Grade 1: Week 19 & 20 /
Xrat 1: 19&20||î Wekheb

English / Khoekhoegowab

A balanced diet & Road safety /
ǂHanu ǂû|gau|ape||guib tsi daob !Norasasib

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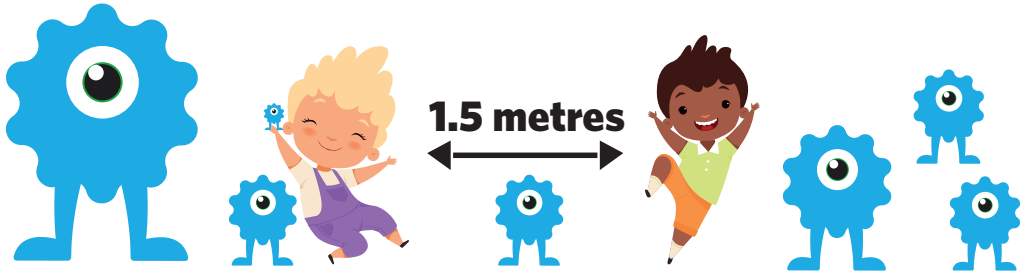
unicef for every child

My Zone ONLINE SCHOOL

2



1	2	3	4	5

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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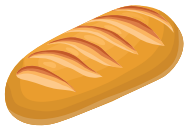
Wekheb 19 **English / Khoekhoegowab** **1**

Vocabulary / Mîdi‖uib

Read the vocabulary words. / Mîdi‖uib mîde khomai.



bread / pereb

vegetables/
!hana‡ûn

fruit /
hai‡ûn

meat / ‖gan-i

porridge / mâi-i

Fill in the missing letters:

br___a___

m___at f___u___t

v___g___t___bl___s

p___rr___dg___

Xū‡uisa xoamûde xoa‡gā.

p___r___b

ha___‡___n

m-__i-__ ‖g___n-___

!h___n___‡ûn

Search the vocabulary words.

v	e	g	e	t	a	b	l	e	s
t	m	c	n	b	b	r	e	a	d
m	e	a	t	p	t	a	b	d	g
s	n	p	o	r	r	i	d	g	e
l	y	t	r	k	f	r	u	i	t

Mîdi‖uib mîde ôa.

!	h	a	n	a	‡	û	n	a	v
f	g	a	d	p	e	r	e	b	l
m	â	i	-	i	i	j	o	e	e
g	w	t	g	‖	g	a	n	-	i
h	a	i	‡	û	n	e	d	h	s

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My Zone ONLINE SCHOOL

1

Sight words/‖Naetisa mîdi

Read: go we said

Trace it:

go go

we we

said

Write it:

Khomai: hō dī hui

!Ari‖garaba ǂgae!nâ:

hō

dī

hui

Xoa:

Choose two sight words and write your own sentences. /
|Gam ‖naetisa mîra ‖hui tsî sa ǂâibasenga ǂnuwi.

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ONLINE SCHOOL

Khoekhoegowab ǁaxasin

1

!Gôas 19's

Anan!nâ

19

19 ǂgaeǂnamide dice !nâ |nō‖nâ

!gôas disikhoese|asa ǂgaeǂnami

disihaka|a disikhoese|asa

disikhoese|asa

disikhoese|asa dis!hanila

ǂGae !nâ

Xoa

19

19

19

disikhoese|a

19 !upude anan!nâ

19 blokde anan!nâ

19sa anan!nâ

15 19 18

16 19

7

8 19

Ais ai tsî khao!gâ

19

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2

Counting / !Gôas

Complete the skip counting series. / !Hapu!nâ !gôa patronna dītoa.

