

IGORORANGINGO NA SIPORO

Umwaka wa Gatatu w'amashuri Abanza

IGITABO CY'UMWARIMU

Kigali, Mutarama, 2019

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Uburenganzira bw’umwanditsi w’iki gitabo bufitwe n’ Ikigo Gishinzwe
Guteza Imbere Uburezi mu Rwanda.

IJAMBO RY'IBANZE

Barimu, barezi,

Ikigo Gishinzwe Guteza Imbere Uburezi mu Rwanda kinejewe no kubagezaho Igitabo cy'Umwarimu k'Igororangingo na Siporo cy'Umwaka wa Gatatu w'Amashuri Abanza. Iki gitabo kizabafasha mu myigishirize ishingiyeye ku bushobozi bw'umunyeshuri no kunoza imyigire n'imyigishirize y'ibiri mu nteganyanyigisho. Intego u Rwanda rufite mu burezi ni ugukora ku buryo umunyeshuri agera ku rwego rushimishije rujyanye n'ikicio arimo. Ibyo bigamije gutegurira abanyeshuri gukoresha neza amahirwe y'akazi aboneka mu muryango nyarwanda no ku isi hose.

Mu rwego rwo kuzamura ireme ry'uburezi, Minisiteri y'Uburezi ishyira imbaraga mu gutegura imfashanyigisho zijyanye n'iteganyanyigisho kugira ngo bifashe abanyeshuri mu myigire yabo.

Ni yo mpamvu hateguwe iki gitabo cy'umwarimu kirimo imyitozo ihagije n'uburyo bwo kuyobora no gufasha abanyeshuri gukora imyitozo n'imikino yose ikubiye mu Integanyanyigisho y'Igororangingo na Siporo. Iyo myitozo n'imikino ibafasha kwimakaza indangagaciro zizatuma haboneka ubudasa kuri bo ubwabo ndetse no ku gihugu muri rusange. Bafashijwe n'abarimu, abanyeshuri bazunguka ubushobozi bushya bazifashisha mu buzima bwabo.

Intego nyamukuru y'inyigisho y'Igororangingo na Siporo ni ugufasha umunyeshuri gukora mu byiciro bitandukanye harimo no kugira ubuzima bwiza. Ikindi kandi, imyigishirize y'Igororangingo na Siporo igomba gushingira ku munyeshuri. Muzabona muri iki gitabo uburyo bwo gufasha abanyeshuri gukora imyitozo y'igororangingo n'imikino inyuranye, aho mwarimu atangira yereka urugero abanyeshuri ku buryo na bo bakora umwitozo nta mpungenge. Iyo myitozo bayubakiraho batanga ibitekerezo ndetse banivumburira udushya, binyuze mu bikorwa bifatika bikorwa na buri wese ku giti ke, mu matsinda mato cyangwa bari mu ikipi. Bityo, uruhare rwa mwarimu ni ugutegura mbere isomo cyane cyane imyitozo, imikino, ibikoresho nkenyerwa harimo n'ikibuga no kuyobora imyitozo n'imikino hubahirijwe uburyo bwagaragajwe muri iyi nyoborabarezi.

Ndashimira cyane abantu bose bagize uruhare mu myandikire y'iki gitabo, by'umwihariko abakozi b'Ikigo Gishinzwe Guteza Imbere Uburezi mu Rwanda, Ishami ry'Integanyanyigisho n'Imfashanyigisho bagize uruhare rukomeye muri iki gikorwa cyo

kwandika ibitabo, kuva gitangiye kugeza kirangiye.

Ndashimira kandi abarimu bigisha mu mashuri yisumbuye ndetse na Kaminuza bitanze batizigamye mu iyandikwa ry'iki gitabo.

Ndashimira by'umwihariko Kaminuza y'u Rwanda yatanze abarimu bagize uruhare mu iyandikwa ry'ibiri muri iki gitabo ndetse n'abahanga mu bugeni no gutunganya amashusho bakoze umurimo ukomeye wo gutunganya iki gitabo.

Habaye hari ubundi bwunganizi ku byanozwa muri iki gitabo twabyakira kugira ngo bizifashishwe mu ivugurura ry'iki gitabo.

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Umuyobozi Mukuru w'Ikigo Gishinzwe Guteza Imbere Uburezi mu Rwanda/REB

GUSHIMIRA

Ndashimira mbikuye ku mutima abantu bose bagize uruhare mu itegurwa ry'iki gitabo cy'umwarimu. Ntabwo iki gitabo cyashoboraga kwandikwa uko bikwiye iyo hatabaho uruhare rw'abafatanyabikorwa banyuranye mu burezi.

Ndashimira abarimu bigisha mu mashuri yisumbuye, kaminuza n'abandi bitanze batizigamye kugira ngo iki gitabo gishobore kwandikwa.

Ndashimira kandi abashushanyije amashusho yakoreshejwe muri iki gitabo.

By'umwihariko, ndashimira Kaminuza y'u Rwanda yatanze abarimu bagize uruhare mu iyandikwa ry'ibiri muri iki gitabo ndetse n'abahanga mu bugeni no gutunganya amashusho bakoze umurimo ukomeye wo gutunganya iki gitabo.

Ndangije nshimira abakozi b'Ikigo Gishinzwe Guteza Imbere Uburezi mu Rwanda, cyane cyane abo mu Ishami ry'Integanyanyigisho n'Imfashanyigisho bagize uruhare rukomeye muri uyu mushinga wo kwandika ibitabo

MURUNGI Joan

Umuyobozi w'Ishami ry'Integanyanyigisho n'Imfashanyigisho/REB

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IMPINE ZAKORESHEJWE

REB: Rwanda Education Board

NCDC: National Curriculum Development Center

UNESCO: United Nations for Education, Science and Culture Organization

UNICEF: United Nations Children’s Fund

UR : University of Rwanda

RCA : Reflect Connect and Apply

Igice cya mbere: Intangiriro rusange

1.0 Iriburiro

Iki gitabo ni Inyoborabarezi igenewe umwarimu wigisha mu mwaka wa gatatu w'amashuri abanza. Ni imwe mu mfashanyigisho zigomba kumworohera kwigisha inyigisho z'Igororangingo na Siporo. Iyi nyoborabarezi ni iya mwarimu kandi ikaba irimo n'imfashanyigire y'umunyeshuri. Ni yo mpamvu umwarimu ayikoresha yonyine. Yanditswe ihereye ku nteganyanyigisho y'Igororangingo na Siporo ishingiyeye ku bushobozi yateguwe n'Ikigo Gishinzwe Guteza Imbere Uburezi mu Rwanda (REB) mu mwaka wa 2015. Nk'uko izina ryayo ribivuga, ni inyoborabarezi mwarimu yifashisha igihe ategura Amasomo ye. Abarimu bashobora guhitamo imyitozo n'imikino iri muri iyi nyoborabarezi, ariko bashobora no kwishakira indi ijyanye n'ikigero cy'abanyeshuri bafite cyane cyane banakurikije aho Ishuri rihereye.

1.1 Imiterere y'igitabo

Iki gitabokigaragaza ishusho rusange y'iyi nyoborabarezi. Imitwe n'amasomo uko biteye bifasha abarimu mu gusobanukirwa ibice bitandukanye bigize iyi nyoborabarezi n'ibyo basanga muri buri gice.

1.1.1 Imiterere rusange

Iki gitabo kigizwe n'ibice bitatu by'ingenzi bukurikira:

Igice cya mbere: Intangiriro rusange

Iki gice kigaragaza uburyo Ubushobozi rusange butezwa imbere, uburyo insanganyamatsiko zigishirizwa mu masomo, uburyo abanyeshuri bafite ibibazo byihariye mu myigire bitabwaho, uburyo bwo kwigisha Igororangingo na siporo n'uburyo isuzuma rikorwa.

Igice cya kabiri: Ingero z'imbata y'isomo ntangarugero

Iki gice kigaragaza urugero rw'imbata yisomo ntangarugero riteguwe kugira ngo rizafashe abarimu mu gutegura amasomo y'igororangingo na siporo.

Igice cya gatatu: Uko umutwe w'isomo uteye

Iki ni igice cy'ingenzi cyane muri iyi nyoborabarezi kuko kigaragaza imiterere ya buri mutwe.

1.1.2 Imiterere y'umutwe

Buri mutwe ugizwe n'ibice bikurikira:

a. Izina ry'umutwe: ukurwa mu nteganyanyigisho.

b. Ubushobozi bw'ingenzi bugamijwe:

Ubu bushobozi bwubakira ku bumenyi umunyeshuri agenda yunguka buhoro buhoro bugaragarira mu bumenyi, mu bumenyingiro (ibyo ashobora gukora) ndetse no mu bukesha.

c. Ubushobozi shingiro (Ubumenyi, ubumenyingiro n'ubukeshya)

Iki gice kigaragaza Ubumenyi, ubumenyingiro, n'ubukeshya byangombwa kugira ngo ikigamijwe kwigwa mu mutwe kigerweho. Ubu buryo bushingiye k'ubushobozi bugaragarira hagati y'imitwe ndetse n'andi masomo atandukanye. Mwarimu azabona ibihamya by'ubwo bushobozi bw'ibanze ndetse n'uburyo bwo kubuhuza.

d. Ingingo nsanganyamasomo zitabwaho

Iki gice kigaragaza ingingo nsanganyamasomo zitabwaho bitewe n'ibigize umutwe. Buri mwarimu aba ashobora guhitamo ingingo runaka nsanganyamasomo ahereye aho abana bigira n'ibyo bari kwiga.

e. Urutonde rw'amasomo

Iki gice kigaragaza mu mbonerahamwe urutonde rw'amasomo, intego z'amasomo nk'uko zigaragara mu nteganyanyigisho cyangwa se zajyanishijwe n'amasomo n'igihe buri somo rimara. Buri somo noneho rigategurwa.

f. Isuzuma risoza umutwe

Iki gice kigaragaza uburyo isuzuma risoza umutwe rikorwa mu buryo bufatika. Kigaragaramo nanone imyitozo cyangwa ibikorwa, ndetse n'ibigenderwaho cyane. Ibyo ni:

- Ubumenyingiro nyurabwenge: Gushishoza, gufata mu mutwe, Gusubiza ibibazo
- ubumenyingiro mu rwego rwa tekini z'imikino. Urugero: Kunaga umupira, gusama umupira guhanahana umupira n'ibindi..;
- Ibijyanye n'imbamutima nko kwigirira icyizere, no kumva utekanye
- Ubumenyingiro mu mibanire n'abandi nko gufashanya, gukorera hamwe n'ubumwe
- Ubukeshya: Urugero: kumva ko byose bishoboka, kwigirira ikizere, kubaha no

kutagira aho ubogamira.

g. Imyitozo/imikino y'inyongera

Iki gice gikubiyemo imikino/imyitozo y'inyongera ya mwarimu kugira ngo agire imyitozo n'imikino bihagije.

