

Grade 1: Week 19 & 20 / Ntambondunge 1: Shivike 19 na 20



English / Rumanyo

A balanced diet & Road safety / Ndya
daukanguki naghundjewandjewa wandjira



Ministry of Education,
Arts and Culture



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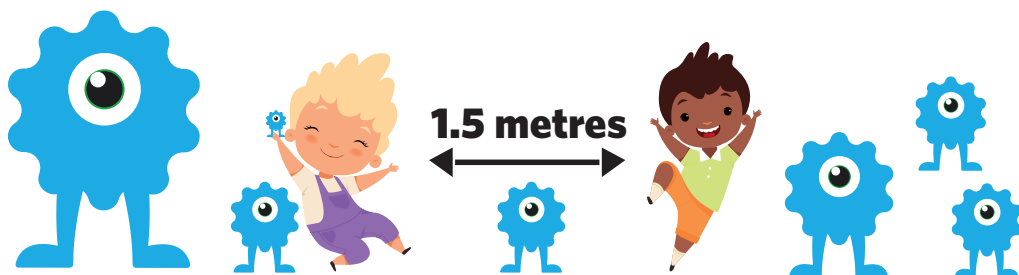


Capricorn Foundation

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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Vocabulary / Ghushwinkango

Read the vocabulary words. / Varura ghushwinkango.

 bread / mboroto	vegetables / vikwalividi 	
fruit / vikwanyango 	 meat / nyama	 porridge / vitima

Fill in the missing letters:

br__a__

m__at

f__u__t

v__g__t__bl__s

p__rr__dg__

Yudapo ndanda odo dinapiropo:

mb__r__to

ny__ma

vikwal__nya__go

vikwal__v__d__

v__t__m__

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

Shana ghushwinkango mushimbangu.

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



Sight words / Nkangomonayiko

Read:

go

we

said

Trace it:

Write it:

go go

we we

said

Varura:

kuyenda

atwe

kaghamba

Dekera:

Tjanga:

kuyenda

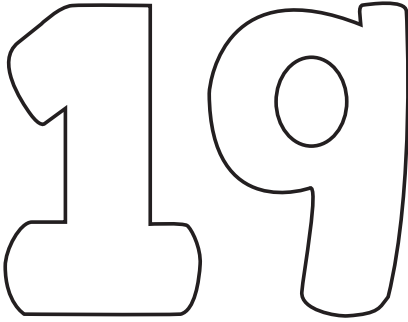
atwe

kaghamba

Choose two sight words and write your own sentences. /
Toghororapo nkangomonayiko mbiri ghuruwane ntanto.

Number 19 / Nomora 19

Colour in / Kwita ndombwe



Make 19 dots on the dice / Faneka vindomo 19 mvingangu



Circle the word nineteen / Ndingilika nkango ronantane

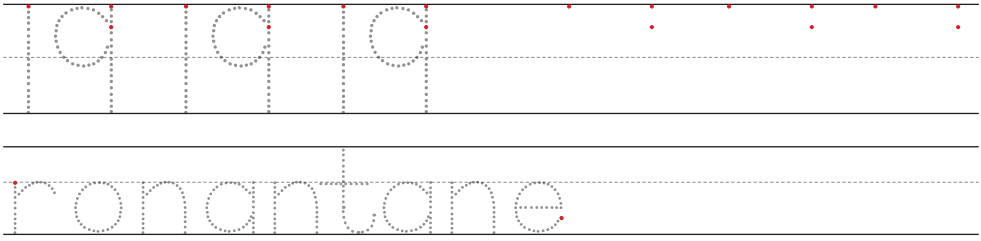
fourteen / ronane

nineteen / ronantane

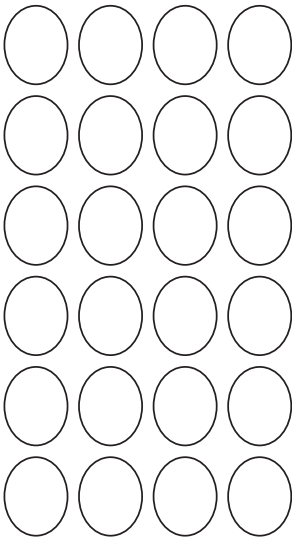
sixteen / ronantayimwe

Trace / Dekera

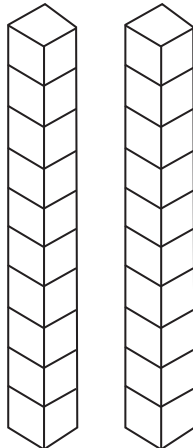
Write / Tjanga



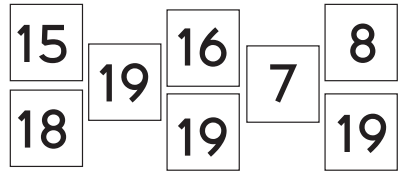
Colour in 19 ovals / Kwita ndombwe maghuta 19