2, 4 , 6, ☐ , ☐ , ☐ , ☐ , ☐

13, 15, 17, ☐ , ☐ , ☐ , ☐ , ☐

16, 18, 20, ☐ , ☐ , ☐ , ☐ , ☐

3, 4, 5, ☐ , ☐ , ☐ , ☐ , ☐

7, 9, 11, ☐ , ☐ , ☐ , ☐ , ☐

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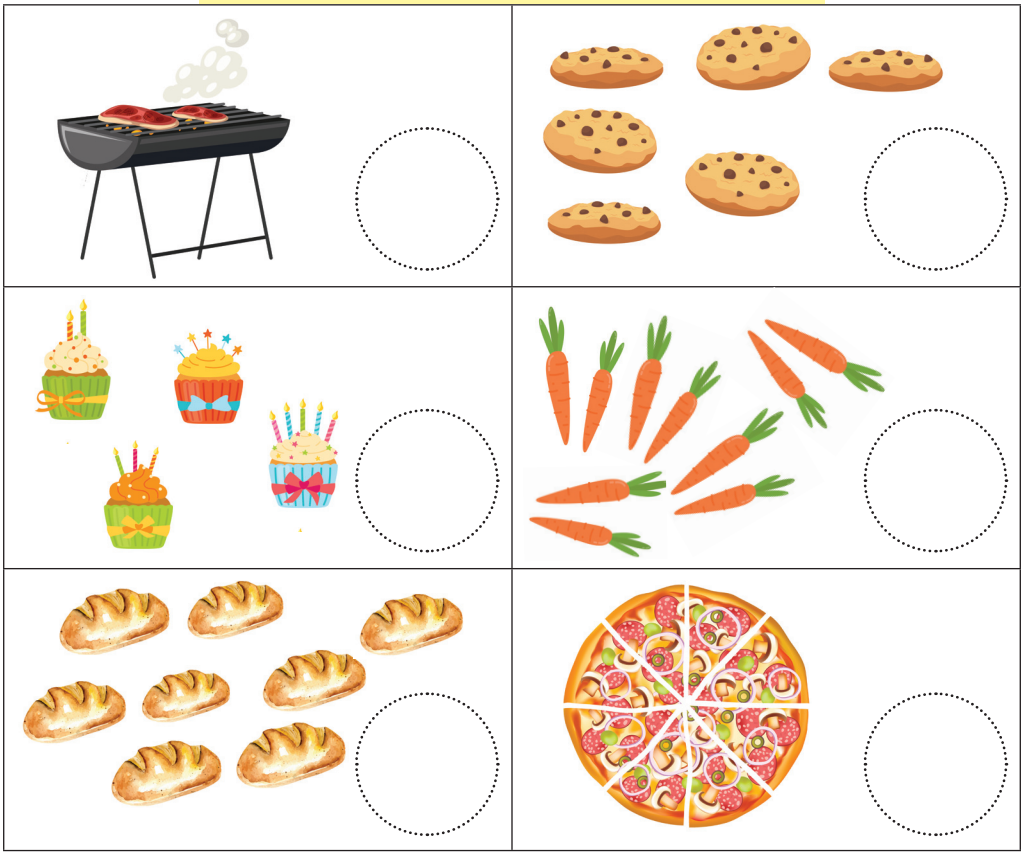
ONLINE SCHOOL

2

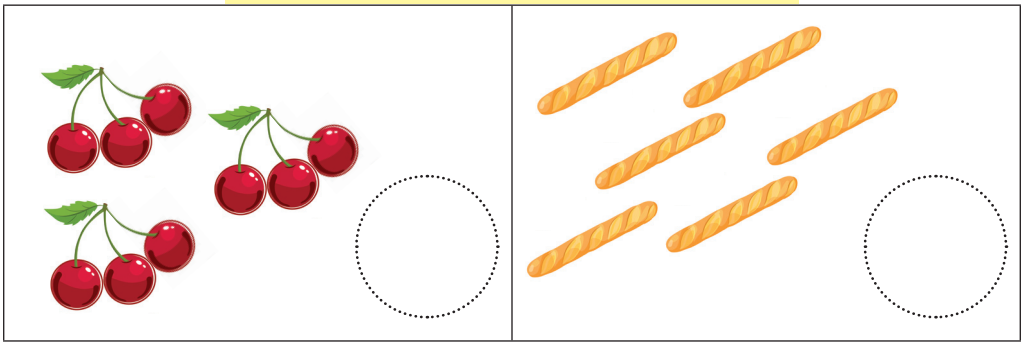
A balanced diet / |Gope‖nōsa ǂû|gau|ape‖guib

How many each if: / Mâs hoasa mâtikō:

1. Shared by 2? / 1. 2!âra !nâ |gorasao?



2. Shared by 3? / 2. 3 !âdi !nâ |gorasa o?



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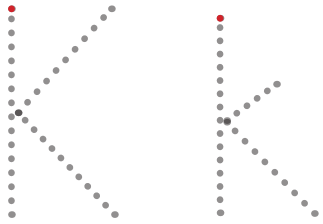
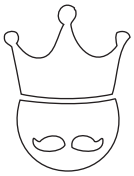
Khoekhoegowab ǁaxasin

The ‘Ǩ’ ‘ǩ’ sound / ‘Ǩ’ ‘ǩ’ ǀōb

Trace/ !Ari‖garaba ǂgae!nâ



Circle the k’s in the sentence: / K’ba ǂâibasenni !nâ ǂgae‡nami:



The king’s key is in the kitchen.

Gaob ge kai tsî kofi-e ketels !nâ ūhâ.

