



**Republic of Namibia**

## **MINISTRY OF EDUCATION**

### **JUNIOR SECONDARY PHASE**

#### **OSHINDONGA FIRST LANGUAGE SYLLABUS**

**GRADES 8 – 10**

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Oshindonga First Language Syllabus Grade 8-10

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## 1. EFALOMO

Omusindalongo nguka otagu fatulula shoka shi na okwiilongwa netalontseyo ndyoka li na okulongithwa mElaka lyOtango lyOshindonga moondondo okuza 8 sigo 10.

Elalakano limwe lyomomalalakano gomusindalandu ngaashi ga hololwa mondokumende hayi ithanwa *Curriculum Guide for Formal Basic Education*, olyo okuhumitha komeho oowino dhelaka lyotango nenge lyayina yomulongwa. Shika osha hala okutya:

- okuhumitha nokupendula omagamo omawanawa gelaka lyotango (elaka lyoomeme)
- okukwatha aalongwa ya mone uuyambiitya tawu ya kwatha nokupopya iitya mondjila melaka lyotango taye shi ningi mokwiilonga okupopya, okulesha nokunyola nawa mondjila mosikola nopondje yosikola
- okukwatha aalongwa ya longithe elaka lyotango (elaka lyooyina) nomukumo mokwiilonga mosikola nomonkalamwenyo yesiku.

Eilongo lyelaka nuunamambo olya kwatela mo ehumithokomeho lyoowino dhokuninga omakwatathano ngaashi okupulakana, okupopya, okulesha nokunyola iinima yoshili naambyoka yopamadhiladhilo monkalamwenyo ngaashi omulongwa he yi mono monkalamwenyo shoka tashi gandja omakankakameno miitopolwa ayihe yilwe yeilongo lyelaka shoka sha simana kehumitho lyomulongwa komeho pamadhiladhilo, pamaiyuvo nopankalathano. Ongoshilongwa, Omusindalongo gwElaka lyOtango ogwa kwatela mo ashihe shoka shi na okwiilongwa melaka mwa kwatelwa uunamambo momusindalandu, kakele kaashoka omahuku giilongwa oge na wo omakwatathano niilongwa yilwe momusindalandu.

## 2. OMAKANKAMENO NOMALALAKANO

Paudemokoli nemanguluko ndyoka tali fatululwa mokatendo okati-21, Ekotampango otali kondopaleke omukwashigwana kehe muNamibia a kuthe ombinga mokweeta po omilandu dhelongo ndhoka tadhi ka utha shoka Aanamibia ye na okwiilonga nokomukalo ngoka taye ke shi ilonga. Onkene ano Elongo muNamibia oli na okukala tali kundathanwa ethimbo nethimbo, lyo tali talululwa nokulundululwa omolwoonkambadhala dhokugandja elongo ewanawa kaaku na we kaantu ayehe muNamibia.

Omolweuvoko ndyoka Omusindalandu gwelaka lyotango ogu na okukala tagu talululwa, go tagu humithwa komeho nokutulwa miilonga kUuministeli wElongo nelalakano lyokuhwepopaleka ongushu yelongo. Omulandu nguka ogwi ikankamekela kekuthombinga, koonkundathana nelongelokumwe lyaalongwa naalangi ndyoka li na okuningwa ethimbo nethimbo. Omusindalongo otagu humitha komeho ontseyo yelaka lyotango pamukalo ngoka aalongwa taa vulu okutsikila komeho melaka lyotango ongoshilongwa. Pamuthika gwoondondo adhihe ndhika otaa ka pewa ontseyo yiitya nuunongo mboka wa pumbiwa monkalamwenyo moshigwana shi na omalaka nomithigululwakalo odhindji.

### **Omikankauliko dhomisindalandu dhopashigwana dhaNamibia otadhi lalakanene:**

- okudhimbulula kutya eilongo olya kwatela mo ehumithokomeho lyoohedhi nomikalo osho wo ontseyo nuunongo;
- okuhumitha komeho eitseyomwene neuvoko lyomikalo, oohedhi nomaitaalo gaantu yalwe miigwana mbyoka yi na omalaka nomithigululwakalo odhindji.
- okutsa omukumo shi na sha nesimaneko lyuuthemba womuntu nemanguluko mukupopya;
- okugandja euvoko lya pumbiwa miinima yopauyuni mbyoka tayi lunduluka neendelelo notayi nwetha mo ongushu yonkalamwenyo; etaandelo nekomba lyomukithi gwo-AIDS; epupyalo lyuuyuni, engushululo lyomudhingoloko, etopolo nayi lyomaliko, neindjipalo lyomahilathano; elongitho lyuutekinolohi, neandjaganeko lyomakwatathano;

### **Omusindalongo gwelaka lyotango otagu popile omalalakano taga landula momikankauliko dhomusindalandu:**

- okukwatha aalongwa opo ya ninge omakwatathano ge li mondjila, taga opalele notaga kwatha nawa mokupopya nomokunyola
- okukwatha aalongwa yu uve ko nokuyamukula mondjila kwaashoka taa uvu, taa lesa, taa mono naashoka taa tsakaneke
- okutsa aalongwa omukumo opo ya tyapule nokusimaneka omalaka ga yoolokathana
- okutsa aalongwa omukumo opo ya tyapule okulesha uunamambo niinyolwa ya yoolokathana, mbyono tayi hitilile omaipulo ge niwe kaantu muumbwalangandjo
- okuyambula po nokutsa omukumo omikalo dha pumbiwa, okweeta po sha nokutseya iinima yopamuthigululwakalo tayi ipulwa kaantu mbyoka inayi nyolwa moshigwana
- okupendapaleka aalongwa opo ya hadhahadhe iinima yilwe yopantu muuyuni nokumona euvoko miinima ya simana ya pamba uuyuni
- okugwedhela ko aalongwa uunongo wokuhumitha komeho oowino dhakwalukehe dhokutula miilonga okundjandjukununa, ekwatelokumwe nokuninga omatungiloko.
- okuhumitha komeho eitseyomwene lyaalongwa neuvoko lyomikalo, oohedhi nomaitaalo gayalwe moshigwana shomalaka nomithigululwakalo dha yooloka.
- okuhumitha komeho ontseyo yomitungilo dhelaka nokugandja uunongo wokusipela iitya mondjila pamunyolelo ngoka gu li po.

### **3. OMAPYOKOKO NIIZEMO YEILONGO**

Aalongwa ayehe sho taye ya moondondo dhopamuthika gwosekundo yopevi oya tegelelwa ya kale ye na ontseyo yokulongitha elaka lyotango nawa mokupopya, mokwiihumitha komeho nokukoka pamadhiladhilo. Koneka kutya omusindalongo gwelaka lyotango ogwa nuninwa aapopi yelaka lyoomeme.

Omapyokoko momusindalongo nguka oga pumbiwa notaga gandja omuthika gwa pumbiwa ngoka gu na okwaadhika kaalongwa pehulilo lyondondo kehe momuthika gwosekundo yopevi. Omapyokoko inaga tulwa po andola ga ngambeke shoka omulongi nenge ongundu tayi vulu okweeta po. Aalongi otaya indilwa ya gwedhe ko sha sha pitilila mpaka.

Mokumana omuthika gwondondo ndjika, aalongwa ayehe oya tegelelwa ya kale taa vulu okulonga pamwe nawa, taya gandja omadhiladhilo gawo ga yela miipambe yelaka yi ili noyi ili nomoonkalo dha yooloka mokulesha osho wo okufatulula muule iileshwa ya yooloka.

Omwaalu omushona gwaalongwa ogwa pumbwa ekwatho lyowina melongo ano ya pumbwa okukwathwa koohandimwe nenge ya pewe iikwathitholongo. Yamwe yomaalongwa oye na uunkundi wopashito mboka itawu ya indike ya koke pamadhiladhilo wo itawu imbi wo yi ilonge sha nenge yi ihumithe komeho, hol (mbono ihaa mono ko, naamboka ihaa uvu ko naamboka ya lemana komalutu). Aalongwa mboka ye na omadhiladhilo ge li lela pevi, nuulema wulwe wopamadhiladhilo, nenge uupyakadhi wokulandula sha oye na uukwatya wa yooloka. Elongo, niikwathitholongo osho wo etalontseyo lyaalongwa mbaka oli na okulundululwa owina moongundu ndhoka dhi na aalongwa ye li mumwe.

### **4. OMAUKWATYA GOSHILONGWA PANDONDO NDJIKA**

Aalongwa otaya kala taya longitha nawa elaka nomitungilo dhalyo tashi pitile moowino odhindji nomokwiilonga omikalo dhelongitho lyelaka dha yooloka. Osha simana opo oowino adhihe dhelaka dhi longelwe mumwe pethimbo lyokulonga nokwiilonga, opo ku humithwe komeho nokukokekwe elaka ngaashi tashi vulika. Elaka Lyotango otali nkondopaleke omusindalandu aguhe:omahokololo ngoka aalongwa taya lesa nokupulakena, iipalanyolo mbyoka taya ka kundathana sha kuyo, iinyandwa mbyoka taya ka dhana, ayihe otayi kala nekwatathano niikambakani ngaashi omudhingoloko, uundjolowe (o-HIV no-AIDS), uuthemba womuntu, uuthemba waanona, oohedhi, uuyuuki nuvemokoli. Otaye ki ilonga okuwa ko nokuungaunga niipambe mbika nokwiilonga oohedhi sho taa lesa, taa popi noku yi nyola.

Ogendji gomomapyokoko ngoka ge li momusindalandu gwosekundo yopevi yopombanda oga longwa mondondo yoprime yopombanda. Etompelo lyoku ga tula momusindalongo gwosekundo

yopevi olyo okuulikila omulongi esimano lyetsikilo lyomapyokoko ngaka. Moondondo tadhi landula aalongwa otaya ka pumbwa ya kokeke omapyokoko ngaka pamithika dha kitakana.

## **5. IIPAMBELE YUUKASHIKE-KO-OKANTU**

Aalongi oye na okukala ya tseya kutya aakadhona ohaa uvu ko mbala nohaa tseya okulongitha nawa elaka ye vule aamati nokutya aakiintu naalumentu oye na omikalo dha yooloka dhokulongitha elaka. Omayooloko ngaka otaga vulu okulongithwa ongonzo mongulu yosikola pakutula aakadhona naamati muungundu wumwe mongulu yosikola yelaka.

Aalongi otaya vulu okulongitha iinyandwa okuulika omaukwatya ga gandjwa paukashike-ko-okantu, nokulonga aalongwa ya konakone iinima, opo ya tale ngele kamu na sha shopaukashike-ko-okantu. Aamati otaya vulu okutulwa mumwe naakadhona nenge otaya ningithwa kehe yamwe ya ninge shoka hashi ningwa kuyakwawo moshigwana.

Miilongwa yelaka omo wo moka ethimbo olindji hali longithwa mokulonga oohedhi. Omadhiladhilo ga yooloka kombinga yoohedhi kutya aalumentu naakiintu oye na iinakugwanithwa yashike, otaga vulu okulongithwa pamukalo tagu kwatha. Iilongitho ayihe yokulonga nokwiilonga oyi na okukonakonwa opo ku shilipalekwe kutya otayi popile uthikepamwe waantu ayehe.

## **6. OMUDHINGOLOKO NOSHIKALIMO**

Elaka lyOtango olya simana noonkondo mosikola, opo kwi ilongwe Elaka Etiyali ano Oshiingilisa shoka osho tashi longithwa miilongwa ayihe mosikola.

Esimano lyontseyo yomudhingoloko noshikalimo shelongo lyelaka lyotango kayi shi kudhinika.

Elaka lyoomeme olyo elaka ndyoka tali holola uukwatya womuntu notali gandja uukwashilyo wongundu monkalamwenyo, maakwazimo nomaakwashigwana. Elongo lyelaka lyotango (elaka lyoomeme) oli na ano okulonga uuyamba wopamuthigululwakalo, wopomudhingoloko gwopopepi, nokugandja iipalanyolo yopomudhingoloko mpoka ngaashi tashi vulika. Mosikola Elaka Lyotango (elaka lyoomeme) olyo omukalo gwokulonga iitya ayihe shoka tashi longekidha etameko lyokulongwa melaka lyOshiingilisa. Aalongwa otaya vulu ashike okutaamba ko Oshiingilisa naashihe shoka tashi zi muuyuni pwaa na etopoko lyasha nelaka nomuthigululwakalo gwawo, ngele oye shi elaka lyawo nongushu yomuthigululwakalo gwawo.

## **7. EKWATATHANO NIILONGWA YILWE NIIKAMBAKANI**

Iikambakani oya kwatela mo Elongo lyomudhingoloko; HIV no-AIDS; melongo lyaantu, elongo lyaantu; elongo lyuuthemba waantu nuudemokoli nelongitho lyiiyandjaganeki yuuyelele pautekinolohi oya tulwa momusindalandu gwelongo lyaalongwa moosikola moshilongwa kehe pamithika adhihe molwashoka oshikambakani kehe oshi na sha nuupyakadhi nomashongo ga taalela oshigwana shaNamibia. Aalongwa yetu ayehe oya pumbwa:

- okuuva ko omaukwatya gomaupyakadhi nomashongo
- okutseya nkene omaupyakadhi nomashongo ngaka taga longo moshigwana nongushu yaantu yetu ngashingeyi nomonakuyiwa;
- okuuva ko nkene omaupyakadhi nomashongo ngaka taga vulu okukandulwa po pamuthika gwopashigwana nogwopauyuni;
- okuuva ko nkene omulongwa kehe ta vulu okudhana onkandangala mokukandulapo omaupyakadhi nomashongo ngaka posikola nopomudhingoloko gwawo.

Uupyakadhi uunene nomashongo omanene ogo ngaka ga tothwa mo ngaashi tashi landula mpaka:

- omashongo nomaupyakadhi ngoka twa taalela uuna itatu sile oonzo dhetu oshimpwiyu noku dhi longitha nawa
- omashongo nuupyakadhi tau etithwa ko-HIV noko-AIDS;
- omashongo nomaupyakadhi gopaundjolowele taga etithwa keluudhiko lyewangandjo, konkalo yaa na uuyogoki nokwaa kwata nawa iiyagaya;

- omashongo nomaupyakadhi kuudemokoli nonkalathano yi li nawa tayi etithwa kokwaathika pamwe, okwaalela nawa hoka itaku simaneke uuthemba womuntu niinakugwanithwa;
- omashongo nomaupyakadhi ngoka twa taalela molwehengumukilomumwe lyuuyuni.

Iikambakani ya simana oya mbwindakanithwa mumwe momusindalandu pamithika adhihe noya thikama melongo lyaantu, elongo lyo-HIV no-AIDS, uuthemba waantu, elongo lyuudemokoli nuuyeleele kombinga yomudhingoloko. Mbika oya kwatelwa mo momisindalongo dhiilongwa dha yooloka. (Tala kefano petameko lyomusindalandu) Paku shi talela muupyakadhi womukithi gwo-HIV no-AIDS, osha simana noonkondo okulongitha ootundi dhElaka Lyotango okukwatha aalongwa ya vule okugandja omaiyuvo gawo kombinga yo-HIV no-AIDS niilanduli yomukithi nguka kaakwashigwana. Oye na okwiilonga ya kale ya manguluka, inaa tila sha kombinga yomukithi nokukala ye na omukumo neinekelomwene, opo ya nkondopaleke oowino dhawo dhokupopya, opo ya vule okuyambidhidha mboka ya kwatwa noya gumwa komukithi, nokukala taya vulu okukondjitha embandameko neshundulo kehe lyopaihulo.

**EKWATATHANO NIILONGWA YILWE NIIKAMBAKANI**

		<b>IILONGADHALWA YOWINO KEHE</b>			
<b>EMBUMBWA-KANITHO</b>	<b>OSHIPALANYOLO</b>	<b>OKUPULAKENA</b>	<b>OKUPOPYA</b>	<b>OKULESHA</b>	<b>OKUNYOLA (Okulesha, nokunyola koodhekwa nokwa tsikilathana)</b>
<b>Elongo lyomudhingoloko</b>	<ul style="list-style-type: none"> <li>Iilonga yaantu momudhingoloko</li> <li>Omahilathano pokati kaantu niinamwenyo</li> <li>Enyateko lyomudhingoloko</li> <li>Egameno lyuuntshitwe</li> </ul>	<ul style="list-style-type: none"> <li>Okupulakena koradio, oTV, kaapopi aahiwa, komaimbilo, komahokololo, kuutewo, koonkundathana dhowina nokomapopyo gesiku kehe kombinga yomudhingoloko (egameno lyuushitwe, enyateko lyomudhingoloko) e to yamukula kiilongadhalwa ya yooloka hol. okuhokolulula ehokololo</li> </ul>	<ul style="list-style-type: none"> <li>Okuninga oonkundathana muungundu nenge ooyaali, oompata, iinyandwa yi na sha, dhi na sha niinima yuuntshitwe</li> <li>Okuninga oonkundathana dha longeki-dhwa, oshipopi-wa nenge oompata hol. nkene omeya/olusheno lu na okukwatwa nawa; ekeelelo lyokunyateka niyagaya.</li> </ul>	<ul style="list-style-type: none"> <li>Okulesha iileshwa: hol omahokololo, omayimbilo, omapulakata, omatseyitho niinyandwa yi na sha nomudhingoloko e to yamukula omapulo ga yooloka ga za miileshwa mbika</li> </ul>	<ul style="list-style-type: none"> <li>Okunyola uutewo, omayimbilo, omapulakata, omatseyitho gopaipindi, amalombwelo, okungonga, nokudhana iinyandwa yi na sha nomudhingoloko (esiku lyomiti)</li> <li>Oprojeka: Nkene to sile omudhingoloko gwoye oshimpwiyu</li> </ul>
<b>Elongo lyomayalulo gopashigwana</b>	<ul style="list-style-type: none"> <li>Ekoko lyoshigwana noluhepo</li> <li>Etembukilo koondolopa okuza kiitopolwa yokomikunda</li> </ul>	<ul style="list-style-type: none"> <li>Okupulakena komadhiladhilothaneko ge na sha nokuungaunga niinima yi na sha nekoko lyoshigwana miilongo ya yooloka (Namibia, India) nokuyamukula omapulo ga yooloka.</li> <li>Okupulakena kiileshwa yi na sha noluhepo, omagumbo, etumbu kilo moondolopa okuza kiitopolwa yokomikunda nokumana iilongadhalwa oyindji.</li> </ul>	<ul style="list-style-type: none"> <li>Okuninga oonkundathana nkene eindjipalo lyaantu tali vulu okweetitha oluhepo, nonkene talu kandulwa po, taa gandja omathaneko</li> <li>Okuninga oompata: ngele okutembukila koondolopa okuwanawa nenge okuwinayi</li> </ul>	<ul style="list-style-type: none"> <li>Naa leshe ehokololo kombinga yokukondolola eindjipalo lyaantu muChina e taa yamukula omapulo</li> <li>Naa leshe omahokololo ge na sha nakehe shoka tashi popi kombinga yoluhepo</li> </ul>	<ul style="list-style-type: none"> <li>Naa nyole amatengenekothaneko kombinga yokuungaunga neindjipalo lyaantu muNamibia</li> <li>Naa nyole etotwahokololo nkene oluhepo talu vulu okuhulithwa po moshigwana nomoshilongo shawo</li> <li>Naa nyole etotwahokololo kombinga yonkalamwenyo yomokamba yoontauki</li> </ul>