Colour in 19 blocks / Kwita ndombwe vimbangu 19



Colour in the number 19 / Kwita ndombwe nomora



Before and after / Kumeho nakuruku



Counting / Kuvara

Complete the skip counting series. / Manita kuvara kwakuvataghuka.

2, 4, 6, , , , ,

13, 15, 17, , , , ,

16, 18, 20, , , , ,


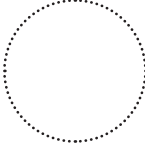

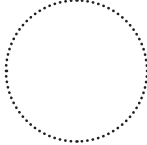

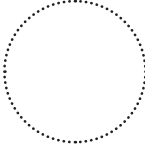

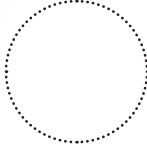



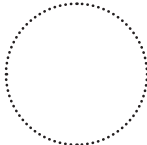
3, 4, 5, , , , ,

7, 9, 11, , , , ,



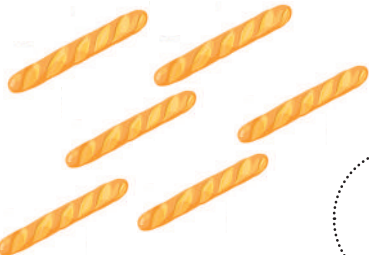
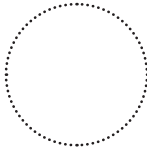
A balanced diet / Ndy'a daukanguki

How many each if: / Vingaghi mwakehe shino ntjene:

1. Shared by 2? / Aghugaghununa pa 2?

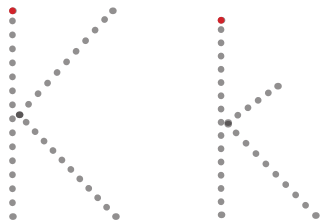
2. Shared by 3? / Aghugaghununa pa 3?

 	 
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The 'K' 'k' sound / Mushagharo wa 'K'

Trace / Dekera



Draw a line from the circle to the images that begin with the letter 'k':/
Faneka mutunda ghutundilire kulighuta lyandanda 'K' dogoro kulifano olyo lyatamikitango nandanda 'K'



karukara



kakambe

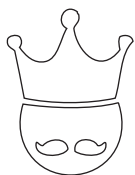
K k

kambwaghona



homba

Circle the k's in the sentence: /
Dingilika ndanda 'K' muntanto:

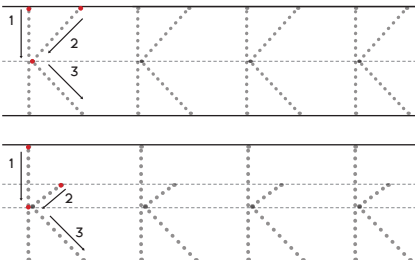


The king's key is in the kitchen.

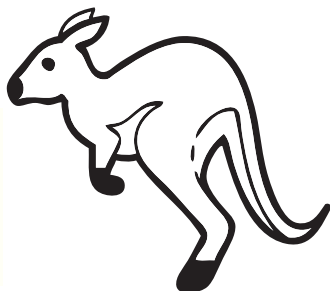
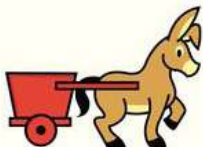
Tjapi dahompa kuna kara munkonda yakuterekeru.

Trace / Dekera









Write / Tjanga



Colour the picture that start with the letter 'k' /
Kwita ndombwe lifano lyakutamikita nandanda 'K'.



Label the pictures. /
Tjanga lidina lyandya kulifano lyaghuhunga.