Draw a line from the circle to the images that begin with the letter ‘k’:/ ‖Garaba ǂgae‡namisa xu ‘k’ xoamûs ǀkha ra tsoatsoa īsib ‖ga ǂgae.

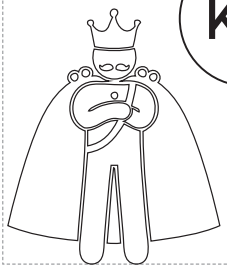
kite

hīsabes

Kk

giraffe

!naib



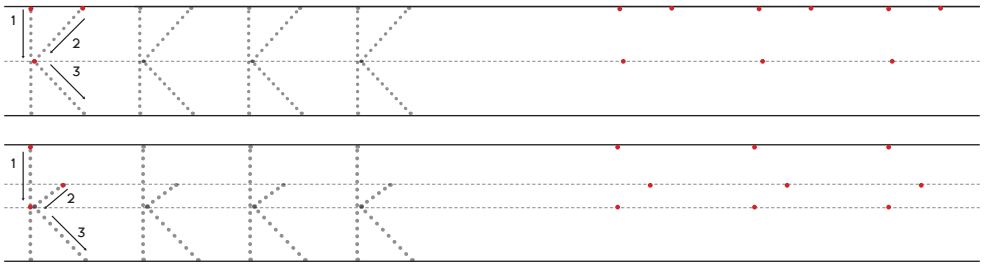
king

gaob

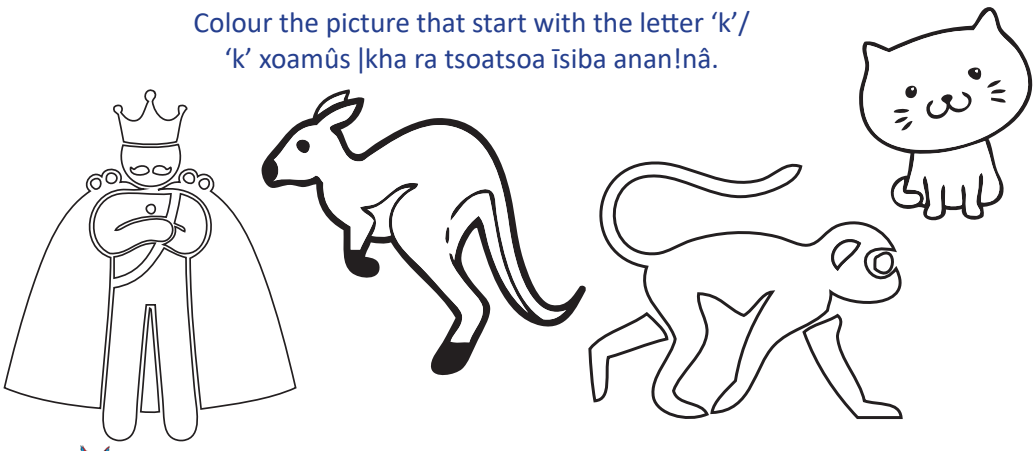
kettle/ketels

Trace/ !Ari‖garaba ǂgae!nâ

Write/ Xoa



Colour the picture that start with the letter ‘k’/ ‘k’ xoamûs ǀkha ra tsoatsoa īsiba anan!nâ.



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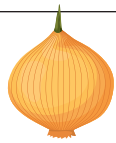
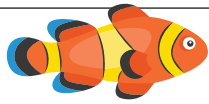
Label the pictures. / Īsiga |on‡gai.

	.....
.....	.....
.....	.....
	.....

tomato / tamatis

apple / apels

water / ǁgam-i

banana / bananab

pear / pērs

onion / tsuipels

fish / ǁaub

chicken / anib

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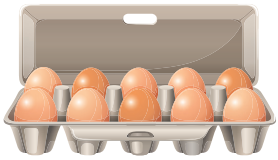
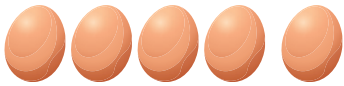
3

Problem Solving / !Gomsina oresa hōbas

1. Mother cooks 10 eggs. I eat 5 eggs. How many eggs are left?/
1.Mamas ge 10 !upude ra sâi. Tita ge 5 !upude ra ǂû. Mâtikō !upude ra !gau?



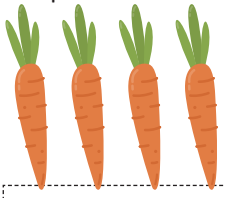


____ − ____ = ____

2.Pam has 6 pieces of cheese. She shares it with her friend, Ann. How many pieces of cheese will each girl get? / Pams ge 6 kas-i !âga ūhâ. ǁÎs |hōsas |khas ge |guitikōse ra |goragu. Mâtikō kas-i !âgas mâs hoasa nî hō?