		IILONGADHALWA YOWINO KEHE			
EMBUMBWA-KANITHO	OSHIPALANYOLO	OKUPULAKENA	OKUPOPYA	OKULESHA	OKUNYOLA (Okulesha, nokunyola koodhekwa nokwa tsikilathana)
			<ul style="list-style-type: none"> <li>Okuninga oonkundathana nkene eindjipalo lyaantu tali etitha omalukanda giinyakwi</li> <li>Okuninga oonkundathana: Olye e na oshinakugwanithwa shaanona yomomapandaa-nda naamboka yaa na mpoka taa kala</li> </ul>	<ul style="list-style-type: none"> <li>Naa leshe omahokololo ge na sha netembukilo lyaantu koondoolopa, oontauki nomagumbo</li> <li>Naa leshe oshileshwa kombinga yomagumbo ga yooloka muNamibia e taa nyola oshinyolwa sha ngongwa</li> </ul>	<ul style="list-style-type: none"> <li>Naa thaneke omaludhi ga yooloka gomagumbo e taa nyola omauwanawa nomauwinayi gokukala momalukalwa ga tya ngaaka (muungundu)</li> </ul>
<b>Uutekinolohi</b>	<ul style="list-style-type: none"> <li>Iilongitho ya yooloka yuutekinolohi</li> <li>Omauwanawa goIntaneta</li> </ul>	<ul style="list-style-type: none"> <li>Okupulakena komafatululo giitopolwa yiikwatekinolohi yopashinanena e to yamukula omapulo to udhitha uukololo nsht.</li> </ul>	<ul style="list-style-type: none"> <li>Okuninga oompata nenge okukundathana kombinga ya nkene uutekinolohi tawu indike aantu ya monathane nokukala pamwe</li> </ul>	<ul style="list-style-type: none"> <li>Okulesha iinyolwa ya yooloka hol. Okukonga mo omauyelege gi ihwa po; nokuyoolola pokati kiitsa yoshili nomadhiladhilo; nokuyamukula omapulo.</li> </ul>	<ul style="list-style-type: none"> <li>Okunyola iinyola ya tsikilathana hol. Naa nyole oshinyolwa kombinga ya nkene oshigwana tashi mono omauwanawa muutekinolohi</li> </ul>

		<b>IILONGADHALWA YOWINO KEHE</b>			
<b>EMBUMBWA-KANITHO</b>	<b>OSHIPALANYOLO</b>	<b>OKUPULAKENA</b>	<b>OKUPOPYA</b>	<b>OKULESHA</b>	<b>OKUNYOLA (Okulesha, nokunyola koodhekwa nokwa tsikilathana)</b>
<b>Elongo lyo-HIV no-AIDS</b>	<ul style="list-style-type: none"> <li>Iiyetithi yo-AIDS</li> <li>Omandhindhiliko nekelelo lyo HIV/AIDS maakuluntu, maanona nomoshigwana osho wo muuyuni</li> <li>Okukala nawa nando u na o-HIV/AIDS</li> <li>Ekelele lyombuto</li> <li>Uuthemba waamboka ya kwatwa kombuto noya gumwa kombuto</li> </ul>	<ul style="list-style-type: none"> <li>Okupulakena keimbilo li na sha no HIV/AIDS noku udhitha okakololo nenge okuyamukula omapulo</li> <li>Okupulakena kehokololo lyo HIV/AIDS nokuyamukula omapulo ga Osho na Hasho</li> <li>Okupulakena kuuyeleele tawu zi movideo/mekohololo li na sha naantu mboka ye na o-HIV) e to tula po amatumbulo ga topauka</li> </ul>	<ul style="list-style-type: none"> <li>Okuninga oonkundathana kombinga yiipalanyolo ya yooloka ngaashi aalongwa otaa vulu okukondjitha ontongo tayi ningilwa aantu mboka ye na o-HIV/AIDS</li> <li>Okukundathana iinimayi na sha nomakwatathano uuna taa shongwa nenge ya thiminikwa</li> <li>Omatompathano ge na sha nomaihumbato ge li mondjila gaalumentu naakiintu.</li> </ul>	<ul style="list-style-type: none"> <li>Okulesha iinyolwa yomaludhi ga yooloka nokuyamukula omaludhi gomapulo ga yooloka hol. <ul style="list-style-type: none"> <li>Omaitaalo ga puka kombinga yo-HIV no-AIDS</li> <li>Nkene aagundjuka taa kondjitha omukithi</li> <li>Uutewo wu na sha no-HIV no-AIDS</li> <li>Omahokololo gomiifokundaneki</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Okunyola uuyeleele wa gongelwa pethimbo lyoshilongadhalwa shokupopya mokakololo</li> <li>Omapulakata ge na amatumwalaka gokukeelela</li> <li>Yamukula omapulo moonkundathana-moradio/CD nokunyola etotwahokololo lyoshili.</li> </ul>
<b>Elongo lyuuthemba waantu nuudemokoli</b>	<ul style="list-style-type: none"> <li>Ombili nomahilathano</li> <li>(omaludhi gombili nogomahilathano nesimano lyawo; iiyetithi yomahilathano)</li> </ul>	<ul style="list-style-type: none"> <li>Okupulakena komahilathano go gene nokuyamukula omapulo (Olye ta ye shi ningi? Oyu uvite ngiini?)</li> </ul>	<ul style="list-style-type: none"> <li>Okupopya kwa longekidhwa: iinyolwa yomiikundaneki ya pekapekwa yi na sha noonkalo dhomahilathano, nokugandja omadhiladhilo gawo opo omikundu dhi kandulwe po</li> </ul>	<ul style="list-style-type: none"> <li>Okulesha oshileshwa nokuyamukula omapulo ga za musho hol. Konga iiholelwa nenge uumbangi nkene ombili tayi vulu okukalekwa pokati kiilongo</li> </ul>	<ul style="list-style-type: none"> <li>Okunyola iilongadhalwa ya tsikilathana, hol. Etotwahokololo li na sha niyyetithi yomahilathano nomathaneko gekandulopo lyomukundu</li> <li>Thaneka omathano</li> </ul>

		<b>IILONGADHALWA YOWINO KEHE</b>			
<b>EMBUMBWA-KANITHO</b>	<b>OSHIPALANYOLO</b>	<b>OKUPULAKENA</b>	<b>OKUPOPYA</b>	<b>OKULESHA</b>	<b>OKUNYOLA (Okulesha, nokunyola koodhekwa nokwa tsikilathana)</b>
	<ul style="list-style-type: none"> <li>• Okuuva ko omuthigululwakalo nomayooloko</li> <li>• Uuthemba niinakugwanithwa</li> <li>• Esiku lyuunona waAfrika</li> </ul>	<ul style="list-style-type: none"> <li>• Okupulakena kokaleshwa kuuthemba waantu niinakugwanithwa e taa udhitha iilongadhalwa ya yooloka (hol. Osho/Hasho, okuyelekanitha, iilongadhalwa yomayamukulo omafupi nosho tuu.)</li> </ul>	<ul style="list-style-type: none"> <li>• Okudhana iinyandwa yi na sha neidhidhimikilathano</li> </ul>		
	<ul style="list-style-type: none"> <li>• Omithigululwakalo dha yoolokathana (simaneka omuthigululwakalo gwoye</li> </ul>	<ul style="list-style-type: none"> <li>• Pulakena e to yamukula kwaashoka tashi popiwa momalaka ga yooloka kombinga yiikulya, oonguwo, omithigululwakalo nsht dha yooloka</li> </ul>	<ul style="list-style-type: none"> <li>• Ninga iinyandwa nenge kundathana omayooloko gopamihoko (hol. Ituthi yokupita etanda)</li> <li>• Hokolola omahokololo noongano</li> </ul>	<ul style="list-style-type: none"> <li>• Okulesha iinyolwa ya yooloka yi na omafano (uuyalita, omapulakata, nsht) e to kutha omauyelegele taga opalele opo u yamukule omapulo (okuudhitha okakololo nenge ofooloma)</li> </ul>	<ul style="list-style-type: none"> <li>• Okuninga omadhewo giinyolwa ya tsikilathana hol. Gongela uuyelegele wokalindeli kopamuthigululwakalo, kopandjokonona nenge kiinima yopamuthigululwakalo yomuNamibia</li> </ul>

		<b>IILONGADHALWA YOWINO KEHE</b>			
<b>EMBUMBWA-KANITHO</b>	<b>OSHIPALANYOLO</b>	<b>OKUPULAKENA</b>	<b>OKUPOPYA</b>	<b>OKULESHA</b>	<b>OKUNYOLA (Okulesha, nokunyola koodhekwa nokwa tsikilathana)</b>
	<ul style="list-style-type: none"> <li>• Uuthikepamwe, okwaatondola nUudemokoli; iiyetithi niilanduli; iinakugwanithwa niimpwiyu</li> </ul>	<ul style="list-style-type: none"> <li>• Pulakena kiiholelwa yuuhaathikepamwe, okatongo, nuudemokoli e to yamukula omapulo</li> <li>• Pulakena kwaashoka tashi popiwa kaakwashigwana mboka ye li nawa e to yamukula omapulo ga osho nenge hasho nomayamukulo omale</li> </ul>	<ul style="list-style-type: none"> <li>• Dhana iinyandwa e to ningi oonkundathana kombinga yomaupyakadhi ngoka haga holoka omolwomaitaalo, uukwamuko wa yooloka, kundathana omaupyakadhi ngoka haga holoka po mokuninga omakwatathano omolwomalaka ga yooloka</li> </ul>	<ul style="list-style-type: none"> <li>• Lesha iinyolwa (hol. Iinyolwa ya za miifokundaneki) yi na sha nuudemokoli, okutondola nuukwaathikepamwe e ta mu yamukula omapulo ga za moshileshwa</li> <li>• Lesha oshinyolwa: Uuthemba nawu gamenwe – e tamu yamukula omapulo ngoka hamu hogololwa omayamukulo gatatu.</li> </ul>	<ul style="list-style-type: none"> <li>• Nyoleni iilongadhwalwa yopakunyolwa ya yooloka, hol. Omusholondondo gwompango dhoosikola opo ku shilipalekwe uuthikepamwe nokukelela okutondola</li> <li>• Nyola ombapila yenyenyeto kombinga yomukalo gwaashi gwopaudemokoli ngoka hagu longithwa okuhogolola aakalelipo yongundu</li> <li>• Nyola iilongadhalwa ya tsikilathana ya yooloka, hol. Etotwahokololothaneke: Oshike tatu vulu okuninga uuna uuthemba womuntu wa yonwa?</li> </ul>

		IILONGADHALWA YOWINO KEHE			
EMBUMBWA-KANITHO	OSHIPALANYOLO	OKUPULAKENA	OKUPOPYA	OKULESHA	OKUNYOLA (Okulesha, nokunyola koodhekwa nokwa tsikilathana)
		<ul style="list-style-type: none"> <li>Pulakena kehokololo nenge kwaashoka sha kuthwa moshikundaneki tashi popi kombinga yomuntu a yonenwa uuthembwa we – ninga omusholondondo gwomathaneko nkene shi na okuhulithwapo</li> </ul>	<ul style="list-style-type: none"> <li>Kundatheni kombinga yekuthombinga lyomulongwa metotopo lyooveta dhosikola nokuhogolola aawiliki moshigwana.</li> <li>Konakoeni omafano ge na sha neyopo lyuuthemba womuntu – Kundathaneni kutya uuthemba owa yonwa ngiini, omolwashike sha puka nonkalo ndjoka otayi lundululwa ngiini</li> </ul>		

- Omalaka otaga kwatha aalongwa opo yu ulike omikalo dhawo nomaiyuvo gawo opo ya humithe komeho oowino dha kola dhokuninga omakwatathano ngoka taga ka nkondopalekwa pamuthika nguka.

Iinyolwa mbyoka tayi ungaunga niinima mbika nayi longithwe pamukalo gwa faathana naangoka omulongi ta longitha muumbo uuna ta longekidha iilongadhalwa ngaashi:

- Okutala euvoko
- Omapulo gomayamukulo omafupi
- Omapulo ge na sha niipambeke yelaka
- Iinyandwa
- Okupulakena kiilongadhalwa yokukonakona euvoko
- Iilongadhalwa yokunyola kwa tsikilathana

## 8. OMUKALO GWOKULONGA NOKWIILONGA

Omukalo gwokulonga nokwiilonga ogwomulongwa ta dhana onkandangala melongo. Omukalo nguka otagu shilipaleke ongushu yeilongo ngele tashi ya mokutula omilandu tadhi landula miilonga.

Elalakano okweeta po okwiilonga neuvoko, oowino nomagamo mokuhumitha komeho oshigwana. Oshitsa shotango mokulonga nokwiilonga osho shoka kutya omulongwa ote ya nuuyamba owindji woontseyo noowino ndhoka a mono kegumbo nokoshigwana osho wo momudhingoloko. Okwiilonga mosikola oku na okukwatela mo okugwedha ko kwaashoka omulongwa e shi, nokushonga ontseyo noowino dhomulongwa ndhoka te ya nadho kosikola.

Aalongwa ohaya ilongo nawa uuna taya longithwa lela meilongo mokukutha ombinga, okutopelalathana uunongo nokweeta po sha. Nando ongawo omulongwa kehe okwa yooloka kumukwawo; oku na oompumbwe dhe, ethimbo lye lyokwiilonga, ontseyo noonkondopondoli dhe. Omulongi na vule okuholola oompumbwe dhaalongwa, uukwatya waashoka shi na okuningwa, nonkene oowino dheilongo dhi na okuningwa. Omikalo dhokulonga nadhi kale dha yooloka, ihe nadhi kale tadhi vulu okulunduluka palandulathano lyootundi lya ningwa nawa pamahuku ga kwatakanithwa niilongwa yilwe.

Omulongi na tokole uuna tashi opalele okugandja oshikalimo sha ukilila pakwatathano nomalalakano geilongo nomapyokoko ngoka ga adhika po aalongwa ya konge uyelele kuyo yene, nokumona kutya uunake ya pumbwa okulongwa meukililo, nuunake ya pumbwa ekwatho nenge engushipaleko lyeilongo, nuunake pu na elandulathano lyoowino nenge uyelele mboka wa pumbwa okulandulwa; nenge uunake aalongwa taya pitikwa okwiilonga oshinima nenge oshikalimo kuyo yene.

Okulonga muungundu, momapando nenge koohandimwe, nenge ongundu ayihe nashi longekidhwe ngaashi tashi opalele oshilonga shoka shi li po. Eilongo palongelokumwe nali yambidhidhwe kehe mpoka tashi vulika. Miinima yoludhi nduka, iilongadhalwa nayi longekidhwe opo iilonga yepando nenge yopakangundu yi kale ya manwa, ngele hasho nena aalongwa itaa mono kutya oshike sha pumbiwa opo ya ninge oshilongadhalwa pamwe. Molwashoka aalongwa pamuthika nguka oya mona nale oowino dhomakwatathano paumwene nopankalathano, naa pewe iinakugwanithwa oyindji okukutha ombinga mokuninga omalongekidho, mokutalula iilonga mewiliko lyomulongi.

Aalongwa oyi ilonga nale oshindji kombinga yelaka lyotango moondondo dhoprime noshilonga shokulonga elaka lyotango (elaka lyoomeme) moondondo dhosekundo yopevi okugwedha ko nokukokeka ontseyo mokulongitha elaka nawa. Oshilongwa oshi na okugwedha ko kwaashoka aalongwa ya tseya nale notaya vulu okuninga, nokukwatha aalongwa ya opaleke nokulongitha omitungilo dhelaka tadhi opalele, nokweeta po oonkondopondoli dhawo yene mokulongitha elaka pamikalo dhomuule. Oshilonga oshinene shoshilongwa pamuthika nguka osho okugandja uuyambiitya owundji mboka aalongwa ye na nokuya uvitha ko muule.

Elongo lyelaka lyotango (elaka lyoomeme) oli na okulongwa mekwatathano nopalongelokumwe naanegumbo naakwashigwana. Pantseyolaka, elongo lyomalaka gOshiyafrika otali dhana onkandangala onene mokulongitha ontseyo yaantu yomomudhingoloko opo ya dhimbulukwe ongushu yomayeletumbulo nomaityo ngoka aantu yamwe taya tameke okudhimbwa. Egumbo

naakwashigwana otaya vulu okulongithwa ongonzo yokuya muule welaka lyaalongwa nokugwedha ko.

Elongo lyomalaka gOshiafrika oli na wo okukala tali endeke pamwe nomalunduluko gopethimbo ndika ngaashi tashi ningwa kelaka kehe. Miitopolwa yomoondolopa moka mu na aapopi yomalaka ga yooloka, unene aagundjuka ohaa toto po omayeletumbulo gawo ngoka oomitsemikukutu dhelaka nenge dhomalaka ye ga tala ko ga “penga” nenge ga”puka”. Elongo lyelaka lyotango (elaka lyoomeme) nali kwatele mo uyelele wu na sha nomukalo gwelaka lyopamuthika ndyoka tali longithwa mokunyola nomoonkalo dhopambelewa.

Ongulu yosikola nayi kale ehala eyamba nokwiilongela elaka, kashi shi ashike mokulongitha elaka pakupopya ihe eyamba wo pakunyola elaka. Ongulu yosikola kehe nayi kale yi na okakololo moka mwa tulwa uumbo wokulesha, omahokololo gopomudhingoloko, uutewo oprosa ndjoka ya nyolwa pamwe naakwashigwana, shoka aalongwa ya nyola yo yene, omaposta naashoka sha ningwa kaalongwa yo yene. Iilongitho yelongo ya yooloka otayi vulu okulongithwa mokweeta po oonkundathana, okudhana iinyandwa, okunyola iinima ya yooloka, okutuma mombepo momalaka gomoshilongo mooradio, okutuma omafano pwa na iitya yasha, iipambele ya yooloka yiinima yi holike monkalamwenyo nokaanona.

Nonando oosikola oonshona owala dhi na ookompiuta tadhi vulu okulongithwa kaalongwa, aalongi oye na okugandja uyelele wu na sha nelongitho lyongashingeyi lyomashina gopautekinolohi kaalongwa yoprime. Uyelele wu na nuuteknolohi otayi vulu okunkondopalekwa pakukundathana naalongwa mpoka haya mono ookompiuta pomidhingoloko dhawo naashoka hadhi longithwa nokulesha omahokololo nenge okukundathana omafano guutekinolohi. Mboka taya vulu okulongitha ookompiuta naya tsuwe omukumo ye dhi longithe nokutopolelathana oowino.

## 9. ENGONGO LYOSHIKALIMO SHEILONGO

Oowino dhelaka ndhoka aalongwa ayehe ya pumbwa okutseya olundji ohadhi kwatele mo oowino tadhi landula mpaka:

- Okupulakena nokupopya
- Okulesha nokunyola
- Oompango nelongitho lyelaka
- Unamambo

Okakololo ke li pevi otaka ulike shoka tashi ilongwa nenge iilongadhalwa muunongo welaka kehe mboka wu na okumonika.

Oowino ndhika otadhi ki ilongelwa dha topoka omolwokulonga nuupu nokuyelitha mo, ihe kadhi na okwiilongelwa. Paushili okutya oowino dhelaka kadhi na okwiilongelwa onkene odhi na okulongelwa mumwe.

Oowino	Oowino dheilongo/Iilongadhalwa
<b>Okupulakena nokupopya</b>	Okugwedhala ko oowino dhokupulakena nokuyamukula komauyelele gu uvika; okudhimbulula omalombwelo noombinga; okuuva ko omaiyuvo, omalalakano, nomaihumbato gaapulakeni; okugwedha ko komauyelele gomutungilo gwelaka nuuyambiitya.
<b>Okupopya</b>	Okugwedha ko kokutseya elongitho lyomondjila lyomutungilo gwelaka; okuninga omakwatathano nomukumo mondjila taku longithwa uuyambiitya womondjila tawu uvitha ko oonkalo dha yooloka, nokutula aapulakeni nelalakano momadhiladhilo.

<b>Okulesha nokunyola</b>	Okweeta po oowino dhokulesha meimweneneno osho wo oowino dhokulesha mokule, okulesha neuvoko, neinyanyudho, okukutha uuyeleele miileshwa ya yooloka, niileshwa yomauyeleele. Okunyola iinyolwa ya yooloka, tayi ulike okutula aapulakeni komutima nelalakano, mokulongitha mondjila omitungilo dhomatumbulo, esipelo niileshitho mondjila muutendo wa topolwa nawa.
<b>Oompango nelongitho lyelaka</b>	Okunyola mondjila palandulathano mokusipela, okulongitha iileshitho nelongitho lyoonzo dhuuyeleele taku longithwa uuyambiitya womondjila, omayeletumbulo niitopolwa yelaka momatumbulo.
<b>Uunamambo</b>	Okumona ontseyo neuvoko lyiitopolwa yuunamambo ya yooloka; okuvongokonona iinyolwa; nokugandja omadhiladhilo gawo yene kombinga yiitopolwa ya yooloka.



## 10. OSHIKALIMO SHEILONGO

### 10.1 OKUPOPYA NOKUPULAKENA

Mokukonakona eyambulopo lyowino yokupulakena, aalongwa oye na okuyamukula pakana nenge pakunyola. Iinyolwa nomapulo/iilongadhalwa ya longithwa moondondo dha yooloka otayi yooloka muule nomuudhigu wOndondo. Etyapulo netaamboko lyoshinyolwa nali wilikwe kowino womulongwa wokupulakena, wokukundathana nokuuva ko iipopwiwa yi ili noyi ili.