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

tomato / damate

pear / piyera

apple / apura

onion / nyanga

water / mema

fish / ntjwi

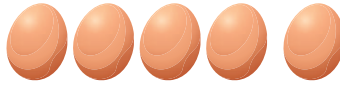
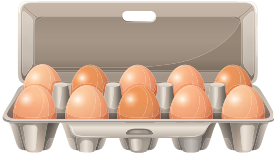
banana / banana

chicken / nkuku



Problem Solving / Kumahura maghudito

1. Mother cooks 10 eggs. I eat 5 eggs. How many eggs are left? / Nane kuna tereke maghuta 10. Ame mbyo nali po maghuta 5. Maghuta mangashi ana hupopo?



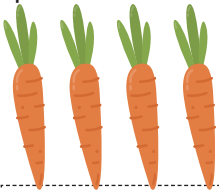
$$\boxed{} - \boxed{} = \boxed{}$$

2. Pam has 6 pieces of cheese. She shares it with her friend, Ann. How many pieces of cheese will each girl get? / Dona ana kara namaruha 6 ghakasi. Ghuye mbyo ana kugaghunwini naghunyendi Hilya. Maruha ghakasi mangashi awana kehe ghuno mukadona?



$$\boxed{} \div \boxed{} = \boxed{}$$

3. I used 4 carrots and 2 potatoes to cook soup. How many vegetables did I use altogether? / Ame naruwanita tukamudesa 4 navikatafura 2 mukutereka sopa. Vikwalividi vingashi naruwanita navintje kumwe?



$$\boxed{} + \boxed{} = \boxed{}$$





3



Money / Vimaliva

Select a set of coins up to 50c.
How many 5c and 10c coins will make 50c?/
Toghororapo vimaliva vyavitenda ovyo vikupo
50c. 5c na 10c ngashi dikupo 50c?

In each block colour the correct set of coins to make up to 50c. /
Kwita ndombwe vimaliva vyavitenda ovyo vikupo 50c mukehe
shimbangu.

Shivike 19

Ntambundunge 1

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







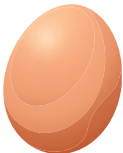

10c	5c	10c	10c	5c	10c	5c
5c	5c	5c	5c	5c	10c	

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	

Plurals / Pashingi

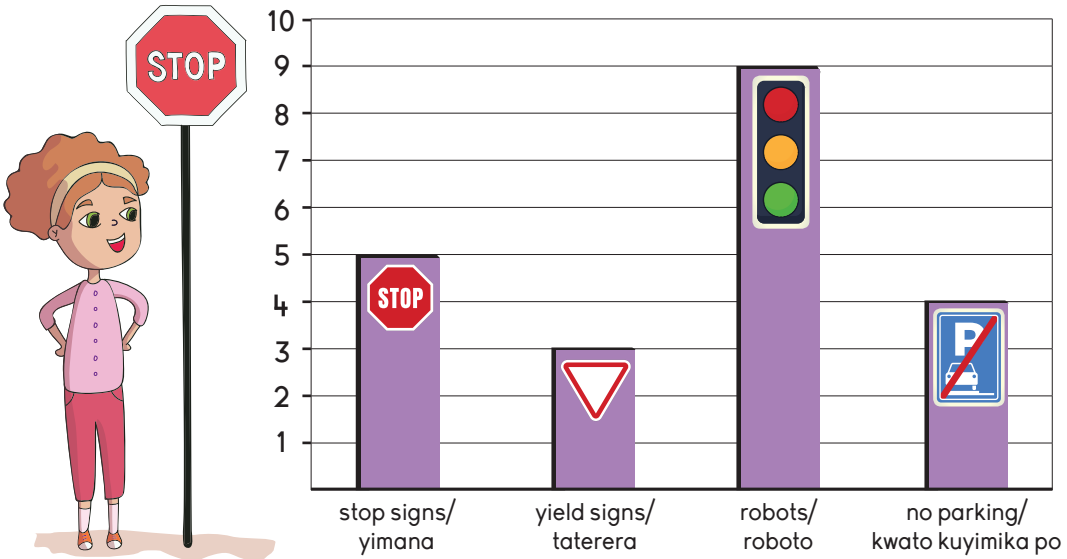
Write the plural form of the given words. Add 's' to make the words plural./
Tjanga pashingi shankango odo vanakupa.