____ ÷ ____ = ____

3. I used ǂ carrots and 2 potatoes to cook soup. How many vegetables did I use altogether? / ǂ |arigu tsî 2 !aiara tsîn |kha ta ge sō-e ra kuru. Mâtikō !hanaǂûna ta ge hoan |haob ai sîsenū?



____ + ____ = ____

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Money / Maris

Select a set of coins up to 50c.
How many 5c and 10c coins will make 50c?/
50c kōse hâ !nandi di |urimaride ‖hûi.
Mâtikō 5c tsî 10c |urimaride 50c'sa nî kuru?

In each block colour the correct set of coins to make up to 50c. / Mâ bloks hoas !nâ ǂhanu !nans |urimaridi disa anan!nâ 50c'sa kurus !aroma.

5c	5c	10c	10c	5c	10c	5c
10c	10c	5c	10c	5c	5c	

10c	5c	10c	10c	5c	10c	5c
5c	5c	5c	5c	5c	10c	

10c	10c	10c	10c	5c	10c	5c
5c	5c	10c	10c	5c	10c	

5c	5c	5c	5c	5c	10c	5c
10c	5c	10c	10c	5c	10c	

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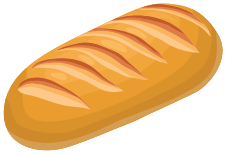
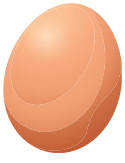
My Zone ONLINE SCHOOL

4

Plurals / ǂGui|nōb

Write the plural form of the given words. Add ‘s’ to make the words plural./
ǂGui|nōb māsa mîs diba xoa. di,gu |ōga |aro ǂgui|nōba kurus !aroma.

apple ..... apels	pear ..... pērs .....
 bread ..... pereb	orange ..... lemuns .....
carrot ..... |arib	bananab ..... banana .....
 egg ..... !upus	pumpkin ..... papus .....

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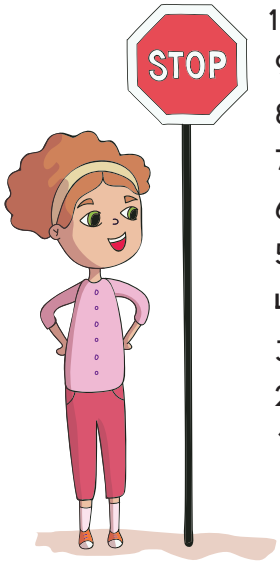
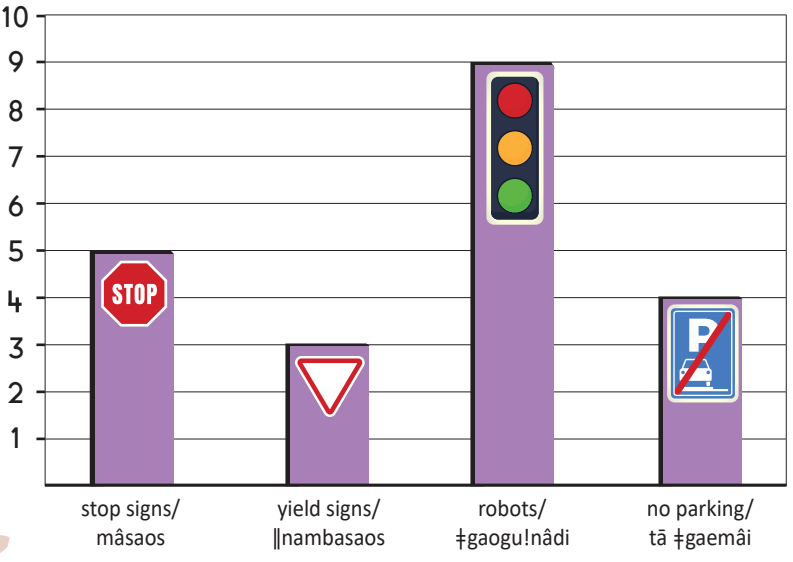
ONLINE SCHOOL

Data Handling / !Gomsina oresa hōbas

Miss Botha asked the Grade 1 class to bring pictures of road signs to class. This graph shows the road signs the children brought. /
!Ghs. Bothas ge Xrat 1 !gubis |gôana daob saodi di ai-īsiga !gubis ǁga ge |khī-ū kai. Nē xrafiks ge |gôan ge |khī-ū daob saode ra ǁgau.