- Imyitozo nzamurabushobozi ku banyeshuri bakemeye ubufasha mu myigire
- Imyitozo nyagurabushobozi ku banyeshuri bagaragaza impano zidasanzwe

1.1.3 Imiterere ya buri somo

Buri somo rigizwe n'ibice bikurikira

a. Izina ry'isomo

b. Ubushobozi shingiro

Iki gice kigizwe n'amabwiriza ahabwa mwarimu uko atangira isomo

c. Imfashanyigisho

Iki gice kigaragaza ibikoresho mwarimu akoresha yigisha n'ibyo abanyeshuri bakoresha bikenewe kugira ngo intego z'isomo zigerweho. Abarimu bashishikarizwa gusimbuza ibikoresho bimwe na bimwe bitaboneka hakurikijwe aho Ishuri riherereye.

d. Intangiriro

e. Isomo nyirizina

f. Isuzuma

1.2 Akamaro k'inyigisho y'igororangingo na siporo

Inyigisho y'Igororangingo na Siporo ifite akamaro mu iterambere rusange ry'umwana:

- **Mu byerekeye umubiri:** iyi nyigisho ifasha mu mikurire myiza y'umubiri (imikurire y'imikaya, ukwaguka k'urusobe nyoboramaraso, ubuhehere bw'urusobe mpumekero, guhuza no kwihuta kw'imiyege), ituma kandi haba kwirinda no gukosora ibibazo birebana n'imikorere y'umubiri.
- **Ku byerekeye ubwenge:** umwana yunguka ubumenyi n'ububasha buhanitse bwo gutuza, aritegereza, akibuka, agakora igerageza, agategura uburyo, agasuzuma, agafata ibyemezo.
- **Ku byerekeye imbamutima:** umwana avumbura muri we uburyo bushya bwo kwitwara mu buzima, yigirira icyizere kandi agahorana akanyamuneza.
- **Ku bijyanye n'imibanire ye n'abandi:** umwana yifuza gukorana n'abandi. Mu mikino aharanira kunononsora imyitwarire n'ubushobozi mu gushyikirana, gukorana no kugira imibanire myiza n'abandi.

Imikino na siporo biha abana urubuga rwo guteza imbere no kubungabunga ubuzima n'imibereho myiza byabo: mu mikino, abana bavumbura ko bagomba kwiwitaho no kwita kuri bagenzi babo .

Igororangingo na siporo ni uburyo bugira uruhare rukomeye mu kuremarema ubumuntu kuko bituma umwana yigirira ikizere. Bituma kandi arushaho kwimenya, kwiziga, kubahiriza amategeko, kwikuzamo ubushake, ubutwari no gushyikirana n’abandi.

Iyi nyigisho ituma havumburwa abana bato bafite impano zihariye mu igororangingo na siporo bityo bakaba bafashwa mu kuziteza imbere.

Gahunda y’imikino iteguwe neza hakurikije imyaka y’abana ituma abana bagira ubushobozi bunyuranye nko kubaha, ubunyangamugayo, ukumvikana, ugushyikirana, ubwuzu, gushaka umuti w’ibibazo, kumva amategeko n’uburyo bwo kuyubahiriza n’ibindi. Uko gutera imbere gufasha abana, imiryango babamo kimwe n’isi yose.

Insinsi mu mikino na siporo ni isoko yo kwiyizera. Iki kizere gituma umwana atera imbere mu zindi nyigisho kabone n’iyo yaba asanzwe azigaragazamo umusaruro udashimishije.

Iyo abarimu bakunze gukina n’abanyeshuri, gahunda y’imikino yongera ubusabane, ubwisanzure, umushyikirano hagati y’umunyeshuri na mwarimu.

Imikino na siporo biha abanyeshuri umwanya mwiza wo kuruhuka nyuma y’amasomo asa n’ananiza.

1.3 Amahame ngenderwaho mu myigishirize y’igororangingo na siporo

Ihame rijyanye n’iterambere rusange ry’umwana: Isomo ry’imikino na siporo rikoze neza rigomba kugira uruhare mu iterambere rusange ry’umwana: iterambere ry’umubiri n’ubwenge, iterambere ry’imbamutima n’iry’imibanire n’abandi.

Ihame ryo kubahiriza imyaka n’ikigero k’imikurire y’umwana: Ihitamo ry’imikino na siporo rigomba kugendera ku myaka abana bagezemo. Tumenye ko ugutsinda mu mikino bigize isoko yo kwishima kw’abana. Abana bakunda gutsindwa bashobora kwigunga ntibagaragaze ukwiyizera. Ni ngombwa ariko ko hateganywa ibikorwa bishya kuko imikino yoroshye cyane idashishikaza abana.

Ihame ryo kutavangura: Abana bose bafite inyungu muri gahunda y’imikino na siporo hatitawe ku buhanga, igitsina n’ibindi... Uburyo bwose bw’ivangura bugomba kuvaho. Hagomba kandi ubushishozi ku byerekeye abana bafite ubumuga haba ubw’umubiri cyangwa ubwo mu mutwe: abo bana na bo bafite uburenganzira bwo gukina imikino na siporo. Ni ngombwa rero gutekereza ku ngamba zakoresheya hatoranywa imikino na siporo bigomba gukinwa n’abana bafite ubumuga.

Ihame rirebana n’umutekano w’umubiri n’imbamutima.

Mu mikino na siporo hashobora kuvuka ibibazo bimwe na bimwe. Abarimu cyangwa abandi bayobora imikino bagomba gufata ingamba zo kurinda abana, bita ku mutekano wabo ku bijyanye n’umubiri ndetse n’imbamutima.

Ihame rirebana n’ubwuzuzanye bw’amasomo

Isomo ry’igororangingo na siporo rifitanye isano idasubirwaho n’andi masomo. Nk’uko byavuzwe mu ngingo zibanza, iri somo rituma umwana aruhuka, rimwongerera icyizere, riteza imbere gutuza n’ibindi. Ibi byose bigira uruhare mu kwiga no gutsinda neza muri rusange.

Byongeye kandi, abarimu bashobora kwiambaza imikino mu ntangiriro y’isomo, cyangwa se no mu isomo hagati bagamije gushimangira ubumenyi bw’ibygwa binyuranye (indimi, ubumenyi, imibare,...) cyangwa bashaka gukangura abana igihe babona bahondobera.

Ihame ry’imbenezamukino no kugira uruhare mu mikino :

Abana bose yemwe n’abafite ubushobozi buke bagomba gushishikarizwa gukina, bityo ntihabe indorerezi gusa ; kuko n’ubusanzwe ikigamijwe mu nyigisho z’igororangingo na siporo ni ugukina hatitawe k’ugutsinda cyangwa gutsindwa.

1.4 Imyigire n’imyigishirize y’igororangingo na siporo

1.4.1 Imyigishirize ishingiyeye ku bushobozi

Guhera mu mwaka wa 2015 mu mashuri y’inshuke, abanza n’ayisumbuye u Rwanda rwasezereye imyigire n’imyigishirize yari ishingiyeye ahanini ku bumenyi rwinjira mu myigire n’imyigishirize ishingiyeye ku bushobozi bukomatanya ubumenyi, ubumenyingiro n’ubukeshya. Bityo imyigire n’imyigishirize yahaga umwarimu umwanya munini isimburwa n’imyigire n’imyigishirize iha abanyeshuri uruhare runini. N’imyigire iha umunyeshuri ubumenyi, ubumenyingiro n’ubukeshya bimufasha gushyira mu bikorwa ibyo yize no gutanga ibisubizo by’ibibazo ahura na byo mu buzima bwe n’ubw’abandi.

Mu myigire ishingiyeye ku bushobozi abanyeshuri ni bo bahabwa uruhare runini mu myigire yabo. Umwarimu ahera ku byo abanyeshuri basanzwe bazi kandi bafitiye ubushobozi, akabafasha kuvumbura ibindi bungurana ibitekerezo mu matsinda yabo. Iyo abanyeshuri bakorera mu matsinda umwarimu agenda abayobora atanga ubufasha ku babukeneye. Iyo barangije kungurana ibitekerezo mu matsinda, bamurika ibyo bagezeho, nyuma bagafatanya n’umwarimu kunonosora iby’ingenzi basigarana. Abanyeshuri ntibagomba gufatwa nk’aho nta cyo bazi. Umwarimu ntagomba kumva ko ari we ufite ubumenyi agomba kubapakiramo.

Ikindi, usibye ubushobozi avana mu isomo, umunyeshuri agira Ubushobozi nsanganyamasomo aribwo buzamufasha mu buzima bwe.

Iki gitabo cy’umwaka wa gatatu w’Amashuri Abanza iteguye ku buryo hagaragaramo ubushobozi nsanganyamasomo bukurikira: Ubushishozi no gushakira ibibazo ibisubizo, Guhanga udushya, Ubushakashatsi, Gusabana mu ndimi zemewe gukoreshwa mu gihugu, ubufatanye, imibanire ikwiye n’abandi n’ubumenyingiro mu buzima bwa buri muni, kwiga no guhora yiyungura ubumenyi.

Mu bibazo byo mu kiganiro gitangira no mu kiganiro gisoza bisaba umunyeshuri **gutekereza byimbitse**, bimufasha gukemura ibibazo ahuye na byo yifashishije ibyo yize. Mu bisubizo by'ibyo bibazo ni ho **ubushobozi bwo gushakira ibibazo ibisubizo** bugaragarira. Ahandi ubwo bushobozi bugaragarira ni mu myitoto ikomeye aho umunyeshuri agerageza kwishakamo ubushobozi kugira ngo ayikore n'ubwo yaba igoranye. Ni mu gihe kandi kuko biba ari ibibazo bituma abanyeshuri batekereza cyane uburyo bakemura ibibazo bashobora guhura na byo mu buzima bwabo bwa buri muni. Muri iyi nyoborabarezi hakubiyemo kandi imyitoto yo guhanga iha abanyeshuri urubuga rwo guhanga indi myitoto cyangwa imikino. Iyi myitoto ni yo ituma abanyeshuri bimakaza umuco wo guhanga udushya.

Ubushakashatsi buzagaragarira ku makuru no ku bumenyi busanzweho no gusobanura ibintu ahereye ku makuru yakusanyije agenda abona ku nyakiramashusho zitandukanye zerekana Igororangingo na siporo. Abanyeshuri basabana kandi mu Kinyarwanda igihe bakina cyangwa bakora imyitoto itandukanye baja impaka cyangwa bungurana ibitekerezo na bagenzi babo. Umwarimu agomba kubafasha kungurana ibitekerezo igihe cyose baba bari mu matsinda n'igihe bari mu biganiro bitangira cyangwa bisoza umukino.

Hakubiyemo kandi imyitoto cyangwa imikino isaba abanyeshuri gukorera mu matsinda anyuranye. Iyi myitoto ituma abanyeshuri bagira ubufatanye, imibanire ikwiye n'abandi n'ubumenyi ngiro mu buzima bwa buri muni. Mu gihe umunyeshuri akina, akora imyitoto, asabwa kandi na mwarimu kuja akora imyitoto no gukina n'abandi haba murugo, aho batuye cyangwa se ahandi bashobora guhurira agakina na bagenzi be. Iyi myitoto ni yo imufasha kwiga no guhora yiyungura ubumenyi. Iyo umwarimu yigisha agomba kwita ku myitoto ikubiyemo ubu bushobozi nsanganyamasomo kugira ngo intego zabwo zigerweho.

1.4.2 Ingingo nsanganyamasomo

Mu bindi byahindutse muri iyi nteganyanyigisho ivuguruye ni ingingo nsanganyamasomo zashyizwemo kandi zikaba zigomba kwigishwa mu masomo yose. Izo ngingo nsanganyamasomo zashyizwe mu nteganyanyigisho nshya ni umunani ari zo: kwita ku bidukikije, uburinganire n'ubwuzuzanye, ubuzima bw'imyororokere, umuco w'amahoro, Umuco wo kuzigama, ubuziranenge n'uburezi budaheza.

Zimwe mu ngingo nsanganyamasomo usanga zihariye ku kigwa runaka cyangwa ku somo runaka, ariko mwarimu akeneye kuzikomozaho mu myitoto cyangwa imikino igihe cyose uburyo bubonetse. Ikindi, mu gihe umunyeshuri ari kwiga, ahabwa umwanya, yaba ari mu ishuri cyangwa atari mu ishuri, wo guteza imbere umuco cyangwa ubukeshya bijyanye n'izo ngingo nsanganyamasomo.