 <p>apple</p> <p>.....</p> <p>apura</p> <p>.....</p>	 <p>pear</p> <p>.....</p> <p>piyera</p> <p>.....</p>
 <p>tomato</p> <p>.....</p> <p>lidamate</p> <p>.....</p>	 <p>orange</p> <p>.....</p> <p>liguni</p> <p>.....</p>
 <p>carrot</p> <p>.....</p> <p>kamudesa</p> <p>.....</p>	 <p>banana</p> <p>.....</p> <p>banana</p> <p>.....</p>
 <p>egg</p> <p>.....</p> <p>lighuta</p> <p>.....</p>	 <p>pumpkin</p> <p>.....</p> <p>lilyangwa</p> <p>.....</p>



Data Handling / Garafika

Miss Botha asked the Grade 1 class to bring pictures of road signs to class. This graph shows the road signs the children brought. / Mushongi Nangura kapura vanuke vamuntambondunge 1 vakayite mafano ghavineghedito ndjira kushure. Garafika yino kuna kunegheda viyivito vyamundjira ovyo vanakayita vanuke.



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

Vanuke vangashi vanayito mafano gha:

stop signs / yimana: yield signs / taterera:

robots / roboto: no parking / kwato kuyimika po:

2. Which road sign pictures was the most? /

Viyivito ndjira munke vinakaro po vyavingi?

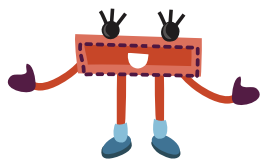
3. Which road sign pictures was the least? /

Viyivito ndjira munke vinakaro po vyavisheshu?

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

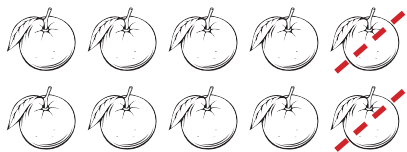
munkondarongero yamushongi Nangura?



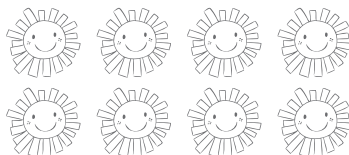


Computation: Subtraction / Vivarero: Kughupamo

Use the pictures for help. / Ruwanita mafano ghakuvatere.



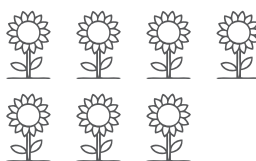
$$10 - 2 = \dots\dots\dots$$



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



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



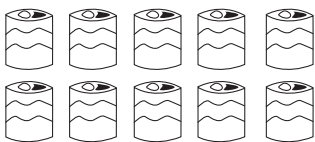
$$7 - 5 = \dots\dots\dots$$



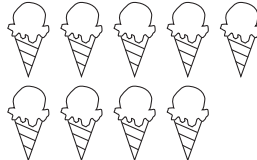
$$8 - 3 = \dots\dots\dots$$



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



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



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



Healthy and Unhealthy foods / Ndya daghukanguki nandya dakupira ghukanguki

5

Cut out the food pictures. Decide if the food in each picture is healthy or unhealthy. Glue each picture in the correct column. /
Tenga mafano ghandya kuntji. Tokora ashi odo ndya ne daghukanguki ndi dakupira ghukanguki.

Healthy foods / Ndya daghukanguki	Unhealthy foods / Ndya dakupira ghukanguki

Shivike 19

Ntambundunge 1

eggs / maghuta		banana / banana	
potato chips / tjepusi yakatafura		grapes / mandjembere	
beetroot / lilyangwa		donut / mboroto yashuka	
chocolate / tjokolade		ice cream / eyishi	





Vocabulary / Ghushwinkango

Read the vocabulary words. / Varura ghushwinkango.

fall/
kuwacut/
kukuremekablood /
hondecry /
kulirabandage / shikeshe
shakudingita
pavironda

Fill in the missing letters:

f _ _ l _ _

c _ _ y

c _ _ t

b _ _ nd _ _ g _ _

bl _ _ od

Yudapo ndanda odo dina piropo:

k _ _ w _ _

k _ _ l _ _ r _ _

h _ _ n _ _ e _ _

k _ _ kur _ _ m _ _ k _ _

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

Shana ghushwinkango mushimbangu.