1. How many children brought pictures of the following signs: /
Mâtikō |gôana sao ra saode ge |khī-ū:

stop signs / mâsaos: ..... yield signs/ ǁnambasaos: .....

robots/ǂgaogu!nâdi ..... no parking/tā ǂgaemâi: .....

2. Which road sign pictures was the most? /
Mâ daob saos ai-īsiga ge !nāsa i? .....

3. Which road sign pictures was the least? /
Mâ daob saos ai-īsiga ge |oro i? .....

4. How many learners are in Miss Botha's class? /
Mâtikō |gôana !Ghs. Bothas !gubis !nâ hâ? .....

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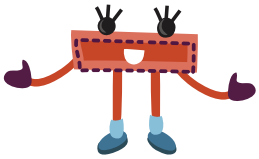
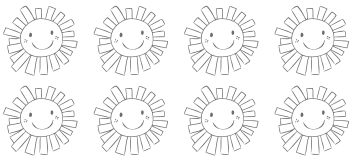
5



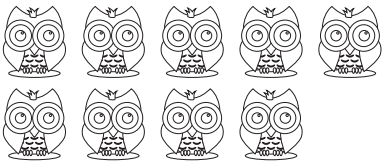
Computation: Subtraction / !Gôan: ǂGae‖nâs

Use the pictures for help. / Huib !aroma ai-īsiga sîsenū.

10 - 2 = ...



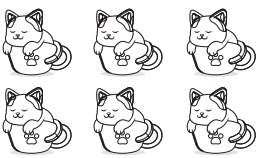
8 - 4 = ...



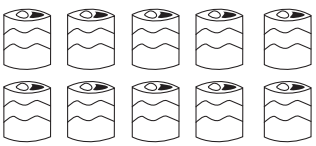
9 - 5 = ...

7 - 5 = ...

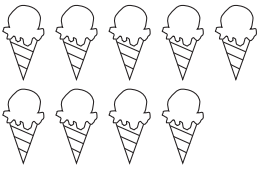
8 - 3 = ...



6 - 4 = ...



10 - 3 = ...



9 - 8 = ...

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My Zone ONLINE SCHOOL

Healthy and Unhealthy foods / ǂUrusib tsî ǂurusiba !gâiba tama ǂûn

5

Cut out the food pictures. Decide if the food in each picture is healthy or unhealthy. Glue each picture in the correct column. /
ǂÛn īsiga ǁara‡ui. ǂUrusib ǂûn tsî ǂurusiba !gâiba tama ǂûn tsîna ǂhanu koloms !nâ ǂao.

Healthy foods / ǂUrusib ǂûn	Unhealthy foods / ǂUrusiba !gâiba tama ǂûn

eggs / !upus	banana / bananab
potato chips / tjips-i	grapes / draiben
beetroot / rotapets	donut / donats
chocolate / tjokolade-i	ice cream / !khoa!aope-i

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ONLINE SCHOOL

Vocabulary / Mîdi‖uib

Read the vocabulary words. / Mîdi‖uiba khomai

fall/ ‖nā

cut/
!gao

blood /
|aob

cry /
ā

bandage/ǂgām

Fill in the missing letters:

f___l___

c___y

c___t

b___nd___g___

bl___od

Xū‡uisa xoamûde xoa‡gā:

‖n___

ā

!g____

‡g_____m

|____ ____b

Search the vocabulary words.

s	t	p	f	a	l	l
c	u	t	k	s	e	n
l	m	c	r	y	b	n
a	r	b	l	a	o	d
b	a	n	d	a	g	e

Mîdi‖uib mîde ôa.

|	a	o	b	‖	n	ā
a	g	r	d	g	n	l
l	t	b	!	g	a	o
f	h	u	i	l	y	u
‡	g	ā	m	w	h	ā

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My Zone ONLINE SCHOOL

1

Sight words / ǁNaetisa mîdi

Read: help make find

Trace it:

help

make

find

Write it:

Khomai: hō dī hui

!Ari‖garaba ǂgae!nâ:

hō

kuru

hui

Xoa:

Choose two sight words and write your own sentences. /
|Gam ǁnaetisa mîra ǁhûi tsî sa ǂâibasenkha xoa

