

Grade 1: Week 13 & 14 / Ngcara 1: Thivike 13 no 14



English / Thimbukushu

Healthy lifestyle & Winter / Muhingo ghoyi para yo ndjewa-ndjewa no Kufu



Ministry of Education,
Arts and Culture



NAMIBIAN
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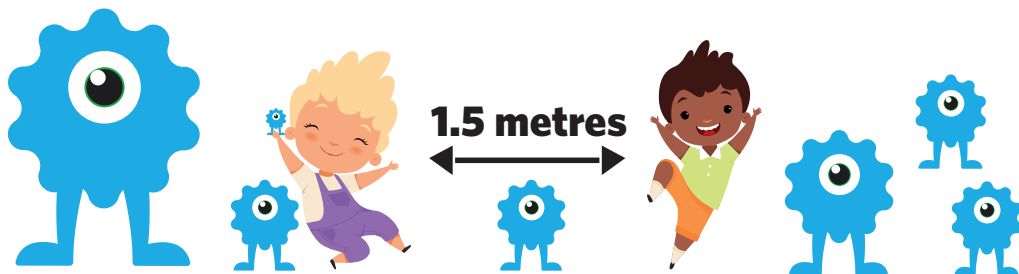


Capricorn Foundation

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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Thivike 13

English / Thimbukushu

Vocabulary / Ruñandweya

Read the vocabulary words. / Toye mañando ghoruñandweya



Fill in the missing letters:

cl__a__

__l__y

r__a__

b__u__h

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

Shane mañando ghoruñandweya

Yarithe yiyuka eyi yina pirimo.

Ku__enith__

K__pep__

Kut__y__

Kuk__putja

May__gho

k	u	k	e	n	i	t	h	a	f
u	d	u	b	b	n	g	g	e	v
k	a	t	y	f	j	g	b	v	b
u	d	o	j	e	h	a	h	u	v
p	e	Y	i	o	u	b	e	c	i
u	f	a	a	f	g	h	c	e	o
t	h	d	c	b	a	u	v	z	e
j	e	c	v	a	e	o	i	d	r
a	u	o	b	e	z	n	x	u	a
m	r	d	u	j	k	b	c	c	e
a	g	a	b	a	p	e	p	u	k
y	l	y	h	e	r	p	a	q	n
e	h	i	e	s	u	u	s	h	c
g	q	o	q	q	e	e	r	p	a
h	w	q	o	u	o	d	g	d	r
o	i	t	z	o	u	w	i	z	s
m	o	g	u	d	f	a	u	a	m



Sight words / Mañando monathana

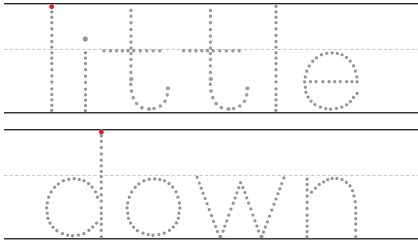
Read:

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

Toye:

kamanana

pamuve

Temunune:

Tjange:

Yarithe yiyuka eyi
yina pirimo.

gh _ _ mb _ _ ru

pa _ _ u _ _ e

Shane mañando monathana no
dhingumutwedhe.

kamanana

kuwiru

pa

ku

pamuve

ndani

di

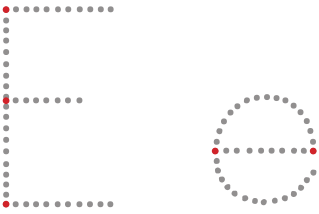
kamanana

pamuve



The 'E' 'e' sound

Trace



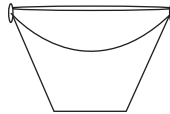
Circle the e's in the sentence:

The eagle eats
eight eggs.

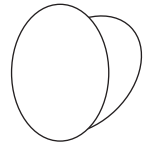
Die arend eet agt eiers



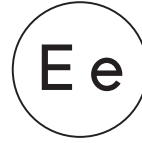
Draw a line from the circle to the
images that begin with the letter 'e':



bucket



egg



elephant

8

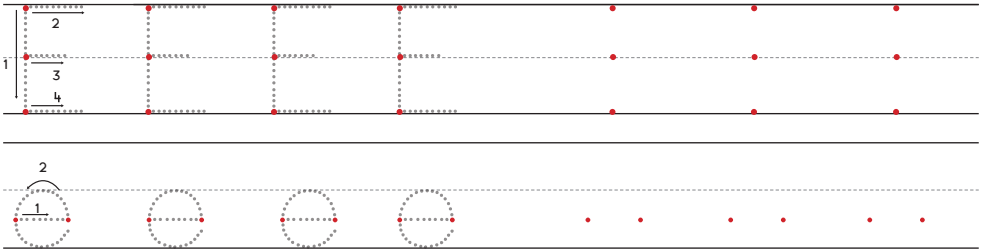
eight

Thivike 13

Ngcara 1

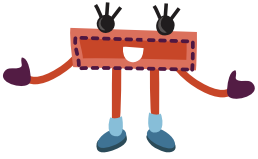
Trace

Write



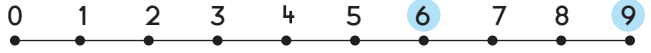
Colour the picture that start with the letter 'e'



