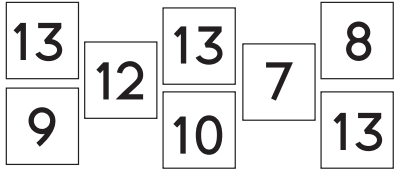
Colour in 13 elephants / Kwita ndombwe vandjovhu 13



Colour in 13 blocks / Kwita ndombwe vimbangu 13



Colour in the number 13 / Kwita ndombwe nomora 13



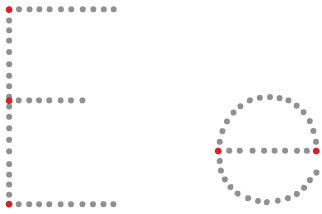
Before and after / Kumeho nakuruku



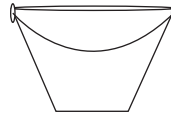
## English Activity

## The 'E' 'e' sound

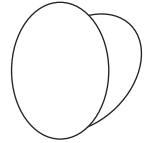
Trace



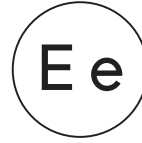
Draw a line from the circle to the images that begin with the letter 'e':



bucket



egg



Circle the e's in the sentence:



The eagle eats eight eggs.



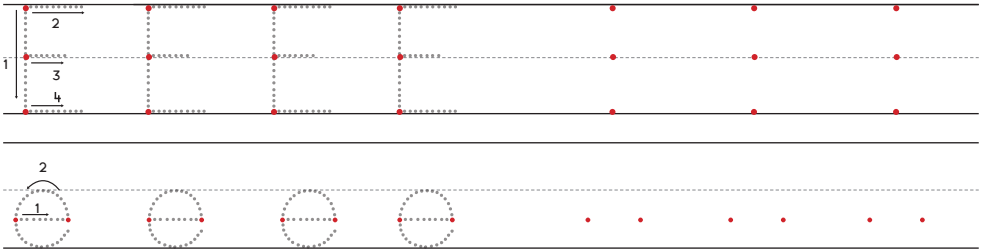
elephant

8

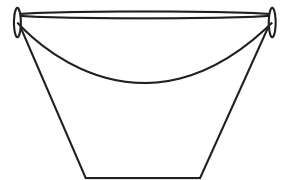
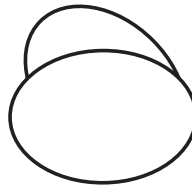
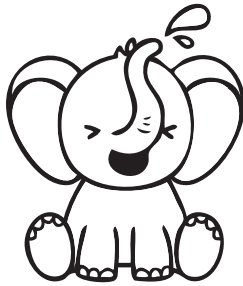
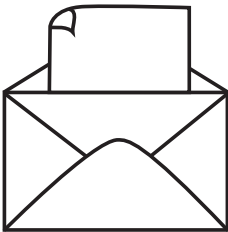
eight

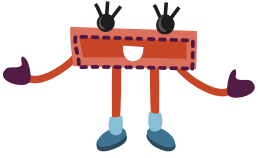
Trace

Write



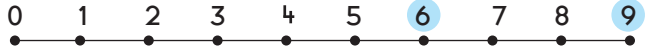
Colour the picture that start with the letter 'e'



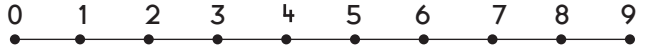


# Computation: Subtraction / Vivarero: kughupamo

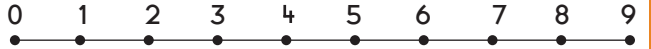
$9 - 3 = 6$



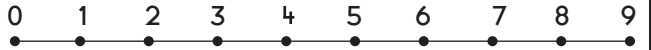
$6 - 2 = \square$



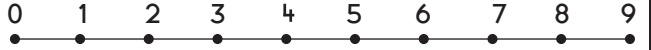
$8 - 1 = \square$



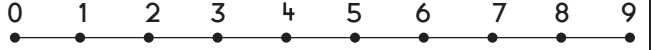
$7 - 4 = \square$



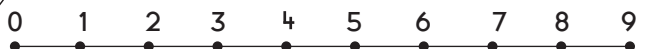
$4 - 2 = \square$



$9 - 5 = \square$



$5 - 4 = \square$



$7 - 7 = \square$



Shivike 13

Ntambundunge 1



## Present Continuous Tense / Shirugho shashinantani

|          |      |       |        |          |
|----------|------|-------|--------|----------|
| shungiri | rara | kulya | kudana | kufaneka |
|----------|------|-------|--------|----------|

Complete the sentences. / Manita ntanto.