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ONLINE SCHOOL

Khoekhoegowab ǁaxasin

1

!Gôas 20

Anan!nâ

20

20 ǂgaeǂnamide dice !nâ ǀnōǁnâ

Mîs ǀgamdisi ǂgae ǂnami

ǀgamdisi disiǀguiǀa

disihakaǀa

ǀgamdisi ǀgamdisi

ǂGae!nâ

Xoa

20 20

ǀgamdisi

20 dōga anan!nâ

20 blokde anan!nâ

20sa anan!nâ

17 20 19 19 20 19 19 18 20 20

Ais ai tsî khao!gâ

20

Wekheb 20

Xrat 1

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My Zone ONLINE SCHOOL

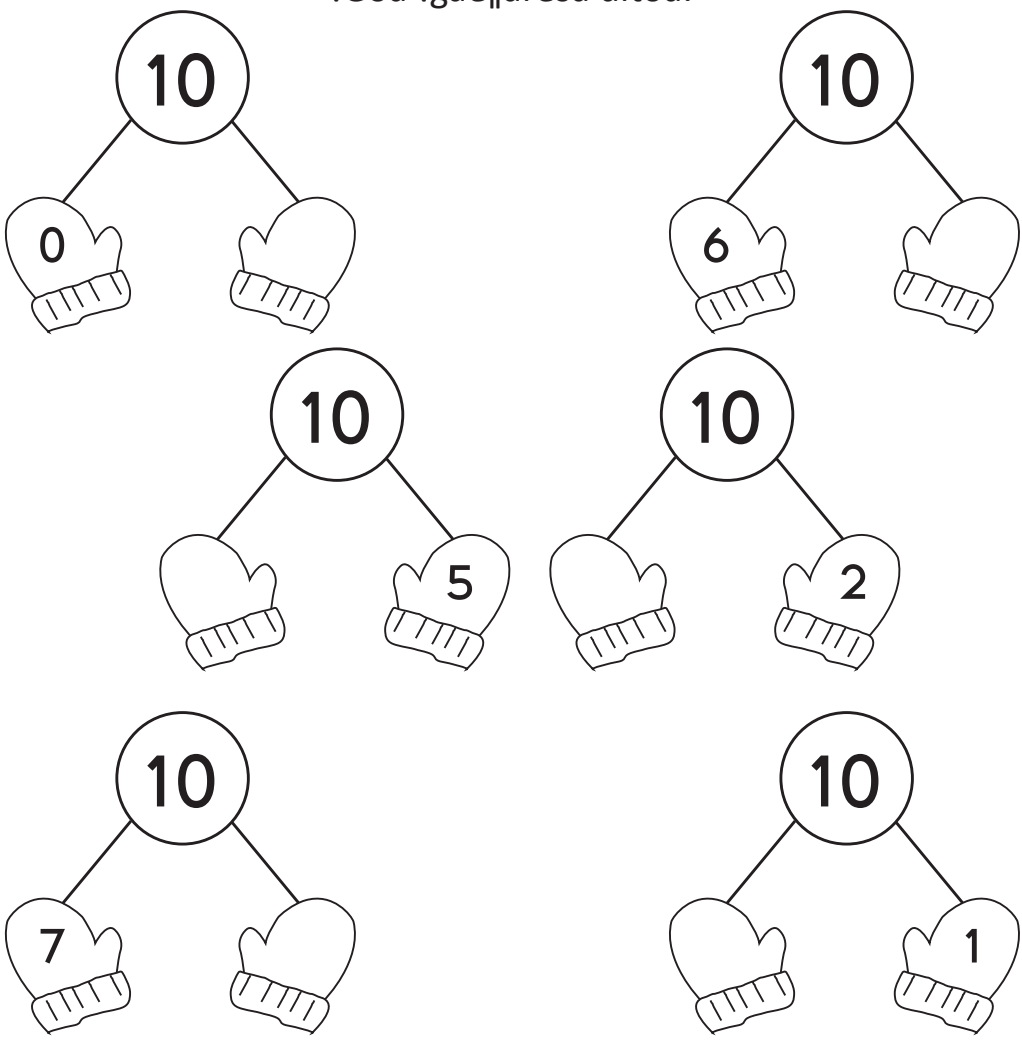
2

Odd & Even numbers /
|Guike‖hōbe & ǂÂu!nâgube !gôan

Colour all the odd numbers red and the even numbers blue. /
Hoa |guike‖hōbe !gôade |apa tsî hoa ǂâu!nâgube !gôade ǂhoa |ûb |kha anan!nâ.

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

Complete the number bonds./
!Gôa !gae‖aresa dītoa.



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ONLINE SCHOOL

2

Computation / !Gôan

Find the sums and differences. / !Gôa|haos tsî ǂgae‖nâs !kharagagusiba hō.