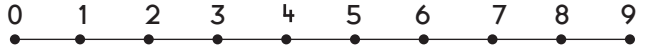


Computation: Subtraction / Mugarero: Kutundithamo

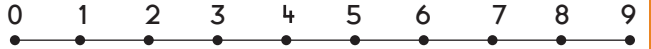
$9 - 3 = \boxed{6}$



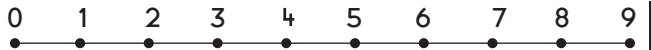
$6 - 2 = \boxed{}$



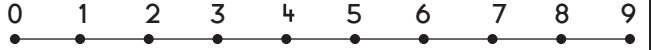
$8 - 1 = \boxed{}$



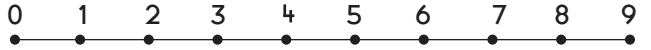
$7 - 4 = \boxed{}$



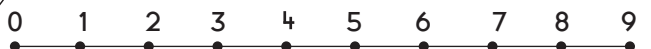
$4 - 2 = \boxed{}$



$9 - 5 = \boxed{}$



$5 - 4 = \boxed{}$



$7 - 7 = \boxed{}$



Thivike 13

Ngcarra 1



English Activity

Present Continuous Tense

sitting	sleeping	eating	playing	painting
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Complete the sentences.

1. Ben is _____ now.



2. Jack is _____ soccer.



3. Pam is _____ lunch now.



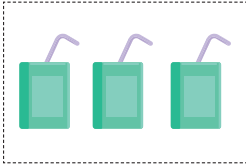
4. The baby is _____ now.



5. Tom is _____ on a bench.



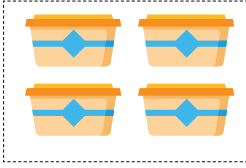
Double the following: / Wedherere ruwadi:



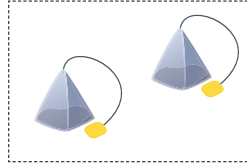
=



=

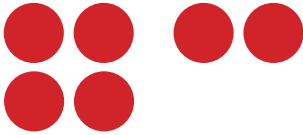


=

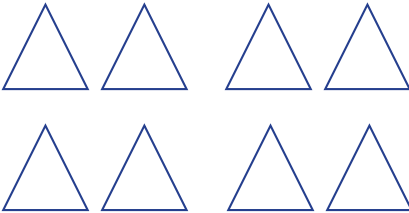


=

Groups of two. / Tumbunga tuwadi.



groups of two /
tumbunga tuwadi _____



groups of two /
tumbunga tuwadi _____

Write the numbers from small to big. /

Tjange manomora kutunda kughumbiru kate kughukuru.

3 4 2 5 1

Write the numbers from big to small. /

Tjange manomora kutunda kughukuru kate kughumbiru.

2 3 5 1 4



Problem Solving / Kukoshonona Maghukukutu

1. Mary has 6 cherries. She eats 2 of them. How many cherries are left? /
Maria ghadi notu kukuru 6. Ghana dipo 2. Tungatji tukukuru tuna thiyarapo?



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

2. There are 8 orange slices in a plate. Pam eats 3 of them. How many orange slices are there in the plate now? / Parupasha padi Maghumi ghokutetaghura 8. Muhera Ghana dipo 3. Mangatji Maghumi ghokutetaghura ghana thiyarapo parupasha?



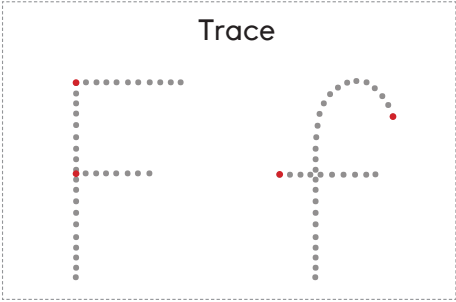
$$\boxed{} - \boxed{} = \boxed{}$$

3. Tina has 5 sweets. She gave 4 of them to Rosy. How many sweets are left? /
Kaheke ghadi no ma wiki 5. Ghana tapa 4 kwa Makena. Mangatji mawiki ghana thiyara kwa Kaheke?



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

The 'F' 'f' sound



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':

fan

fairy

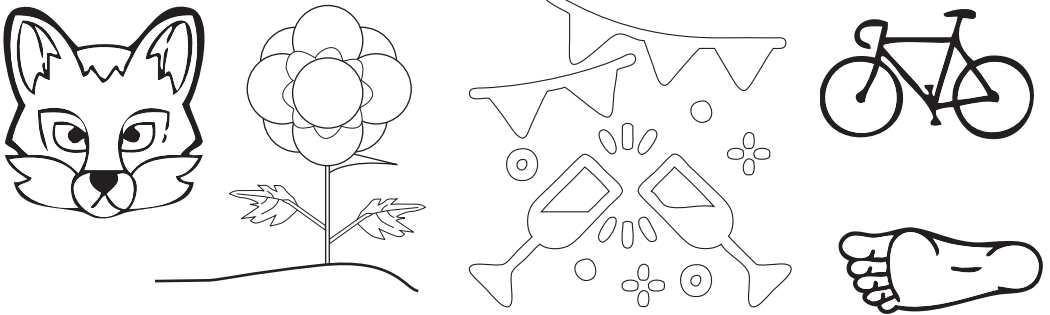
fish

bicycle

Trace:

Write:

Colour the picture that start with the letter 'f':



Reading comprehension/ Kutjanga

Read the story and Choose the correct answer and write it on the line.
/Toye thithimwetedha no huthe mahuthero.