Iyi mbonerahamwe iragaragaza uburyo ingingo nsanganayasomo zagerwaho mu Igororangingo na siporo:

Ingingo nsanganayamasomo	Ingero z'uko ingingo nsanganayamasomo zishyirwa mu isomo
Uburezi budaheza	Abanyeshuri bafite ibibazo byihariye bijyanye n'ubushobozi bwabo mu kwigira, cyangwa se bafite ubumuga runaka, bagomba nabo kugira uruhare mu mikino. Ibyo bisaba ko mwarimu agomba kureba uburyo yahindura imikino iteganiywe muri uyu mutwe akurikije amabwiriza ari muri iyi nyoborabarezi ku buryo abafite ubumuga nabo bakina.
Uburinganire n'Ubwuzuzanye	Abanyeshuri bose, baba abakobwa ndetse n'abahungu bagomba kwisanzura mu gihe bakina. Abakobwa ntibagomba guhezwa mu mikino, uruhare rwabo mu mikino rugomba kugaragara ndetse rugatezwa imbere.
Umuco wo Kwimakaza amahoro	Mwarimu azafasha abanyeshuri kuja bakina mu mahoro ntawe uhutaza undi. Buri mwana wese akumva ko atekanye igihe ari mu kibuga akina ntawe umubangamira.
Umuco w'ubuziranenge	Mu myitozo cyangwa imikino yose abanyeshuri bakora, mwarimu akangurira abana gukoresha ibikoresho bitabangiza cyangwa ngo bibakomeretse. Kandi mwarimu ababwira kutajya batoragura ibikoresho byajugunywe ngo babikinishe igihe bishobora kubangiza.
Kwita ku bidukikije	Abanyeshuri mugihe bakina, birakwiye ko batozwa umuco wo kutangiza ibidukikije basanze mu mpande z'ikibuga nahandi hose baba bari gukinira.

Umuco wo Kwizigama	Mu bikoresho byifashishwa mu gukina ni byiza ko hakoreshwa ibikoresho bidasaba amafaranga menshi ahubwo bagakangurirwa kubyikorera mu bikoresho dusanga iwacu aho dutuye.
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1.4.3 Kwita ku banyeshuri bafite ubumuga n’ibindi byihariye bikwiye kwitabwaho

Abana cyangwa abantu bafite ubumuga ntibagira amahirwe angana mu miryango. Ku bijyanye n’imikino na siporo, usanga abo bana bahabwa akato bafatwa nk’abo kogeza abandi aho kuba abakinnyi kimwe n’abandi. Ubu bimaze kugaragara ko imikino na siporo bifitiye akamaro abantu bafite ubumuga, haba ku mubiri, mu bwenge, ku mbamutima no mu mitekerereze.

Ni iyihe myitwarire ikwiye?

- Kugira ngo abana babana n’ubumuga bagire uruhare rugaragara mu mikino na siporo, inama zikurikira zafasha abarimu / abayobora imikino:
- Gufata “Siporo ishingiyeye ku bushobozi” nk’ihame ngenderwaho. Ibi bituma wibanda cyane ku byo abana bashobora gukora ukaba wanahindura imikino n’imyitozo by’abana bafite ubumuga.
- Kwirinda guhangarikishwa no kuba uri kumwe n’abantu bafite ubumuga. Irinde kwibwira ko byanze bikunze bakeneye inkunga yawe. Bareke bikorere ubwabo ibyo bashoboye ubahe umwanya bivugire ubwabo.
- Kwirinda guha akato abana bafite ubumuga: iyo bigana n’abana badafite ubumuga, ni byiza kubareka bagakinira hamwe n’abandi. icyo gihe ariko wirinda kubasaba ibintu byinshi birenze ubushobozi bwabo.

Ni iki cyahindurwa?

Mu rwego rwo kurwanya ihezwa ry’abana bafite ubumuga rimwe na rimwe ushobora kubareka bagakina imikino imwe n’abandi; byose biterwa n’uburemere bw’ubumuga

bafite. Iyo ibyo bidashobotse mwarimu ashakisha ibyo yahindura kugira ngo abonere umuti ibibazo byihariye by’abana afite imbere ye. Aha twavuga: guhindura ingano y’ikibuga, ibikoresho n’igihe umukino umara.

Dore ingero y’ibishobora guhinduka:

Guhindura uruhare rw’abakinnyi n’amategeko y’umukino:

- Koroshya cyangwa gukomeza umukino uhindura amategeko amwe
- Gukinisha abana uhindura inshingano z’abakinnyi ku myanya itandukanye y’umukino
- Kureka abana bagakina mu buryo butandukanye. Urugero gukina bicaye aho gukina bahagaze
- Koroshya ibyo dutegereje ku mukino
- Koroshya amabwiriza y’umukino

Guhindura ingano y’ikibuga k’imikino:

- Guhindura ubuso bw’ikibuga wongera cyangwa ugabanya.
- Guhindura intera ibikoresho bigaragaza imbibi z’ikibuga biriho. Urugero : kwigiza igikoresho imbere.
- Guhindura ingano y’igikoresho. Urugero : kugabanya amazamu akaba mato
- Gusiga umwanya muto cyangwa munini hagati y’abakinnyi
- Kureka abana bakagenda ahantu hanyuranye mu kibuga cy’imikino.

Guhindura ibikoresho:

- Kugabanya ubunini cyangwa uburemere bw’ibikoresho
- Guhitamo imipira iboshye mu bintu binyuranye, ifite amabara agaragara cyangwa itanga urusaku.

Guhindura igihe umukino umara

- Kugabanya cyangwa kongera igihe cyagenewe umukino

Ibikwiye kwitabwaho igihe cyo guhindura umukino?

Igihe bibaye ngombwa ko uhindura umukino ukwiye kwibaza ibi bikurikira :

- Ese guhindura ntibyatuma umukino ubiha ? Uzamba ?
- Guhindura bijyanye n’ubushobozi bw’abana n’igihe bamara bashikamye bashishikariye igikorwa?
- Umwana ufite ubumuga azabasha gukina hamwe n’abandi?
- Umukino ujyanye n’ikigero cy’abana?
- Umukino uhuye n’ibyo abana bakeneye?

Icyo wakorera abana bafite ubumuga bwihariye

Imbonerahamwe ikurikira irerekana zimwe mu mpinduka wakorera abana bafite ubumuga bwihariye

Ubumuga	Impinduka zishoboka
Ubumuga bwo kutareba	Umwana agomba gukorana n'umwunganira. Koresha amabara agaragara cyane niba umwana abona buhoro. Gabanya umuvuduko w'umupira, unakoreshe umupira urimo inzogera. Oroshya ibisabwa mu mukino. Koresha ijwi mu gihe k'insinzi, nk' urugero, uwunganira umwana ashobora gukoma mu mashyi mu gihe umupira uguye mu gaseke.
Ubumuga bwo kutumva	Ugomba gukora ku buryo abana basobanukirwa ibimenyetso ukoresha. Reka umwana akorane na mugenzi we. Koresha ibimenyetso byoroheje.
Ubumuga bw'ingingo	Emerera umwana gukina n'abandi. Gabanya imbaraga ukoresha mu mukino. Reka hakoreshwe imbaraga mu kwigira umukino: Urugero, emerera abana bakine bicaye. Gabanya ubugari bw'ikibuga abana bakiniraho.
Ubumuga bwo mu mutwe	Sobanurira abana ibimenyetso ukoresha mu mukino. Ugomba guha abana igihe cyo kwitegereza no gusobanukirwa mbere yo gukina. Gabanya imbaraga ukoresha mu mukino.

Uko washishikariza abakobwa kwitabira Inyigisho y'Igororangingo na Siporo

- Kangurira abakobwa gukinano kujya mu myanya y'ubuyobozi
- Ha ibikoresho n'igihe kingana, abahungu n'abakobwa igihe bakina.

- Tanga imyitoto yihariye ku bakobwa gusa niba ubona ari ngombwa
- Ha agaciro ibitekerezo by'abakobwa
- Koresha imvugo idaca intege abakobwa kandi urwanye imvugo ipfobya abakobwa
- Shima abakobwa bagaragaza neza muri siporo
- Shishikariza ababyeyi gushyigikira umukobwa wabo muri siporo.

1.4.4 Isuzuma bumenyi mu isomo ry'Igororangingo na Siporo

Isuzumabumenyi rikorwa ryari?

Isuzumabumenyi rishobora gukorwa mbere yo gutangira isomo rishya hagamijwe gusuzuma ubushobozi shingiro. Ni ryo bita isuzuma ritata. Bene iryo suzuma rituma mwarimu avumbura abanyeshuri bafite ubumenyi/ubushobozi bikwiye n'abafite intege nke. Isuzuma rishobora gukorwa mu gihe isomo ritangwa kugira ngo hasuzumwe intambwe abana bagenda batera uko imikino igenda ikurikirana. Iri suzuma ni ryo bita isuzuma nyigisha .

Hasuzumwa iki?

Mwarimu agomba kumenya uko abana bateza imbere ubumenyi, ubushobozi, indangagaciro n'imyitwarire byabo.

Muri rusange, igihe mwarimu yigisha abana, agomba gusuzuma imikurire rusange yabo ashingiye ku ngingo zitandukanye. Hagomba rero gusuzumwa ubushobozi butandukanye:

- Ubushobozi mu bwenge : gutuza no kuguma ku kintu kimwe atarangaye, gufata mu mutwe, ubushobozi bwo gutekereza mbere ikigiye kuba no gukemura ibibazo.
- Ubushobozi mu rwego rwa tekini z'imikino: kunaga umupira, kuwusama, kuwuhereza abandi n'ibindi ;
- Ibyo umwana ashimwa birebana n'imbamutima nko kwiyizera no kumva atekanye;
- Ubushobozi bwo kubana neza n'abandi nko gufatanya no gushyira hamwe n'abandi;
- Imyitwarire n'indangagaciro nko kwizera ko ibintu bizaba byiza, kwiyizera, kubahana, ubutabera.

By'umwihariko, mwarimu asuzuma uko abana babashije kugera ku ntego yari igamijwe mu mikino/umwitoto. Hagomba gusuzumwa n'ubundi bumenyi bwitaweho hasubizwa ibibazo bishoboka bikurikira :

- Ese abana bateza imbere ubushobozi mu mikino?
- Ese bashoboye kumva ingingo zaganiweho zirebana n'umukino?
- Ese bashobora guhuza ibyo bize n'ubuzima bwabo bwa buri munsu mu miryango yabo cyangwa mu nshuri zabo?

Kwitegereza no kumva abana bituma mwarimu amenya niba bumvise neza ibyo yigishije.

Gukora isuzumabumenyi byungura abana, abarimu ndetse n'ikigo cy'ishuri.

1.4.5 Gutegura no kwigisha isomo ry'igororangingo na siporo

Gutegura isomo ry'igororangingo na siporo

Kuki ari ngombwa gutegura isomo ry'igororangingo na siporo?

Gutegura neza isomo ry'igororangingo na siporo ni ngombwa kuko bituma:

- Hagaragara ireme ry'ibygwa byahiswemo: umurezi yibaza niba ibyo bagiye gukora bijyanye n' imyaka n'ikigero cy'abana, niba imikino bagiye gukora iteguye ku buryo bworoshye, ibashimishije kandi nta mpanuka yateza, cyangwa se na none niba ijyanye neza n'ibice binyuranye by'isomo ry'igororangingo na siporo?
- Umwarimu ashobora guhitamo neza uburyo bw'imyigishirize, ategurira ku gihe ibikoresho n'ikibuga bijyanye n'ibikorwa yahisemo.
- Umwarimu afata ingamba zo gukumira ibibazo byaterwa n'imyitwarire mibi mu isomo ari nako ashaka uko yakoroshya isomo ku buryo rishimisha abana.
- Mwarimu yiyumvamo icyizere kuko azi icyo akora n'uburyo agikoramo ngo agere ku musaruro ushimishije.