Add 1 / 1'ba !gôta|aro	Subtract 1 / 1'ba ǂgae‖nâ	+1 / +1/ -1
1 + 2 =	2 - 1 =	0 + 1 =
1 + 5 =	8 - 1 =	8 - 1 =
1 + 0 =	5 - 1 =	10 + 1 =
1 + 8 =	1 - 0 =	3 + 1 =
1 + 9 =	7 - 1 =	4 - 1 =
1 + 3 =	4 - 1 =	10 - 1 =
1 + 6 =	9 - 1 =	5 + 1 =
1 + 4 =	3 - 1 =	9 + 1 =
1 + 7 =	6 - 1 =	7 - 1 =
1 + 1 =	2 - 1 =	9 - 1 =

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2

English Activity

Phonics: Revise

Sounds : b, c, m, o, d, e, f, t, g, h, i, j, k.

Say the name of each picture, colour the beginning, middle and ending sounds. Write the word.

picture	colour	write
	d a d b e t	bed
	f e t r a d	
	w e p r o d	
	b e d p a n	
	b a t d u d	
	s a d c e t	
	r u b j a g	
	l e n r u m	

Wekheb 20

Xrat 1

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3

English Activity

Long and short vowels.

Write the short and long o words.

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

Short o	Long o

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3

Number the pictures in the correct order. /
Īsiga ǂhanu !gôadi |kha mâisaogu.

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3

Problem Solving / !Gomsina oresa hōbas

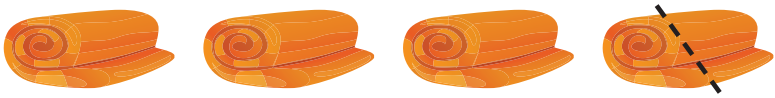
1. Max has 8 books and Kim has 3 less books. How many books does Kim have? / Maxi ge 8 ǂkhanide ūhâ tsî Kims ge 3 ǂkhanide ǀorose ūhâ. Mâtikō ǂkhanides Kimsa ūhâ?

____ - ____ = ____

2. Kim has 3 pillows and Max has 2 more than Kim. How many pillows does Max have? / Kims ge 3 ǂkhapide ūhâ tsî Maxi ge 2ra Kims xa !nāsase ūhâ. Mâtikō ǂkhapideb Maxa ūhâ?

____ + ____ = ____

3. Kim has 4 blankets and Max has 1 less than Kim. How many blankets does Max have? / Kims ge 4 ǂnamde ūhâ tsî Maxi ge 1sa Kims xa ǀorose ūhâ. Mâtikō ǂnamdeb Maxa ūhâ?



____ - ____ = ____

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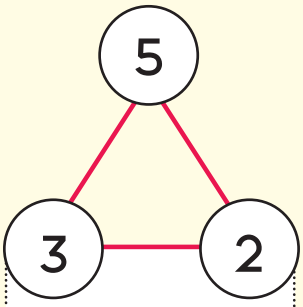
4

Wekheb 20

Xrat 1

Problem Solving / !Gomsina oresa hōbas

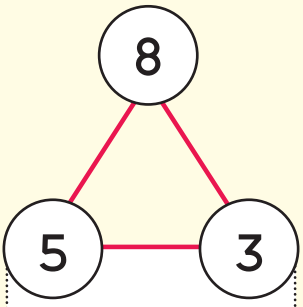


3 + 2 = 5

2 + 3 = 5

5 - 3 = 2

5 - 2 = 3

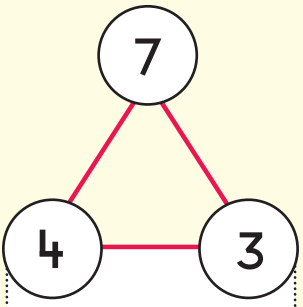


____ + ____ = ____

____ + ____ = ____

____ + ____ = ____

____ + ____ = ____

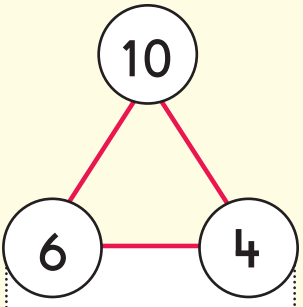


____ + ____ = ____

____ + ____ = ____

____ + ____ = ____

____ + ____ = ____

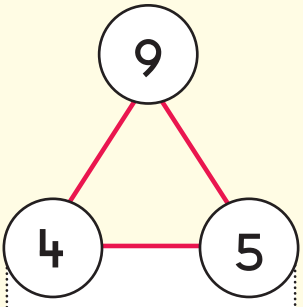


____ + ____ = ____

____ + ____ = ____

____ + ____ = ____

____ + ____ = ____

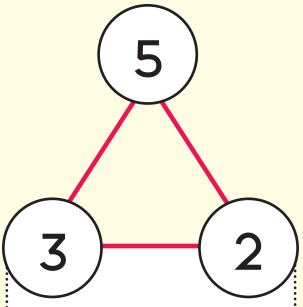


____ + ____ = ____

____ + ____ = ____

____ + ____ = ____

____ + ____ = ____



____ + ____ = ____

____ + ____ = ____

____ + ____ = ____

____ + ____ = ____

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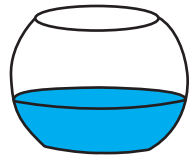
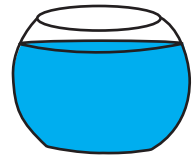
ONLINE SCHOOL