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

Thivike 13

Ngcara 1

Mbwa wange

Mone mbwa wange. Twahaka kupepaghura panunda. Atwe kutjira-tjira nokureghaghura oku diyuwa ne pakusheghenya.

1. Thiyama thokumuna munye ghakara natho mukamadighana?

- a. mbwa
- b. mbishi
- c. thinyunyi

2. Kupi ghahaka kupepawera?

- a. mwishi
- b. panunda
- c. kudyango dyoku pepawera

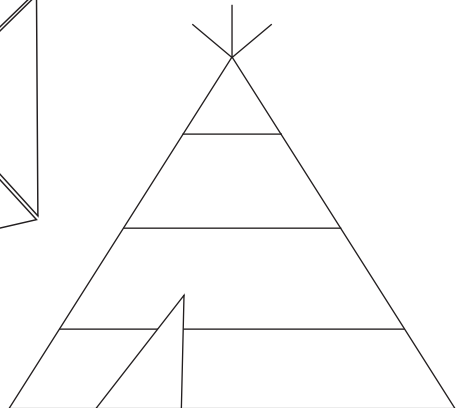
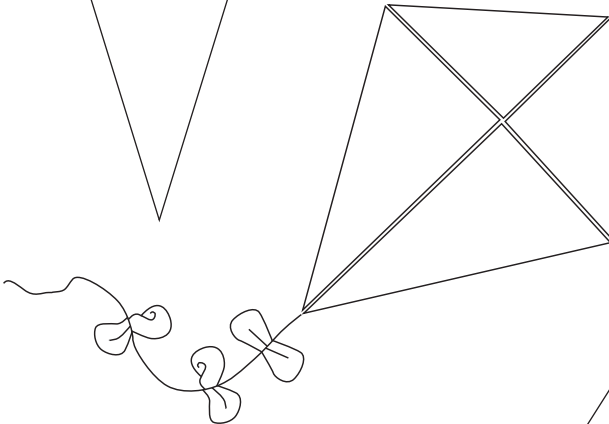
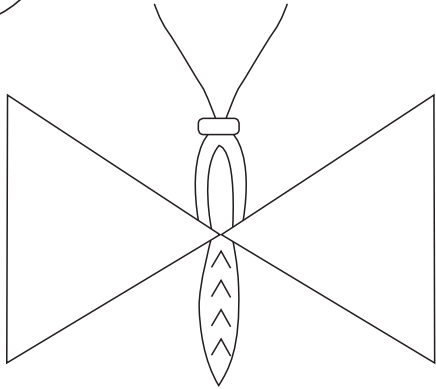
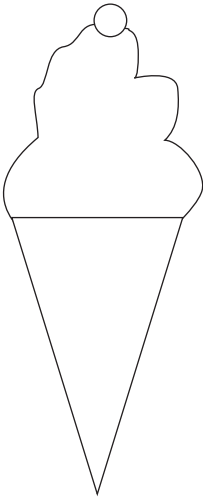
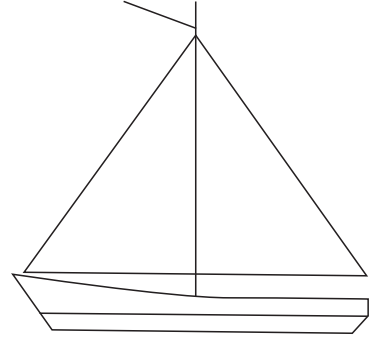
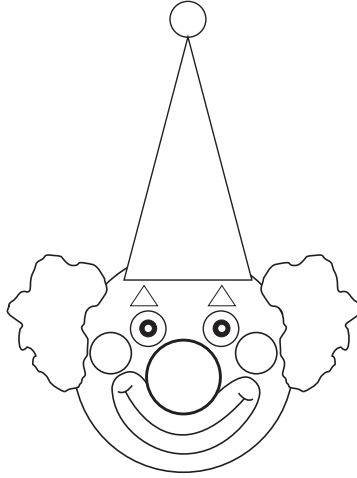
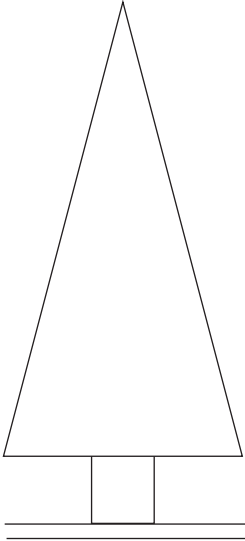
3. Kupi hatjireranga nokureghaghura?