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
1. Okupulakena neitulomo	tyapule nokutaamba ko iipopwiwa yi ili noyi ili hol. (omahokololo, uutewo, iiyimbo, iipopwiwa, oolopota, oompata omahaleloyambeko, omatu-mwalaka gomahekeleko, nosho tuu)	<ul style="list-style-type: none"> <li>okupulakena neitulomo noneuvoko ndele taa yamukula mondjila kiipopwiwa yi ili noyi ili</li> <li>okudhimbulula omaityo gomuule okuza miipopwiwa</li> <li>okuyamukula modjila kwaashoka yu uva</li> <li>okumona omalandulathano</li> <li>okulongitha uuyecelele wa uvika</li> <li>okumona omayooloko nomafaathano, omauwanawa nomauwinayi</li> <li>okutengeneka iizemo miipopwiwa</li> <li>okundhindhika sha okuziilila mwaasho sha uvika</li> <li>okudhinda, okuyelekanitha nokuninga omatokolo okuza muuyecelele wa popiwa</li> </ul>	<ul style="list-style-type: none"> <li>okupulakena neitulomo noneuvoko ndele taa yamukula mondjila kiipopwiwa yi ili noyi ili</li> <li>okudhimbulula omaityo gomuule okuza miipopwiwa</li> <li>okuyamukula modjila kwaasho ya uva</li> <li>okumona omalandulathano</li> <li>okulongitha uuyecelele wa uvika</li> <li>okumona omayooloko nomafaathano, omauwanawa nomauwinayi</li> <li>okutengeneka oshizemo miipopwiwa</li> <li>okundhindhika sha okuziilila mwaashoka sha uvika</li> <li>okudhinda, okuyelekanitha nokuninga omatokolo okuza muuyecelele wa popiwa</li> </ul>	<ul style="list-style-type: none"> <li>okupulakena neitulomo noneuvoko ndele taa yamukula mondjila kiipopwiwa yi ili noyi ili nokunongela omagamo, okudhimbulula omaityo gomuule okuza miipopwiwa nokuulika omagamo gomupopi</li> <li>okuyamukula modjila kwaasho ya uva</li> <li>okumona omalandulathano</li> <li>okulongitha uuyecelele wa uvika</li> <li>okumona omayooloko nomafaathano, omauwanawa nomauwinayi</li> <li>okutengeneka oshizemo miipopwiwa</li> <li>okundhindhika sha okuziilila mwaasho sha uvika</li> <li>okudhinda, okuyelekanitha nokuninga omatokolo okuza muuyecelele wa popiwa</li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
2. Ekwatondungetaliko	okuuva ko omaiyuvo, omahalelo nomagamo gaapopi	<ul style="list-style-type: none"> <li>• okupulakena nokuuva uuyelee</li> <li>• okuuva ko nokukundathana omahalelo nomagamo gomupopi</li> <li>• okuyamukula shu ukila ko komapulo</li> </ul>	<ul style="list-style-type: none"> <li>• okupulakena nokuuva ko uuyelee wa gwedhelwa</li> <li>• okuuva ko nokukundathana omahalelo nomagamo aapopi</li> <li>• okuyamukula shu ukila ko komapulo</li> </ul>	<ul style="list-style-type: none"> <li>• okupulakena nokuuva ko uuyelee wa gwedhelwa</li> <li>• okuuva ko nokukundathana omahalelo nomagamo gaapopi</li> <li>• okuyamukula lela lela shu ukila ko komapulo ngoka ga pumbwa uuyelee wa gwedhwa ko</li> </ul>
	yeleke nokuyoolola	<ul style="list-style-type: none"> <li>• okutungila ko nokweeta pehulilo shoka omupopi a hala okutya</li> <li>• okuyoolola pokati komadhiladhilo ga simana naangoka inaga simana mwaasho sha pulakenwa/uvika</li> <li>• okutya ko sha kuuyelee wa uvika moTV noradio, iinyolwa, omahokololo nsh.t)</li> <li>• okuninga omapopilo ga ukila ko</li> </ul>	<ul style="list-style-type: none"> <li>• okutungila ko nokweeta pehulilo shoka omupopi a hala okutya</li> <li>• okuyoolola pokati komadhiladhilo ga simana naangoka inaga simana mwaasho sha pulakenwa/uvika</li> <li>• okupopila uuyelee wa za momapulapulo, moTV nomoradio, miinyolwa, momahokololo</li> <li>• okuninga omapopilo ga yelesa</li> </ul>	<ul style="list-style-type: none"> <li>• okutungila ko nokweeta pehulilo shoka omupopi a hala okutya</li> <li>• okuninga omalunduluko gi ikololela kwaashoka ya uva</li> <li>• okuyoolola pokati komadhiladhilo ga simana naangoka inaga simana mwaasho sha uvika</li> <li>• okutya ko sha kuuyelee wa za momapulapulo, moTV noradio, miinyolwa, momahokololo, nomoontseyo dha taambathanwa</li> <li>• okuninga omapopilo gu ukila ko nenge ga yelesa</li> <li>• okuyoolola omahalelo, omagamo, onkalo, nehuku</li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
	pwilikine nokuuva ko omalombwelo nomaudhikilo	<ul style="list-style-type: none"> <li>okuyoolola nokufatulula omalombwelo nomaudhikilo ya ulike euvoko (ngaashi, okuhokolola, okutumbula, okukondjitha, nokuyeleanitha, okufatulula)</li> </ul>	<ul style="list-style-type: none"> <li>okuyoolola nokufatulula omalombwelo nomaudhikilo ya ulike euvoko (ngaashi, okuhokolola, okutumbula, okukondjitha, okuyeleanitha, okufatulula)</li> </ul>	<ul style="list-style-type: none"> <li>okuyoolola nokufatulula omalombwelo nomaudhikilo ya ulike euvoko (ngaashi, okuhokolola, okutumbula, okukondjitha, okuyeleanitha, okufatulula)</li> </ul>
	tothe omanenedhiladhilo moshipopiwa nenge oonkundathana	<ul style="list-style-type: none"> <li>okutotha mo iitsa yu ukila ko</li> <li>okufatulula ya ulike euvoko</li> </ul>	<ul style="list-style-type: none"> <li>okutotha mo iitsa yu ukila ko</li> <li>okufatulula ya ulike euvoko</li> </ul>	<ul style="list-style-type: none"> <li>okutotha mo iitsa yu ukila ko</li> <li>okufatulula ya ulike euvoko</li> </ul>
3. Omakwatathano	lombwelathane uyelele nomadhiladhilo	<ul style="list-style-type: none"> <li>okulombwelathana uyelele omaiyuvo, omadhiladhilo niitsa yuushili</li> <li>okukaleka po oonkundathana</li> <li>okweeta po omadhiladhilo ge li melandulathano</li> <li>okugandja omatompelo nomadhiladhilo taga holola euveko</li> <li>okuuva ko nokutompa</li> <li>okudhimbulukwa nokuhokolola iiningwanima miipopiwa</li> </ul>	<ul style="list-style-type: none"> <li>okulombwelathana uyelele, omaiyuvo, omadhiladhilo niitsa yuushili</li> <li>okukaleka po oonkundathana</li> <li>okweeta po omadhiladhilo ge li melandulathano</li> <li>okugandja omatompelo nomadhiladhilo taga holola euveko</li> <li>okuuva ko nokutompa</li> <li>okudhimbulukwa nokuhokolola iiningwanima miipopiwa</li> </ul>	<ul style="list-style-type: none"> <li>okulombwelathana uyelele, omaiyuvo, omadhiladhilo niitsa yuushili ya yela</li> <li>okukaleka po oonkundathana dhokwakola</li> <li>okweeta po omadhiladhilo ge li melandulathano</li> <li>okugandja omatompelo nomadhiladhilo taga holola euveko</li> <li>okuuva ko nokutompa</li> <li>okudhimbulukwa nokuhokolola iiningwanima miipopiwa</li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
	kuthe ombinga miilongadhalwa yopaengundu ya gandje omadhiladhilo iitsa yolela, omadhiladhilo gopaumwene, omaiyuvo nomaindilo pakana.	<ul style="list-style-type: none"> <li>okuuvathana nokudhiladhila muule, okulongitha elaka lyopaunkulungu monkalathano noonkalo dhopamithigululwakalo palongo osho wo pankalo yomongulu yosikola taya ulike ye na aapulakeni komutima</li> </ul>	<ul style="list-style-type: none"> <li>okuuvathana nokudhiladhila muule, okulongitha elaka lyopaunkulungu monkalathano noonkalo dhopamithigululwakalo palongo osho yo pankalo yomongulu yosikola taya ulike ye na aapulakeni komutima</li> </ul>	<ul style="list-style-type: none"> <li>okuuvathana nokudhiladhila muule, okulongitha elaka lyopaunkulungu monkalathano, pamithigululwakalo palongo osho wo mongulu yosikola taya ulike ye na aapulakeni komutima</li> </ul>
4. Okuyamukula sha ukilako	yamukule sha ukila ko monkalo kehe	<ul style="list-style-type: none"> <li>okutambula nokudhiyauka nomadhiladhilo omape</li> <li>okupula omapulo gu ukila ko</li> <li>okulongitha omutungilo gwelaka nuuyambiitya gu li mondjila</li> <li>okulongitha uuyambiitya mondjila mokugandja efatululo kiipalanyolo yontumba</li> </ul>	<ul style="list-style-type: none"> <li>okutambula nokudhiyauka nomadhiladhilo omape</li> <li>okupula omapulo gu ukila ko</li> <li>okulongitha omutungilo gwelaka nuuyambiitya u li mondjila</li> <li>okulongitha uuyambiitya mondjila mokugandja efatululo lyomuule kiipalanyolo yontumba</li> </ul>	<ul style="list-style-type: none"> <li>okutambula nokudhiyauka nomadhiladhilo omape</li> <li>okupula omapulo gu ukila ko nokuyelitha shoka ya uva</li> <li>okulongitha omutungilo gwelaka nuuyambiitya gu li mondjila</li> <li>okulongitha uuyambiitya mondjila mokugandja efatululo lyomuule kiipalanyolo yontumba</li> </ul>
5. okweeta po sha	pyokoke mowino yokupopya noya kale ye na aapulakeni komutima	<ul style="list-style-type: none"> <li>okupopya kiipopiwa ya popiwa nenge kiipalanyolo ya gandjwa ngaashi o-HIV no-AIDS, elongo lyomudhingoloko, elongo lyomwaalu gwaakwashigwana, uuthemba womuntu nuudemokoli</li> <li>okweeta iitsa yuushili, omadhiladhilo noondunge dhopaumwene</li> </ul>	<ul style="list-style-type: none"> <li>okupopya kiinima yopakupopya ile iipalanyolo ya gandjwa ngaashi o-HIV no-AIDS, elongo lyomudhingoloko elongo lyomwaalu gwaakwashigwana a, uuthemba womuntu nuudemokoli</li> <li>okweeta iitsa yuushili, omadhiladhilo noondunge dhopaumwene</li> </ul>	<ul style="list-style-type: none"> <li>okupopya kiinima yopakupopya nenge iipalanyolo ya gandjwa ngaashi o-HIV no-AIDS, elongo lyomudhingoloko, elongo lyomwaalu gwaakwashigwana, uuthemba womuntu nuudemokoli</li> <li>okweeta iitsa yuushili, omadhiladhilo noondunge dhopaumwene</li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
6. omatumbulilo, omungengulilo nomuthindo	yelithe owino yokweeta shoka taa dhiladhila naashoka ye uvite	<ul style="list-style-type: none"> <li>okutumbula iitya nomadhengo nawa miipopiwa opo ya fatulule sha yela</li> <li>okweeta shoka ye uvite mokulongitha omutono gu li mondjila nokutula omuthindo piitya</li> </ul>	<ul style="list-style-type: none"> <li>okutumbula iitya nomadhengo nawa miipopiwa opo ya fatulule sha yela</li> <li>okweeta shoka ye uvite mokulongitha omutono gu li mondjila nokutula omuthindo piitya</li> </ul>	<ul style="list-style-type: none"> <li>okutumbula iitya nomadhengo nawa miipopiwa okufatulula sha yela</li> <li>okweeta shoka ye uvite mokulongitha omutono gu li mondjila nokutula omuthindo piitya</li> </ul>
	popye nuupu noneinekelo mwene	<ul style="list-style-type: none"> <li>okupopya nuupu noneinekelomwene ta longitha omutono gu li mondjila.</li> </ul>	<ul style="list-style-type: none"> <li>okupopya nuupu noneinekelo mwene ta longitha omutono gu li mondjila.</li> </ul>	<ul style="list-style-type: none"> <li>okupopya nuupu noneinekelo mwene ta longitha omutono gu li mondjila.</li> </ul>
		<ul style="list-style-type: none"> <li>okweeta po nokupopila omadhiladhilo gawo</li> <li>okushonga edhiladhilo lyontumba</li> <li>okuthaneka ekandulopo lyomukundu gwontumba</li> </ul>	<ul style="list-style-type: none"> <li>okweeta po nokupopila omadhiladhilo gawo</li> <li>okushonga edhiladhilo lyontumba</li> <li>okufaneka ekandulopo lomukundu wontumba</li> </ul>	<ul style="list-style-type: none"> <li>okweeta po nokupopila omadhiladhilo gawo nokutambula ko omaiyuvo gayakwawo</li> <li>okushonga edhiladhilo lyontumba</li> </ul>
		<ul style="list-style-type: none"> <li>okugandja iitsa tai tu kondandalunde pethimbo lyomatompahano, iipopiwa, oonkundathana dhomuungundu nomiigongiilonga</li> </ul>	<ul style="list-style-type: none"> <li>okugandja iitsa tai tu kondandalunde pethimbo lomatompahano, iipopiwa, oonkundathana dhomuungundu</li> </ul>	<ul style="list-style-type: none"> <li>okukonga ekandulepo lyomukundu kondandalunde nenge a kwalukehe</li> <li>okugandja iitsa tayi tsu kondandalunde pethimbo lyomatompahano, iipopiwa, oonkundathana dhomuungundu nomiigongiilonga</li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
		<ul style="list-style-type: none"> <li>okutompathana nokukundathana oimima ya pamba o-HIV no-AIDS, elongo lyomudhingoloko elongo louhapu gwaakwashigwana, uuthemba womuntu nuudemokoli</li> </ul>	<ul style="list-style-type: none"> <li>okutompathana nokukundathana iimima ya pamba o-HIV no-AIDS, elongo lyomudhingoloko elongo lyuwindji gwaakwashigwana, uuthemba womuntu nuudemokoli</li> </ul>	<ul style="list-style-type: none"> <li>okutompathana nokukundathana iimima ya pamba ohiv noaids, elongo lyomudhingoloko elongo lyuwindji gwaakwashigwana, uuthemba womuntu nuudemokoli</li> </ul>
7. Okufatulula/ okutoloka	tale oowino dhopetameko dhokutoloka	<ul style="list-style-type: none"> <li>okutoloka iipopiwa nuutendo wanathangwa nuuhokololo uufupi tau kuthwa mOshiingilisa tau tulwa mOshindonga</li> </ul>	<ul style="list-style-type: none"> <li>okutoloka iipopiwa nuutendo wanathangwa nuuhokololo uufupi tau kuthwa mOshiingilisa nomOshindonga</li> </ul>	<ul style="list-style-type: none"> <li>okutoloka iipopiwa nuutendo wanathangwa nuuhokololo uufupi tau kuthwa mOshiingilisa tau yi mOshindonga ngaashi iipopiwa yanathangwa oonkundathana dhopaungundu niipambe yomompangu</li> </ul>

## 10.2 OKULESHA NOKUNYOLA

Iinyolwa tayi longithwa moondondo dha yooloka nayi yoololwe kuule nokondjundo shi ikololela kONDONDO nokohokwe yaalongwa. Elongitho lyiinyolwa yimwe ya gwedhwa po momusindalandu aguhe otali tsuwa omuthindo lyo nali kwatele mo iikambakani: OHIV no-AIDS, elongo lyomudhingoloko elongo lyomwaalu gwaakwashigwana, uthemba womuntu nuudemokoli. Ohokwe, etyapulo netambuleko lyiinyolwa otali ikwatelele kokulesha kwaalongwa, okuuva ko nokukundathana iinyolwa yi ili noyi ili. Aalongwa sho taa humukomeho moondondo otaa likola oowino odhindji dhokulesha meimweneneno.

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
<b>A. Iikwalukehe</b> 1. Okuuva ko nokulandula omalombwelo	leshe nokufatulula omalombwelo opo ya yamukule mondjila kiipatululitya tai landula (totha, fatulula, tumbula, hokolola, yeleka nosho tuu)	<ul style="list-style-type: none"> <li>okuyamukula mondjila komalombwelo ga nyolwa</li> <li>okulongitha nokutula uuyelege wa leshwa miilonga</li> <li>okumona mo omafaathano nomayooloko, omauwanawa nomauwinayi</li> <li>okutengeneka iizemo miileshwa ya nyolwa</li> </ul>	<ul style="list-style-type: none"> <li>okuyamukula mondjila komalombwelo ga nyolwa</li> <li>okulongitha nokutula uuyelege wa leshwa miilonga</li> <li>okumona mo omafaathano nomayooloko, omauwanawa nomauwinayi</li> <li>okutengeneka iizemo miileshwa ya nyolwa</li> </ul>	<ul style="list-style-type: none"> <li>okuyamukula mondjila komalombwelo ga nyolwa</li> <li>okulongitha nokutula miilonga omauyelege ga leshwa, okumanitha oshilongadhalwa ngaashi olopota</li> <li>okumona mo omafaathano osho wo omayooloko, omauwanawa nomauwinayi</li> <li>okutengeneka iizemo miileshwa ya nyolwa</li> </ul>
	2. Ekwatondungetaliko Okatanuthohokololo	uve ko omaityo giinyolwa ga yooloka  tothe mo omanenedhiladhilo miileshwa ya yooloka	<ul style="list-style-type: none"> <li>okuulika eityo lyoshileshwa</li> <li>okufatulula nokutula kumwe uuyelege</li> <li>okuhogolola iitsa ya simana</li> <li>okungonga nokutala ongushu yoshileshwa sha za moshinyolwa shontumba.</li> </ul>	<ul style="list-style-type: none"> <li>okuulika eityo lyoshileshwa</li> <li>okufatulula nokutula kumwe uuyelege</li> <li>okuhogolola iitsa ya simana</li> <li>okungonga nokutala ongushu yoshileshwa sha za moshinyolwa shontumba</li> <li>okuyeleanitha nokuyelege iileshwa ya za miinyolwa yontumba</li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
		<ul style="list-style-type: none"> <li>okutengeneka oshizemo osho wo okutsa nenge okwaa tsa kumwe nedhiladhilo lyontumba</li> <li>okuulika ontseyo woku kutha uyelele miinyolwa (ngaashi, uufu womauelele, oolopota, iifokundaneki (omagazine) oprosa n.sh.t</li> </ul>	<ul style="list-style-type: none"> <li>okutengeneka oshizemo osho wo okutsa nenge okuhaa tsa kumwe nedhiladhilo lyontumba</li> <li>okudhimbulukwa omagamo gomunyoli</li> <li>okuulika owino woku kutha uyelele miinyolwa (ngaashi, uufu womauelele, oolopota, iifokundaneki (omagazine) oprosa n.sh.t.</li> </ul>	<ul style="list-style-type: none"> <li>okutengeneka oshizemo osho yo okutwa ile okuha twa kumwe nedhiladhilo lyontumba</li> <li>okudhimbulula omagamo gomunyoli gomeni</li> <li>okuulika owino woku kutha uyelele miinyolwa (ngaashi, uufu womauelele, oolopota, iifokundaneki (omagazine) oprosa n.sh.t.</li> </ul>
3. Okulesha pamikalo dhi ili nodhi ili	longithe owino wokulesha pamikalo dhi ili nodhi ili miinyolwa ya yooloka okutula miilonga oowino dhokulesha iileshwa ya yooloka paendondo tadhi opalele	<ul style="list-style-type: none"> <li>okulesha muule nuupu nonuukeka opo ya mbwalangandjeke owino miinyolwa ngaashi: uunovela, iinyandwa, uutewo nomauelele ga pamba elongo</li> <li>okulesha meimweneneno momambo ga nuninwa oondondo dhawo naangoka taga vulu okumonika opo ya opaleke owino wokulesha meimweneneno ngaashi okulesha taa tondokitha omeho mokaleshwa nokulesha taa kononene okaleshwa noonzo dhomauelele dhi ili nodhi ili</li> </ul>	<ul style="list-style-type: none"> <li>okulesha muule nuupu nonuukeka opo ya mbwalangadjeke owino miinyolwa ngaashi: uunovela, iinyandwa, uutewo nomauelele ga pamba elongo</li> <li>okulesha meimweneneno momambo ga nuninwa oondondo dhawo naangoka taga vulu okumonika opo ya opaleke owino wokulesha meimweneneno ngaashi okulesha taa tondokitha omeho mokaleshwa nokulesha taa kononene okaleshwa noonzo dhomauelele dhi ili nodhi ili</li> </ul>	<ul style="list-style-type: none"> <li>okulesha mokule nuupu nonuukeka opo va mbwalangadjeke owino miinyolwa ngaashi: uunovela, iinyandwa, uutewo nomauelele ga pamba elongo</li> <li>okulesha meimweneneno momambo ga nuninwa oondondo dhawo naangoka taga vulu okumonika opo ya opaleke owino wokulesha meimweneneno ngaashi okulesha taa tondokitha omeho mokaleshwa nokulesha taa kononene okaleshwa noonzo dhomauelele dhi ili nodhi ili</li> </ul>



OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
		<ul style="list-style-type: none"> <li>okulongitha iigwedhela yiikwathitholongo yi ili noyi ili</li> </ul>	<ul style="list-style-type: none"> <li>okulongitha iigwedhela yiikwathitholongo yi ili noyi ili</li> </ul>	<ul style="list-style-type: none"> <li>okulongitha iigwedhela yiikwathitholongo yi ili noyi ili</li> </ul>
4. Okulesha iileshwa oyindji	leshe nokuuva ko iinyolwa yi ili noyi ili molwontseyo, etambuloko neinyanyudho	<ul style="list-style-type: none"> <li>okulesha nokuuva ko nokutambula ko iinyolwa yi ili noyi ili ya za muunovela, miifokundaneki/magazine, moolopota, miipopiwa, muuhokololo uufupi, uutewo, miileshwa niikwathitholongo yimwe</li> </ul>	<ul style="list-style-type: none"> <li>okulesha nokuuva ko nokutambula ko iinyolwa yi ili noyi ili ya za muunovela, miifokundaneki/magazine, moolopota, miipopiwa, muuhokololo uufupi, uutewo, miileshwa niikwathitholongo yimwe</li> </ul>	<ul style="list-style-type: none"> <li>okulesha nokuuva ko nokutambula ko iinyolwa yi ili noyi ili ya za muunovela, miifokundaneki/magazine, moolopota, miipopiwa, muuhokololo uufupi, uutewo, miileshwa niikwathitholongo yimwe</li> </ul>
		<ul style="list-style-type: none"> <li>okulopota shoka ya leshe nokuulika euveko noku gandja omauyelele ge li mondjila</li> </ul>	<ul style="list-style-type: none"> <li>okulopota shoka ya leshe nokuulika euveko noku gandja omauyelele ge li mondjila</li> </ul>	<ul style="list-style-type: none"> <li>okulopota shoka ya leshe nokuulika euveko noku gandja omauyelele ge li mondjila</li> </ul>
		<ul style="list-style-type: none"> <li>okulandulathanitha nokweeta iitsa yuushili noondunge momadhiladhilo</li> </ul>	<ul style="list-style-type: none"> <li>okulandulathanitha nokweeta iitsa yuushili noondunge momadhiladhilo</li> </ul>	<ul style="list-style-type: none"> <li>okulandulathanitha nokweeta iitsa yuushili noondunge momadhiladhilo</li> </ul>
		<ul style="list-style-type: none"> <li>ya leshe iinyolwa ya yoolokathana opo ya mone uuyeleele nontseyo yakwalukehe nokutyapula</li> </ul>	<ul style="list-style-type: none"> <li>ya leshe iinyolwa ya yoolokathana opo ya mone uuyeleele nontseyo yakwalukehe nokutyapula</li> </ul>	<ul style="list-style-type: none"> <li>ya leshe iinyolwa ya yoolokathana opo ya mone uuyeleele nontseyo yakwalukehe nokutyapula</li> </ul>
		<ul style="list-style-type: none"> <li>okutotha mo omafaathano nomayooloko miinima yopashigwana</li> </ul>	<ul style="list-style-type: none"> <li>okutotha mo omafaathano nomayooloko miinima yopashigwana</li> </ul>	<ul style="list-style-type: none"> <li>okutotha mo omafaathano nomayooloko miinima yopashigwana</li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
5. Okulesha taa konenene	leshe nokukonenena iileshwa ya za moonzo dha yooloka	<ul style="list-style-type: none"> <li>okudhimbulula iitsa yuushili naambyoka kayi na uushili miileshwa</li> <li>okutotha mo omagamo, onkalo nomahalelo gomunyoli nokuninga omatokolo</li> <li>okundjondjomona nkene aanyoli ya longitha elaka opo ya adhe omalalakano gawo</li> </ul>	<ul style="list-style-type: none"> <li>okudhimbulula iitsa yuushili naambyoka kayi na uushili miileshwa</li> <li>okutotha mo omagamo, onkalo nomahalo gomunyoli nokuninga omatokolo</li> <li>okundjondjomona nkene aanyoli ya longitha elaka opo ya adhe omalalakano gawo</li> </ul>	<ul style="list-style-type: none"> <li>okudhimbulula iitsa yuushili naambyoka kayi na uushili miileshwa</li> <li>okutotha mo omagamo, onkalo nomahalo gomunyoli nokuninga omatokolo</li> <li>okundjondjomona nkene aanyoli ya longitha elaka opo ya adhe omalalakano gawo</li> </ul>
6. Okungonga	Okwiilonga omikalo dhokungonga	<ul style="list-style-type: none"> <li>okulesha, okuhogolola nokutula omadhiladhilo melandulathano e taye ga tula pamukalo gwa gandjwa</li> <li>okutungila ko, okutala ondjele nokuyeleanitha uyelele wa za miinyolwa</li> </ul>	<ul style="list-style-type: none"> <li>okulesha, okuhogolola nokutula omadhiladhilo melandulathano e taye ga tula pamukalo gwa gandjwa</li> <li>okutungila ko, okutala ondjele nokuyeleanitha uyelele wa za miinyolwa</li> </ul>	<ul style="list-style-type: none"> <li>okulesha, okuhogolola nokutula omadhiladhilo melandulathano e taye ga nyola pamukalo gu li mondjila</li> <li>okutungila ko, okutala ondjele nokuyeleanitha uyelele wa za miinyolwa</li> </ul>
7. Okunyola iinyolwa yi li lela melandulathano yi na ekwatathano	tseye okweeta po nokuunganeka omadhiladhilo momatumbulo ge li melandulathano, muutendo nomoshinyolwa ashihe	<ul style="list-style-type: none"> <li>okunyola uutendo taa longitha omanenedhiladhilo ya yambidhidhe shoka ye eta po.</li> <li>okutseya oonkatu dhokunyola ngaashi: okwiilongekidha, okuvuta, okunyola (efalomo, olutu, nehulitho), okuleshulula neopaleko lyiilonga yoye mwene</li> </ul>	<ul style="list-style-type: none"> <li>okunyola uutendo taa longitha omanenedhiladhilo ya yambidhidhe shoka ye eta po.</li> <li>okutseya oonkatu dhokunyola ngaashi: okwiilongekidha, okuvuta, okunyola (efalomo, olutu, nehulitho), okuleshulula neopaleko lyiilonga ye mwene</li> </ul>	<ul style="list-style-type: none"> <li>okunyola uutendo taa longitha omanenedhiladhilo ya yambidhidhe shoka ye eta po.</li> <li>okutseya oonkatu dhokunyola ngaashi: okwiilongekidha, okuvuta, okunyola (efalomo, olutu, nehulitho), okuleshulula newapaleko lyiilonga yoye mwene</li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
	yoolole omikalo pokati koma-kwatathano pakupopya nopakunyola	<ul style="list-style-type: none"> <li>okuulika euvoko lyehengumukilo mumwe momalaka omakwakunyolwa nomakwakupopya (uugwedhwa wa mwena, nokalyandanda/eponondanda)</li> <li>okulongitha omupopyo gwa ukilila nomupopyo gwaa ukilile</li> </ul>	<ul style="list-style-type: none"> <li>okuulika euvoko lyehengumukilo mumwe momalaka omakwakunyolwa nomakwakupopya (uugwedhwa wa mwena, nokalyandada/eponondanda)</li> <li>okulongitha omupopyo gwa ukilila nomupopyo gwaa ukilile</li> <li>okunongela elaka lyuukuume</li> </ul>	<ul style="list-style-type: none"> <li>okuulika euvoko lyehengumukilo mumwe momalaka omakwakunyolwa nomakwakupopya (uugwedhwa wa mwena, nokalyandanda/eponondanda)</li> <li>okulongitha omupopyo gwa ukilila nomupopyo gwaa ukilile sha ukila ko</li> <li>okunongela elaka lyuukuume</li> </ul>
	nyole nokuholola omaiyuvo moku lombwela noku uvitha ko noku hokitha	<ul style="list-style-type: none"> <li>kuulika elongitho lyomipopyofano mondjila mokulombwela, okuhokitha nomokwiitaalitha ngaashi (eshadho, nenyonkelo) nosho tuu</li> <li>okunyola iipalanyolo tayi opalele aaleshi</li> </ul>	<ul style="list-style-type: none"> <li>okuulika elongitho lyomipopyofano mondjila mokulombwela, okuhokitha nomokwiitaalitha ngaashi (eshadho, nenyonkelo) nosho tuu</li> <li>okunyola iipalanyolo tayi opalele aaleshi</li> </ul>	<ul style="list-style-type: none"> <li>okuulika elongitho lyomipopyofano mondjila mokulombwela, okuhokitha nomokwiitaalitha ngaashi (eshadho, nenyonkelo) nosho tuu</li> <li>okunyola iipalanyolo tayi opalele aaleshi</li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
	pendule po owino wokuyeleka oshinima paufupi	<ul style="list-style-type: none"> <li>okufatulula oshipalanyolo opo ya gandje efano kwaashoka tashi nyolwa</li> <li>okugandja uuyejele woshili</li> <li>okupopila omadhiladhilo miipopiwa ya nyolwa nenge moompata mongundu</li> <li>okulongitha oowino dhokuvongokonona mokuyamukula koshinyolwa</li> <li>okunyola kombinga yontseyo yawo nokugandja omadhiladhilo gawo kombinga yoshinima shontumba nelalakano naapulakeni yontumba taa longitha uuyambiitya tawu opalele</li> <li>okugandja omaiyuvo kwaashoka ye uvite nashoka taa dhiladhila</li> </ul>	<ul style="list-style-type: none"> <li>okufatulula oshipalanyole opo ya gandje efano kwaashoka tashi nyolwa</li> <li>okugandja uuyejele woshili</li> <li>okupopila omadhiladhilo miipopiwa ya nyolwa nenge moompata mongundu</li> <li>okulongitha oowino dhokuvongokonona mokuyamukula koshinyolwa nokufatulula oshileshwa</li> <li>okunyola ehokololo ye li dhiladhila, odialohi, omupopyafano dhi li melandulathano niitya tayi opalele</li> <li>okugandja omaiyuvo kwaashoka ye uvite nashoka taa dhiladhila</li> </ul>	<ul style="list-style-type: none"> <li>okufatulula oshipalanyole opo ya gandje efano kwaashoka tashi nyolwa</li> <li>okugandja uuyejele woshili</li> <li>okupopila omadhiladhilo miipopiwa ya nyolwa nenge moompata mongundu</li> <li>okulongitha oowino dhokuvongokonona mokuyamukula koshinyolwa nokufatulula oshileshwa</li> <li>okunyola ehokololo ye li dhiladhila, odialohi, omupopyafano dhi li melandulathano niitya tayi opalele</li> <li>okugandja omaiyuvo kwaashoka ye uvite nashoka taa dhiladhila</li> </ul>
	yamukule mondjila komapulo ga za mokaleshwa	<ul style="list-style-type: none"> <li>okufatulula omapulo sha yela</li> <li>okuyamukula mondjila koshileshwa</li> </ul>	<ul style="list-style-type: none"> <li>okufatulula omapulo sha yela</li> <li>okuyamukula mondjila koshileshwa</li> </ul>	<ul style="list-style-type: none"> <li>okufatulula omapulo sha yela</li> <li>okuyamukula mondjila koshileshwa</li> <li>okuulika euvoko lyokolela miinyola ya gwedhelwa</li> </ul>
	ulike euvoko pamikalo dha yooloka uuna taa yamukula omapulo ga kuthwa muuleshwa	<ul style="list-style-type: none"> <li>okunyola engongo, olopota, iipopiwa, oonkundathana, olupopyo taambathano, omatseyitho, ehokololoningomwa nokutsikila oshileshwa</li> </ul>	<ul style="list-style-type: none"> <li>okunyola engongo, olopota, iipopiwa, oonkundathana, olupopyo taambathano, omatseyitho, ehokololoningomwa nokutsikila oshileshwa</li> </ul>	<ul style="list-style-type: none"> <li>okunyola engongo, olopota, iipopiwa, oonkundathana, olupopyo taambathano, omatseyitho, ehokololoningomwa nokutsikila oshileshwa</li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
		nomadhiladhilo okuza mokahokololo, oonkundathana, okunyola sha tashi vulu okulongithwa kiikundaneki (oradio/TV), ehokololo nenge ekokeko lyedhiladhilo okuza mokaleshwa <ul style="list-style-type: none"> <li>• okutungilako nokuninga omayeleanitho okuza miinyolwa</li> </ul>	nomadhiladhilo okuza mokahokololo, oonkundathana, okunyola sha tashi vulu okulongithwa kiikundaneki (oradio/TV), ehokololo nenge ekokeko lyedhiladhilo okuza mokaleshwa <ul style="list-style-type: none"> <li>• okutungilako nokuninga omayeleanitho okuza miinyolwa</li> </ul>	nomadhiladhilo okuza mokahokololo, oonkundathana, okunyola sha tashi vulu okulongithwa kiikundaneki (oradio/TV), ehokololo nenge ekokeko lyedhiladhilo okuza mokaleshwa <ul style="list-style-type: none"> <li>• okutungilako nokuninga omayeleanitho okuza miinyolwa, okuvongonona, okukwatelakumwe okuza miinyolwa</li> </ul>

	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
<b>B. Okunyolwa kwo odhekwa</b>	nyole iinyolwa yi ili noyi ili komalalakano gokondandalunde ye na aapulakeni komutima taa longitha omuhingo nomukalo gu li mondjila. Miinyolwa yawo namu kwatelwe omashongo niikambakani melongo (pepandja 5) naa gandje unene euvoko lyowina mokutala komaupyakadhi nomashongo ngoka taga etwa kiinima mbika komulongwa ye mwene, komudhingoloko, koshigwana nokuuyuni.	<ul style="list-style-type: none"> <li>• Ya nyole: <ul style="list-style-type: none"> <li>- oombapila dha yooloka</li> <li>- iinyolwa yokutumwa kiikundaneki nokiifokundaneki yoosikola</li> <li>- oolopota:iiponga,omiyo nena,omalelo</li> </ul> </li> <li>• ooklaba nenge iilonga yapankalathano <ul style="list-style-type: none"> <li>- oonkundathana nenge</li> <li>- iipopiwa,</li> <li>- omushangwasiku</li> <li>- oo ciivii</li> <li>- elandulathano lyiipopiwa (oagenda)</li> <li>- oonkundathanapulo</li> <li>- amatumwalaka (ofaksa, sms, oi-meila, nsht.)</li> <li>- okunyola nokuthaneka amatseyitho gopaipindi, omaposta nuukartuna</li> <li>- oshinyolwa shokiikundaneki</li> <li>- okuninga omaindilo giilonga noku uvitha oofooloma</li> <li>- okunyola omanyenyeto</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Ya nyole: <ul style="list-style-type: none"> <li>- oombapila dha yooloka</li> <li>- iinyolwa yokutumwa kiikundaneki nokiifokundaneki yoosikola, omishangwa dhegandjo umbangi</li> <li>- oolopota:iiponga,omiy onena,omalelo</li> </ul> </li> <li>• ooklaba nenge iilonga yapankalathano <ul style="list-style-type: none"> <li>- oonkundathana nenge iipopiwa,</li> <li>- omushangwasiku</li> <li>- oo ciivii</li> <li>- elandulathano lyiipopiwa (oagenda)</li> <li>- oonkundathanapulo</li> <li>- amatumwalaka (ofaksa, sms, oi-meila, nsht.)</li> <li>- okunyola nokuthaneka amatseyitho gopaipindi, omaposta nuukartuna</li> <li>- oshinyolwa shokiikundaneki</li> <li>- okuninga omaindilo giilonga noku uvitha oofooloma</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Ya nyole: <ul style="list-style-type: none"> <li>- oombapila dha yooloka</li> <li>- iinyolwa yokutumwa kiikundaneki nokiifokundaneki yoosikola omishangwa dhegandjo umbangi</li> <li>- oolopota:iiponga,omiy onena,omalelo</li> </ul> </li> <li>• ooklaba nenge iilonga yapankalathano <ul style="list-style-type: none"> <li>- oonkundathana nenge iipopiwa,</li> <li>- omushangwasiku</li> <li>- oo ciivii</li> <li>- elandulathano lyiipopiwa (oagenda)</li> <li>- oonkundathanapulo</li> <li>- amatumwalaka (ofaksa, sms, oi-meila, nsht.)</li> <li>- okunyola nokuthaneka amatseyitho gopaipindi, omaposta nuukartuna</li> <li>- oshinyolwa shokiikundaneki</li> <li>- okuninga omaindilo giilonga noku uvitha oofooloma</li> <li>- okunyola omanyenyeto</li> <li>- oomemoranda dhehangano noosekula</li> <li>- oomminute</li> </ul> </li> </ul>

	<b>IILALAKANENWA</b>	<b>OMAPYOKOKO</b>		
		<b>ONDONDO 8</b>	<b>ONDONDO 9</b>	<b>ONDONDO 10</b>
	<b>Aalongwa naa:</b>	<b>Pehulilo lyondondo 8 aalongwa naa vule:</b>	<b>Pehulilo lyondondo 9 aalongwa naa vule:</b>	<b>Pehulilo lyondondo 10 aalongwa naa vule:</b>
		- okuudhitha oofooloma	- okunyola omanyenyeto - oomemoranda dhehangano - okuudhitha oofooloma	- okuudhitha oofooloma

	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa ya:	Pehulilo lyondondo 8 aalongwa naa vule:	Pehulilo lyondondo 9 aalongwa naa vule:	Pehulilo lyondondo 10 aalongwa naa vule:
C. <b>Okunyola kwa tsikilathana</b>	nyole oombilive dhomaludhi ga yooloka	<ul style="list-style-type: none"> <li>okunyola ombilive yuukuume noyopamblewa</li> <li>naa nyole ya tula aaleshi komutima mombapila yopaukuume nenge yo pamblewa</li> </ul>	<ul style="list-style-type: none"> <li>okunyola ombilive yuukuume noyopamblewa</li> <li>naa nyole ya tula aaleshi komutima mombapila yopaukuume nenge yo pamblewa</li> </ul>	<ul style="list-style-type: none"> <li>okunyola ombilive yuukuume noyopamblewa</li> <li>naa nyole ya tula aaleshi komutima mombapila yopaukuume nenge yo pamblewa noku tala nawa omuhingo nomukalo ngoka tagu nyolwa</li> </ul>
	nyole omaludhi gomatotwahokololo gi ili nogi ili momatotwahokololo na mu kwatelwe omashongo nomaupyakadhi giikambakani (pepandja 5) yomusindalongo	<ul style="list-style-type: none"> <li>okunyola omatotwahokololo ga yooloka ngaashi: ekwakwiifethitha, omakwakhokololwa, omakwakundjondjomona, omakwakutompathana</li> <li>okunyola omafupihokololo ye ga dhiladhila, uutewo, oonkundathana dhaantu yaali oshifo shosikola, omagazina, iifo nufo womaueyele</li> </ul>	<ul style="list-style-type: none"> <li>okunyola omatotwahokololo ga yooloka ngaashi: gomaifethitho, omakwakhokololwa, omakwakundjondjomona, omakwakutompathana</li> <li>okunyola omafupihokololo ye ga dhiladhila, uutewo, oonkundathana dhaantu yaali oshifo shosikola, omagazina, iifo nufo womaueyele</li> </ul>	<ul style="list-style-type: none"> <li>okunyola omatotwahokololo ga yooloka ngaashi: gomaifethitho, omakwakhokololwa, omakwakundjondjomona, omakwakutompathana</li> <li>okunyola omafupihokololo ye ga dhiladhila, uutewo, oonkundathana dhaantu yaali oshifo shosikola, omagazina, iifo nufo womaueyele</li> </ul>



### 10.3 ELONGITHO LYELAKA: IIMPUNGU

Sho aanona taa tsikile komeho noondondo, naa kale taa vulu okwiihumitha komeho nokwiidheula nawanawa okusipela, okulongitha iileshitho osho wo oompango dhelaka.