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



Sight words / Nkangomonayiko

Read:

help

make

find

Trace it:

Write it:

help

make

find

Varura:

kuvatera

ruwana

wana

Dekera:

Tjanga:

kuvatera

ruwana

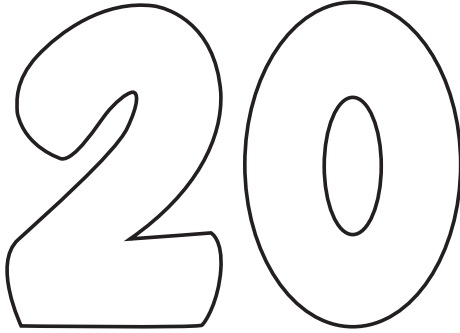
wana

Choose two sight words and write your own sentences. /
Toghororapo nkango monayiko mbiri ghuruwane ntanto
danaghumoye.



Number 20 / Nomora 20

Colour in / Kwita ndombwwe

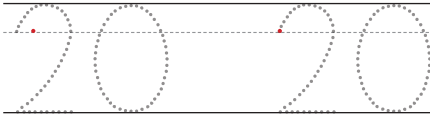


Make 20 dots on the dice / Ruwana vindomo 20 muvimbangu



Circle the word twenty / Dingilika nkango rombiri
 twenty / rombiri
 fourteen / ronane
 eleven / ronamwe

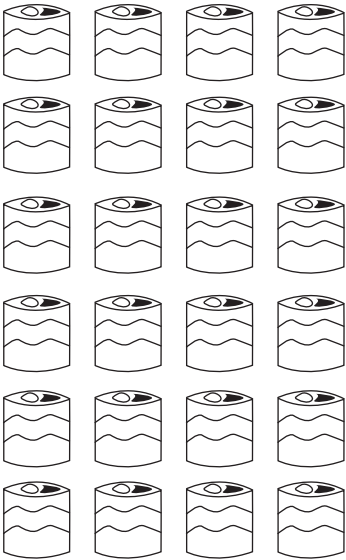
Trace / Dekera



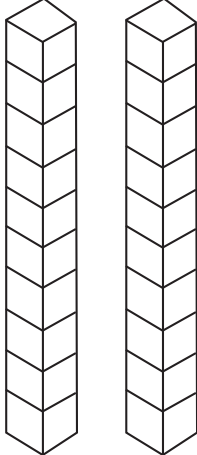
Write / Tjanga



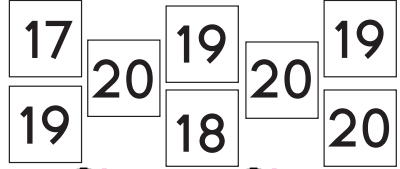
Colour in 20 cans / Kwita ndombwwe vitoromani 20



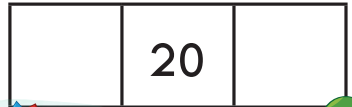
Colour in 20 blocks / Kwita ndombwwe vimbangu 20



Colour in the number 20 / Kwita ndombwwe nomora 20



Before and after / Kumeho nakuruku





Odd & Even numbers / Nomorashetakano nanomoradirosetakano

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

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

Complete the number bonds. / Manita liturokumwe lyanomora.

Shivike 20

Ntambundunge 1

Computation / Vivarero

Find the sums and differences. / Turakumwe nakughupamo.

Add 1 / Turakumwe

$1 + 2 =$

$1 + 5 =$

$1 + 0 =$

$1 + 8 =$

$1 + 9 =$

$1 + 3 =$

$1 + 6 =$

$1 + 4 =$

$1 + 7 =$

$1 + 1 =$

Subtract 1 / Ghupamo

$2 - 1 =$

$8 - 1 =$

$5 - 1 =$

$1 - 0 =$

$7 - 1 =$

$4 - 1 =$

$9 - 1 =$

$3 - 1 =$

$6 - 1 =$

$2 - 1 =$

+1 or / +1 ndi -1

$0 + 1 =$

$8 - 1 =$

$10 + 1 =$

$3 + 1 =$

$4 - 1 =$

$10 - 1 =$

$5 + 1 =$

$9 + 1 =$

$7 - 1 =$

$9 - 1 =$

Shivike 20

Ntambundunge 1












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



English Activity

Long and short vowels.

Write the short and long o words.