- a. mwishi
- b. panunda ghoku diyuwa kuna sheghenya
- c. kurware



Shape recognition/ Kunongonona Marupitu

Colour the triangles yellow. /
Kunye mashonga hatu norudhi ro thina dihenga.






















Thivike 13

Ngcara 1



Data handling / Kuruwanitha Mapathwero

6					
5					
4					
3					
2					
1					
	apples ma aperi	bananas mabanana	grapes mandjembere	oranges maghumi	strawberries munungu

Rudhi ro mbuyo

Miss Apple asked class 1 to bring in a fruit for morning break. This graph shows the fruits the children had brought. / Mitiri gho dina dyo Kakove ghepure hanuke homungondarongero dhendi dho ngcara 1 hakurete mbuyo hakunadye kushure mathiku-thiku. Grafika kuwiru kuna kuneghedha mbuyo dhi haretire hanuke.

1. How many children brought apples?

Hanuke hangatji haretire ma aperi?

2. Which was the most popular fruit?

Mbuyo munye haretire hanuke thikuma?

3. Which fruit did only one child bring?

Mbuyo munye edhi gharetire mwanuke ghofotji?

4. How many bananas were brought?

Ma banana mangatji haretire?

5. How many children brought oranges?

Hanyke hangayi haretire maghumi?

6. How many fruits were brought altogether?

Mbuyo dhangatji haretire kudhipakerera?



Time / Ruvedhe

Sequence the events in the morning:
Randithe yihokoka yomathiku-thiku.



Soon the swing was ready.
Mudjikiro wapwire kughutenda.



Carol enjoyed the swing ride.
Karolina ghatangire kukudjuka
pamudjikiro.



Father started building the swing
Wihe ghatangire kutenda mudjikiro.



Carol and her father decided to
build a swing.
Karolina na wihe hatakorire
hatende mudjikiro.

Thivike 13

Ngcara 1



Reading and writing / Kutjanga nokutoya

sitting
shoes
washing
pink
spiders
next to
between
kitchen
playing



kuhungumana
makuha
kuyogha
thina ghukihu
diwiwi
kumbadi wa
mukatji
ngonda dhokuterekera
yira dighumi kupepa

Thivike 13

Ngcara 1

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 _____.

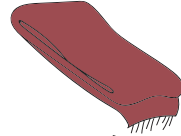
Maria na Sam hana _____ Pamuve. Awo kuna _____ no _____. Mavandje, nyokwawo ne, _____ mapurayiti. Maria ghana vata thikaghusu tho _____. Hanuke mbadi hana vata _____. Thimbangu _____ ka Maria na Sam no mitemo po _____ no thitarero. Dyarero ne ghupyu ene awo ne _____ hadi.

Vocabulary / Ruñandweya

Read the vocabulary words. / Toye mañando ghoruñandweya.



jersey /
djeshi



scarf / tuku



winter hat / hutji



cold /
mepo

Fill in the missing letters:

j__rse__

wi__t__r

h__t

s__a__f

c__l__

Yarithe yiyuka eyi yina pirimo.

dj__sh__

k__f__

hu__tj__

t__k__

m__p__

Search the vocabulary words (English only):

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



Sight words / Mañando monathana

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

Toye:

popano

thina diwiru

Temunune:

Tjange:

popano

thina diwiru

Yarithe mo yiyuka
yina pirimo.

pop__no

thina d__w__ru

Wane mañando monathana.