1. Ben is \_\_\_\_\_ now. /  
Bene kuna \_\_\_\_\_ weno.



2. Jack is \_\_\_\_\_ soccer. /  
Tame kuna \_\_\_\_\_ bara.



3. Pam is \_\_\_\_\_ lunch now. /  
Pema kuna \_\_\_\_\_ muyusha weno.



4. The baby is \_\_\_\_\_ now. /  
Mukeke ana \_\_\_\_\_ weno.



5. Tom is \_\_\_\_\_ on a bench. /  
Timo ana \_\_\_\_\_ wono.





Double the following: / Viripita ovyo kuntji:



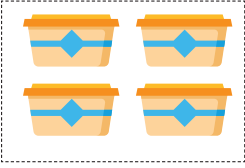
=

\_\_\_\_\_



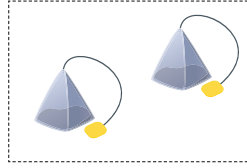
=

\_\_\_\_\_



=

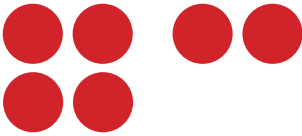
\_\_\_\_\_



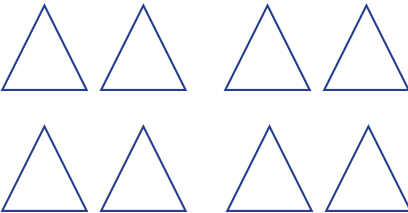
=

\_\_\_\_\_

Groups of two. / Tumbunga twa viri.



groups of two /  
tumbunga twa  
viri \_\_\_\_\_



groups of two /  
tumbunga twa  
viri \_\_\_\_\_

Write the numbers from small to big. /

Tjanga nomora odo kuntji mulikukwamo kutameka nanomoradidi dogoro nomoranene.

3      4      2      5      1

Write the numbers from big to small. /

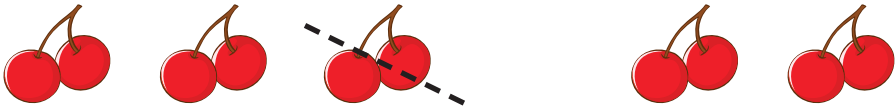
Tjanga nomora odo kuntji mulikukwamo kutameka nanomoradidi dogoro nomoradidi.

2      3      5      1      4



## Problem Solving / Kumahura maghudito

1. Mary has 6 cherries. She eats 2 of them. How many cherries are left? /  
 Maria ana kara namandjembere 6. Ghuye anali po 3. Mandjembere mangashi ana hupopo?



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

2. There are 8 orange slices in a plate. Pam eats 3 of them. How many orange slices are there in the plate now? / Pashisha kuna kara po maguni 8. Pama anali po 3. Maguni mangashi ana hupopo pashisha?



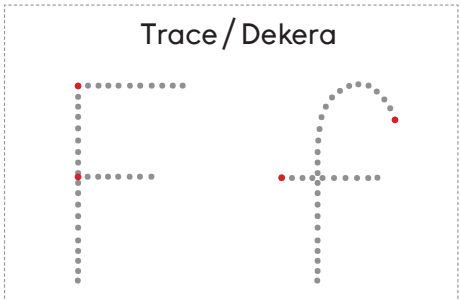
$$\boxed{\phantom{000}} - \boxed{\phantom{000}} = \boxed{\phantom{000}}$$

3. Tina has 5 sweets. She gave 4 of them to Rosy. How many sweets are left? /  
 Tina ana kara namaghushi 5. Ghuye ana tapa maghushi 4 kwaMate. Maghushi mangashi ana muhuparere po Tina?



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

# The 'F' 'f' sound / Mushagharo wandanda "f"



Trace / Dekera

Draw a line from the circle to the images that begin with the letter 'f': /  
Faneka mutunda kutundilira kulighuta lyandanda "f" dogoro kulifano lyatamikitango nandanda "f"

Circle the f's in the sentence: /

The fat frog eats fruits.

Fendera yetu kumoneka ghufughuli.



cup  
fendera



fish  
ntjwi



grandfather  
foromani



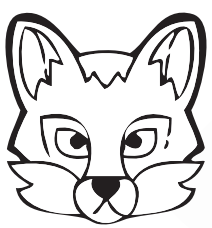
bicycle  
mbashikora

Shivike 13

Trace / Dekera

Write / Tjanga

Colour the picture that start with the letter 'f' /  
Kwita ndombwe lifano lyatamikitango nandanda "f"



Ntambundunge 1

## Reading comprehension/ Kuvarura nalikwatoghano

Read the story and Choose the correct answer and write it on the line./  
Varura shitimwitira nakulimbura mapuro.