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

Short o	Long o



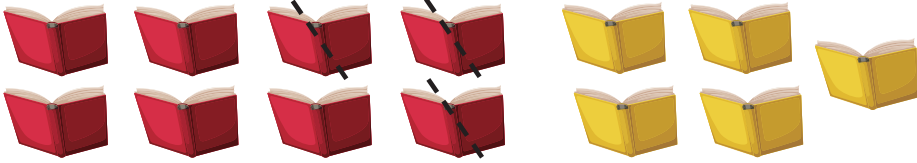
Number the pictures in the correct order. /
Tura nawa mafano mulikukwamo.





Problem Solving / Kumahura maghudito

1. Max has 8 books and Kim has 3 less books. How many books does Kim have? / Ndere kuna kara nambapira 8 ntani Ndumba kuna kara naghusheshu wambapira 3 kupitakana Ndere. Mbapira ngashi ana kara nado Ndumba?



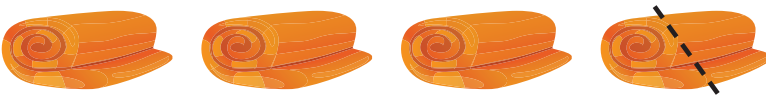
$$\boxed{} - \boxed{} = \boxed{}$$

2. Kim has 3 pillows and Max has 2 more than Kim. How many pillows does Max have? / Ntjinano ana kara nadimutato 3 ntani Ndara ana kara nadimutato 2 kupitakana Ntjinano. Dimutato ngashi ana kara nado Ndara?



$$\boxed{} + \boxed{} = \boxed{}$$

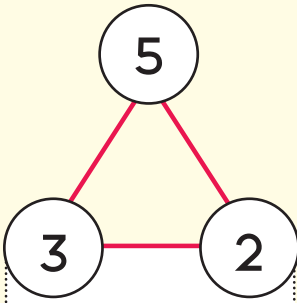
3. Kim has 4 blankets and Max has 1 less than Kim. How many blankets does Max have? / Muyenga ana kara nangugho 4 ntani Gela ana kara naghusheshu wangugho 1 kupita Muyenga. Dimutato ngashi ana kara nado Gela?



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



Problem Solving / Kumahura maghudito

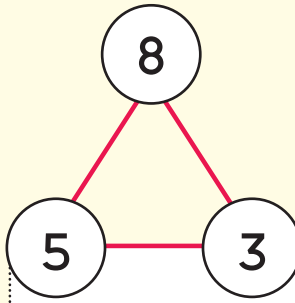


$$3 + 2 = 5$$

$$2 + 3 = 5$$

$$5 - 3 = 2$$

$$5 - 2 = 3$$

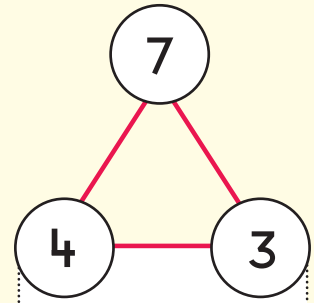


$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

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

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$$\underline{\quad} - \underline{\quad} = \underline{\quad}$$



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

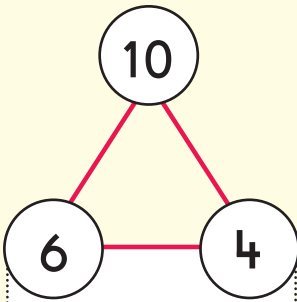
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Shivike 20

Ntambundunge 1

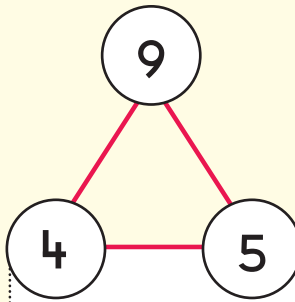


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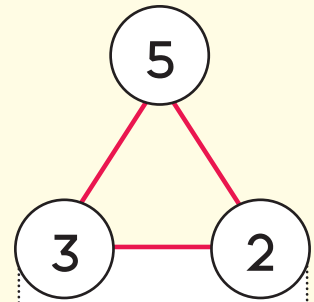


$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

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$$\underline{\quad} - \underline{\quad} = \underline{\quad}$$



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

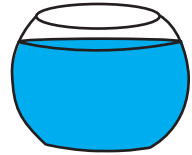
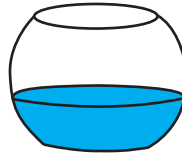
$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} - \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} - \underline{\quad} = \underline{\quad}$$

Capacity / Ukalimo

Compare the volume of liquid. Write 'more' or 'less' on the lines. /
Shetakanita ghungi wamema. Tjanga ashi 'mangi' ndi 'masheshu'.