thina diwiru kamanana / ghumbiru

popano

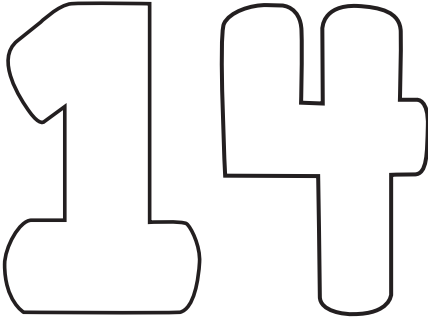
pa

ne

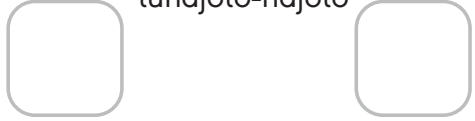


Number 14 / Nomora 14

Colour in / Kunye mwishi



Make 14 dots on the dice / Tende tundjoto-ndjoto



Circle the word fourteen / Dhingumutwedhe nando dikumi no yine

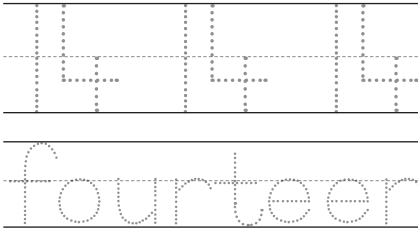
fourteen / dikumi no yine

eleven / dikumi nothofotji

fourteen / dikumi nogyine

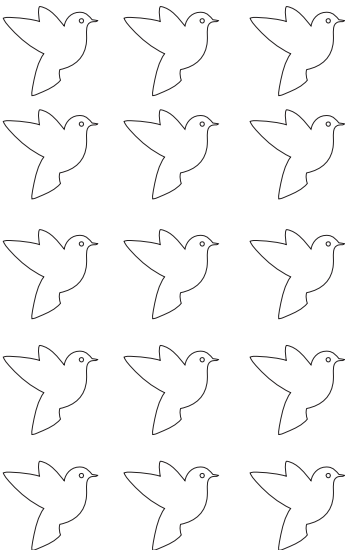
twelve / dikumi noyiwadi

Trace / Temunune

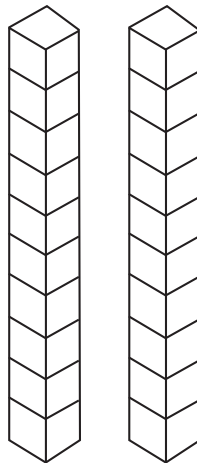


Write / Tjange

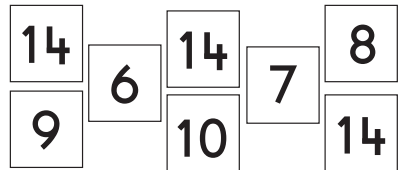
Colour in 14 birds / Kunye yinyunyi 14



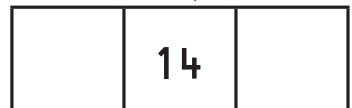
Colour in 14 blocks / Kunye yimbangu 14



Colour in the number 14 / Kumye nomora 14



Before and after / Kughutho no kunyima



The 'T' 't' sound

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./
- Die tier probeer om op die tafel te klim.

Thivike 14

Ngcara 1

Trace

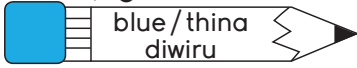
Write

Colour the picture that start with the letter 't'

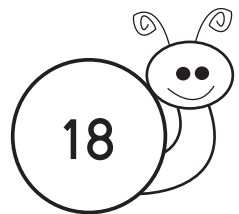
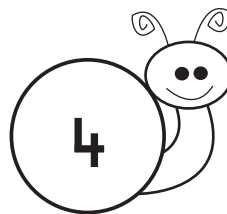
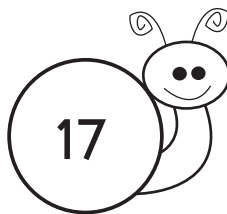
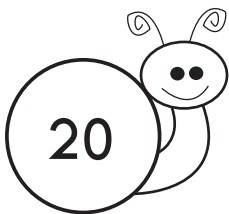
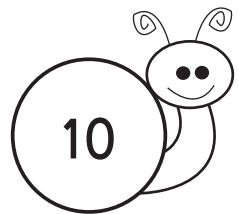
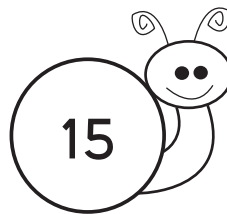
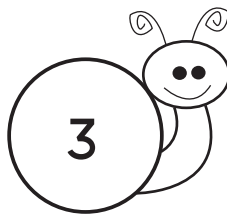
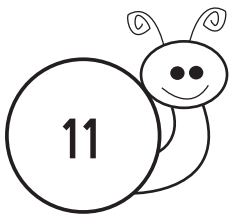
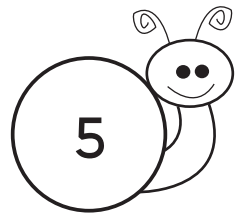
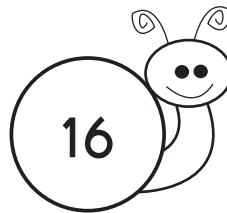
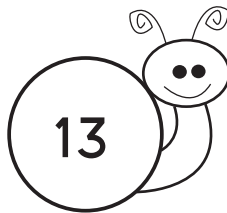
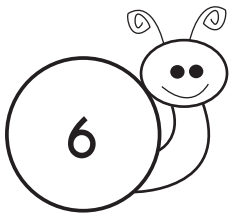
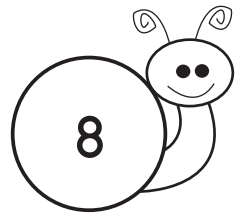
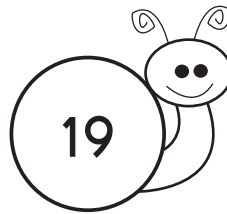
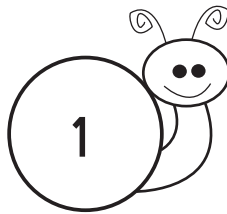
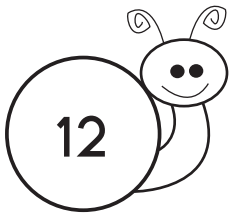
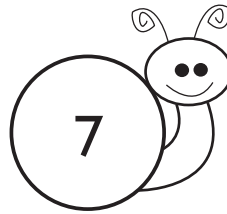
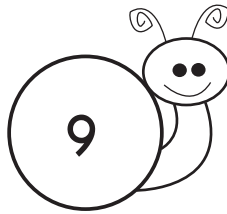
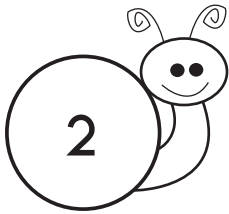
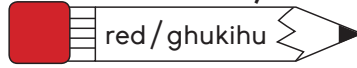