### 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

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### Mbwa yande

Kenga mbwa yande. Atwe kwahora kudanaghukira pandje. Atwe kuduka nakuvataghuka pamwi.

**1. Shikorama munke ana kara nasho mukadona?**

- a. mbwa
- b. mbishi
- c. shidira

**2. Kuni vahora kudanena?**

- a. munda
- b. pandje
- c. kwakudanaghukira

**3. Kuni vadukaghanenanga nakuvataghuka?**

- a. munda
- b. pamwi
- c. paliyenga

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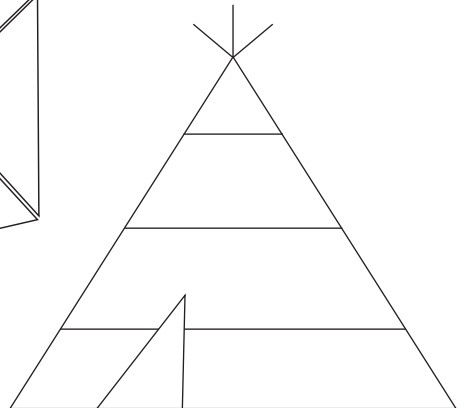
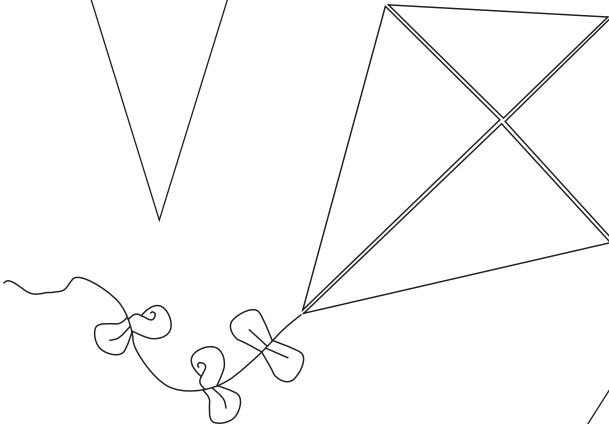
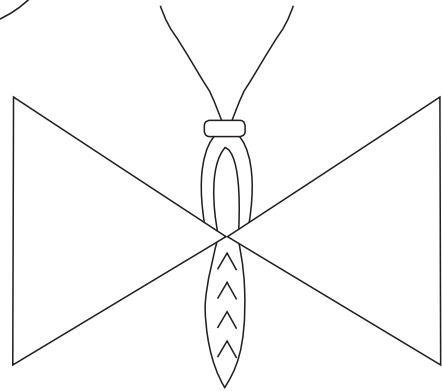
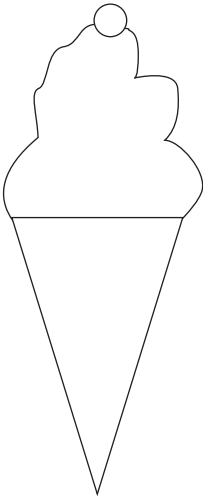
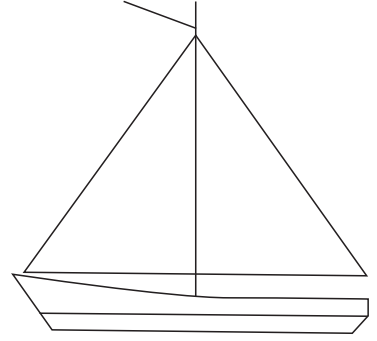
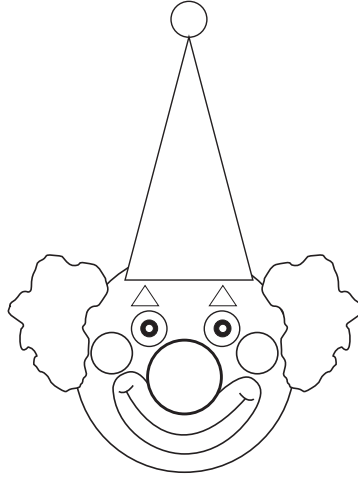
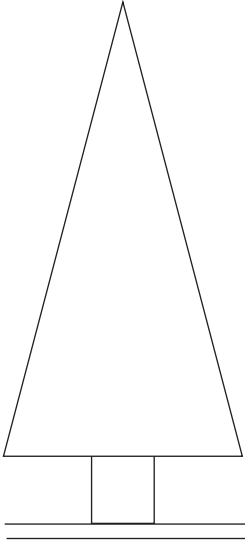
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# Shape recognition/ Kudimburura vishwi

Colour the triangles yellow. / Kwita vikovhutatu ndombwe yashinalihenga.