4

Capacity / !Khō‡gāb

Compare the volume of liquid. Write ‘more’ or ‘less’ on the lines. /
Xare xū-i ǁgoe|gauba |nō. ‘!nāsa’ /’ |oro’ ti ǁgaragu ai xoa.

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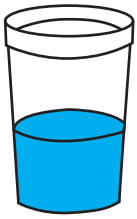
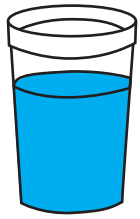

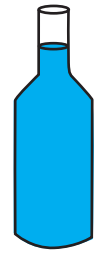

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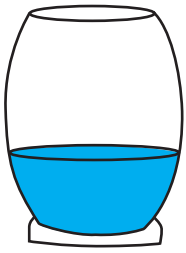
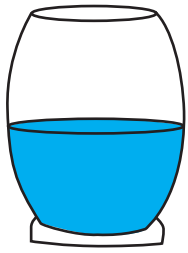
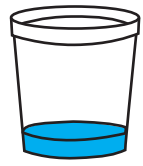

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Wekheb 20

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4

English Activity

Possessive pronouns

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

Fill in each blank with the correct possessive pronoun.

1. Is this your umbrella? (yours / your)

2. You can't have _____ cake. (my / mine)

3. It is _____ turn. (our / ours)

4. Look at _____ funny painting. (her / hers)

5. That necklace has lost _____shine. (its / it's)

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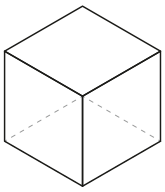
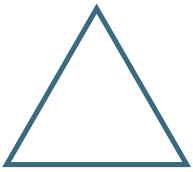
5

Geometry: 2D and 3D shapes / |Nō‡ans: 2|khābe tsî 3|khābe īsigu

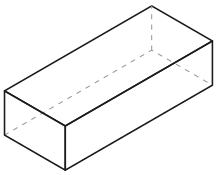
Draw a line to match the 3D objects to their 2D look alikes. /
‖Garab |kha 3|khābe īsiba ‖khā 2|khābe īsib ‖ga‡gae‖are.



cube / kubus

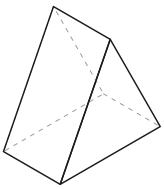


triangle/ !nona‖hôabes

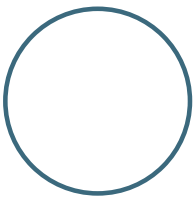


rectangular prism / ‡nuwi|uis

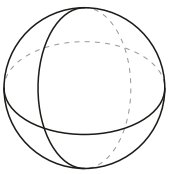
square / haka|khābes



triangular prism / piramids



circle / ‡gae‡namis



sphere / sfers

rectangle / ‡hanu‖hôabes

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5

English Activity

Simple Future Tense

The simple future tense expresses an action that has not yet happened or a state that does not yet exist.
Example: I _____ you tonight. (call)
I will call you tonight.

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

1. Jake _____ you to school tomorrow. (drive)

2. Fifth-grade learners _____ in the science fair. (participate)

3. Vivian _____ us with the decorations. (not help)

4. The airplane to Swakopmund _____ off in ten minutes. (take)

5. Joanne and Rhea _____ in Namibia three weeks from today. (be)

6. Gwen _____ early today. (sleep)

7. Mrs. Susan _____ art lessons any more. (not give)

8. The weather guy said, "It _____ tomorrow." (rain)

9. Heather _____ on time for the meeting. (not arrive)

10. Francis _____ his house next week. (sell)

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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

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ACTIVE KIDS

DAOB !NORASASIB ||GARAGU

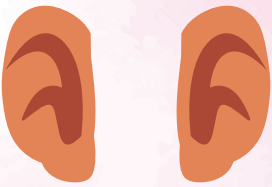
Mâ

Hoallae mâ daobats nî !gâus ais ai.

Kō

Hoa ||khāgu ai audode kō.

!gâ



!Gâ i ||nâu audo-i a lgū !khaisa

Mâ!

Ī!

Daob !norasasib !nâdi ga hâ o, hoallae !am ‘khoeb’ nî !nâ !khaisa !âu daobats nî !gâus ai!â.