Colour the even numbers blue and the odd numbers red. / Kunye manomora ghokukurikanya noghukihu ndani nomora dhokupira kukukikanya no thina diwiru.

even / ghokukurikanya



odd / ghokupira kukukikanya



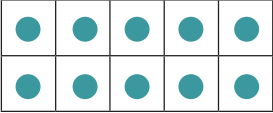
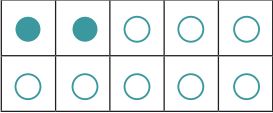
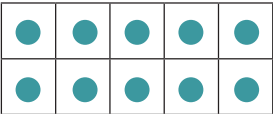
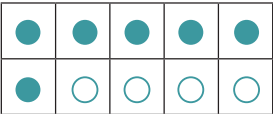
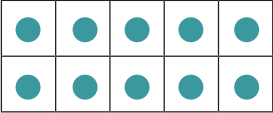
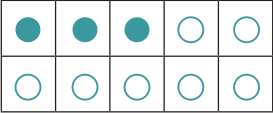
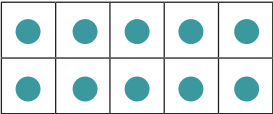
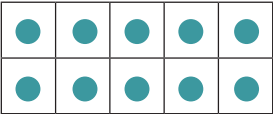
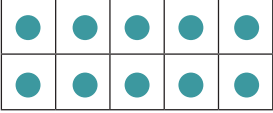
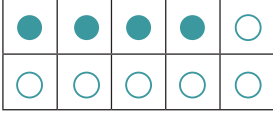
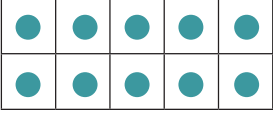
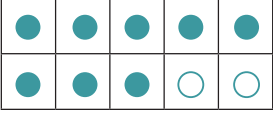
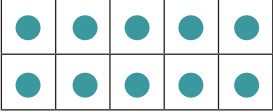

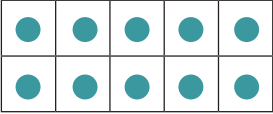
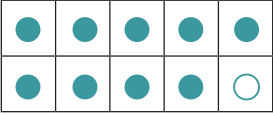
Thivike 14

Ngcarra 1



Ten frame/ Murembo ghodikumi

How many? / Tungatji?

1			
2			
3			
4			
5			
6			
7			
8			

Reading Comprehension / Kutoya nokutjwathana

Read the text 3 times and answer the questions: /
Toye yitjanga yihatu no huthe mepwero:

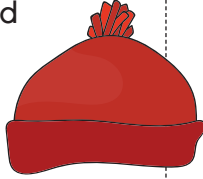
I have a new hat.

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

Thivike 14

Ngccara 1

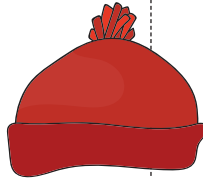
Ame nidi no hutji gho mupya.

Hutji wange ne mumbiru no mukihu.

Namuhaka shemwa thikuma.

Kunamuvatanga me kehe pano nayendanga panunda.

Nawe ghaghunighurere.



1. Hutji wange ne

_____ no _____

2. Kupi wamuwanine hutji? ghoye?

3. Hutji munye wahakapo?



a



b



c



Common Nouns / Mañando dina vene

Put each word under the correct heading:
Ture keho ñando muthiparatjangwa thoghuhunga

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

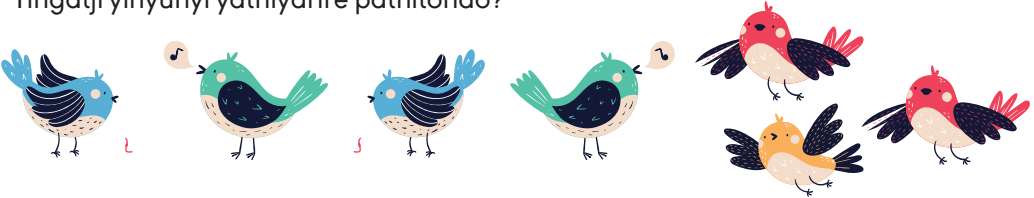
ditunga mbwa mbapira dirundu menesiteri nyakudyange
shure dihina dyo rutenda nyime dirembe mbwawa mbimbi

People / Hanu	Animals / Yiyama	Places / Mango	Things / Yinu



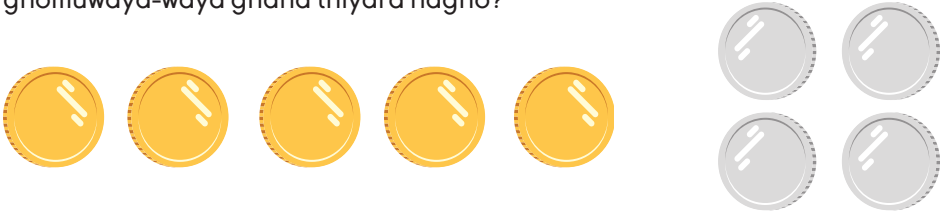
Problem Solving / Kukoshonona maghukukutu

1. There were 7 big birds sitting on a tree. 3 of them fly away. How many birds are on the tree? / Pakarire yinyunyi yoyikuru 7 kuthitondo. Yinyunyi yihatu yatukire po. Yingatji yinyunyi yathiyarire pathitondo?