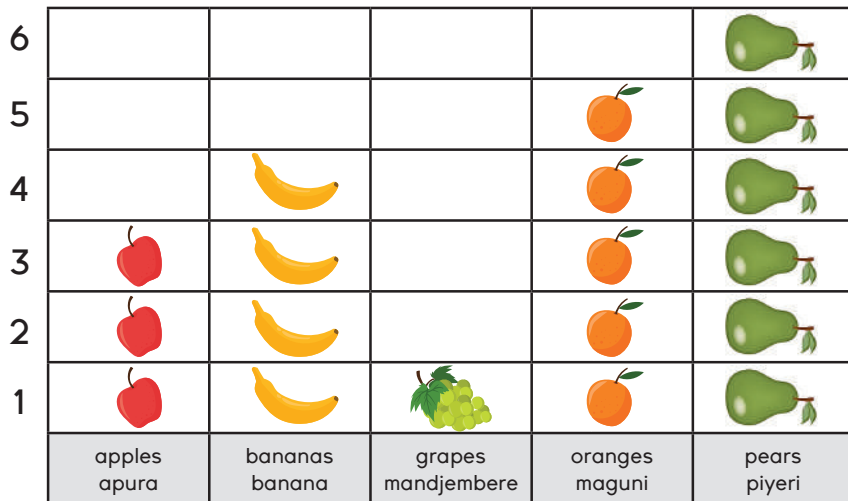
Shivike 13

Ntambundunge 1



## Data handling / Garafika

Look at the picture-graph and answer the questions. /  
Kenga kugarafika yamafano nakilimburura mapuro.



Types of fruit / Marudi ghanyangano

Miss Apple asked class 1 to bring in a fruit for morning break. This graph shows the fruits the children had brought. / Yefuroghu Makanga kapura nkondarongero 1 vayite nyango dapapoghushe. Garafika yino kuna kunegheda nyango odo vanayita vanuke.

1. How many children brought apples? /

Vanuke vangashi vanayito apura? .....

4. How many bananas were brought? /

Banana ngashi vanayita? .....

2. Which was the most popular fruit? /

Nyango munke yayingi po? .....

5. How many children brought oranges? /

Vanuke vangashi vanayito maguni? .....

3. Which fruit did only one child bring? /

Nyango munke ana yita mwanuke umwe tupu? .....

6. How many fruits were brought altogether?

Nyango ngashi nadintje vanayita kudipakerera? .....



## Time / Ruvede

Sequence the events in the morning:  
Kwamita vishorokwa vyangurangura:



Soon the swing was ready.  
Kadidi tupu shidjuku shina pu.



Carol enjoyed the swing ride.  
Mate akudjuku naruhafo.



Father started building the swing  
Vava ana vareke kupangera shidjuku.



Carol and her father decided to  
build a swing.  
Mate naVashe vana tokora vadike  
shidjuku.

## Reading and writing / Kuvarura nakutjanga

sitting  
shoes  
washing  
pink  
spiders  
next to  
between  
kitchen  
playing



nkaku  
shungiri  
ghugeha  
kukusha  
kaghuvi  
pepi na  
pakatji  
mwakuterekera  
shinaghulivhu

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 \_\_\_\_\_.

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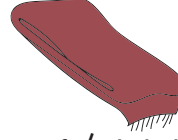
Maria naSema vana \_\_\_\_\_ palivhu. Vavo kuna \_\_\_\_\_ na \_\_\_\_\_. Vawina Katiku kuna \_\_\_\_\_ visha. Maria kunadwata nkaku da \_\_\_\_\_. Vanuke kapi vana dwata \_\_\_\_\_. Shimbangu kuna kara \_\_\_\_\_ kaMaria naSema ntani nadimucuko \_\_\_\_\_ nalikende. Namuntji mwi shiri ntani vavo kuna kara \_\_\_\_\_.





## Vocabulary / Ghushwinkango

Read the vocabulary words. / Varura maghushwinkango.

jersey /  
mbindja

scarf / shituku



winter hat / likoli lyakufu

cold /  
ghutenda

Fill in the missing letters:

j\_\_rse\_\_

wi\_\_t\_\_r

h\_\_t

s\_\_a\_\_f

c\_\_l\_\_

Yudamo ndanda dina piromo:

Mb\_\_nd\_\_a

K\_\_f\_\_

L\_\_ko\_\_i

Sh\_\_t\_\_k\_\_

Ghu\_\_en\_\_a

Shana maghushwinkango mushimbangu:

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



## Sight words / Nkangomonayiko

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

Varura:

ngoli

shinaliwiru

Dekera:

Tjanga:

ngoli

shinaliwiru

Yudamo ndanda  
dina piromo:

Ng\_\_l\_\_

Sh\_\_n\_\_l\_\_w\_\_r\_\_

Shana nkango monayiko nakudidingilika:

shinaliwiru

kuna

osho

shididi

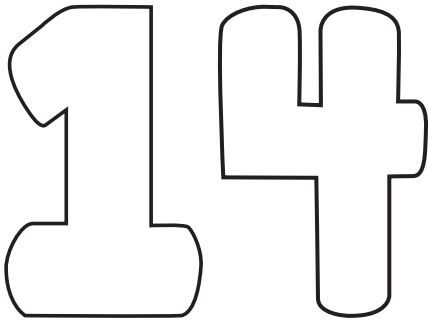
ngoli

pa



Number 14 / Nomora 12

Colour in / Kwita ndombwe



Make 14 dots on the dice /  
Ruwana vindomo 12 muvimbangu



Clircle the word fourteen /  
Dingilika nkango ronane

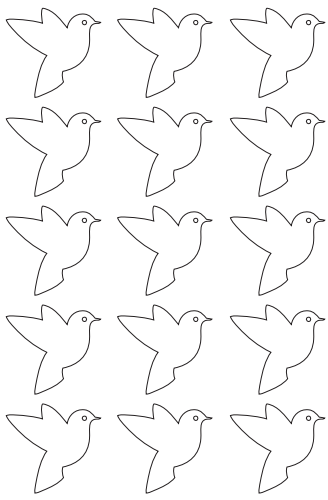
- fourteen/ronane
- eleven/ronamwe
- fourteen/ronane twelve/ronaviri

Trace / Dekera

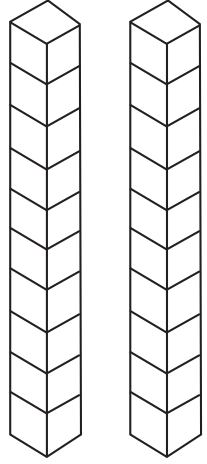
Write / Tjanga

Tracing lines for the number 14 and the words 'ronane' and 'fourteen'.

Colour in 14 birds /  
Kwita ndombwe vidira 14



Colour in 14 blocks /  
Kwita ndombwe vimbangu 14



Colour in the number 14 /  
Kwita ndombwe nomora 14

Number 14 dot-marker activity with numbers 14, 6, 14, 8, 9, 10, 7, 14.



Before and after /  
Kuruku nakumeho

Number line activity with the number 14 in the middle box.

Shivike 14

Ntambundunge 1



# English Activity

## The 'T' 't' sound

Shivike 14

Ntambundunge 1

Trace

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

table

turtle

tent

ball

Circle the t's in the sentence:

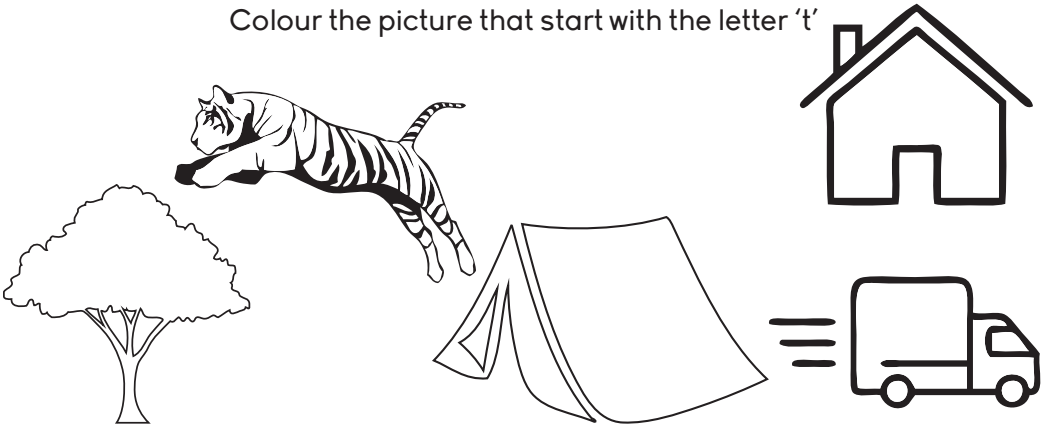


• The tiger tries to climb the tree.

Trace

Write

Colour the picture that start with the letter 't'



Colour the even numbers blue and the odd numbers red. / Kwita ndombwe yayigeha nomorashetakano nadintje ntani ndombwe yashinaliwiru nomoradiroshetakano nadintje.