Ibice by'ingenzi by'isomo ry'igororangingo na siporo

Isomo ry'igororangingo na siporo rigizwe n'ibice bikurikira:

a. Intangiriro (Kwisuganya)

- Muri iki gice umwarimu agenzura uko ubuzima bw'abana buhagaze (niba hari abarwaye), imyambarire yabo, ibikoresho n'uko ikibuga giteye. Iyo iki gice kirangiye abana baturira ku kibuga biteguye gutangira isomo.
- Iyo ari isomo ry'imikino mwarimu abaza ibibazo biganisha ku mukino w'ibanze bigatuma abana batangirana amatsiko n'ubushake ibyigwa bishya. Mwarimu abwira abana izina ry'umukino mbere yo gutangira igice gikurikiraho.

b. Kwishyushya

Kwishyushya ni umwitozo woroshye utegura umubiri ku yindi myitozo ikomeye. Imyitozo yo kwishyushya ifite akamaro ko gutegura imyanya y'umubiri inyuranye mbere yo gutangira imyitozo ikomeye: imyanya nyoboramaraso (umutima), imyanya mpumekero (ibihaha), imikaya, n'imyanya mpuzangango.

Imyitozo yo kwishyushya yibanda ku bice by'umubiri biri bukurikira mu gice cy'isomo ubwaryo. Iyo iyi myitozo ikozwe neza, ifasha mu kwirinda no kugabanya impanuka z'umubiri: imikaya ishyushye irinda impanuka z'umubiri kurusha imikaya ikonje. Imyitozo yo kwishyushya ikurikirwa n'imyitozo yo kunanura ingingo. Umutwe wa 2 ku gika cya 2.1 cy'iki gitabo utanga ingero z'imikino yo gushyushya umubiri.

Kwishyushya kugizwe n'ibice bitatu:

- Harimo umukino w'umuvuduko w'amaraso, izamura ubushyuhe bw'umubiri, ikongera umuvuduko w'itera ry'umutima no guhumeka. Urugero: hari ukwiruka, gusimbuka uhagaze hamwe no kugenda uzamura cyane amaguru.
- Harimo umukino ugamije gukangura ingingo ziza gukora cyane mu gihe cy'isomo nyirizina.
- Harimo umukino wo kunanura ingingo wongera itembera ry'amaraso agana mu mikaya. Uwo mukino ushyushya kandi ukanaruhura imikaya.

Imyitozo yo kwishyushya igomba :

- kuba uburyo busanzwe bwo gutangira buri mwitozo ngororangingo. Ni ngombwa gufata igihe gihagije cyo kwishyushya;
- kubahiriza ihame ryo guhera ku byoroshye ujya ku bikomeye : ni ukuvuga gutangira buhoro kandi mu buryo bworoshye, ukagenda wongera buhoro buhoro umuvuduko n'umurego;
- kwibanda ku bice by'umubiri biri bukenyerwe mu mwitozo ukurikiraho. Urugero nk'iyi umwitozo uteganyijwe ari kwiruka basimburana, igice cyo hasi (amaguru) ni cyo kigomba kwibandwaho by'umwihariko;
- kuba ishimishije: Gerageza guhindura uburyo bwo kwishyushya. Koresha cyane imikino mu mwanya wo gukora imyitozo isanzwe. Ushobora no kubara inkuru iherekeje umwitozo wo kwishyushya. Ibi bizatuma abana bakinana akanyamuneza.

Isomo ubwaryo

Ni igice K'ingenzi kigize isomo kuko ari igihe cyo gukora imyitozo cyangwa imikino nyabyo kugira ngo intego y'isomo igerweho. Iki gice gifata hejuru ya kimwe cya kabiri K'igihe giteganyijwe isomo ryose. Iyo ari isomo ry'imikino, mwarimu asobanura neza amategako agenga umukino, akerekera abana maze akabaha urubuga bagakina.

Muri iki gice, hateganyijwe kandi imyitozo yo kuruhura umubiri: imyitozo yo kugenda buhoro igarura ituze kandi ikoresha ibice byose by'umubiri kugira ngo umubiri usubire ku nyana isanzwe y'ubuzima.

Isuzuma

Isuzuma mu isomo ry'igororangingo na siporo rikorwa mu gihe abanyeshuri bakora imyitozo cyangwa barimo bakina. Muri iki gice k'isuzuma, binyujijwe mu biganiriro, mwarimu abaza abana ibibazo kugira ngo na bo bikorere isuzuma ubwabo kandi batange n'ibitekerezo binyuranye byerekana ubumenyingingiro bakuye mu mukino cyangwa imyitozo bakoze.

Ikiganiriro gisoza isomo

Iki gice gikurikira inzira ikurikira: « **Kuganira ku mukino - Guhuza umukino n'ubuzimabusanzwe-Ishyirwa mu bikorwa ry'inyigisho y'umukino** ».

Iyi nzira ishingiyeye ku mibereho y'uwigira ikaba ifitanye isano n'inyigishirize igezweho iha

uruhare runini uwiga. Gishingiye ku bumenyingiro birebana n’imyigishirize ibangutse ireba umwigishwa.

Iki kiganiro gituma umwana agereranya ibyakozwe mu mukino n’ubuzima bwe arimo ndetse n’ubw’ejo hazaza. Abarimu bakangurira abana gutekereza ku byo bize bakabigereranya n’ibyo basanzwe bazi bakaba banabikora mu buzima busanzwe nyuma y’amasomo y’igororangingo na Siporo.

Igihe mwarimu ayobora **ikiganiro ku mukino** bamaze gukina, ashobora kwifashisha ibibazo bikurikira: Murumva mumeze mute? Mwiyumvisemo iki? Mwabonye iki kuri bagenzi banyu? Ibibazo byo muri iki gice bitangizwa buri gihe na: « **Mu gihe mwakinaga...** »

Kugira ngo umwarimu ayobore neza agace ko «**Guhuza umukino n’ubuzima busanzwe**» ashobora kubaza ibibazo bikurikira: Ni iyihe sano uyu mukino ufatanye n’ibyo musanzwe muzi, ibyo musanzwe mwemera cyangwa ibyo musanzwe mwiyumvamo? Ese birashimangira imyumvire yanyu? Ibibazo byo guhuza umukino n’ubuzima busanzwe bitangizwa akenshi na: «**Mu bihe byahise...** »

Igihe cy’ “**Ishyirwa mu bikorwa ry’inyigisho y’umukino**”: umwarimu abaza ibibazo bikurikira: Ni gute mwakoresha ibyo mwize muri iki gikorwa? Ni gute mwakoresha ubumenyi bwanyu bushya ngo mwebwe ubwanyu, abandi n’imiryango mubamo bakuremo inyungu? Ibibazo byo muri iki gice bikunze gutangizwa n’aya magambo: «**Ubutaha igihe uzaba uri mu bihe nk’ibi...**»

Ubu Buryo butuma umunyeshuri atekereza ku gikorwa oakora, afatanya n’abandi kandi agashyira mu bikorwa ingingo z’ingenzi yize. Ubu buryo buturuka mu bushakashatsi bwakozwe ku bijyanye n’imyigire (Kolb, 1984).

Kubika ibikoresho

- Abanyeshuri babishinzwe begeranya ibikoresho byakoreshejwe bakabishyikiriza mwarimu.

1.4.6 Inama zirebana n’imyigishirize y’igororangingo na siporo

Mbere y’uko isomo ritangira

- Kugera aho isomo ribera mbere y’uko ritangira.
- Gutegura ibikoresho bikenewe mu mikino yose no gutegura ikibuga ugendeye ku bikenewe mu mukino/umwitozo ubanza.
- Guhitamo uko bari butangire ukurikije umukino: kujya ku mirongo ikozwe mu kajagari, ku mirongo myinshi, ku murongo umwe inyuma y’undi, ku ruziga, ku cya kabiri cy’uruziga.
- Kwakira neza abo ugiye kwigisha no gukora ku buryo isomo ritangwa mu

byishimo.

Igihe isomo ritangiye

- Gutangirira ku gihe, niyo abana bamwe baba badahari.
- Gukora ibishoboka kugira ngo abana bahite bakorana umurava.

Igihe isomo ririmo ryigwa

Kuyobora Itsinda

- Kwifashisha udukoresho dukangurira/dufasha abana kumenya igihe batangirira, igihe bahagararira n'igihe bakomereza, (ifirimbi, kuzamura ukuboko)
- Si ngombwa ko abana bose bakina icyarimwe umukino umwe. Abana bashobora gukina imikino itandukanye. Icyo gihe abana bagomba gutozwa kujya begeranya ibikoresho nyuma ya buri mukino.

Gutanga neza amabwiriza :

- Gutanga amabwiriza n'ijwi riranguruye kugira ngo abana bose bayumve. Amabwiriza agomba kuba magufi, yumvikana kandi ahamye.
- Amategeko ayobora umukino: agomba kuba yumvikana neza, ahamye kandi afite injyana.
- Kwerekera abanaurugero: iyo mwarimu atabishoboye, kwerekera bishobora gukorwa n'umunyeshuri ugaragaza ubushobozi bukenewe muri uwo mukino/mwitozo.
- Gusubiramo amabwiriza cyangwa kwerekera inshuro nyinshi zikenewe kugira ngo isomo rigende neza.

Gufasha abana guteza imbere ubushobozi bwabo

- Kugira ikizere mu bushobozi bw'abana: gushyira imbere ibyo abana bakora neza no gushimagiza umuhate wa buri wese ku giti ke.
- Guha abana umwanya wo kwiga ibintu bishya bahera ku byoroshye baganisha ku bikomeye.
- Guha abana umwanya wo kwitegereza bagenzi babo bafite icyo babarusha no kubigana.
- Gufasha abana kwigirira icyizere. Kubaha umwanya wo kwiga ibishya hamwe n'amategeko y'umukino mushya.

Gukosora

- Intego y'ikosora ni ugufasha abana kongera ubushobozi. Igihe cyo gukosora hakosorwa abana bose muri rusange hanyuma hagakosorwa buri wese ku giti ke. Igihe akosora buri wese ku giti cye, mwarimu akwiye kwirinda kurekera abana mu buryo buruhanyije cyangwa kubareka ntacyo bakora.

- Iyo nyuma y'ikosora abanyeshuri badashobora gukora neza umwitozo/gukina neza umukino, mwarimu ahagarika uwo mukino akawusimbuza undi bijya gusa utaruhije mu gihe bagitegereje kuzawusubiramo mu masomo azakurikiraho.

Ku musozo w'isomo

Guha abana umwanya wo kwisobanura bavuga ibyo bakoze n'ibyo bize.

1.4.7 Ibibuga n'ibikoresho mfashanyigisho

Ibibuga

Mu bintu bibangamira ishyirwa mu bikorwa ry'integanyanyigisho y'Igororangingo na Siporo harimo ikibazo cy'ibikoresho bidahagije. Nyamara nk'uko mubisanga mu mirongo ikurikira, isomo ry'Igororangingo na Siporo rishobora gutangirwa ku bibuga byoroheje byatunganywa na buri Kigo k'ishuri ; bityo abana bagatowa siporo ndetse n'imikino inyuranye.

Rimwe narimwe, hashobora gukoreshwa ikibuga giciriritse gifite ishusho y'urukiramende gikunirwamo imikino yo mu matsinda nko kwiruka bavuduka, kwiruka bazenguruka igihe kirekire no gusimbuka. Ku mashuri afite ikibuga kidahagije, hazakorwa ibishoboka kugira ngo abana bashobore byibura gukina imikino idasaba ikibuga kinini.