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 Aalongwa naa vule:	Pehulilo lyondondo 9 Aalongwa naa vule:	Pehulilo londod 10 Aalongwa naa vule:
1. Esipelo nelongitho lyiileshitho	sipele yo naa longithe iileshitho mondjila taa ulike euvoko lyoompango dhelaka	<ul style="list-style-type: none"> <li>• okulongitha iileshitho tayi landula mondjila:               <ul style="list-style-type: none"> <li>- okapingeninkwanu (‘)</li> <li>- okakwatitho (-)</li> <li>- oshitsa (.)</li> <li>- oshinkwanu (,)</li> <li>- oshitsakwanu (;)</li> <li>- oshiingidhitho (!)</li> <li>- oshipulitho (?)</li> <li>- iilandulithitsa (:)</li> <li>- uuyololikwanu (“...”)</li> <li>- oshidhilaadhilitho (—)</li> <li>- iikondekitho ( )</li> </ul> </li> <li>• okulongitha oondanda oonene mondjila</li> <li>• okulongitha omafupipiko</li> <li>• okulongitha; elongomawi;               <ul style="list-style-type: none"> <li>- Uuntokotya</li> <li>- Uuitumbuli, uugwedhwa</li> </ul> </li> <li>• Okutumbula nawa iitya ehengumukilomumwe lyuuitumbuli</li> <li>• okulongitha omunyolelo mondjila</li> </ul>	<ul style="list-style-type: none"> <li>• okulongitha iileshitho mondjila:               <ul style="list-style-type: none"> <li>- okapingeninkwanu (‘)</li> <li>- okakwatitho (-)</li> <li>- oshitsa (.)</li> <li>- oshinkwanu (,)</li> <li>- oshitsakwanu (;)</li> <li>- oshiingidhitho (!)</li> <li>- oshipulitho (?)</li> <li>- iilandulithitsa (:)</li> <li>- iiyololikwanu (“...”)</li> <li>- oshidhilaadhilitho (—)</li> <li>- iikondekitho ( )</li> </ul> </li> <li>• okulongitha oondanda oonene mondjila</li> <li>• okulongitha omafupipiko</li> <li>• okulongitha elongomawi;               <ul style="list-style-type: none"> <li>- Uuntokotya</li> <li>- Uuitumbuli, uugwedhwa</li> <li>- Okutumbula nawa iitya ehengumukilomumwe lyuuitumbuli</li> <li>- okulongitha omunyolelo mondjila</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• okulongitha iileshitho mondjila:               <ul style="list-style-type: none"> <li>- okapingeninkwanu (‘)</li> <li>- okakwatitho (-)</li> <li>- oshitsa (.)</li> <li>- oshikwanu (,)</li> <li>- oshitsakwanu (;)</li> <li>- oshiingidhitho (!)</li> <li>- oshipulitho (?)</li> <li>- iilandulithitsa (:)</li> <li>- iiyololikwanu (“...”)</li> <li>- oshidhilaadhilitho (—)</li> <li>- iikondekitho ( )</li> </ul> </li> <li>• okulongitha oondanda oonene mondjila</li> <li>• okulongitha omafupipiko</li> <li>• okulongitha elongomawi;               <ul style="list-style-type: none"> <li>- Uuntokotya</li> <li>- Uuitumbuli, uugwedhwa</li> <li>- Okutumbula nawa iitya ehengumukilomumwe lyuuitumbuli</li> <li>- okulongitha omunyolelo mondjila</li> </ul> </li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 Aalongwa naa vule:	Pehulilo lyondondo 9 Aalongwa naa vule:	Pehulilo londod 10 Aalongwa naa vule:
2. Elongitho lyelaka	longithe omitungilo dhopampango yelaka dhomondjila	<ul style="list-style-type: none"> <li>• okulongitha omitungilo dhelaka mondjila</li> <li>• okulongitha omathimbo mondjila</li> <li>• okulongitha iityalonga mondjila molupe luushimwe nopauwindji iityadhina niityapeha</li> <li>• okuyoolola pokati komaludhi giityadhina ngaashi:</li> <li>• iityadhinalela, iikwaagumwa, iikwakugumwa, iikwangundu, uundume, uukadhi iityadhinamuhowi, pawindji paushimwe, iikupikwatyadhina iyelekitho niikwamiyalu</li> <li>• okulongitha omalupe giityalonga ngaashi: olupekulonga, kulongwa, kwiilonga, kulongathana, kulongulula, kulongeka, olupe lwoondambulu.</li> <li>• okulongitha iityalupe</li> </ul>	<ul style="list-style-type: none"> <li>• okulongitha omitungilo dhelaka mondjila</li> <li>• okulongitha omathimbo mondjila</li> <li>• okulongitha iityalonga mondjila molupe luushimwe nopauwindji</li> <li>• okuyoolola pokati komaludhi giityadhina ngaashi:</li> <li>• iityadhinalela, kwaagumwa, iikwakugumwa, iikwangundu, uundume, uukadhi iityadhinamuhowi, pawindji paushimwe, iikupikwatyadhina iyelekitho niikwamiyalu</li> <li>• okulongitha omalupe giityalonga ngaashi: olupekulonga, kulongwa, kwiilonga, kulongathana, kulongulula, kulongeka, olupe lwoondambulu.</li> <li>• okulongitha iityalupe</li> </ul>	<ul style="list-style-type: none"> <li>• okulongitha omitungilo dhelaka mondjila</li> <li>• okulongitha omathimbo mondjila</li> <li>• okulongitha iityalonga mondjila molupe luushimwe nopauwindji</li> <li>• okuyoolola pokati komaludhi giityadhina ngaashi:</li> <li>• iityadhinalela, kwaagumwa, iikwakugumwa, iikwangundu, uundume, uukadhi iityadhinamuhowi, pawindji paushimwe, iikupikwatyadhina iyelekitho niikwamiyalu</li> <li>• okulongitha omalupe giityalonga ngaashi: olupekulonga, kulongwa, kwiilonga, kulongathana, kulongulula, kulongeka, olupe lwoondambulu.</li> <li>• okulongitha iityalupe</li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 Aalongwa naa vule:	Pehulilo lyondondo 9 Aalongwa naa vule:	Pehulilo londod 10 Aalongwa naa vule:
	<ul style="list-style-type: none"> <li>- Elongitho lyiityahololi</li> <li>- yethimbo</li> <li>- yehala</li> <li>- noyomukalo</li> </ul>	<ul style="list-style-type: none"> <li>• okulongitha iityapeha ngaashi: <ul style="list-style-type: none"> <li>- iityapehalela, windji, uliko</li> <li>- okulongitha iikwatakanithi ngaashi</li> </ul> </li> <li>iikwatanithimwene, iikwatanithiningi/ningwa</li> <li>- okulongitha iihaki</li> <li>- okulongitha iityathaneko</li> <li>- okulongitha iikwatakanithitya; iikwatakanithityategameki, iikwatanithityakwiininiki</li> <li>- okulongitha iityamwaalukota niityamwaalulandulathano</li> </ul>	<ul style="list-style-type: none"> <li>• okulongitha iityapeha ngaashi: <ul style="list-style-type: none"> <li>- iityapehalela, windji, uliko</li> <li>- okulongitha iikwatakanithi ngaashi</li> </ul> </li> <li>iikwatanithimwene, iikwatanithiningi/ningwa</li> <li>- okulongitha iihaki</li> <li>- okulongitha iityathaneko</li> <li>- okulongitha iikwatakanithitya; iikwatakanithityategameki, iikwatanithityakwiininiki</li> <li>- okulongitha iityamwaalukota niityamwaalulandulathano</li> </ul>	<ul style="list-style-type: none"> <li>• okulongitha iityapeha ngaashi: <ul style="list-style-type: none"> <li>- iityapehalela, windji, uliko</li> <li>- okulongitha iikwatakanithi ngaashi</li> </ul> </li> <li>iikwatanithimwene, iikwatanithiningi/ningwa</li> <li>- okulongitha iihaki</li> <li>- okulongitha iityathaneko</li> <li>- okulongitha iikwatakanithitya; iikwatakanithityategameki, iikwatanithityakwiininiki</li> <li>- okulongitha iityamwaalukota niityamwaalulandulathano</li> </ul>
3. Elongitho lyuuyambiitya	longithe uuyambiitya wu ukila ko poonkalo nopoopito mpoka tau longithwa wu ulike euveko lyelongitho lyelaka pafano, paipopiwamayeleye nomayeletumbulo	<ul style="list-style-type: none"> <li>• okuuva ko nokulongitha: <ul style="list-style-type: none"> <li>- oosinonime, omakondjithathano (ooantonime), oohomonime</li> <li>- ohomografe, iitya hayi tumpakanithwa, elongitho lyoshitya paityo lyasho nopafano, oshitya shimwe peha lyiitya oyindji, omayeletumbulo nelongitho lyoshitya pamayeletumbulo/iipopiw ama-yele nomipopyofano</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• okuuva ko nokulongitha: <ul style="list-style-type: none"> <li>- oosinonime, omakondjithathano (ooantonime), oohomonime</li> <li>- ohomografe, iitya hayi tumpakanithwa, elongitho lyoshitya paityo lyasho nopafano, oshitya shimwe peha lyiitya oyindji, omayeletumbulo nelongitho lyoshitya pamayeletumbulo/iipopiw ama-yele nomipopyofano</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• okuuva ko nokulongitha: <ul style="list-style-type: none"> <li>- oosinonime, omakondjithathano (ooantonime), oohomonime</li> <li>- ohomografe, iitya hayi tumpakanithwa, elongitho lyoshitya paityo lyasho nopafano, oshitya shimwe peha lyiitya oyindji, omayeletumbulo nelongitho lyoshitya pamayeletumbulo/iipopiw ama-yele nomipopyofano</li> </ul> </li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 Aalongwa naa vule:	Pehulilo lyondondo 9 Aalongwa naa vule:	Pehulilo londod 10 Aalongwa naa vule:
		<ul style="list-style-type: none"> <li>okulongitha omipopyofano ngaashi: <ul style="list-style-type: none"> <li>eyelekanitho/simile</li> <li>omufethelamo/ometafor</li> <li>enengeneke/oeufemisme</li> <li>entuupeko/emwenyeko</li> <li>omutoto/ohiperbola</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>okulongitha omipopyofano ngaashi: <ul style="list-style-type: none"> <li>eyelekanitho/simile</li> <li>omufethelamo/ometafor</li> <li>enengeneke/oeufemisme</li> <li>entuupeko/emwenyeko</li> <li>omutotolombo/ohiperbola</li> <li>enyonkelo/oshiyeele/oironi</li> <li>omushadho</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>okulongitha omipopyofano ngaashi: <ul style="list-style-type: none"> <li>eyelekanitho/simile</li> <li>omufethelamo/ometafor</li> <li>enengeneke/oeufemisme</li> <li>entuupeko/emwenyeko</li> <li>omutotolombo/ohiperbola</li> <li>epingathano</li> <li>elukululofetho/elukileko</li> <li>ometonomi (metonym)</li> </ul> </li> </ul>
	endele ko paenkatu mokushanga kondandalunde nomokulongitha oonzo dhi ili nodhi ili	<ul style="list-style-type: none"> <li>okulongitha omambwiitya osho wo omambo gamwe gi ili ongoonzo dha gwedhwa po mokushanga mondjila, mokukonga omafatululo giitya nomauyejelele omakwawo ngaashi omafupipiko, iipopiwamayejele, omaludhi giitya, nosho tuu</li> <li>okulongitha oonzo dhiikwamalusheno (ngaashi ointarneta, oradio, oTV nosho tuu) mpoka tadhi monika ongoonzo dhomauyejelele</li> <li>okulongitha uuyambiitya u li mondjila opo ku yandwe enwethemo lyomalaka galwe</li> <li>okulongitha uuyambiitya u li mondjila mokuholola egamo lyontumba</li> </ul>	<ul style="list-style-type: none"> <li>okulongitha omambwiitya osho wo omambo gamwe gi ili ongoonzo dha gwedhwa po mokushanga mondjila, mokukonga omafatululo giitya nomauyejelele makwawo ngaashi omafupipiko, iipopiwamayejele, omaludhi giitya, nosho tuu</li> <li>okulongitha oonzo dhiikwamalusheno (ngaashi ointarneta, oradio, oTV nosho tuu) opo tadhi monika ongoonzo dhomauyejelele</li> <li>okulongitha uuyambiitya u li mondjila opo ku yandwe enwethemo lyomalaka galwe</li> <li>okulongitha uuyambiitya u li mondjila mokuholola egamo lyontumba</li> </ul>	<ul style="list-style-type: none"> <li>okulongitha omambiitya osho wo omambo gamwe gi ili ongoonzo dha gwedhwa po mokushanga mondjila, mokukonga omafatululo giitya nomauyejelele makwawo ngaashi omafupipiko, iipopiwamayejele, omaludhi giitya, nosho tuu</li> <li>okulongitha oonzo dhiikwamalusheno (ngaashi ointarneta, oradio, oTV nosho tuu) opo tadhi monika ongoonzo dhomauyejelele</li> <li>okulongitha uuyambiitya u li mondjila opo ku yandwe enwethemo lyomalaka galwe</li> <li>okulongitha uuyambiitya u li mondjila mokuholola egamo lyontumba</li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 Aalongwa naa vule:	Pehulilo lyondondo 9 Aalongwa naa vule:	Pehulilo londod 10 Aalongwa naa vule:
		<ul style="list-style-type: none"> <li>okulongitha uuyambiitya wa yooloka mokuhololola, mokuyelitha nomokupopila oonkalo momaithano gamwe ngaashi elongo, uutekenika, omaudhano, uuhaku nonkalathano miinima ngaashi o-HIV no-AIDS, uudhigu wopaliko ekandulopo lyoluhepo, omaupyakadhi muuyuni, omalandithilo, nosho tuu</li> <li>okulongitha omalukwiitya gopaungoba nuuyambiitya tau opalele</li> </ul>	<ul style="list-style-type: none"> <li>okulongitha uuyambiitya wa yooloka mokuhololola, mokuyelitha nomokupopila oonkalo momaithano gamwe ngaashi elongo, uutekenika, omaudhano, uuhaku nonkalathano miinima ngaashi o-HIV no-AIDS, uudhigu wopaliko ekandulopo lyoluhepo, omaupyakadhi muuyuni, omalandithilo nosho tuu</li> <li>okulongitha omalukwiitya gopaungomba nuuyambiitya tau opalele</li> </ul>	<ul style="list-style-type: none"> <li>okulongitha uuyambiitya wa yooloka mokuhololola, mokuyelitha nomokupopila oonghalo momaithano gamwe ngaashi elongo, uutekenika, omaudhano, uuhaku nonkalathano miinima ngaashi o-HIV no-AIDS, uudhigu wopaliko ekandulopo lyoluhepo, omaupyakadhi muuyuni, omalandithilo nosho tuu</li> <li>okulongitha omalukwiitya gopaungomba nuuyambiitya tau opalele</li> </ul>
4. Elongitho lyetungopo lyiitya netungopo lyomatumbulo	kambadhale yo ya longithe mondjila omitungilo dhomatumbulo dhi ili nodhi ili	<ul style="list-style-type: none"> <li>okuvongokonona iitya taa longitha; oshitetekeli, ekota, omudhi, oshihugunini</li> <li>okulongitha, okweeta po nokuvongokonona omaludhi gomatumbulo ga yooloka; ngaashi omalombwelotumbulo, amatseyithotumbulo, omapulotumbulo, omatumbulo ganathangwa, omakupikwatumbulo, iihampi yomatumbulo</li> <li>okulongitha omukalo gwokulonga nomukalo gwokulongwa, omupopyo gu ukilila nomupopyo gwaaukilile</li> </ul>	<ul style="list-style-type: none"> <li>okuvongokonona iitya taa longitha; oshitetekeli, ekota, omudhi, oshihugunini</li> <li>okulongitha, okweeta po nokuvongokonona omaludhi gomatumbulo ga yooloka; ngaashi omalombwelotumbulo, amatseyithotumbulo, omapulotumbulo, omatumbulo ganathangwa, omakupikwatumbulo, iihampi yomatumbulo</li> <li>okulongitha omukalo gwokulonga nomukalo gwokulongwa, omupopyo gu ukilila nomupopyo gwaaukilile</li> </ul>	<ul style="list-style-type: none"> <li>okuvongokonona iitya taa longitha; oshitetekeli, ekota, omudhi, oshihugunini</li> <li>okulongitha, okweeta po nokuvongokonona omaludhi gomatumbulo ga yooloka; ngaashi omalombwelotumbulo, amatseyithotumbulo, omapulotumbulo, omatumbulo ganathangwa, omakupikwatumbulo, iihampi yomatumbulo</li> <li>okulongitha omukalo gwokulonga nomukalo gwokulongwa, omupopyo gu ukilila nomupopyo gwaaukilile</li> </ul>

OOWINO	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 Aalongwa naa vule:	Pehulilo lyondondo 9 Aalongwa naa vule:	Pehulilo londod 10 Aalongwa naa vule:
		<ul style="list-style-type: none"> <li>okulongitha oongundumukalo (oomodusa) hol; omukalohokololo, omukalondjigilile, omukalopangelwa, omukalolupe olupempango, olupedhina nolupitako</li> <li>okulongitha omakwiininitumbulo nomakwiininwatumbulo</li> </ul>	<ul style="list-style-type: none"> <li>okulongitha oongundumukalo (oomodusa) hol; omukalohokololo, omukalondjigilile, omukalopangelwa, omukalolupe olupempango, olupedhina nolupitako</li> <li>okulongitha omakwiininitumbulo nomakwiininwatumbulo</li> </ul>	<ul style="list-style-type: none"> <li>okulongitha oongundumukalo (oomodusa) hol; omukalohokololo, omukalondjigilile, omukalopangelwa, omukalolupe olupempango, olupedhina nolupitako</li> <li>okulongitha omakwiininitumbulo nomakwiininwatumbulo</li> </ul>
5. Etoloko	Mone nokulongitha oowino dhokutoloka dhopetameko	<ul style="list-style-type: none"> <li>okutoloka taa kutha melaka lyopamblewa (Oshiingilisa) okufala melaka lyawo nenge taa kutha melaka lyawo taa fala mOshiingilisa; ngaashi iipopiwa ya nathangwa, omahokololo omafupi, iikundathanwa muungundu. <ul style="list-style-type: none"> <li>- okuholela iigongi (pamuthika gwopamudhingoloko),</li> <li>- okuholela iihokolola moompangu (pamuthigululwakalo nodhopashinanena)</li> <li>- uuleshwa uufupi nowanathangwa (ta wu leshwa muule nenge tau shangwa</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>okutoloka taa kutha melaka lyopamblewa (Oshiingilisa) okufala melaka lyawo nenge taa kutha melaka lyawo taa fala mOshiingilisa; ngaashi iipopiwa ya nathangwa, omahokololo omafupi, iikundathanwa muungundu. <ul style="list-style-type: none"> <li>- okuholela iigongi (pamuthika gwopamudhingoloko),</li> <li>- okuholela iihokolola moompangu (pamuthigululwakalo nodhopashinanena)</li> <li>- uuleshwa uule (ta wu leshwa muule nenge tawu shangwa</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>okutoloka taa kutha melaka lyopamblewa (Oshiingilisa) okufala melaka lyawo nenge taa kutha melaka lyawo taa fala mOshiingilisa; ngaashi iipopiwa ya nathangwa, omahokololo omafupi, iikundathanwa muungundu. <ul style="list-style-type: none"> <li>- okuholela iigongi (pamuthika gwopamudhingoloko),</li> <li>- okuholela iihokolola moompangu (pamuthigululwakalo nodhopashinanena)</li> <li>- uuleshwa uule (ta wu leshwa muule nenge tawu shangwa</li> </ul> </li> </ul>