Shivike 14

Ntambundunge 1

even /  
nomorashetakano

blue /  
shinaliwiru

odd /  
nomoradiroshetakano

red /  
ghugeha

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Ten frame/Vimbangu vyamurongo

How many? /Vingashi?

|   |  |  |
|---|--|--|
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |



## Reading Comprehension / Kuvarura nalikwatoghano

Read the text 3 times and answer the questions: /  
Varura shitimwitira rutatu nakulimburura mapuro:

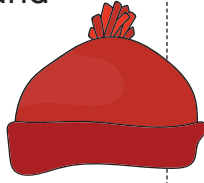
I have a new hat.

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

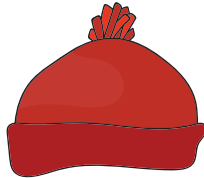
Ame nakara nalikoli lyalipe.

Likoli lyande lididi  
ntani ligeha.

Ame nalihora  
unene.

Ame kulidwata kehe pano  
narupukanga pandje.

Nane ndje alinguliro likoli  
lino.



1. Likoli lyande

\_\_\_\_\_ ntani \_\_\_\_\_

2. Kware lyatundilira?

\_\_\_\_\_

3. Likoli lini wahora po?



a



b



c



## Common Nouns / Nkangodina

Put each word under the correct heading:  
Tura kehe nkango kuntji yashiparantjangwa shaguhunga:

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

shirongo mbwa mbapira ndundu ministeri mamakadi  
shure lihina nyime lirembe mbwawa mufanayiki

| People / Vantu | Animals / Vikorama | Places / Mavango | Things / Vininke |
|----------------|--------------------|------------------|------------------|
|                |                    |                  |                  |





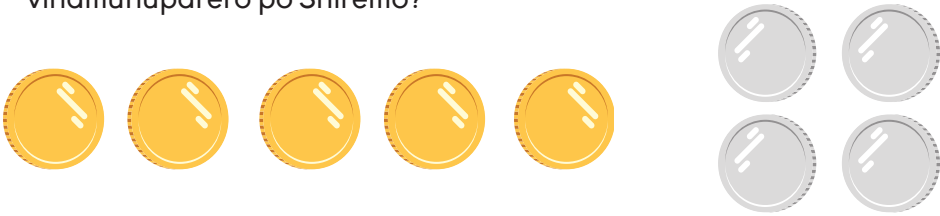
## Problem Solving / Kumahura maghudito

1. There were 7 big birds sitting on a tree. 3 of them fly away. How many birds are on the tree? / Kuna kara vidira 7 vina shungiro pashitondo. Vidira 3 vina tuka po. Vidira vingashi vinakaro po pashitondo?



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

2. John had 9 coins. He gave 4 of them to his younger sister. How many coins does John have now? / Shiremo kuna kara navimaliva vyavitenda 9. Ghuye ana pa ko mughunyendi vitenda vi 4. Vimaliva vyavitenda vingashi vinamuhuparero po Shiremo?



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

3. Joe has 8 balloons. 3 of them burst. How many balloons are left? / Mbambi ana kara navibaloni 8. Vibaloni 3 vina tomoka po. Vibaloni vingashi vina hupopo?



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



## Doubling: / Viripita nomora odo kuntji:

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

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

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

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

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

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

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

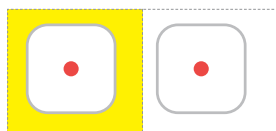
8 = \_\_\_\_\_

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

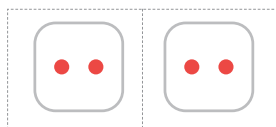
9 = \_\_\_\_\_

## Halving. / Kukahepita.

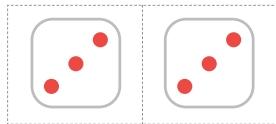
One block of the dominoes represents half of the number. /  
Shimbangu shimwe kuna kunegheda ghukahe wanomora.



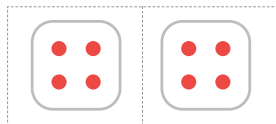
Half of 2  
Ghukahe wa 2 = 1



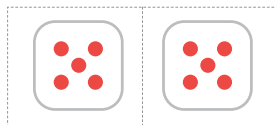
Half of 4  
Ghukahe wa 4 = \_\_\_\_\_



Half of 6  
Ghukahe wa 6 = \_\_\_\_\_



Half of 8  
Ghukahe wa 8 = \_\_\_\_\_



Half of 10  
Ghukahe wa 10 = \_\_\_\_\_



## Syllables / Dimushagharo

How many syllables do you hear in each word? /  
Dimushagharo ngashi ghuna kuyuva mwakehe nkango?