Ku mashuri abishoboye, bazareba uko batunganya ikibuga kimwe gishobora gukinirwaho siporo zinyuranye kikanakorwaho imikino ngororamubiri. icyo kibuga cyaba gifite ibi bikurikira

- Umwanya ugenewe imikino isanzwe yoroheje
- Ikibuga cy'umupira w'amaguru,
- Ikibuga cy'umukino wa **handball**,
- Ibibuga bine bya **Volleyball**,
- Aho basimbukira umurambararo,
- Aho basimbukira urukiramende,
- Ahagenewe kwiruka (umuvuduko, kwiruka ibirebire no kwiruka bahererekanya agakoni)
- Ahagenewe gutera (ingasire, umuhunda n'intosho).

Nk'uko bigaragara ikibuga kimwe gishobora gukoreshwa ku masiporo agezweho anyuranye, imikino ngororamubiri ndetse na siporo gakondo. Birumvikana ko ibi byose bitakinirwa igihe kimwe ku kibuga kimwe, ariko nk'amashuri 2 ashobora guhurira ku kibuga ishuri rimwe rikina umukino w'intoki (**volleyball**) irindi rikora imikino ngororamubiri.

Ingero z'ibikoresho mfashanyigisho

- **Imipira ibanze mu birere** (cm 15 z'umurambararo) : ikoreshwa mu mupira w'amaguru, umukino wa volleyball, imikino ngororangingo, imikino ngororamubiri.

- **Imigozi yo gusimbuka** (m 3 z'uburebure) : iyi migozi yakoresheya igihe bashakaga kwerekana umurongo, mu myitozo ngororangingo; mu gutandukanya abagize amakipe 2, mu gusimbuka bajya hejuru, mu gusimbuka umurambararo,...
- **Udukoni** (twa m 1 y'uburebure na cm 3 z'umurambararo): utu dukoni twakoresheya mu mikino ngororangingo ; tukifashishwa mu gushyiraho inkiramende ntoya, dushobora kandi no kwifashishwa mu gihe abantu biruka badasiganwa...
- **Imihunda ikoze mu biti** (m 2,20 z'uburebure na cm 3 z'umurambararo) iyi mihunda yakoresheya mu gutera umuhunda, mu gufata umugozi muri **volleyball**, nk'inzitizi,
- **Amabuye (intoshu)** mato, andi apima nk'ibiro 2)
- **Amabuye y'urugalika afite iforomo y'uruziga cyangwa y'igi** (afite cm 20 y'umurambararo) : ingasire
- **Ibitambaro bikweduha** nibura bifite cm 40 bahambira ku biti bibiri kugira ngo babashe gusimbuka urukiramende.
- **Ingoma**
- **imipira y'amaguru** (Football)
- **imipira y'amaboko** (Volleyball and Handball)

Gucunga ibikoreshe

Wakora iki mu gucunga no gufata neza ibikoreshe?

Ibikoreshe byavuzwe haruguru bikomoka ahantu hanyuranye: hari ibyo abanyeshuri bashobora kwikorera ubwabo, hari ibishobora kugurwa n'ishuri, hari ibikomoka ku mpano, n'ibindi.

Inama zikurikira zafasha mu gucungira ibikoreshe:

Mbere y'isomo

- Egeranya ibikoreshe biza gukenerwa,
- Reba ko ibikoreshe bimeze neza,
- Twara gusa ibikoreshe ukeneye kandi wibuke gukora ilisiti y'ibyo utwaye,
- Reba niba imipira ihaze irimo umwuka. Imipira idahaze neza ikunze kwangirika.

Mu isomo ubwaryo

- Cunga ibikoreshe umenye aho biri igihe cyose.
- Ereka abana uko bakoresheya ibikoreshe batabyangiza
- Ita ku ntambwe za buri mwana uje bwa mbere mu mikino
- Toza abana gukoresheya neza ibikoreshe. Toramo abashingwa ibikoreshe maze bajye basimburana.
- Bamenyereze kwegeranya ibikoreshe nyuma y'isomo.
- Bara ibikoreshe umenye ko nta kibuze.

Nyuma y'isomo

- Gutondeka no kubika neza ibikoreshe
- Kubika ibikoreshe ahantu hakwiriye kandi hari umutekano

- Gasaba abantu babizobereyemo kuja basana ibikoresho bigenda byangirika

Wakora iki uramutse udashobora kubona igikoresho gikenewe?

Nta somo rikwiye kurekwa kwigishwa kubera ko hari igikoresho kitabonetse. Dore zimwe mu nama:

- Tekereza ushake ikindi gikoresho wakwifashisha cyangwa ukorere ubwawe ;
- Hindura umukino uhitamo udakeneye ibyo bikoresho ariko ufite intego imwe n’uwo mukino waburiye ibikoresho ;
- Muri rusange rushaho gutekereza no gukoresha ubushobozi bwo guhanga.

IGICE CYA KABIRI: URUGERO RW'IMBATA Y'ISOMO RY'IGORORANGINGO NA SIPORO

Izina ry'ishuri:.....

Amazina y'umwarimu:

Igihem- bwe:	Itariki:	Inyigisho	Umwaka	Umutwe	Iso- mo rya	Igihe isomo rimara	Umubare w'abanye- shuri
Cya mbere	28/03/2018	Igororang- ingo na siporo	Wa Gatatu	Wa Kabiri	Rya 4/6	Iminota 40	50

Abafite ibyo bagenerwa byihariye mu myigire no mu myigishirize n'umubare wabo:

1. Abanyeshuri bavuye mu muhanda: 5
2. Umunyeshuri ufite ubumuga ugendera mu kagare

Umutwe	Umutwe wa 2: Imyitozo n'imikino iteza imbere imiyego n'ihu- zangiro
Ubushobozi bw'ingenzi bugamijwe	Umunyeshuri azaba ashobora kugendera kuri gahunda akuriki- ije amabwiriza yahawe.
Isomo	Imyitozo igamije iterambere mu mibanire n'abandi.
Intego ngenamukoro	Hifashishijwe Ikibuga, ifirimbi, udushumi tw'amabara atandu- kanye abanyeshuri bazashobora gukora imyitozo iteza imbere imibanire hagati yabo birukanka bafata bagenzi babo bakuriki- je amabwiriza mwarimu abaha batabangamirana mu kibuga.
Imiterere y'aho isomo ribera	Isomo riratangirwa hanze mu kibuga abanyeshuri bari ku mirongo itandukanye kandi itegeranye. Kandi umunyeshuri umugaye ukuguru ashobora kujya nawe yihuta nta kibazo
Imfashany- igisho	Ikibuga, udutambaro tw'amabara atandukanye, ifirimbi. Imi- pira

Inyandiko n'ibitabo byifashishi- jwe	REB, Inyoborabarezi y'igororangingo na siporo umwaka wa Gatatu w'Amashuri Abanza, igitabo cya Marimu, urupapuro rwa 56, 2018
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Igihe buri kiciro kimara	Gusobanura igikorwa umwarimu n'umunyeshuri basabwa gukora Bahereye ku mfashanyigisho zikoreshwa mu mukino, Mwarimu atanga amabwiriza y'imikino. Abanyeshuri barakina imikino yo gufungiranwa n'uwo Hejuru Hasi. Mwarimu agenzura uko abanyeshuri barimo bakina, aho abanyeshuri bagize ikibazo ahite abafasha.		Ubushobozi n'ingingo nsanganyamasomo
	Ibikorwa by'umwarimu	Ibikorwa by'umunyeshuri	