#### 10.4 UUNAMAMBO

	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 Aalongwa naa vule:	Pehulilo lyondondo 9 Aalongwa naa vule:	Pehulilo londod 10 Aalongwa naa vule:
1. Owino tau ulike euvoko: Okumona owino neuvoko lyiitopolwa yuunamambo ya yooloka (Oprosa, Odrama nuutewo)	yamukule komadhiladhilo gomunyoli etumwalaka lyontumba	<ul style="list-style-type: none"> <li>• okuulika omanenedhiladhilo taga popile</li> <li>• tondokithe omeho miinyolwa nenge ya leshe meendelelo okukonga mo uuyelege wontumba</li> <li>• gandje omaiyuvo gawo yene koshinyolwa</li> <li>• miinyolwa yi ilongwa</li> </ul>	<ul style="list-style-type: none"> <li>• okuulika omanenedhiladhilo taga popile</li> <li>• okutondokitha omeho miinyolwa nenge ya leshe meendelelo okukonga mo uuyelege wontumba</li> <li>• okugandja omaiyuvo gawo koshinyolwa</li> <li>• okukutha/konga mo etumbwalaka moshinyolwa</li> <li>• okudhimbuluka nokuhokolola iiningwanima miinyolwa yi ilongwa</li> </ul>	<ul style="list-style-type: none"> <li>• okuulika omanenedhiladhilo taga popile</li> <li>• okutondokitha omeho miinyolwa nenge ya leshe meendelelo okukonga mo uuyelege wontumba</li> <li>• okugandja omaiyuvo gawo koshinyolwa</li> <li>• okukutha/konga mo etumwalaka moshinyolwa</li> <li>• okudhimbulula omalalakano gomunyoli</li> </ul>
	Yamukule komadhiladhilo gomunyoli etumwalaka lyontumba	<ul style="list-style-type: none"> <li>• okuulika kutya otaa vulu okuuva ko omanenedhiladhilo nomatongomonidhiladhilo</li> <li>• okulesha oshinyolwa meendelelo nokulesha molwuuyelege wontumba mo kaleshwa/moshinyolwa</li> </ul>	<ul style="list-style-type: none"> <li>• okuulika kutya otaa vulu okuuva ko omanenedhiladhilo nomatongomonidhiladhilo</li> <li>• okulesha oshinyolwa meendelelo nokulesha molwuuyelege wontumba ya yoolole mo omahulitho kaleshwa/moshinyolwa</li> </ul>	<ul style="list-style-type: none"> <li>• okuulika kutya otaa vulu okuuva ko omanenedhiladhilo nomatongomonidhiladhilo</li> <li>• okulesha oshinyolwa meendelelo nokulesha molwuuyelege wontumba ya yoolole mo omahulitho kaaleshwa/moshinyolwa</li> </ul>

	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 Aalongwa naa vule:	Pehulilo lyondondo 9 Aalongwa naa vule:	Pehulilo londod 10 Aalongwa naa vule:
		<ul style="list-style-type: none"> <li>okugandja omadhiladhilo gawo yenee koshinyolwa shoshilongwa</li> <li>okuuva ko omahokololo nuutewo(wa hokololwa nowaaleshwa)</li> </ul>	<ul style="list-style-type: none"> <li>okugandja omadhiladhilo gawo yene koshinyolwa shi ilongwa</li> <li>okuuva ko omahokololo nuutewo(va hokololwa novaleshwa)</li> <li>okukufa mo etumwalaka miinyolwa yi ilongwa</li> </ul>	<ul style="list-style-type: none"> <li>okugandja omadhiladhilo gawo yene koshinyolwa shi ilongwa</li> <li>okuuva ko omahokololo nuutewo(ya hokololwa naaleshwa)</li> <li>okukufa mo etumwalaka miinyolwa yi ilongwa</li> <li>okuuva ko omahalelo goomunyoli</li> </ul>
	B. ulike ontseyo neuvoko (okuulika etaamboko lyuutewo, iinyandwa, uunovela nomahokololo omafupi	<ul style="list-style-type: none"> <li>okuyoolola mo iipalanyolo taye yi ngongo paufupi noku yi hokololulula.</li> <li>okudhimbulula nokutotha mo omipopyofano dha yoolokathana</li> </ul>	<ul style="list-style-type: none"> <li>okuyoolola mo iipalanyolo taye yi ngongo paufupi noku yi hokololulula.</li> <li>okudhimbulula nokutotha mo omipopyofano dha yoolokathana neuvoko</li> </ul>	<ul style="list-style-type: none"> <li>okuyoolola mo iipalanyolo taye yi ngongo paufupi noku yi hokololulula.</li> <li>okudhimbulula nokutotha mo omipopyofano dha yoolokathana</li> </ul>
	C. uve ko, yoolole nokulongitha iikwaunamambo yopamuthigululwankalo (pakana) nowopashinanena	<ul style="list-style-type: none"> <li>okuyoolola pokati kuunamambo wopamuthigululwakalo nowopashinanena</li> <li>okutotha mo nokulongitha omikalo dhokuhokolola pamuthigululwakalo nodhopashinanena.</li> </ul>	<ul style="list-style-type: none"> <li>okuyoolola pokati kuunamambo wopamuthigululwakalo nowopashinanena</li> <li>okutotha mo nokulongitha omikalo dhokuhokolola pamuthigululwakalo nodhopashinanena.</li> </ul>	<ul style="list-style-type: none"> <li>okuyoolola pokati kuunamambo wopamuthigululwakalo nowopashinanena</li> <li>okutotha mo nokulongitha omikalo dhokuhokolola pamuthigululwakalo nodhopashinanena.</li> </ul>
	D. uve ko, yoolole mo omayiivo nomagamo gaanyandi	<ul style="list-style-type: none"> <li>okuyoolola omayiivo (hol enyanyu, ongeyo, oluhodhi, uutile)</li> </ul>	<ul style="list-style-type: none"> <li>okuyoolola omayiivo (hol enyanyu, ongeyo, oluhodhi, uutile)</li> </ul>	<ul style="list-style-type: none"> <li>okuyoolola omayiivo (hol enyanyu, ongeyo, oluhodhi, uutile)</li> </ul>
	E. dhimbulule nokukundathana iikwaunamambo menyolwalaka	<ul style="list-style-type: none"> <li>okudhimbulula nokukundathana iikwaunamambo tayi landula (omaukwatya gaanyandi, ehuku enene, uuhukwena, elandulathano lyehokololo (oplota) omudhingoloko,</li> </ul>	<ul style="list-style-type: none"> <li>okudhimbulula nokukundathana iikwaunamambo tayi landula (omaukwatya gaanyandji, ehuku enene, uuhukwena, elandulathano lyehokololo (oplota) omudhingoloko,</li> </ul>	<ul style="list-style-type: none"> <li>okudhimbulula nokukundathana iikwaunamambo tayi landula (omaukwatya gaanyandji, ehuku enene, uuhukwena, elandulathano lyehokololo (oplota) omudhingoloko,</li> </ul>



	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 Aalongwa naa vule:	Pehulilo lyondondo 9 Aalongwa naa vule:	Pehulilo londod 10 Aalongwa naa vule:
		ohulo, ekoloko ) muunamambo wopamuthigululwakalo nowopashinanena	ohulo, ekoloko ) muunamambo wopamuthigululwakalo nowopashinanena • hogolole mo iitothwa mo tayi opalele.	ohulo, ekoloko ) muunamambo wopamuthigululwakalo • hogolole mo iitothwamo tayi opalele
	dhimbulule/ uveko nokutambula ko nkene omipopyofano omayeletumbulo niipopiwamayele hai longithwa miinyolwa okuhanga omahalelo gomunyoli	• okudhimbuluka mo omipopyofano (ngaashi eshadho, enyonkelo, omaifethitho, eyelekanitho, omutoto, emwenyeko/entuupeko nosho tuu) dha longithwa moshinyolwa shi ilongwa	• okudhimbuluka mo omipopyofano (ngaashi eshadho, enyonkelo, omaifethitho, eyelekanitho, omutoto, emwenyeko/entuupeko nosho tuu) da longifwa moshinyolwa she lihongwa	• okudhimbuluka mo omipopyofano (ngaashi eshadho, enyonkelo, omaifethitho, eyelekanitho, omutoto, emwenyeko/entuupeko nosho tuu) dha longithwa moshinyolwa shi ilongwa
2. Okudhindola iinyolwa	dhinde muule iinyolwa moku yi pikula, oku yi toloka, oku yi nyola noku dhiladhila konima kwaasho ya nyola	• okutomona omahuku nomatompelo miinyolwa yi ilongwa	• okutomona omahuku nomatompelo miinyolwa yi ilongwa	• okukonga nokufumvula omahuku, omatompelo (iiyeti niilanduli), omafekela nomandhindhiliko moshinyolwa shi ilongwa
	tunge nokuyambula po omadhiladhilo gawo yene muunamambo wa yooloka	• okuyoolola omadhiladhilo gawo yene miinyolwa yi ilongwa	• okuyoolola omadhiladhilo gawo yene miinyolwa yi ilongwa	• okudhinda nokutalulula iinyolwa yi ilongwa

	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 Aalongwa naa vule:	Pehulilo lyondondo 9 Aalongwa naa vule:	Pehulilo londod 10 Aalongwa naa vule:
	vongokonene nokudhinda uunamambo miinyolwa yi ilongwa	<ul style="list-style-type: none"> <li>• okuvongokonona ehokololo, omapambathano pokati kaanyandi nomudhingoloko nosho tuu</li> <li>• okutotha mo omakwatathano pokati aanyandi nehokololo osho wo pokati kaanyandi yo yene</li> <li>• okukonga nokutomona nokumona nkene elaka lya gwedha ko keityo lyoshinyolwa</li> <li>• okutomona elaka lyuunamambo tali opalele mendjadjukununo lya dhindwa miinyolwa yi longwa</li> <li>• omafekela</li> <li>• oshiyeele/okambweenga</li> <li>• esheko</li> <li>• entuupeko</li> <li>• eyelekanitho</li> </ul>	<ul style="list-style-type: none"> <li>• okutomona ehokololo, omapambathano pokati kaanyandi nomudhingoloko nosho tuu</li> <li>• okutotha mo omakwatathano pokati kaanyandi nehokololo osho yo pokati kaanyandi yo yene</li> <li>• okukonga nokutomona nokumona nkene elaka la gwedha ko keityo lyoshinyolwa</li> <li>• okutomona elaka lyuunamambo tali wapalele meendjadjukununo lya dhindwa miinyolwa yi ilongwa</li> <li>• omafekela</li> <li>• oshiyeele/okambweenga</li> <li>• esheko</li> <li>• entuupeko</li> <li>• eyelekanitho</li> </ul>	<ul style="list-style-type: none"> <li>• okutomona ehokololo, omapambathano pokati kaanyandi nomudhingoloko nosho tuu</li> <li>• okutotha mo omakwatathano pokati kaanyandi nehokololo osho yo pokati kaanyandi yo yene</li> <li>• okukonga nokutomona nokumona nkene elaka lya gwedha ko keityo lyoshinyolwa</li> <li>• okutomona elaka lyuunamambo tali opalele meendjadjukununo lya dhindwa miinyolwa yi ilongwa</li> <li>• omafekela</li> <li>• oshiyeele/okambweenga</li> <li>• esheko</li> <li>• entuupeko</li> <li>• eyelekanitho</li> </ul>

	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
	Aalongwa naa:	Pehulilo lyondondo 8 Aalongwa naa vule:	Pehulilo lyondondo 9 Aalongwa naa vule:	Pehulilo londod 10 Aalongwa naa vule:
			<ul style="list-style-type: none"> <li>okutomona nokumona iikwa inyandwa tayi landula <ul style="list-style-type: none"> <li>Oonkundathana</li> <li>Omaipumomumwe</li> <li>Mpoka pwa dhanenwa ehokololo/omudhingolo ko</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>okutomona nokumona iikwa inyandwa tayi landula <ul style="list-style-type: none"> <li>Oonkundathana</li> <li>Omaipumomumwe</li> <li>Mpoka pwa dha nenwa ehokololo/omudhingolo ko</li> </ul> </li> </ul>
3. Ekonakono lyomuule negandjo lyomadhiladhilo gopaumwene	Yamukule kokaleshwa momikalo dhi ili nodhi ili	<ul style="list-style-type: none"> <li>Okutungila ko, okutala ongushu/okuyeleka okuyelekanitha, okundjadjukununa, nokutula kumwe uuyeleele wa za moshinyolwa</li> <li>okugandja omayamukulo ganathangwa kiinyolwa yi ilongwa</li> <li>Okukundathana omakwatathano (ngaashi omahuku, aanyandi nosho tuu) miinyolwa yi ilongwa</li> </ul>	<ul style="list-style-type: none"> <li>Okutungila ko ge na ongushu, okutala ongushu, okuyelekanitha, okundjandjukununa, nokutula kumwe uuyeleele wa za moshinyolwa <ul style="list-style-type: none"> <li>Omafekela</li> <li>Oshiyele</li> <li>Esheko</li> <li>Iitindika</li> <li>Iiyolitha</li> <li>Entuupeko</li> <li>Eyelekanitho</li> <li>Omufethitho</li> <li>Okalipitwatya</li> <li>Okalipitwalitumbuli</li> </ul> </li> <li>okutomona nokumona iikwa iinyandwa tayi landula <ul style="list-style-type: none"> <li>Oonkundathana</li> <li>Omalipumomumwe</li> <li>Mpoka pwa dhanenwa ehokololo/omudhingoloko</li> </ul> </li> <li>Okukundathana omakwatathano (ngaashi omahuku, aanyandi nosho tuu) miinyolwa yi ilonga</li> </ul>	<ul style="list-style-type: none"> <li>Okutungila ko okutala ongushu, okuyelekanitha, okusimonona, nokutula kumwe uuyeleele wa za moshinyolwa</li> <li>Okupopya omayamukulo gopaumwene kiinyolwa yi ilongwa</li> <li>Okukundathana omakwatathano (ngaashi omahuku, aanyandi nosho tuu) miinyolwa ye yi ilonga</li> </ul>

	IILALAKANENWA	OMAPYOKOKO		
		ONDONDO 8	ONDONDO 9	ONDONDO 10
Aalongwa naa:		Pehulilo lyondondo 8 Aalongwa naa vule:	Pehulilo lyondondo 9 Aalongwa naa vule:	Pehulilo londod 10 Aalongwa naa vule:
				a
		<ul style="list-style-type: none"> <li>Okukundathana omafekelo omaiyuvo nomagamo</li> </ul>	<ul style="list-style-type: none"> <li>Okwiiyeleka okukundathana omafekelo omaiyuvo nomagamo</li> </ul>	<ul style="list-style-type: none"> <li>Okuyeleka,okukundathana omafekelo omaiyuvo nomagamo</li> </ul>
		<ul style="list-style-type: none"> <li>Okutala ongushu yehuku konkalo yolela (ngaashi HIV no-AIDS, elongo lyomudhingoloko, iinima elongo lyomudhingoloko, iinima yuukashike-ko-okantu, elongo lyaakwashigwana, uuthemba womuntu nuudemokoli nosho tuu)</li> <li>Okukundathana nokudhimbuluka iiponga nomashongo taga etwa kiinima ya tumbulwa, kokanona ko kene, mOshitopolwa, moshilongo nokondje yoshilongo</li> <li>okutomona ongundu yaapulakeni miinyolwa ye yi ilonga</li> <li>okutotha mo nokulongitha iinyolwa yomaludhi ga yooloka molwetyapulo, uuyelele netumbaleko</li> </ul>	<ul style="list-style-type: none"> <li>elongo lyomudhingoloko, iinima yuukashike-ko-okantu, elongo lyuuwindjiwaakwashigwana, uuthemba womuntu, nuudemokoli nosho tuu</li> <li>Okukundathana ko nokudhimbuluka iiponga nomashongo taga etwa kiinima ya tumbulwa, kokaana kokene, moshitolwa, moshilongo nokondje yoshilongo</li> <li>okutomona ongundu yaapulakeni miinyolwa ye yi ilonga</li> <li>okutotha mo nokulongitha iinyolwa yomaludhi ga yooloka molwetyapulo, uuyelele netumbaleko</li> </ul>	<ul style="list-style-type: none"> <li>elongo lyomudhingoloko, iinima yuukashike kookantu, elongo lyuuwindji waakwashigwana, uuthemba womuntu, nuudemokoli nosho tuu)</li> <li>Okukundathana ko nokudhimbuluka iiponga nomashongo taga etwa kiinima ya tumbulwa, kokaana kokene, moshitolwa, moshilongo nokondje yoshilongo</li> <li>okutomona ongundu yaapulakeni miinyolwa ye yi ilonga</li> <li>okutotha mo nokulongitha iinyolwa yomaludhi ga yooloka molwetyapulo, uuyelele netumbaleko</li> </ul>

## 11. ETALONTSEYO

### 11.1 OONTEN TEKELIHAPU

Etalontseyo olya kwatela mo Etalontseyo lya tsikilathana, lyakwalukehe naandi lya longekidhwa motundi nekonakono lyahugunina/lyopehulilo. Etalontseyo lya hololwa momusindalongo nguka olya kwatathana/pamba amapyokoko gomusindalongo nomapyokoko noowino dhonkalamwenyo, ngaashi taga holoka momusindalando (Pilot Curriculum Guide) nonkene omulongwa kehe ta adha amapyokoko ngaka.

Etalontseyo lya tsikilathana olyo omukalo gwa simana unene gwEtalontseyo okulandula eyokomeho lyomulongwa nokugandja shoka sha monika pomathimbo nomathimbo. Etalontseyo lya tsikilathana olyo wo omukalo gumwe aguke moka omalalakano, iilakanenwa nomapyokoko gomulandu aguhe taga konakonwa. Megwedheleko komukalo gwEtalontseyo lya shi lyopambelewa, omwaalu gwontumba gwEtalontseyo komumvo omolwetalontseyo moshilongwa shika, ogu li mofooloma yEtalontseyo lya tsikilathana.

### 11.2 ELALAKANO LYETALONTSEYO

Melongo lyomulongwa ta dhana onkandangala, okutala eyokomeho naashoka omulongwa kehe a adha osho oshinima tashi ningwa ethimbo nethimbo ongoshitopolwa lela shokulonga nokwiilonga. Elalakano enene lyETALONTSEYO okumona efano li li mondjila ngaashi tashi vulika okutala eyokomeho lyomulongwa pamapyokoko gomusindalando noowino dhakwalukehe monkalamwenyo.

- **Okugandja uyelele komulongwa**

Uyelele mboka wa gongelwa kombinga yeyokomeho lyomulongwa okutala shoka a adha po, owu na okulongithwa okutseyithila aalongwa kombinga yuunkundi wawo, osho wo shoka haya longo nawa noku ya pa omatompelo osho wo oku ya tseyithila mpoka ya pumbwa okulonga ya mana mo noonkondo. Tashi fatululwa wo kutya otaye shi ningi pamukalo guni nomolwashike ye na oku shi ninga.

- **Okugandja uyelele kaakuluntu**

Aakuluntu oye na okutseyithilwa ethimbo nethimbo kombinga yeyokomeho lyokanona, taya tsuwa omukumo opo ya gandje olupandu kwaashoka sha adhika po nokupewa omathaneko nkene ye na okuyambidhidha okanona kawo mokwiilonga kwako.

- **Etalontseyo lyokulonga nokwiilonga**

Uyelele mboka tawu zi metalontseyo lyakwalukehe naandyoka lya longekidhwa lya tsikilathana owu na okulongithwa komulongi opo a tseye kutya openi mpoka pwa pumbwa okulundululwa pamikalolongo miikwathitholongo shi na sha neyokomeho lyomulongwa kehe pampumbwe dhe. Pehulilo lyoshitopolwa kehe shelongo oshinene nopehulilo lyoshikako kehe, omulongi pamwe naalongwa oye na okutalulula nkene iilongadhalwa ya manithwa, nokombinga yekuthombinga lyaalongwa okutala kutya oshike aalongwa yi ilonga noshike shi na okuningwa ethimbo nethimbo, opo iilonga mongundu yi pupalekwe naashoka sha adhika po kaalongwa shi hwepopalithwe.