|                              |                                  |
|------------------------------|----------------------------------|
| apple<br>apura<br>_____      | butterfly<br>limbimbidi<br>_____ |
| banana<br>_____              | pizza<br>_____                   |
| ice cream<br>eyishi<br>_____ | hop<br>kuvatuka<br>_____         |
| puppy<br>mbwaghona<br>_____  | radio<br>radiyo<br>_____         |
| car<br>shihaghuto<br>_____   | flower<br>mucuko<br>_____        |
| tree<br>shitondo<br>_____    | go<br>kayende<br>_____           |

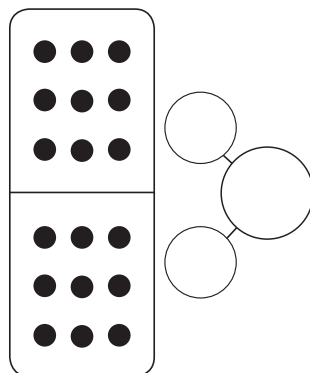
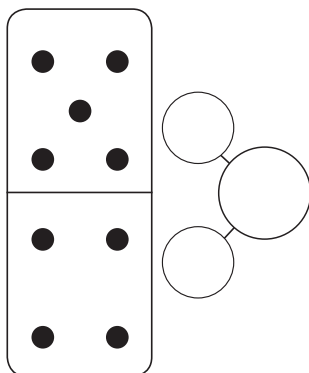
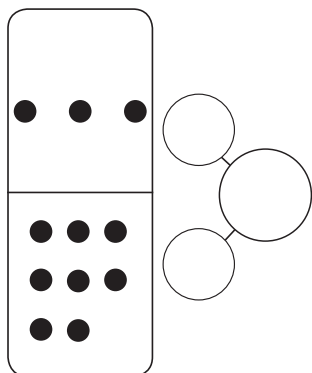
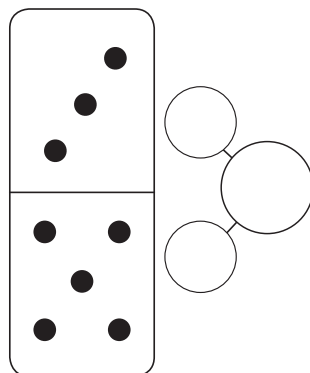
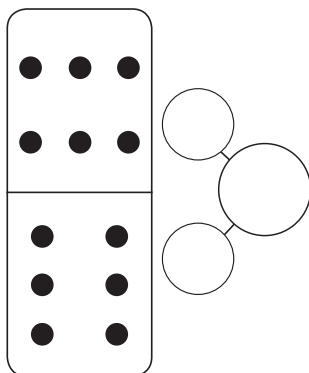
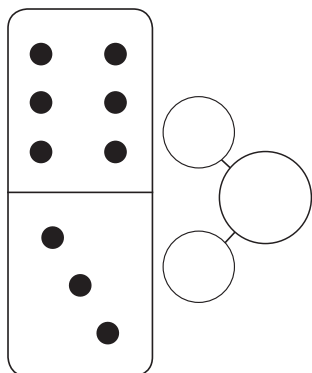
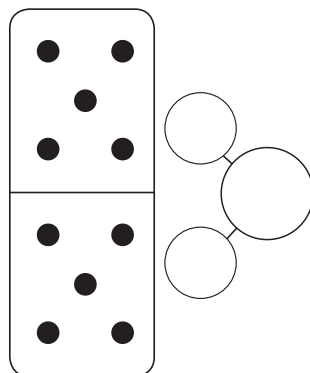
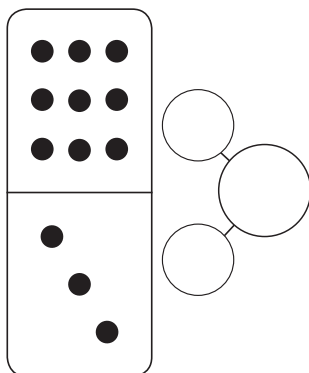
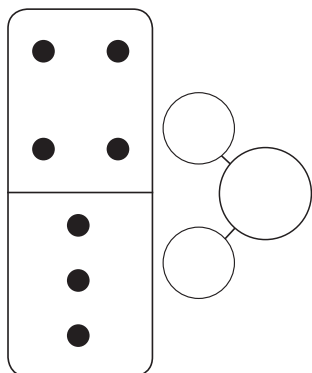


# Number bonds / Lituro kumwe lyanomora

Count the dots on each domino. Write it and add them. /  
Vara vindomo mukehe shimbangu. Tjanga nomora nakudipakerera.