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

2. John had 9 coins. He gave 4 of them to his younger sister. How many coins does John have now? / Thimende ghadi nomasherenyi ghomuwaya-wayaya 9. Ghana tapa muwaya-wayaya 4 kwaminendi ghombuyama. Maungatji masherenyi ghomuwaya-wayaya ghana thiyara nagho?



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

3. Joe has 8 balloons. 3 of them burst. How many balloons are left? / Mukoya ghadi no mabaloni 8. Mabaloni 3 ghana ncuka. Mangatji mabaloni ghana thiyara nagho?



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

Thivike 14

Ngcarara 1



Doubling: / Kuwedherera ruwadi:

1 = _____

2 = _____

6 = _____

4 = _____

7 = _____

5 = _____

3 = _____

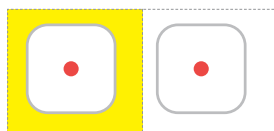
8 = _____

10 = _____

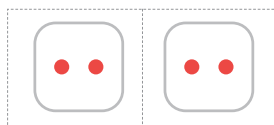
9 = _____

Halving. / Kuhenda.

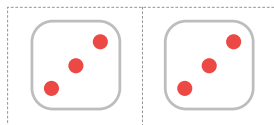
One block of the dominoes represents half of the number.
Kambangu kofotji kowera gho domino kana kwateramo dihenda dyo nomora.



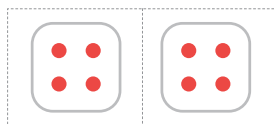
Half of 2
Dihenda dyo 2 = 1



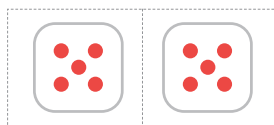
Half of 4
Dihenda dyo 4 = _____



Half of 6
Dihenda dyo 6 = _____



Half of 8
Dihenda dyo 8 = _____



Half of 10
Dihenda dyo 10 = _____



English Activity

Syllables

How many syllables do you hear in each word?

apple _____	butterfly _____
banana _____	pizza _____
ice cream _____	hop _____
puppy _____	radio _____
car _____	flower _____
tree _____	go _____

Thivike 14

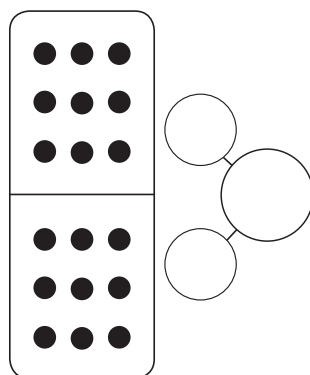
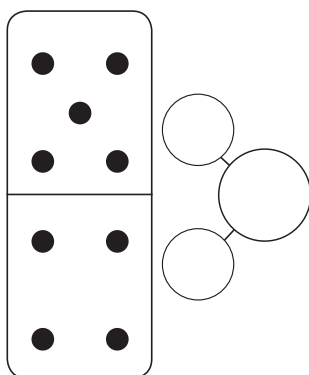
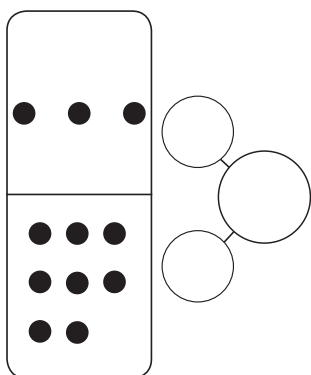
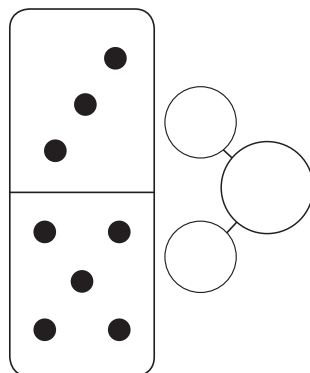
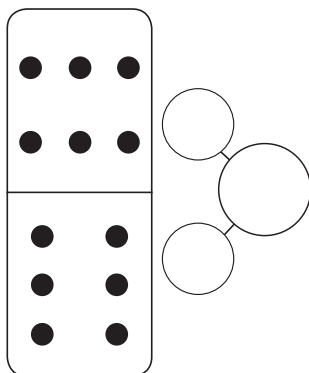
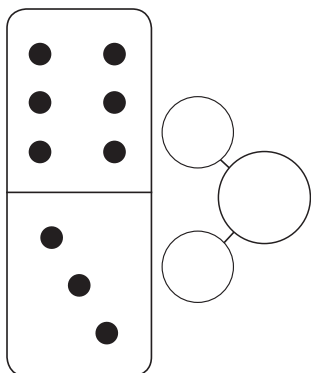
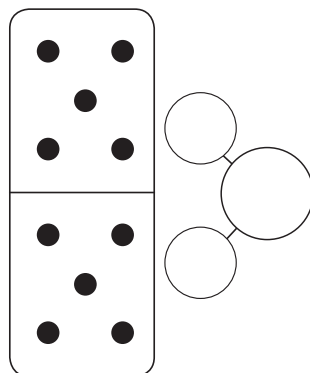
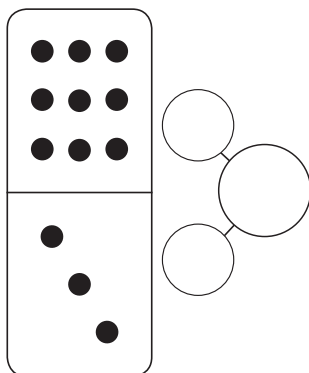
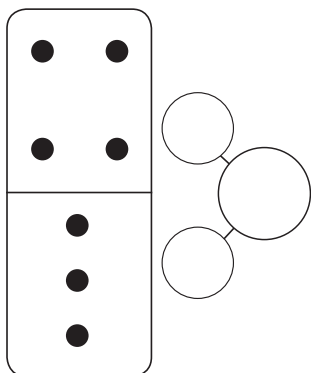
Ngcara 1