### 11.3 OMALUDHI GETALONTSEYO

- **Etalontseyo mokati komumvo melongo (formative)**

Oludhi lwetalontseyo nduka ohalu gongele uyelele kwaashoka sha monika komulongwa notashi mu kwatha mokwoopaleka elongo neilongo lye.

Etalontseyo mokati komumvo melongo ohali ningwa uuna:

- tali longithwa okutsa aalongwa omukumo noku ya gwedhela ko kuunongo wawo, okweeta po oohedhi oombwanawa nokugandja omikalo omiwanawa dhokwiilonga
- Etalontseyo lyiilongadhalwa yaalongwa ohali kwatha okupotokonona omikundu pamikalo omiwanawa mokulongitha shoka yi ilonga.

- **Etalontseyo lya tsikilathana**  
Etalontseyo lya tsikilathana oli na okulongekidhwa nokutulwa miilonga petameko lyomumvo, nali ningwe epu ngaashi tashi vulika lyo inali kutha po unene ethimbo olindji lyokulonga. Iitsa mbyoka hayi gandjwa kiilongadhalwa mongundu, kiipewalonga, iithigilwalonga nenge uukonakono uufupi konima yoshipalanyolo shontumba ngele sha pu, otayi vulu okunyolelwa (molwetalontseyo) mofooloma yetalontseyo.
- **Etalontseyo pehulilo lyomumvo (summative)**  
Pehulilo lyomumvo kehe, eyokomeho naashoka omulongwa a longa momumvo aguhe, ohayi gwedhwa kumwe ya ngongwa. Mekonakono lyopehulilo lyomumvo, etalontseyo ohali ningwa tali tala kwaandyoka lyomokati komumvo naandyoka lyopehulilo lyomumvo. Pamakankameno kwaashika oku na okutokolwa ngele omulongwa ota yi kondondo ya landula ko nenge ita yi ko.
- **Etalontseyo lyopaukwatya**  
Uuna oondondo tadhi gandjwa osha pumbiwa opo shoka omulongwa a longa lela pamapyokoko ihe hapayelekanitho naalongwa yalwe shi ulikwe. Etalontseyo paukwatya oli na okulongitha omaukwatya opo ku talike eilongo pauvoko. Iitsa ya gandjwa pamaukwatya ngoka gu ulikwa oyi na okuyalulilwa miitsa mbyoka tayi nyolelwa mo mombapila yokunyola iitsa.
- **Okunyola oondondo dhiitsa**  
Oondondo dhiitsa ndhoka dha monika mo kaalongwa dhetalontseyo lya tsikilathana odhi na okunyolelwa mo palandulathano ewanawa omvula ayihe nodhi na okulongithwa okutseyithila omulongwa naakuluntu kombinga yeyokomeho naashoka sha adhika po, opo ku gandjwe elongo lyokupukulula,uuna sha pumbiwa.

#### 11.4 OMIKALO DHETALONTSEYO

- **Omikalo dhokulongitha ethimbo kehe**  
Omulongi oku na okutala kutya omulongwa kehe okwa pyokoka ngaashi sha tumbulwa moshipungu kehe momusindalongo. Nomwaashika ota mono mo efano lyontseyo yomulongwa ayihe. Unene shika ohashi ningwa pamukalo kehe tashi ningwa pakutala eyokomeho lyomulongwa mokwiilonga nomiilonga manga ta konakona iinima, te yi fatulula ta longitha ontseyo, ta ningi omakwatathano ta ningi omatokolo nomokukutha ombinga pakwalukehe.
- **Omikalo dhowina**  
Uuna sha pumbiwa okuninga etalontseyo lyowina, omulongi oku na okulongitha ngaashi tashi vulika onkalo ya faathana ngaashi eilongo lya kala nokutala oonkalo opo omapyokoko gomulongwa ga konakonwe. Elongitho lyomakonakono ga nyolwa nenge gopakana oge na ashike okukonakona omapyokoko ga ngambekwa onkene inashi pumbiwa ga kuthe ethimbo ele. Omakonakono oge na okungambekelwa koshileshwa shimwe nenge koshitopolwa shasho.

## 11.5 IILALAKANENWA YETALONTSEYO

Pamukalolongo gwokulonga okuninga omakwatathano otagu ti oowino adhihe dhapumbiwa melaka otadhi longelwa mumwe pamukalo gwa faathana naandhoka tatu longitha mokupopya elaka monkalamwenyo yoshili. Nomolwaashoka okulonga elaka inaku topolwa miitopolwa ya yooloka.

### 11.5.1 Okupopya nokupulakena

#### Aalongwa naa vule:

1. okuuva omaiyuvo, omahalelo, nomagamo;
2. okuuva ko omaiyuvo, okutula melandulathano nokweeta iitsa yolela nomadhiladhilo gopaumwene'
3. okuyamukula pamuthika komalombwelo nomaudhiko;
4. okuyeleva ongushu nokutotha mo shoka tashi opalele omalalakano gontumba;
5. okuyeleva owino nokweeta shoka shi uvitike nosha dhiladhilwa;
6. okudhimbulula mo omaityo ga futama nomagamo;
7. okuuvathana nawa, sha yeleva nosha yela;
8. okulandula omatopathano, okutungila ko nokweeta po omahulitho;
9. okukala ye na aapulakeni komutima;
10. okukonga omikalo dhopetameko dhokutoloka
11. okuhumitha komeho owino wokupopya
12. okugandja omadhiladhilo ga dhindwa noku na owino, iitsa yolela, omadhiladhilo gopaumwene, omaiyuvo, omahehelo
13. okuuva ko nokugandja iitsa yolela nomadhiladhilo melandulathano
14. okupopya nemanguluko noneinekelomwene
15. okupopya ye na aapulakeni komutima nomukalo ngoka taa longitha elaka

### 11.5.2 Okulesha nokunyola

#### Aalongwa naa vule:

1. okuuva ko nokugongela uuyeleva u li puuyeleva
2. okuyamukula shu ukila ko komalombwelo nomaudhiko ga shangwa
3. okutula, okuyeleva ongushu nokutotha mo uuyeleva wu ukila ko okulongitha molwomalalakano gontumba
4. okudhimbulula omaityo nomagamo ga futikwa
5. okutungila komafatululo giitya, iitumbula nomipopyofano
6. okulandula omatopathano, nokweeta po omahulitho
7. okudhimbulula nkene omunyoli a adha owino
8. okukonga nkene elaka, nomutungilo lya gwedha keityo lyoshinyolwa
9. okweeta iitsa yolela, nomadhiladhilo gopaumwene melandulathano
10. okuyamukula sha yeleva, komadhiladhilo nomagamo ge etwa koshinyolwa shu ukila ko
11. okuyelitha owino nokweeta shoka sha dhiladhilwa, nosha fekelwa
12. okushanga sha yela nosha yeleva aapulakeni
13. okulongekidha uuyeleva noku wu gandja momutungilo gwa gandjwa taku longithwa uutendo nomatumbulo gi ili nogi ili
14. okusipela nawa nokulongitha iileshitho niinima ayihe ya pamba elaka nomushangelo
15. okunyola nuunkulungu iilongadhalwa yomalalakano gi ili nogi ili
16. okuulika omuhingo
17. okutoloka iinima oyindji

### 11.5.3 Elongitho lyelaka

#### Aalongwa naa vule:

1. okuuvathana nawa, shu ukila ko nosha yela
2. okugwanitha po okusipela, iileshitho noompango dhelaka
3. okulongitha nokutamununa shu ukila ko, nokulongitha nawa uuyambiitya nomayeletumbulo
4. okulongitha omaludhi giitya momatumbulo
5. okulongitha omitungilo dhomatumbulo dhi ili nodhi ili
6. okulongitha nawa omushangelo
7. okulongitha omutungilo gwomatumbulo ganathangwa nomatumbulo ga kitakana

8. okulongitha omaludhi giitya nomathimbo mondjila
9. okumona omakankameno gokutoloka

#### **11.5.4 Unamambo**

##### **Aalongwa naa vule:**

1. okuulika nokuuva ko iileshwa yopaunamambo
2. okudhimbilula nkene omunyoli a longitha elaka mokwaadha oshizemo monkambadhala yokuuva ko
3. okuulika euvoko lyooelemente dhuunamambo
4. okuuvathana elongitho lyelaka miinyolwa nokutya ko sha kelongitho lyelaka lyopaitewo, uunkulungu wokuuva ko elaka lya futama nomihe
5. okulongitha elaka tali opalele osheetwapo
6. okukundathana nokugandja eyamukulo tali ulike euvoko lyopaumwene
7. okuvongokonona iileshwa yomaludhi guunamambo gi ili nogi ili

#### **11.6 ETALONTSEYO LYA TSIKILATHANA: OOTUTSA, OMAKONAKONO NOMILANDUPUKULULO KONDANDALUNDE**

##### **Etalontseyo lya tsikilathana: Omilandupukululo dhi na sha netalontseyo**

#### **11.6.1 ONDONDO 8 no 9**

Pamuthika nguka, Etalontseyo olya thikama mEtalontseyo lya tsikilathana lya longekidhwa naandyoka inaali longekidhwa. Natango otaku kala ekonakono lyoposikola pehulilo lyomumvo, moshilongwa kehe hashi konakonwa, mONDONDO 8 no 9. Omakonakono kage na okunyolwa methimbo li vule iiwike iyali pehulilo lyomumvo. Etalontseyo lya tsikilathana, mwa kwatelwa uukonakono, itali ka eta po iitsa yi vule oopelesenda) 50% pehulilo lyomumvo.

##### **Etalontseyo lya tsikilathana lyoowino dhelaka dhi ili nodhi ili:**

##### **Okupulakena nokupopya:**

Euvoko lyowino wokupulakena lyaalongwa nali konakonwe lumwe koshikako. Nelalakano ndika, aalongi oye na okulongekidha okakonakono kokupulakena taka yamukulwa pakunyola. Iitsa nayi nyolwe mokakololo kiitsa yokupulakena mofooloma yiitsa yEtalontseyo. Epyokoko lyaalongwa mokupopya nali konakonwe lwaali moshikako, lumwe onomukalo gwoshipopwi sha longekidhwa nekwawo onomukalo gwiilonga yomulongwa motundi. Iitsa hayi nyolwa muukololo wayo mombapila yEtalontseyo lya tsikilathana.

##### **Okulesha nokunyola**

Epyokoko lyaalongwa mokulesha nali konakonwe lumwe koshikako moshileshwa shi ilongekidhwa nashimwe inaashi ilongekidhwa. Omulongi ota vulu okukonakona oshileshwa mokupula omapulo gamwe omashona, ngoka aalongwa taa yamukula pakana, ashike naku konekwe kutya Etalontseyo lyokulesha ohali ningwa miilongadhalwa YOKULESHA NOKUNYOLA. Iilongadhalwa iyali iifupi nenge uukonakono tawu konakona unamambo wu uthwa naa pewe iitsa moshikako kehe, ndele iitsa tayi nyolwa muukololo wawo mombapila yokunyolela Etalontseyo lya tsikilathana. Iilongadhalwa iyali niileshwa hoka omapulo gi ili nogi ili ga pulwa, nayi ningwe momukokomoko gwoshikako. Omapulo ngaka otaga vulu okukwatela mo omapulo taga konakona oompango dhelaka. Osha simana okukoneka kutya ontseyo yoompango dhelaka oyi na okukala yi ikwatelela koshileshwa. Omapulo oge na wo okukala taga konakona iilongadhalwa yekwatondungetaliko noyokutoloka.

##### **Okunyola kwa tsikilathana:**

Moshikako namu nyolwe etotwahokololo limwe niinyolwa iifupi iyali, tayi talwa ndele iitsa tayi nyolelwa mofooloma yEtalontseyo. Aalongwa oya tegelelwa ya nyole etotwahokololo lyiitya 200-250 mONDONDO 8, niitya 250-300 mONDONDO 9 niinyolwa iifupi iitya 100-120 mONDONDO 8, omanga iitya 120-150 omONDONDO 9.

##### **Etalontseyo muunamambo:**

Eilongo lyuunamambo olya kwatela mo: **oproosa, iinyandwa niikwatewo.** Iitopolwa ayihe itatu otayi vulu okukala oshitopolwa shekonakono lyopakana nolyopakunyola. Uututsu uufupi



uyali nenge iilongadhalwa iyali otayi vulu okulongekidhwa pashikako kokambo ka gandjwa, yo iitsa tayi nyolelwa mofooloma yetalontseyo.

**Oprosa (okanovela nenge uuhokololo uufupi)**

Oshikalimo nashi nongononwe shi ikololela kaanyandi nopalandulathano lyiiningwanima, iilonga niilanduli iiwinayi. Omapulo naga kale ga za moshileshwa. Aalongwa oye na okukala taa vulu okumona omayamukulo kuyo yene taga zi moshileshwa.

**Oshinyandwa: Oshiluku shimwe**

Aalongwa naa nongele ehuku lyehokololo naanyandi. Omapulo goshinyandwa gopakunyola naga kale ga za moshileshwa.

**Ikwatewo:**

Aalongwa oye na okulongwa okusimaneka nokuhokwa itewo. Shika opo shi ningwe aalongwa oye na okukala yu uvite ko oshikalimo shokatewo. Uutewo inaye wu ilonga momutse. Aalongwa andola naa kale taa vulu okulesha taa holola omaiyuvo gawo, yo taa ulike omaiyuvo gomuteyi.

Iileshomwa yONDONDO kehe:

ONDONDO 8: uutewo 8 (tawu dhengele), uuhokololo uufupi u 5 NENGE okanovela 1 okafupi noshinyandwa komumvo.

ONDONDO 9: uutewo 10 (tawu dhengele), uuhokololo uufupi u 6 NENGE okanovela 1 okafupi noshinyandwa komumvo.

**11.6.2 Engongo lyetalontseyo lya tsikilathana Oondondo 8 no 9**

OOWINO	IITSA	KUMWE
<b>1. Okupopya nokupulakena</b>		
Iiningwanima yesiku kehe (inashi longekidhwa)	10	
Oshipopiwa sha longekidhwa	10	
Iitsa kumwe:	20	20
<b>2. Okulesha nokunyola kwo odhekwa</b>		
Oshitopolwa 1: Iipalanyolo yakwalukehe (Euvoko lyiinyolwa nenge eyamukulo tali fatulula; oshilongadhalwa shokutoloka)	20	
Oshitopolwa 2: Iipalanyolo: Sha monika naashoka inashi monika	20	
Iitsa kumwe:	40 ÷ 2	20
<b>3. Okunyola kwa tsikilathana</b>		
Etotwahokololo (x 2)	40	
Oshinyolwa oshifupi (x 2)	20	
Iitsa kumwe	60 ÷ 2	30
<b>4. Unamambo</b>		
Uutewo	10	
Oprosa	10	
Odrama	10	
	30	30
<b>IITSA KUMWE</b>		100

### 11.6.3 ONDONDO 10:

MONDONDO ndjika Etalontseyo nalyo olya thikama mEtalontseyo lya longekidhwa nEtalontseyo inaali longekidhwa. Otaku ka kala ekonakono lyopondje miilongwa ayihe yekonakono mONDONDO 10. Etalontseyo lya tsikilathana, mwa kwatelwa uukonakono, tawu gwedha ko iitsa inaayi konda oopresenda omi 50% kekonakono lyahugunina. Shika osho wo tashi ningwa kombinga yondjundo yEtalontseyo lya tsikilathana nokombinga yekonakono lyopondje kONDONDO 10. ONDONDO yepito melaka lyotango nayi kwatele mo oopresenda omi 50% dhEtalontseyo lya tsikilathana.

#### **Etalontseyo lya tsikilathana lyoowino dhelaka dha yooloka:**

##### **Okupopya nokupulakena:**

Euvoko lyowino wokupulakena lyaalongwa nali konakonwe lumwe moshikako. Nelalakano ndika, aalongi oye na okulongekidha okakonakono kokupulakena taka yamukulwa pakushanga. Iitsa nayi nyolwe mokakololo kokunyola iitsa yEtalontseyo lyokupulakena mofooloma yEtalontseyo. Epyokoko lyaalongwa mokupopya nali konakonwe lwaali moshikako, lumwe ongomukalo gwoshipiwa sha longekidhwa, ekwawo okomupopyo gwesiku motundi. Iitsa ohayi shangwa muukololo wayo mombapila yEtalontseyo lya tsikilathana.

##### **Okulesha nokunyola sha za mwaasho sha leshwa:**

Iilongadhalwa iyali ya za muuleshwa wa yooloka hono taku ka pulwa omapulo gomaludhi gi ili nogi ili oyi na okuningwa muule woshikako shimwe. Momapulo mono otamu vulu okukala omapulo taga konakona ontseyo yoompango dhelaka. Osha simana okukoneka kutya ontseyo yoompango dhelaka oyi na okukala yi ikwatelela koshileshwa. Omapulo oge na wo okukala taga konakona ekwatondunge/euvoko.

##### **Okunyola kwa tsikilathana:**

Naku konakonwe nokutalwa etotwahokololo limwe niinyolwa iifupi iyali moshikako kehe ndele iitsa tayi nyolwa mofooloma yEtalontseyo lya tsikilathana. Aalongwa oya tegelelwa ya shange omatotwahokololo giitya 250-300 niitya 150-200 kiinyolwa iifupi mONDONDO 10.

##### **Uunamambo:**

Eilongo lyuunamambo olya kwatela mo: **oprosa, oshinyandwa niikwatewo**. Iitopolwa ayihe itatu otayi vulu okukala oshitopolwa shekonakono lyopakupopya nolyopakunyola. Uukonakono uyali uufupi nenge iilongadhalwa yoshikako nayi konakonwe muunamambo wu uthwa ndele iitsa tayi nyolwa mofooloma yEtalontseyo lya tsikilathana.

##### **Oprosa (okanovela nenge uuhokololo uufupi):**

Oshikalimo nashi nongononwe shi ikolelela kaanyandi nopalandulathano lyiiningwanima, iilonga niilanduli. Omapulo naga kale ga za moshileshwa. Aalongwa oye na okukala taa vulu okumona omayamukulo kuyo yene taga zi moshileshwa. Omapulo ngoka taga nyolwa moprosa naga kale ga za moshileshwa.

##### **Oshinyandwa:**

Aalongwa naa nongele ehuku lyehokololo ngaanyandi. Omapulo goshinyandwa gopakunyola naga kale ga za moshileshwa.

##### **Iikwatewo:**

Aalongwa oye na okulongwa okusimaneka nokuhokwa iitewo. Shika opo shi ningwe, aalongwa oye na okukala yu uvite ko oshikalimo shokatewo. Uutewo inawu ilongwa momutse. Aalongwa naa kale taa vulu okukala taa holola omaiyuvo gawo, yo taya ulike omaiyuvo gomuteyi. Omapulo ga nyolwa guutewo naga kale ga za moshileshwa. Iileshomwa yu uthwa: Uutewo 15 (tawu dhengele) uuhokololo uufupi u-6 nenge okanovela okafupi 1 noshinyandwa komumvo.