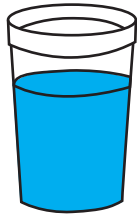
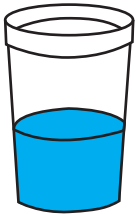


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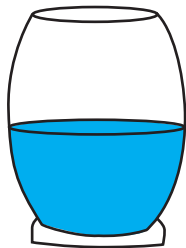
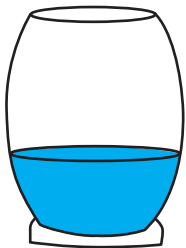


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Shivike 20

Ntambundunge 1



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)

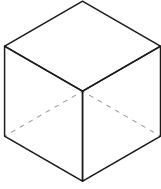
4. Look at _____ funny painting. (her / hers)

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

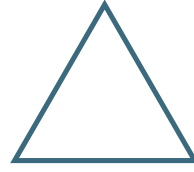


Geometry: 2D and 3D shapes / Vishwishongofanikito: vishwi vyaviviri 2D navishwi vyavityatu 3D

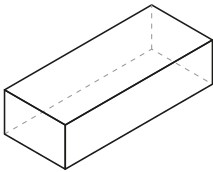
Draw a line to match the 3D objects to their 2D look alike. /
Faneka mutunda ghushetakanite vishwi vya 3D kuvishwi vya 2D momo
vyakufanena.



cube / kapundi



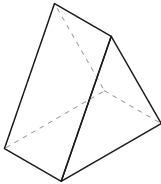
triangle / shikovhutatu



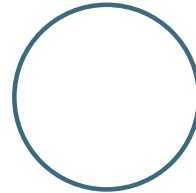
rectangular prism /
shikovhune



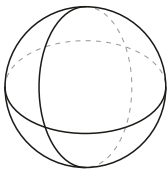
square / shikwambando



triangular prism /
ndunda



circle / nkata



sphere / bara



rectangle / shikovhune



Simple Future Tense / Shirugho shakughuto

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. /

Shirugho shakughuto kunegheda shiruwana shina piro kushoroka shimpe.
Shihonena: Ame _____ kungurova. (kufungwina).

Complete each sentence with the simple future tense of the verb. / Manita ntanto nankango ruwano odo muvihakwe mushirugho shakughuto.

- Jake _____ you to school tomorrow. (drive)
Shitemo _____ yona kushure. (kushinga)
- Fifth-grade learners _____ in the science fair. (participate)
Vanuke vamunkondarongero 5 _____ mumbunga yalikushongo mukunda. (kukuhamitira)
- Vivian _____ us with the decorations. (not help)
Mate kapi _____ kuwapayika. (kuvatera)
- The airplane to Swakopmund _____ off in ten minutes. (take)
Ndira yina kuyendo kuswakopmund _____ kuruku rwaminute murongo. (kushapuka)
- Joanne and Rhea _____ in Namibia three weeks from today. (be)
Katumbu naHelena _____ muNamibia vivike vitatu kutundilira namuntji. (kukara)
- Gwen _____ early today. (sleep)
Timo _____ namuntji. (kurara)
- Mrs. Susan _____ art lessons any more. (not give)
Mushongi Susana _____ vifanayika nka. (kapi ashonga)
- The weather guy said, "It _____ tomorrow." (rain)
Lipumbompepo kuna negheda ashi _____ yona. (kuroka)
- Heather _____ on time for the meeting. (not arrive)
Kalipa _____ kushigongi. (kuhulilira)
- Francis _____ his house next week. (sell)
Pera _____ ndjugho yendi mushivike osho. (kughulita)



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You can save your favourite lessons and find them easier

Easy peasy steps to follow

- 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




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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



GHUNDJEWANDJEWAWAMUNDJIRA VETA



Yimana

Kenga Tegherera



Yimana kehepano
kumenho
yakutaghuruka
shitaghura.

Nomena
vihaghuto
kumaruha
naghantje.

Tegherera
ghuyuve ntjene
mpoghali
mahaghuto
ghanakaro pepi.



Yimana! Yenda!



Kehepano wakona
kutaterera murume
washinamahako
atwere parobote ntani
ghunakutaghuruka
shitaghura.