1.Intangiro: Iminota 8 A. Ikiganiro gitangira: iminota 3	Guhuza abanyeshuri no Kugenzura uko bitabiriye isomo Kubaza abanyeshuri ikibazo bijyanye n'isomo barimo kwiga. - Ni akahe kamaro k'in- genzi ko kubanyeshuri n'abandi mu ikipi? - Gukorera hamwe n'abandi bifite uwuhe mu maro? - Wabigenza ute kugira ngo ubane n'abandi neza mu rugo	Gusuhuza umwarimu no gutegura ibikoreshe bari bukenere mu mukino. Gusubiza ibibazo mwarimu arimo kubabaza Kubanyeshuri n'abandi mu ikipi imwe ni byiza bituma bafashanya kandi imibanire y'abo ikaba myiza. Bituma umurimo urangira neza kandi vuba Wajya ubasha imirimo yo mu rugo, ukumvira abavandimwe bawe, ukabubaha	Uburinganire n'ubwuzanywe Mugihe basubiza ibibazo, Mwarimu arareba niba abahungu n'abakobwa bose bitabira mu buryo bungana. Uburezi budaheza: Mu gihe umunyeshuri ugendera mu kagare nawe araba afatanyabandi atanga ibisubizo, ndetse anakinana n'abandi Gusabana mu ndimi zemewe gukoreshwa mu gihugu: Mu gihe abanyeshuri baganira, bavuga, bumva banyeshuri subiza ibibazo Ubufatanye imibanire ikwiye n'abandi n'ubumenyiringiro mu buzima bwa buri munsu: Igihe abanyeshuri bungurana ibitekerezo babiri babiri.
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B. Kwishushya no kunanura umubiri Iminota 5	Mwarimu abwira abanyeshuri ko bagiye kwishyushya • Tugiye kwishyushya dukina agakino bita” amacunga n’amapera”. • Gusaba abanyeshuri babiri babiri bakajya hamwe, umwe akaba icunga undi akaba ipera. • Mwarimu aratanga amabwiriza • Nimpamagara “Amacunga”, • Amacunga muri buri kipe yirukankana • Amapera. Nahamagara “Amapera”, Amapera muri buri tsinda akirukankana amacunga • Mu gihe Amacunga yirukankanye Amapera, Amacunga agomba kubara kugeza kw’10 mbere yo kwirukankana Amapera nanone Ibyo mwarimu yitaho Ese Amacunga yirukankana Amapera mu gihe uvuze “Amacunga?” Ese abanyeshuri bose bisanga mu mukino?	Abanyeshuri babiri babiri barajya hamwe. Umwe abe icunga undi abe ipera. Abanyeshuri barakina bakurikije amabwiriza ya mwarimu mu buryo bukurikira. 	Uburezi budaheza: Mu gihe umunyeshuri umugaye akaguru nawe araba afatany n’abandi atanga ibisubizo, ndetse anakinana n’abandi Gusabanyeshuri mu ndimi zemewe gukoreshewa mu gihugu: Mugihe abanyeshuri baganira, bavuga, bumva banasubiza ibibazo Ubufatanye imibaire ikwiye n’abandi n’ubumenyingingiro mu buzima bwa buri munsu: Igihe abanyeshuri bungurana ibitekerezo babiri babiri
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2.Isomo nyirizina: Iminota 24 Umukino wa mbere: Fata umurizo w'ikirura (iminota 12) Amabwiriza n'amategako y'umukino	- Kubwira umunyeshuri 1 cyangwa 3 bagakina umumaro w'umuntu uhiga. - Kurema amatsinda y'abanyeshuri 3. - Kubwira buri tsinda rigakora umurongo - Gutanga ibisobanuro no kwerekera: - Buri tsinda riri ku miron-go rikina umumaro w'ikirura. Buri munyeshuri wo mu itsinda afite umumaro w'igice kimwe k'ikirura bitewe n'umwanya afite mu murongo: uw'imbere aba umutwe, uwo hagati akaba igihimba naho uw'inyuma akaba umurizo. - Igihe cyose, abanyeshuri bagomba kuguma bafatanye buri wese afashe mu nda mugenzi we umuri imbere. - Abanyeshuri bakina umumaro w'ikirura bagomba gukorera mu ikipi ngo bahagarare kure y'abagendera ku ifarasi. Abagendera ku ifarasi bagerageza gufata ikirura bakora ku murizo wacyo. - Gushishikariza ikirura kutitandukanya. Iyo cyitandukanyije umutwe wacyo uhinduka umurizo. - Iyo umunyeshuri ukina mu mwanya w'umuhigi afashe ikirura, umutwe uhinduka umurizo, naho umuhigi agahinduka umutwe w'ikirura. - Mwarimu ni we ufata ikemezo cy'igihe umukino urangirira. - Suzuma mu gihe	Umunyeshuri 1 cyangwa 3 bakina mu mwanya w'umuntu uhiga Abanyeshuri batatu batatu bajya hamwe Buri tsinda rya batatu batatu bajya hamwe ku miron-go Umunyeshuri w'im-bere ku miron-go aba umutwe w'ikirura Umunyeshuri wa kabiri ku miron-go akina mu mwanya w'igihimba cy'ikirura Umunyeshuri wa gatatu ku miron-go aba umurizo w'ikirura Abanyeshuri uko ari batatu bakoze umurongo bafatana mu mayungu kandi ntibarekurane Abanyeshuri bakinira hamwe mu ikipi kugira ngo bafatanye kurinda umurizo w'ikirura umuhigi ushaka kuwufata. Abanyeshuri bakoze umubiri w'ikirura bakomeza kurinda umurizo kandi badatandukana uko bari ku miron-go wa batatu. Umunyeshuri uri mu mwanya w'umuhigi, iyo	Ubufatanye imibaire ikwiye n'abandi n'ubumenyiringiro mu buzima bwa buri muni: Igihe abanyeshuri bakinira hamwe batatu batatu Gusabana mu ndimi zemewe gukoreshwa mu gihugu: Mugihe abanyeshuri bakina, bavugana hagati yabo uko barinda umurizo w'ikirura Ubushobozi bwo gushakira ibibazo ibisubizo: Mu gihe abanyeshuri bakina mu itsinda ryabo bashakira hamwe uburyo bakoresha ngo umurizo w'ikirura udafatwa Uburinganire n'ubwuzuzanye: Mu gihe abanyeshuri bakina, abakobwa nabo barakinana n'abahungu nta numwe uhejwe. Uburezi budaheza: Mu gihe abanyeshuri bakina, umunyeshuri ugendera mu kagare na we akina n'abandi, we anyuza hejuru, no kuruhande.
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Umukino wa kabiri: Hejuru Hasi (iminota 12) Amabwiriza n'amategeko Gukina	- Gabanya abanyeshuri mo amakipi y'abakinnyi 6-8 bakore umurongo; - Ha buri munyeshuri uri imbere ku murongo umupira; - Sobanura kandi werekane ibi: - Iyo umukino utangiye, Uri imbere acisha umupira hejuru yumutwewe akawuha umukurikiye, nawe akawucisha mumaguru akawuha ukurikiye, nawe akawucisha hejuru y'umutwe, bikagenda kugera aho umupira ugeze k'uw'inyuma. - Uwanyuma ku murongo akiruka n'umupira ku murongo imbere ngo atangire nawe. Birakomeza kugera aho uwatangiye ari imbere agera inyuma ya bose. - Umunyeshuri umupira ucitse arawufata agatangira nanone. - Umukino urangira igihe ushakiye. Kugira ngo hatabaho kugongana abanyeshuri bagomba guhana umwanya uhagije hagati yabo.	Abanyeshuri bigabanyamo amakipi ya 6 cyangwa umunani Gusaba umunyeshuri uri imbere ku murongo agafata umupira Gusaba abanyeshuri bari imbere gutangira guhererekanya umupira bacisha hejuru y'umutwe Gusaba umunyeshuri ukurikiyeho kuwucisha hasi hagati y'amaguru Gusaba uwagatatu kuwucisha hejuru, uwa kane hasi gutyo kugeza kuri inyuma. Umunyeshuri uri inyuma umupira umugezeho, ahita yiruka ajya imbere guhererekanya umupira Ikipi itsinda iyo umunyeshuri watangiye yongeye kugarukwaho, atanze undi wo muyindi kipi.	Uburinganire n'ubwuzanyane: Mu gihe abanyeshuri bakina, abakobwa nabo barakinana n'abahungu nta numwe uhejwe. Uburezi budaheza: Mu gihe abanyeshuri bakina, umunyeshuri ugendera mu kagare nawe akina n'abandi, we anyuza hejuru, no kuruhande. Ubufatanye imibanire ikwiye n'abandi n'ubumenyingiro mu buzima bwa buri munsu: Igihe abanyeshuri bakinira hamwe batatu batatu Gusabana mu ndimi zemewe gukoreshwa mu gihugu: Mugihe abanyeshuri bakina, bavugana hagati yabo uko barinda umurizo w'ikirura.
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3. Umwansuro w'isomo(iminota 8) Kuruhura no Kunanura umubiri: Gusoroma imbuto (iminota 3).	Saba abanyeshuri kuja ku ruziga Gusaba abanyeshuri kuza-mura amaboko bakamera nkabatoroma amapera mu giti hejuru cyane Gusaba abanyeshuri gushyira amapera basorome mu gatebo kari hasi, inyuma, imbere iburyo ndetse n'ibumoso. Gusaba abanyeshuri kubisubiramo inshuro ya kabiri	Ku ruziga abanyeshuri barazamuramubako bamere nkabatoroma amapera mu giti hejuru binanuracyane. Abanyeshuri barashyira amapera basorome mu gatebo kari imbere zabo hasi, hanyuma mu kari inyuma, mukari ku ruhande, ibumoso hanyuma iburyo	Ubufatanye imibanire ikwiye n'abandi n'ubumenyiringiro mu buzima bwa buri munsu: mugihe abanyeshuri basoroma imbuto baba banyeshurinura umubiri. Gusabana mu ndimi zemewe gukoreshwa mu gihugu: Mugihe abanyeshuri bakina, bavugana hagati yabo uko basoroma amapera.
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Isuzuma: iminota 5 Ikiganiro Gisoza	Kugirana Ikiganiro gisoza isomo abaza abanyeshuri ibibazo. • Kuganira ku mukino • Mwumvaga mumeze gute igihe mwakinaga mwitwa ikirura? • Igihe mwakinaga mwabigenje mute kugira ngo umurizo udafatwa ? • Mu mukino wa kabiri wo Hejuru hasi, abatsinze mwabigenje mute kugira ngo mutsinde? • Guhuza umukino n’ubuzima busanzwe : • Hari ikindi gihe waba warigeze gukorera mu ikipi ariko buri wese afite inshingano zitandukanye n’iza mugenzi we ? • Ni ibihe bikorwa byabasabye gukorera hamwe nk’iki mu buzima bwanyu ? • Ishyirwa mu bikorwa ry’inyigisho ivuye mu mukino Ni uwuhe mumaro wo gukorera mu ikipi ariko buri wese afite inshingano ze ?	Abanyeshuri basubiza ibibazo mwarimu ababajije bafatiye ku mikino bakinnye. • Twumvaga twishimye cyane • Kugira ngo umurizo udafatwa twakoreye hamwe twese tugakingira umurizo. • Kugira ngo dutsinde byadusabye kuvugana tugahuriza hamwe imbaraga, tugafashanya neza. • Yego, iyo turi mu Ishuri baduhaye umukoro wo mu matsinda dukorera hamwe. Kandi buri wese afite inshingano zo kugira uruhari. • Mu rugo iyo dukora amasuku, koza ibyombo, kumesa imyenda... • Gukorera mu ikipi bigira umumaro munini cyane kuko bituma umurimo urangira vuba kandi bigatuma imibanire hagati y’abantu igenda neza.	Ubufatanye imibanire ikwiye n’abandi n’ubumenyigiro mu buzima bwa buri munsu: Igihe abanyeshuri basubiza ibibazo bashobora kubanza kuganira. Gusabana mu ndimi zemewe gukoreshwa mu gihugu: Mugihe abanyeshuri barimo basubiza ibibazo baba baganira. Uburezi budaheza: Mu gihe abanyeshuri basubiza, umunyeshuri ugendera mu kagare nawe agira uruhari mu Gutanga igisubizo. Uburinganire n’ubwuzuzanye: Mu gihe abanyeshuri basubiza ibibazo, abakobwa n’abahungu bagira uruhare mu kubisubiza.
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UMUTWE WA MBERE:IMYITOZO N'IMIKINO ITEZA IMBERE UMUBIRI

1

1.1 Ubushobozi bw'ingenzi bugamijwe

Umunyeshuri azaba ashobora gukora imyitozo y'ibanze mu igororangingo ryo ku butaka ahindura ikerekezo n'umuvuduko nta mpungenge, yirengera anigengesera.

1.2 Ubushobozi shingiro

Kugira ngo abanyeshuri barushaho kwiga neza iri somo, ni byiza ko baba bakoresha ibice by'umubiri mu myitozo inyuranye yo gushyushya no kunanura umubiri, gutinyuka no gushira impungenge, kwigengesera mu mibereho ya buri munsu no kwigirira ikizere, batandukanya ibice by'umubiri no gukurikiza amabwiriza.

1.3 Ingingo nsanganyamasomo

Mu gihe abanyeshuri bakina ni byiza ko bakangurirwa:

Kwimakaza umuco w'amahoro: Mwarimu azafasha abanyeshuri kujya bakina mu mahoro ntawe uhutaza undi. Buri mwana wese akumva ko atekanye igihe ari mu kibuga akina ntawe umubangamira.

Uburinganire n'ubwuzuzanye: Abanyeshuri bose, baba abakobwa ndetse n'abahungu bagomba kwisanzura mu gihe bakina. Abakobwa ntibagomba guhezwa mu mikino, uruhare rwabo mu mikino rugomba kugaragara ndetse rugatezwa imbere.

Uburezi budaheza: abanyeshuri bafite ibibazo byihariye bijyanye n'ubushobozi bwabo mu kwiga, cyangwa se bafite ubumuga runaka, bagomba nabo kugira uruhare mu mikino. Ibyo bisaba ko mwarimu agomba kureba uburyo yahindura imikino iteganyijwe muri uyu mutwe akurikije amabwiriza ari muri iyi nyoborabarezi ku buryo abafite ubumuga nabo bakina.

Umuco wo kuzigama: Mu bikoreho byifashishwa mu gukina ni byiza ko hakoreshe ibikoreho bidasaba amafaranga menshi ahubwo bagakangurirwa kwibyikorera mu bikoreho dusanga iwacu aho dutuye.

Kwita ku bidukikije: Abanyeshuri mu gihe bakina, birakwiye ko batozwa umuco wo kutangiza ibidukikije basanze mu mpande z'ikibuga nahandi hose baba bari gukinira.

1.4 Urutonde rw'amasomo

Amasomo	Intego z'amasomo	Umubare w'amasomo: 4
Imyitozo yo gushyushya no kunanura umubiri.	Gukora imyitozo yo gushyushya no Kunanura umubiri bigengesera.	Isomo 1
Imyitozo yo kwibarangura.	Gukora imyitozo yo kwibarangura ntagutinya kandi biftiye ikizere.	Isomo 1
Imyitozo n'imikino yo gushira impungenge no kwigengesera.	Gukora imyitozo yo kwigengesera no gushira impungenge biftiye ikizere.	Isomo 1
Imyitozo yo guhindura ikerekezo n'umuvuduko.	Gukora imyitozo yo guhindura ikerekezo n'umuvuduko.	Isomo 1
Isuzuma risoza umutwe	Kwitegereza uko abanyeshuri bakoresha ibice by'umubiri mu igirorangingo nta mbogamizi, bashize impungenge	

Isomo rya mbere: Imyitozo yo gushyushya no kunanura umubiri

a. Ubushobozi shingiro

Kugira ngo iri somo ryo gushyushya no kunanura umubiri rirusheho kugenda neza, abanyeshuri bagomba kuba bafite ubushobozi bwo gutinyuka gukora imyitozo yo gushira impungenge, kwigengesera mu mibereho ya buri muni, kwigirira ikizere kandi bakurikiza amabwiriza.

b. Imfashanyigisho

Imyenda ya siporo, ikibuga, ifirimbi, amashusho, ingwa yo guca umurongo, imipira, igiti, urubaho, inkoni, umugozi, n'ibindi bikoresho binyuranye umunyeshuri yakwifashisha mu gushyushya no kunanura umubiri.

c. Intangiriro

Muri iri somo, mwarimu azakoresha imyitozo n'imikino by'ibanze ifasha abanyeshuri kunanura no gushyushya umubiri, kwiruka bahindura umuvuduko n'ibyerekezo.