Number bonds / Nomora dho kutjinaghura

Count the dots on each domino. Write it and add them. /
Tare tundjoto mukehe domino. Tjange no tuwedherere.

Thivike 14

Ngcara 1



English Activity

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

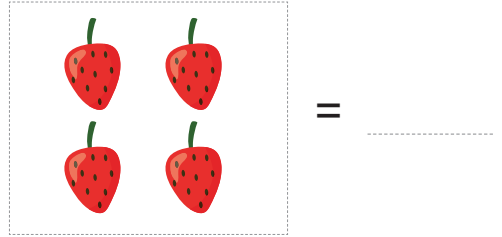
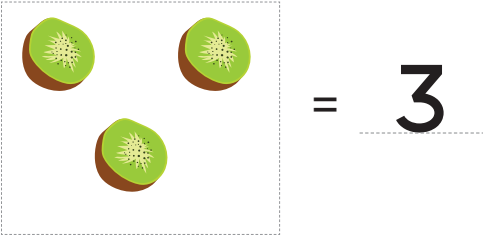
arrive

work



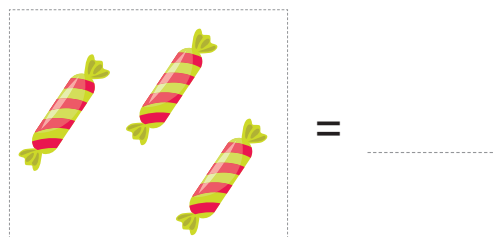
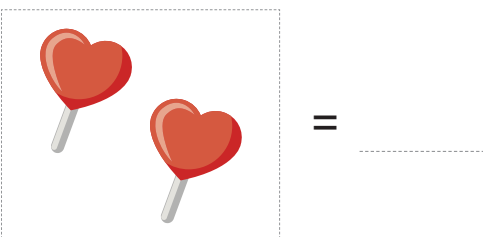
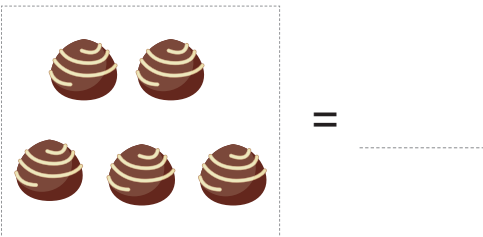
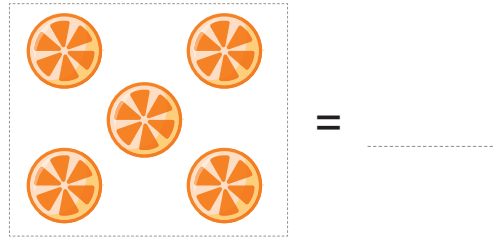
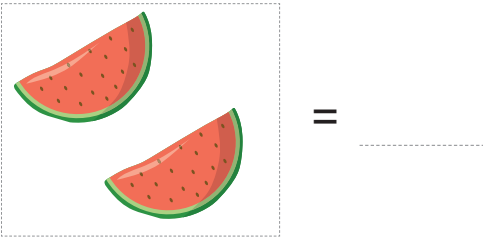
Subitize / Kukenga no kudimuka

Subitize: to see and know right away. You subitize with your eyes. /
Kukenga no kudimuka popo. Kenge no meho noghudimuka.



Thivike 14

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



www.zoshy.online

In collaboration with the Ministry of Education, Arts and Culture

PRINT

- 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



Ngepi ghokukara

DIPENDA

Ghamwene hamwe,
kughamwene ghothinda



Mapenda ghomahe

kuvata yimumu yagho