#### 11.6.4 Engongo lyetalontseyo lya tsikilathana Ondondo 10:

OOWINO	IITSA	KUMWE
<b>1. Okupopya nokupulakena</b>		
Iiningwanima yesiku kehe (inashi longekidhwa)	10	
Oshipopiwa sha longekidhwa	10	
Iitsa kumwe:	20	<b>20</b>
<b>2. Okulesha nokunyola kwo odhekwa</b>		
Oshitopolwa 1: Iipalanyolo yokwalukehe (Euvoko lyiinyolwa nenge eyamukulo tali fatulula; oshilongadhalwa shokutoloka)	20	
Oshitopolwa 2: Iipalanyolo: Sha monika naashoka inashi monika	20	
Iitsa kumwe:	40 ÷ 2	<b>20</b>
<b>3. Okunyola kwa tsikilathana</b>		
Etotwahokololo (x 2)	40	
Oshinyolwa oshifupi (x 2)	20	
Iitsa kumwe	60 ÷ 2	<b>30</b>
<b>4. Unamambo</b>		
Uutewo	10	
Oprosa	10	
Odrama	10	
	30	<b>30</b>
<b>IITSA KUMWE</b>		<b>100</b>

**11.7 EKONAKONO LYOPEHULILO LYOMUMVO:**

**11.7.1 OONDONDO 8 NO 9:**

**Ekonakono lyoPehulilo lyomumvo olya thikama moombapila 3:**

Ombapila	Omaludhi gomapulo	Ethembo	Iitsa
<p><b>Ombapila 1</b>  <b>Okulesha</b>  <b>NOKUNYOLA sha</b>  <b>za mwaashoka sha</b>  <b>leshwa</b></p>	<p>Ombapila ndjika oya topolwa miitopolwa iyali. Uuleshwa mboka tawu longithwa mombapila ndjika nawu kale omahokololo omakwandjokonona, omakwayiningwanima, negandjo lyomauyebele. Omwaaalu gwiitya muuleshwa auhe nagu kale iitya 800 lwaampo mONDONDO 8 (nayi kale tayi tameke po 80); omanga mOndondo 9 iitya 1000 (nayi tameke piitya 90)</p> <p><b>OSHITOPOLWA 1:</b>  Oshitopolwa shika osha thikama po miilongadhalwa itatu. Namu kale okaleshwa taka pendula omadhiladhilo. MOshitopolwa shika hashitsa tashi kuthwa ko molwesipelo, elongitho lyelaka nenge iileshitho.</p> <p><b>Oshilongadhalwa 1</b>  Oshilongadhalwa shika oshi na omapulo 6 taga hogololwa, moka kehe epulo li na omayamukulo 4. (Omapulo 6)</p> <p><b>Oshilongadhalwa 2</b>  Oshitopolwa shika nashi kale nomayamukulo omafupi, omapulo omayamukulo ga manguluka, Osho/Hasho nenge omapulo gokutsitha kumwe mbika. (omapulo 4-6)</p> <p><b>Oshilongadhalwa 3</b>  Omapulo taga pumbwa efatululo niitsa otayi zi pu-1-3 (omapulo 3-4)</p> <p><b>OSHITOPOLWA 2</b>  Oshitopolwa shika osha thikama po miilongadhalwa iyali kehe shimwe oshi na iitsa omilongo 20. Namu longithwe okaleshwa ki ili, ongakapenduthimadhiladhilo.</p>	<p><b>Oowili 2</b></p>	<p><b>6</b></p> <p><b>6</b></p> <p><b>8</b>  <b>[20]</b></p>

Ombapila	Omaludhi gomapulo	Ethembo	Iitsa
	<p><b>Oshilongadhalwa 1</b>            Otamu talwa euvoko lyomuule tali konakona omapyokoko ga yooloka, iitsa otayi gandjwa okuza pu 3-8. Okwa tegelelwa omayamukulo gomuule taga gandjwa kaalongwa. Oshilongadhalwa shika otashi konakona euvoko lyaalongwa moshileshwa nowino wokufatulula muule, okuninga omatokolo, gokugandja omayamukulo paumwene. Mokutala iiyetwapo yaalongwa iinima mbika, omuhingo, omutungilo, esipelo nelongitho lyelaka nayi dhengele.</p> <p><b>Oshilongadhalwa 2</b>            Aakonakonwa oya tegelelwa ya yamukule koshinyolwa momikalo dhi ili nodhi ili niitya 100-120 mONDONDO 8 niitya 120-150 mONDONDO 9, ngaashi engongo, ombilive yopambeleva noyopaukuume/kahewa, olopota, oshipopiwa, ehokololo tali tsikilwa, ehumitho komeho lyedhiladhilo lyontumba lya za mokaleshwa, nsh.t.</p>	<b>Oowili 2</b>	<p>[20]</p> <p>[20]</p> <p><b>Kumwe: 60</b></p>
<p><b>Ombapila 2</b>  <b>Okunyola kwa tsikilathana</b></p>	<p>Ombapila ndjika oyi na iilongadhalwa iyali niipenduthimadhiladhilo otayi vulu okulongithwa mpoka sha pumbiwa. Iipenduthimadhiladhilo nayi kwatele mo ontseyo, omafano, omayeletumbulo, ovelise ofupi, uufekelafano nsh.t.</p> <p><b>OSHITOPOLWA 1</b>            Naku gandjwe iipalanyolo ihamano moka aakonakonwa taa hogolola po shimwe ndele taa shanga ko etotwahokololo lyiitya 200-250 mONDONDO 8 niitya 250-300 mONDONDO 9. Iipalanyolo nayi ikwatelele komaludhi ngaka: ekwakhokolola, ekwakutompathana ekwakundjondjomona.</p> <p><b>OSHITOPOLWA 2</b>            Naku gandjwe iipalanyolo 4 moka aakonakonwa taa hogolola po shimwe ndele taa nyola oshinyolwa shiitya 100-120 mONDONDO 8 omanga mONDONDO 9 iitya 120-150. Iipalanyolo nayi kwatele mo omaludhi giinyolwa mbika: Ombilive yopaukuume noyopambeleva, olopota, oshipopiwa, oonkundathana nenge omushangwasiku. Iipenduthimadhiladhilo ngaashi omafano, uufekelafano nomatseyitho gopayipindi nayi longithwe.</p>	<b>Oowili 2</b>	<p>[20]</p> <p>[10]</p> <p><b>Kumwe: 30</b></p>

Ombapila	Omaludhi gomapulo	Ethimbo	Iitsa
<b>Ombapila 4 Uunamambo</b>	<p>Ombapila ndjika otayi ka sitelwa posikola. Omapulo otaga ka sitelwa komaludhi guunamambo gatatu: iikwaitewo, oprosa noshinyandwa. Uutewo 8-10 nawu longwe (Ondondo8 uutewo 8 omanga ondondo 9 uutewo 10) ndele taa konakonwa ngaashi tashi landula. Otaku ka sitelwa omapulo gaali koludhi kehe. Aalongwa naa yamukule epulo limwe mOshitopolwa kehe shomwaambika itatu.</p> <p><b>OSHITOPOLWA 1:</b> Omapulo gaali kuutewo moka omulongwa ta yamukula <b>LIMWE</b>.</p> <p><b>OSHITOPOLWA 2:</b> Omapulo gaali koshinyandwa moka omulongwa ta yamukula <b>LIMWE</b>.</p> <p><b>OSHITOPOLWA 3:</b> Omapulo gaali koprosa moka omulongwa ta yamukula <b>LIMWE</b>.</p>	<p><b>Owili nominute 30</b></p>	<p><b>10</b></p> <p><b>10</b></p> <p><b>10</b></p> <p><b>Kumwe: 30/3 = 10</b></p>

**ONDONDO 10**

**Ekonakono lyoPehulilo lyomumvo otali kala noombapila 3:**

Ombapila	Omaludhi gomapulo	Ethembo	Iitsa
<p><b>Ombapila 1</b>  <b>Okulesha</b>  <b>NOKUNYOLA kwa</b>  <b>za mwaashoka sha</b>  <b>leshwa</b></p>	<p>Ombapila ndjika oya thikama miitopolwa iyali. Uuleshwa tawu longithwa mombapila ndjika owu na oshikalimo shomahokololo gopandjokonona, niiningwanima nomagandjo gomaueyele. Omwaalu gwiitya yuuleshwa awuhe nawu kale 1250. (Iitya nayi tameke pe 100)</p> <p><b>OSHITOPOLWA 1</b>  Oshitopolwa shika osha thikama po miilongadhalwa itatu. Namu kale okaleshwa okapenduthimadhiladhilo. Esipelo, oompango dhelaka nenge iileshitho itayi kuthitha ko iitsa.</p> <p><b>Oshilongadhalwa 1</b>  Oshilongadhalwa shika oshi na omapulo gahamano taga hogololwa ge na omayamukulo gane. (omapulo 6)</p> <p><b>Oshilongadhalwa 2</b>  Omayamukulo omafupi, omapulo gomayamukulo ga manguluka, Osho/Hasho nenge omapulo gokutsitha kumwe ngoka taga ka sitelwa. (omapulo 4-6)</p> <p><b>Oshilongadhalwa 3</b> Otaku ka sitelwa omapulo taga pumbwa omayamukulo taga fatulula niitsa otayi zi pu-1-3. (omapulo 3-4)</p> <p><b>OSHITOPOLWA 2</b>  Oshitopolwa shika osha thikama po miilongadhalwa iyali kehe shimwe iitsa 20. Namu longithwe okaleshwa ki ili kokapenduthimadhiladhilo.</p>	<p><b>Oowili 2</b></p>	<p><b>6</b></p> <p><b>6</b></p> <p><b>8</b>  <b>[20]</b></p>

Ombapila	Omaludhi gomapulo	Ethembo	Iitsa
	<p><b>Oshilongadhalwa 1</b></p> <p>Otaku ka sitelwa omapulo taga konakona omapyokoko ga yooloka iitsa 3-8. Omulongwa okwa tegelelwa a gandje omayamukulo gomuule. Oshilongadhalwa shika otashi konakona euvoko lyaalongwa moshileshwa nowino wokufatulula muule, okutala ongushu nenge okugandja omayamukulo paumwene. Mokutala iiyetwapo yaalongwa iinima mbika omuhingo omutungilo, esipelo nelongitho lyelaka nayi dhengele.</p> <p><b>Oshilongadhalwa 2</b></p> <p>Aakonakonwa oya tegelelwa ya yamukule koshileshwa momikalo dhi ili nodhi ili niitya 150-200 ngaashi, engongo, ombilive yopambeleva noyopaukuume, olopota, oshipopiwa, etsikilo lyehokololo ehwatununo lyedhiladhilo lyontumba mokaleshwa.nsh.t.</p>		<p>[20]</p> <p>[20]</p> <p><b>Kumwe: 60 Tayi lundululilwa ko 50</b></p>
<p><b>Ombapila 2 Okuyola kwa tsikilathana</b></p>	<p>Ombapila ndjika oyi na iilongadhalwa iyali niipenduthimomadhiladhilo otayi vulu okulongithwa mpoka sha pumbiwa. Iipenduthimadhiladhilo nayi kwatele mo etseyitho, omafano, omayeletumbulo, ovelise ofupi, uufekelathano nsh.t.</p> <p><b>OSHITOPOLWA 1</b></p> <p>Naku gandjwe iipalanyolo ihamano moka aakonakonwa taa hogolola po shimwe ndele taa nyola ko etotwahokololo lyiitya 300-350. Iipalanyolo nayi ikwatelele komaludhi ngaka: ekwakutompathana, ekwakundjondjomona.</p> <p><b>OSHITOPOLWA 2</b></p> <p>Naku gandjwe iipalanyolo ine moka aakonakonwa taa hogolola po shimwe ndele taa nyola oshinyolwa shiitya 150-200. Iipalanyolo nayi kwatele mo omaludhi giinyolwa mbika: Ombilive yopaukuume noyopambeleva, olopota, oshipopiwa, oonkundathana nenge omushangwasiku. Iipenduthi madhiladhilo ngaashi omafano, uufekelafano nomatseyitho gopaipindi nayi longithwe.</p>	<p><b>Oowili 2</b></p>	<p>40</p> <p>20</p> <p><b>Kumwe: 60 Yo tayi lundululwi ko 30</b></p>



Ombapila	Omaludhi gomapulo	Ethimbo	Iitsa
<b>Ombapila 4 Uunamambo Aalongwa yomiipundi</b>	<p>Ombapila ndjika otayi ka sitelwa pondje ndele tayi talwa posikola. Iitsa mbyoka tayi pewa aalongwa otayi ka tumwa ko DNEA. Omapulo otaga ka sitelwa komaludhi guunamambo gatatu: Iikwatewo, oprosa noshinyandwa. Ota ku longwa uutewo 15 ndele taa konakonwa ngaashi tashi landula. Omapulo gaali omafupi otaga ka sitelwa. Aalongwa otaa yamukula epulo <b>LIMWE</b> mOshitopolwa kehe.</p> <p><b>OSHIKOPOLWA 1:</b> Omapulo gaali kuutewo moka aalongwa taa yamukula <b>LIMWE</b>.</p> <p><b>OSHIKOPOLWA 2:</b> Omapulo gaali koshinyandwa moka aalongwa taa yamukula <b>LIMWE</b>.</p> <p><b>OSHIKOPOLWA 3:</b> Omapulo gaali koprosa moka aalongwa taa yamukula <b>LIMWE</b>.</p>	<b>Oowili 2</b>	<p><b>20</b> <b>20</b> <b>20</b> <b>Kumwe: 60</b> (Tayi lundululilwa ko 20)</p>
<b>Ombapila 4 Uunamambo Aalongwa yopaumwene</b>	<p>Ombapila ndjika otayi ka sitelwa pondje ndele tayi talwa pondje. Omapulo otaga ka sitelwa komaludhi guunamambo gatatu: Iikwaitewo, oprosa noshinyandwa. Ombapila otayi ka konakonwa ngaashi tashi landula. Omapulo omafupi gaali otaga ka sitelwa koshitopolwa kehe shuunamambo. Aalongwa naa yamukule ashike epulo <b>LIMWE</b> miitopolwa iyali kehe.</p> <p>OSHIKOPOLWA 1: Omapulo gaali goshinyandwa, omulongwa ota yamukula ashike <b>LIMWE</b></p> <p>OSHIKOPOLWA 2: Omapulo gaali goprosa, omulongwa ota yamukula ashike <b>LIMWE</b></p>	1½ Dwili netata	<p>20 20 40÷2 =20</p>

### 11.8 EFATULULO LYOONDONDO

Omapyokoko ga adhika komulongwa moshilongwa naga ulikwe nONDONDO okuza pu A-G, A ONDONDO yopombanda na G ONDONDO yopevi. Omukonakonwa a mona shi li pevi lya G ano 0-19 ita pewa sha.

ONDONDO	Uupokati woopresenda dhoondondo	Efatululo lyoondondo
A	80-100	Omapyokoko oga adhika nawa lela Omulongwa okwa ulika ontseyo dhingi miitopolwa ayihe yIILALAKANENWA
B	70-79	Omapyokoko oga adhika nawa Omulongwa oku li nawa miitopolwa oyindji
C	60-69	Omapyokoko oga adhika hwepo
D	50-59	Omapyokoko oga adhika sha gwana
E	40-49	Okwa adha omapyokoko gomwaalu gwontumba okuza pomuthika gwopevi
F	30-39	Okwa adha omuthika gwopetameko gwomapyokoko
G	20-29	Okwa adha omuthika gwopevi gwa gwana okupewa ONDONDO Omulongwa okwa pumbwa ekwatho lyowina melongo
U	0-19	Ita pewa sha

## OSHIGWEDHELA

### OKAKOLOLO KOKUTALITHA IINYOLWA IILE (OMATOTWAHOKOLOLO)

ELAKA, OMUHINGO SHI LI MONDJILA	1	2	3	4	5
		Omatumbulo oge na omitungilo dha yooloka tadhi opalele. Okwa longitha uuyambiitya, iipopwayele nomatumbulo ge li nawa. Omuhingo gu li mondjila. Omaityo oge li mondjila noga yela.	Omatumbulo oga tungwa nawa. Uuyambiitya niipopwayamele oya longithwa nawa. Omuhingo omo ngaa gu li. Eityo olya yela. Omu na omapuko omashona	Omatumbulo ganathangwa oga nyolwa nokukwataknaithwa mondjila. Iikando yimwe po omwiityo omo gu li. Eityo olya yela omathimbo gamwe. Omu na omapuko gamwe po omanene ihe itaga imbi omuntu a uve ko.	Omapuko gomayeletumbulo nomitungilo dhumatumbulo otaga piyaganeke. Uuyambiitya owa ngambekwa wo itagu opalele.  Omu na omapuko ogendji taga imbi omuntu a uve ko
1. Omadhiladhilo oge li nawa, mu na iitsa tayi hokitha. Omadhiladhilo oga nyolwa melandulathano nawa muutendo wu li nawa.	9 - 10	8	7	6	5
	17 - 20	15 - 16	13 - 14	11 - 12	9 - 10
2. Moshikalimo omu na iinima yontumba tayi hokitha. Mwa longithwa omadhiladhilo omawanawa gomuule.	8	7	6	5	4
	15 - 16	13 - 14	11 - 12	9 - 10	7 - 8
3. Oshikalimo osha gwana ihe kashi na omadhiladhilo taga hokitha. Omadhiladhilo inaga ya muule nomitungilo ugu wetike mpoka wa tameka naampoka wa hulila.	7	6	5	4	3
	13 - 14	11 - 12	9 - 10	7 - 8	5 - 6
4. Oshikalimo osha ngambekwa. Ina kambadhala unene opo omadhiladhilo e ga gwedhele nonando omanenedhiladhilo oge iwetikele mo, iiholelwa yimwe oya nyolwa pamukalo gwa puka.	6	5	4	3	2
	11 - 12	9 - 10	7 - 8	5 - 6	3 - 4
5. Oshipalanyolo oku shi uvite ko kashona. Okwa tunga omatumbulo ge li nawa osho tashi etitha epiyagano. Ote eta mo iinima inayi dhiladhilwa nawa.	5	4	3	2	1
	9 - 10	7 - 8	5 - 6	3 - 4	1 - 2

**OSHIGWEDHELA B  
OKAKOLOLO KOKUTALITHA IINYOLWA IIFUPI**

<b>OKU NA AALESHI KOMUTIMA MOKULONGITHA OMUHINGO NELAKA LI LI MONDJILA  OKUGWANITHA PO OSHILONGADHALWA, OSHIKALIMO MOLUPE LU LI NAWA</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1. .Oshinakugwanithwa okwe shi adha nawa, oshikalimo shoka a hogololwa oshi li nawa nokwe shi eta po shi li nawa tashi kwatha mokuning omakwatathano	9 - 10 ----- 17 - 20	8 ----- 15 - 16	7 ----- 13 - 14	6 ----- 11 - 12	5 ----- 9 - 10
2. Oshinakugwanithwa okwe shi adha ngaa; oshikalimo shi li nawa (ihe ineshi dhindolola lela);	8 ----- 15 - 16	7 ----- 14 - 13	6 ----- 11 - 12	5 ----- 9 - 10	4 ----- 7 - 8
3. Ota ulike euvoko eshona koshilongadhalwa; oshikalimo okwe shi longitha mondjila kashona;	7 ----- 13 - 14	6 ----- 11 - 12	5 ----- 9 - 10	4 ----- 7 - 8	3 ----- 5 - 6
4. Oshilongadhalwa ine shi gwanitha po lela nawa; oshikalimo shimwe oshi li nawa;	6 ----- 11 - 12	5 ----- 9 - 10	4 ----- 7 - 8	3 ----- 5 - 6	2 ----- 3 - 4
5. Oshilongadhalwa ke shi uviteko nawa; oshikalimo okwe shi nyola owala kashona.	5 ----- 9 - 10	4 ----- 7 - 8	3 ----- 5 - 6	2 ----- 3 - 4	1 ----- 1 - 2



**OFOOLOMA YIITSA YETALONTSEYO LYA TSIKILATHANA: OSHINDONGA**

ONDONDO: 10.....

OMUMVO \_\_\_\_\_

OSIKOLA : \_\_\_\_\_

OMULONGI: \_\_\_\_\_

KUMWE:.....

	<b>OSHIKAKO SHOTANGO</b>													<b>OSHIKAKO OSHITIYALI</b>																	
	Okupopya nOkupulakena			Uunamambo				Okulesha nokunyola			Okunyola kwa tsikilathana				Okupopya nokupulakena			Uunamambo				Okulesha nokunyola			Okunyola kwa tsikilathana						
	Oshipalanyolo inashi/sha longekidhwa	Oshilongadhatwa shopakuningwa	KUMWE	Uutewo	Oprosa	Oshinyandwa	Kumwe (20 x 3)	Oshileshwa shakwalukehe	Oshileshwa sha zi moshinima shi wetike naashi kashi wetike (40÷2)	KUMWE (40÷ 2)	Omatotwahokololo gaali (40÷2)	Oshinyolwa oshifupi (2) (2x10=20÷2=10)	Kumwe		IITSA YOSHIKAKO SHOTANGO	Oshipopiwa sha/nashi longekidhwa	Oshilongadhatwa shopakuningwa	Kumwe	Uutewo	Oprosa	Oshinyandw a	Kumwe (20 x 3) ÷ 2)	Oshileshwa shokwalukehe	Oshileshwa sha zi moshinima shi wetike naashi kashi wetike (10 ÷2)	Kumwe (40÷2)	Omatotwahokololo gaali (40 ÷2)	Oshinyolwa oshifupi (2) (2 X 10 = 20÷2=10)		Kumwe	IITSA YOSHIKAKO OSHITIYALI	Iitsa ayihe kumwe yoshikako shotango noshifvalli
<b>EDHINA</b>	10	10	20	20	20	20	30	20	20	20	20	10	30	100	10	10	20	20	20	20	30	20	20	20	20	10	30	100	200	100	



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