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba bifitanye isano n'isomo agiye kwigisha.

Urugero:

- Kuki tugomba gukina no gukora siporo?
- Mbere y'uko utangira gukina cyangwa gukora siporo ni iki wabanza gukora?
- Gushyushya umubiri no kuwunanura byaba bifitiye umuntu umumaro? Ni uwuhe?

d. Isomo nyirizina

Koresha imyitozo /Imikino ikurikira cyangwa uhitemo indi usanga mu mpera z'umutwe wa mbere.

Izina ry'umukino wa mbere: Injangwe n'imbeba

Incamake y'umukino

Ikigamijwe muri uyu mukino ni gushyushya no kunanura umubiri. Umukinnyi umwe akina mu mwanya w'injangwe abandi banyeshuri bakina mu mwanya w'imbeba. Iyo injangwe ivugije induru(nyawuuuu!), ivuze, imbeba zose zigomba kuva mu ruziga zigashaka uruziga rushya; injangwe nayo igomba gushaka uruziga rurimo ubusa. Umwana umwe wenyine niwe wemerewe guhagarara mu ruziga mu gihe runaka. Umwana ushyize ikirenge cye mu ruziga bwa mbere niwe uguma mu ruziga.

Imiyoborere n'amategeko by'umukino

1. Saba abanyeshuri kwigana ukuntu injangwe ivuga.
2. Saba umwana 1 ubishaka gukina nk'injangwe.
3. Saba abanyeshuri bose basigaye gukina mu mwanya w'imbeba kandi bashake umwanya wabo mu kibuga; nyuma bashushanye uruziga ku butaka aho bagomba guhita bahagarara (reba ku gishushanyo). Sobanura kandi werekane ko: iyo injangwe ivugije induru (nyawuuuu!), ivuze, itatse, imbeba zose zigomba kuva mu ruziga zigashaka uruziga rushya; injangwe nayo igomba gushaka uruziga rurimo ubusa. umwana 1 wenyine niwe wemerewe guhagarara mu ruziga mu gihe runaka. umwana ushyize ikirenge cye mu ruziga bwa mbere niwe uguma mu ruziga.
4. Saba abanyeshuri gukina neza nta muvundo hagati yabo. umwana utabasha kubona uruziga rurimo ubusa ahita ahinduka injangwe nshya
5. Gusuzuma niba abanyeshuri igihe bakina mu mwanya w'injangwe babasha kubona uruziga, abanyeshuri bose biruka, niba abanyeshuri bemerera umunyeshuri ugeze mu ruziga bwa mbere kurugumamo kandi niba bakina neza hagati yabo.



Uburyo bwo guhindura umukino

- Ongera umubare w'abanyeshuri bakina mu mwanya w'injangwe muri uyu mukino.
- Agura ubunini bw'inziga

Imyitozo yo kuruhura umubiri

Kuryama urambuye umubiri wose

- Ryama hasi ureba hejuru
- Rambura amaboko yawe hejuru y'umutwe

- Sunika ibiganza n’amano hanze y’umubiri wawe
- Ureke ijosi n’intugu biruhuke



e. Isuzuma

Ikiganiro Gisoza

Kuganira ku mukino

- Wanezerewe no kuba injangwe? Kubera iki? Niba utanezerewe ni ukubera iki?
- Ese wabonye bikomeye kuba injangwe cyangwa imbeba? Kubera iki ?
- Ese umuvuduko wagufashije gute kubona uruziga rurimo ubusa?
- Ni ubuhe buryo bundi wakoreshije mu gushaka uruziga rurimo ubusa?

Guhuza umukino n’ubuzima busanzwe

- Ese ni ryari mu buzima bwawe bwa buri muni uba ugomba gukoresha umuvuduko mwinshi?

Ishyirwa mu bikorwa ry’inyigisho ivuye mu mukino

- Ese ni iyihe myitozo cyangwa ibikorwa wakora bikagufasha kongera umuvuduko mubyo ukora?

Izina ry’umukino wa 2: Kunama ikijanyuma

Incamake y’umukino:

Ikigamijwe muri uyu mukino ni ukunanura umubiri. Abakinnyi babiri bafata agati kamwe bagafatiye ku rugero rwo ku gituzi, abandi banyeshuri (abakinnyi) banyura muni y’ako gati . banyuramo mu kijanyuma, bagendesha umugongo, basa nabasubira inyuma. Abanyeshuri bafashe agati, bagenda bakamanura kugera aho kunyura muni yako

bigorana cyane. Bagerageza kunyura munsu y'agati mu buryo bwose bubashobokera, baba bakambakamba cyangwa barambaraye hasi .

Imiyoborere n'amategeko by'umukino

1. Gabanya abanyeshuri mu makipe ya 6-10.
2. Saba abanyeshuri babiri babishaka baturutse muri buri kipe gufata ka gati kananutse cyangwa akagozi gateganye n'ubutaka, kagororotse
3. Saba abo bana gufata ako gati kenda kuringanira n'ibitugu (reba ku gishushanyo).
4. Saba abanyeshuri gukora umurongo imbere ya ka gati.
5. Sobanura kandi werekane ko: intego y'uyu mukino ari ukunama ikyanyuma utaguye cyangwa ngo ukore kuri ka gati. buri mwana agomba kugira igihe cye cyo kugendera munsu ya ka gati yunamye
6. Wemerere abanyeshuri kugendera munsu ya ka gati nyuma umanure uburebure bwa ka gati abanyeshuri bose bamaze kunyura munsu yako. Tera inkunga buri mwana kugerageza kugendera munsu y'agati. Niba batakiribasha kunama, bashobora kunyura munsu yako mu bundi buryo (bakambakamba cyangwa barambaraye)
7. Uhindure abanyeshuri bafashe agati buri minota 2-3 kugirango uhe amahirwe buri mwana gukina mu myanya yose.
8. Umukino urangira mu gihe agati kamanutse kakagera aho nta mwana wabasha guca munsu yako.
9. Gusuzuma niba abanyeshuri bose babasha kunama badakoze ku gati, ko bose bakina kandi bunama ku rugero rutababangamira.



Uburyo bwo guhindura umukino

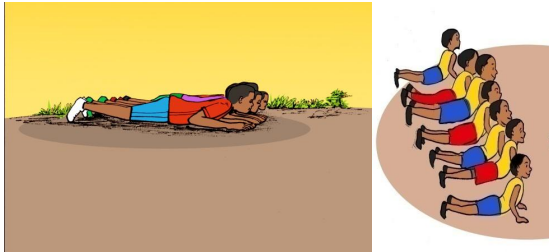
- Hereza buri mwana igikombe cy'amazi cyo gutwara mu gihe ari kugendera munsu y'agati. Ubihanangirize ko nta n'igitonyanga cy'amazi kigomba gutakara hasi.
- Saba abanyeshuri gusubiramo umukino. Kuri iyi nshuro abanyeshuri bagomba

gukora ku izuru mu gihe bunamye baca muni y'agati.

Imyitozo yo kuruhura umubiri

Kuryamira inda wigorora

- Ryama hasi, ushyize ibiganza hasi muni y'intugu.
- Amatako uyagumishe hasi.
- Witonze uzamure igice cyo hejuru cy'umubiri wawe ukivana hasi.



Guhagarara n'umugongo ugororotse

- Hagarara intugu n'amaguru bitandukanye.
- Zamura amaboko ategane n'intugu.
- Egeranya ibiganza, ubworo buri hejuru, hirya y'umubiri.
- Isonjeshe amatako asa naho ari imbere.

Ikiganiro Gisoza

Kuganira ku mukino

- Ese hari aho umubiri wawe wababaye mu gihe wageragezaga kunama muni y'agati?
- Ese koroha mu mubiri bivuze iki?

Guhuza umukino n'ubuzima busanzwe

- Muri uyu mukino wagombaga kwirambura ikijanyuma, ese ni ryari mu buzima bwawe wasanga ugomba koroha mu mubiri cyangwa kuba ugororotse?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Ese ni gute wakora ku buryo ubutaha utazababara?
- Ni ubuhe buryo cyangwa ubugororangingo wakora kugirango worohe mu mubiri? Ese wabutwerekaga?

Isomo rya 2: Imyitozo yo kwibarangura n'imikino yo gushira impungenge no kwigengesera

a. Ubushobozi shingiro

Kugira ngo iri somo ryo gukora imyitozo yo kwibarangura, gushira impungenge no kwigengesera igende neza, abanyeshuri bagomba kuba bafite ubumenyingiro bwo gusutama akananwa gakora ku gituza, ibiganza bikora hasi nta gutinya kandi bigirira ikizere

b. Imfashanyigisho

Imyenda ya siporo, ikibuga, ifirimbi, amashusho, imipira y'amaguru, igiti, urubaho, inkoni, n'ibindi bikoreshe binyuranye umunyeshuri yakwifashisha mu myitozo yo kwibarangura, gushira impungenge no kwigengesera.

c. Intangiriro

Muri iri somo, mwarimu azakoreshe imyitozo n'imikino by'ibanze bizafasha abanyeshuri kwibarangura, gushira impungenge no kwigengesera.

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba bifitanye isano n'isomo agiye kwigisha.

Imyitozo yo kwishyushya

Iruka, Buhoro, Hagarara



1. Shyiraho uruziga ruhagije rwemerera abanyeshuri kwiruka bihagije no kwirukankana abandi.
2. Saba abanyeshuri guhana umwanya mu ruziga bareba aho umuyobozi ari (Hagati).

3. Umvisha abanyeshuri ko gukina uyu mukino bagomba kwifata nkabatwaye imodoka, moto cyangwa igare.
4. Sobanura kandi ubereke ibi bikurikira:



Hari amategeko atatu abanyeshuri bagomba kwitaho.

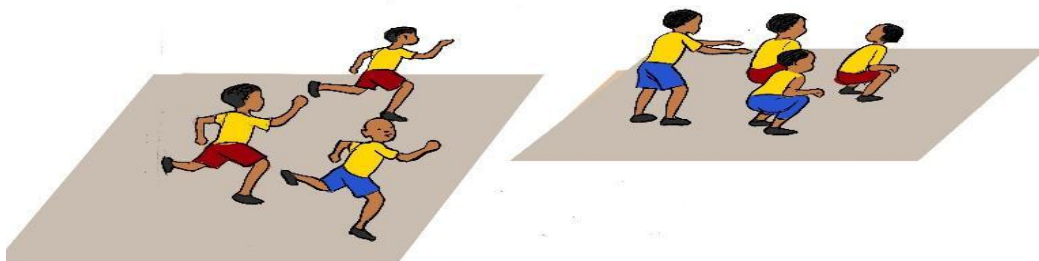
- Irya mbere “Kwiruka” igihe bavuze, “Iruka”. Abanyeshuri bagomba kwiruka nk’abatwaye imodoka bazenguruka uruziga, bakirinda kugongana.
- Irya kabiri “Kugenda buhoro” igihe bavuze, “Buhoro”. Abanyeshuri bazenguruka uruziga buhoro bakurikiranye, bameze nk’abatwaye imodoka.
- Irya gatatu “Guhagarara” igihe bavuze, “Hagarara”. Abanyeshuri bagomba guhagarara kugera ubwo bumvishe bavuze ngo “Genda” cyangwa “Buhoro”.
- Umukino ushobora kumara igihe cyose mwarimu ashaka.

d. Isomo nyirizina

Mu gutanga iri somo, hitamo imikino n’imyitoto ikurikira yagufasha kuritanga neza. Urasangamo imyitoto itandukanye yo kwibarangura, gusutama nta mpungenge kandi n’indi myitoto yo kwigengesera. Ushobora kandi guhitamo imyitoto ukoresha ufatiye ku myitoto iri mu gice cy’imyitoto y’inyongera usanga inyuma y’uyu mutwe w’amasomo.