Shivike 14

Ntambundunge 1



## 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 .....

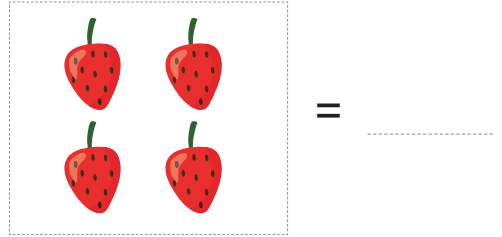
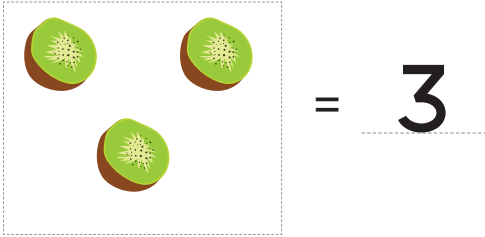
arrive .....

work .....

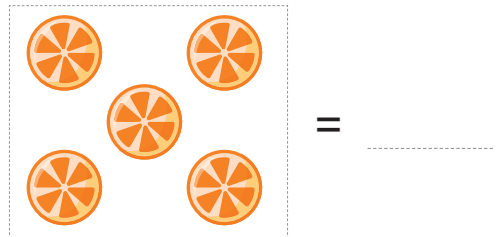
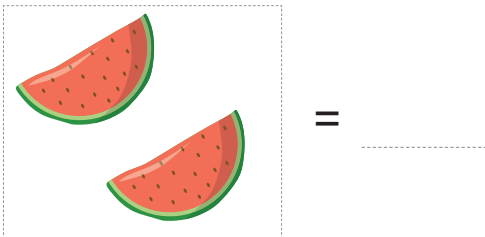


# Subitize / Kudimburura

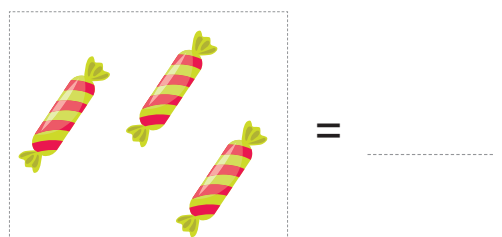
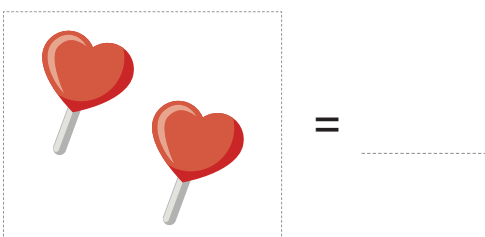
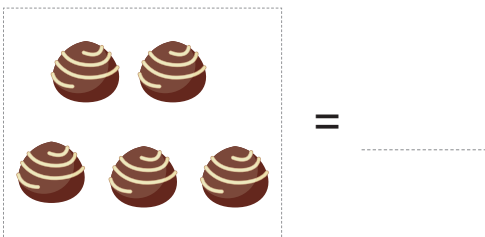
Subitize: to see and know right away. You subitize with your eyes. /  
Kudimburura: Kukenga nakuyiva mpopo. Kudimburura namantjo ghoje.



Shivike 14



Ntambundunge 1



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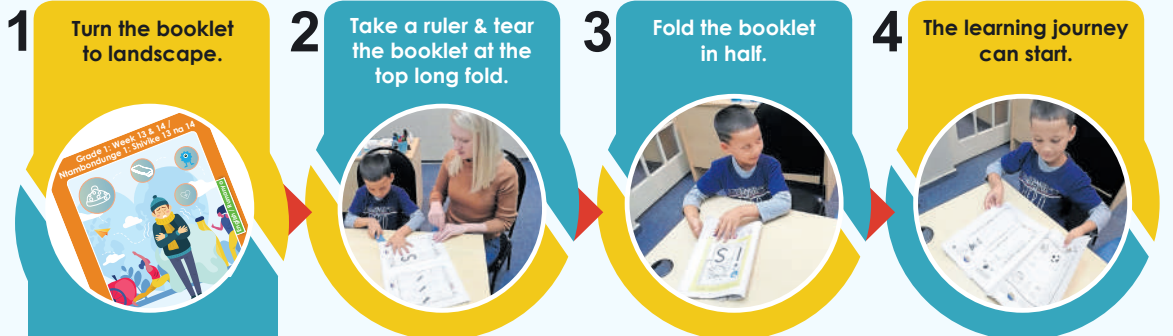
- Step 1: Find us at [www.zoshy.online](http://www.zoshy.online) or scan the QR code
- Step 2: Find your grade and select the year
- Step 3: Choose your language
- Step 4: Choose the week you want to learn out of
- Step 5: Choose lessons from what lessons there are
- Step 6: Download booklet if you do 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
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MAPENDA NAGHANTJE

**KUDWATA**