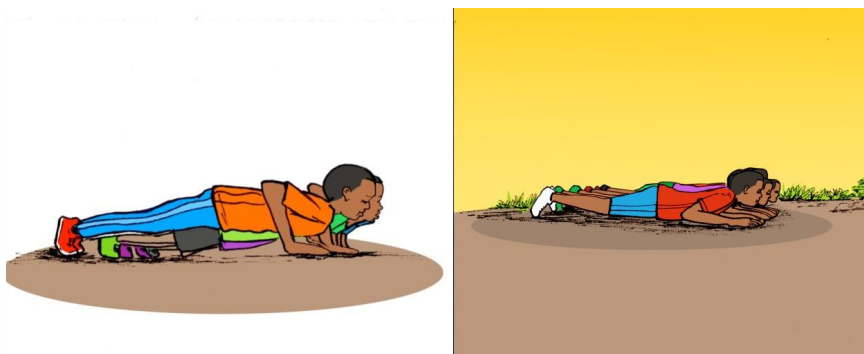
Imyitotozo yo gusutama

1. Mwarimu ajyana abanyeshuri mu kibuga hanyuma akababwira amabwiriza y'umukino.
2. Guca umurongo mu kibuga wo gutangiriraho imyitotozo n'uwo kurangirizaho.
3. Kubabwira bagasutama, gutanga ikimenyetso bakagenda basutamye kuva ku murongo ubanza kugeza kurangiza.
4. Bakomeza gukora imyitotozo kugeza mwarimu asoje umukino.



Imyitotozo yo gushyira ibiganza ku butaka bitegeranye

1. Mwarimu ajyana abanyeshuri mu kibuga hanyuma akababwira amabwiriza y'umukino;
2. Kubwira abanyeshuri bakunama bagashyira ibiganza ku butaka bitegeranye amaguru atandukanije
3. Kubwira abanyeshuri bagahagarara, amaboko bayazamuye.
4. Kubwira abanyeshuri bakunama, amaguru yegeranye, bagashyira ibiganza ku butaka.



Imyitozo yo kwibarangura

1. Mwarimu ajyana abanyeshuri mu kibuga hanyuma akababwira amabwiriza y'umukino.
2. Kubwira abanyeshuri bagaca bugufi, basutamyeye, bagashyira ibiganza ku butaka hanyuma bakibarangura.
3. Mwarimu akoresha icyo myitozo kugeza igihe arangiza umwitozo.



Izina ry'umukino wa mbere: Kunyuzwa umupira hagati y'amaguru

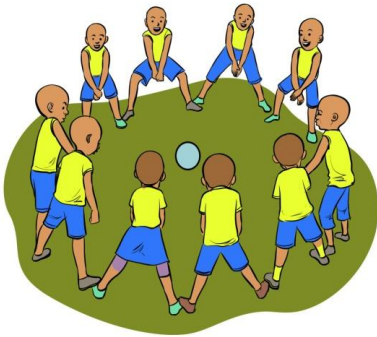
Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukongerera umubiri imbaraga n'ubugororokerwe. Mu gihe abanyeshuri bakina, buri mwana agerageza kunyuzwa umupira hagati y'amaguru ya mugenzi we uyu nawe akagerageza kuwutangira ngo udacamo.

Imiyoborere n'amategako by'umukino

1. Gukora amatsinda y'abanyeshuri 6 kugeza ku 10.
2. Gusaba buri tsinda gukora uruziga. Kubwira abanyeshuri bagahagarara batandukanyije amaguru. Buri kirenge cy'umwana gikora ku kirenge cya mugenzi we umuri iruhande. (Reba ishusho)
3. Kubwira abanyeshuri bagafatanywe ibiganza imbere yabo nkaho amaboko yabo ari umutonzi w'inzu. (Reba ishusho)
4. Gushyira umupira muri buri ruziga.
5. Gutanga ibisobanuro no kwerekera
 - Intego y'umukino ni ugucisha umupira hagati y'amaguru ya mugenzi wawe ariko nawe ukirinda ko umupira baza kuwunyuzwa hagati y'amaguru yawe.
 - Nta mwana wemerewe kunyeganyezwa amaguru ye ariko agomba gukoresha amaboko ye afatanye mu gukumira umupira ngo udaca mu maguru ye.
 - Kureba niba abanyeshuri bafite umwanya uhagije ku buryo badakoranaho mu gihe bazunguza amaboko.
 - Umwana umupira wanyuze hagati y'amaguru, agomba gukoresha ukuboko kumwe nyuma yaho.

- Iyo umupira umuciye hagati y'amaguru ubwa kabiri, agomba guhindukira agakomeza gukina ateye umugongo uruziga.
 - Nyuma y'iminota yagenwe na mwarimu, abanyeshuri umupira utanyuze hagati y'amaguru niba baba batsinze.
6. Abatsinze batangira undi mukino bagakina ukwabo n'abatsinzwe bagakora itsinda ryabo bagakina ukwabo.
 7. Mwarimu niwe ufata umwanzuro w'igihe umukino urangirira.
 8. Gusuzuma mu gihe abanyeshuri bakina niba batandukanyije neza amaguru mu gihe bari gukina kandi babasha kunyuza umupira hagati y'amaguru ya bagenzi babo?



Uburyo bwo guhindura umukino:

Gukoresha imipira 2 cyangwa 3 mu mukino umwe

Kuruhura ingingo z'umubiri

Guhagarara n'umugongo ugororotse

- Hagarara intugu n'amaguru bitandukanye
- Zamura amaboko ategane n'intugu
- Tagaranya ibiganza, ubworo buri hejuru, hirya y'umubiri
- isonjeshe amatako asa naho ari imbere

Guhagarara igituza kigoroye



- Hagarara amaguru n'intugu bitandukanye, amavi yihinye gato

- Shyira amaboko yawe inyuma, ubworo bureba umubiri wawe
- Gahoro utagaranyije ibiganza, ubizamura gahoro mu gihe urekura igituza imbere

e. Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki cyagukomereye muri uyu mukino ?
- Ni ikihe gice cy’umubiri wagororaga igihe wakinaga uyu mukino ?

Guhuza umukino n’ubuzima busanzwe

- Ni iki waba warakoze mu buzima cyatumye ugorora igice cy’umubiri wakoreshaga muri uyu mukino?

Ishyirwa mu bikorwa ry’inyigisho ivuye mu mukino

- Ushobora kutwerekana indi myitozo wakora yagorora umubiri wawe?

Izina ry’umukino wa 2: Umubiri utanyeganyega

Incamake y’umukino

Ikigamijwe muri uyu mukino ni ukutanyeganyeza umubiri mu gihe cy’amasegonda 3 mu bihe itandukanye. Muri uyu mukino abanyeshuri bashyira ingingo zimwe z’umubiri hasi izindi zikaguma zidakora hasi bakagerageza kumara igihe runaka batanyeganyega.

Imiyoborere n’amategeko by’umukino

1. Kubwira abanyeshuri kuja mu kibuga hanyuma bakarambura amaboko ku buryo badakoranaho.
2. Gutanga ibisobanuro no kwerekera:
 - Kuvuga ibice bitandukanye by’umubiri. Abanyeshuri bagomba gushyira hasi igice cy’umubiri cyavuzwe no kutanyeganyega igihe icyo gice kiri hasi. Urugero, ibiganza bibiri n’ikirenge kimwe, cyangwa ikiganza kimwe n’ikirenge kimwe, cyangwa inkokora imwe n’amavi abiri.
 - Bagomba kutanyeganyega mu gihe nibura cy’amasogonda 3.
3. Gutanga urugero ku bana wifashishije umwana ubishaka no kubwira abandi bana kwitegereza uburyo atanyeganyega arimo gukora uwo mwitozo.
4. Kubwira abanyeshuri bose bakigana imyitwarire ya mugenzi wabo.
5. Gukoresha abanyeshuri igerageza rihagije kugira ngo babashe gukora neza buri mwitozo.
6. Gushishikariza abanyeshuri kumvikana mu gihe batiyumva neza mu gihe bakina.
7. Gusuzuma niba bamwe mubanyeshuri bagerageza kutanyeganyega umwanya nibura w’amasegonda 3, abanyeshuri bafite umwanya uhagije ku buryo butabangamirana.



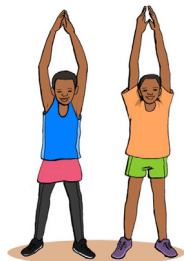
Uburyo bwo guhindura umukino:

- Kubwira abanyeshuri kuguma mu myifatire igihe kirekire gishoboka.
- Gushyira abanyeshuri babiri hamwe ukabasaba gushaka gukora umwitozo bafatanye (urugero, amaboko atatu n'amaguru atatu).
- Kubabwira bakaguma mu myitwarire bahumirije.

Kuruhura umubiri

Kugorora umubiri wose

- Hagarara amaguru n'intugu bitandukanye.
- Kurura umwuka uzamure n'ibiganza byawe hejuru hashoboka.
- Manuka ugana hasi.



Ikiganiro gisoza

Kuganira ku mukino

- Ni iki gikomeye cyagaragaye mu mukino ?
- Ni iyihe myitozo yari ikomeye kurusha indi ?

Guhuza umukino n'ubuzima busanzwe

- Ni ryari mu buzima bwawe byabaye ngombwa ko igice cy'umubiri wawe kimara igihe runaka kitanyeganyega?

Ku zihe mpamvu?

Ishyirwa mu bikorwa ry'isomo rivuye mu mukino

- Imyitozo yo kutanyeganyega k'umubiri wayikenera ryari kandi imariye iki umubiri wacu?

Isomo rya 3: Imyitozo yo guhindura ikerekezo n’umuvuduko

a. Ubushobozi bw’ibanze

Kugira ngo iri somo ryo gukora imyitozo yo guhindura ikerekezo n’umuvuduko igende neza, abanyeshuri bagomba kuba bafite ubumenyi n’ubumenyingiro bwo kwiruka

b. Imfashanyigisho

Imyenda ya siporo, ikibuga, icyumba cyabugenewe, ifirimbi, amashusho, imipira, igiti, urubaho, inkoni, n’ibindi bikoresho binyuranye umunyeshuri yakwirengera ku mutwe.

c. Intangiriro

Muri iri somo, mwarimu azakoresha imyitozo n’imikino by’ibanze bizafasha abanyeshuri kwiruka kandi bahindura ikerekezo n’umuvuduko.

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba bifitanye isano n’isomo agiye kwigisha.

Imyitozo yo Kwishyushya

Kugira ngo abanyeshuri bashobore gukora Imikino n’imyitozo nta kibazo kandi ingingo zose ziteguye, mwarimu akoresha imyitozo yo gushyushya ingingo yibanda cyane cyane ku myanya y’umubiri iri bukoreshwe mu mukino.

Kugororoka nk’inyenyeri

1. Saba abanyeshuri guhagarara amaguru atandukanye n’amaboko ari ku mwutwe, nk’uko inyenyeri iba imeze.
2. Abanyeshuri bagume muri ubwo buryo kumara amasegonda 6-8, nyuma bagasubiramo.



Gushima umugongo

1. Saba abanyeshuri kuzamura amaboko yabo y'iburyo hejuru ku mutwe.
2. Nyuma bakagonda amaboko mu nkokora, ku buryo ukuboko kugera mu mugongo (nk'umuntu uri kwishima).
3. Nyuma bakazamura ukuboko kw'ibumoso ku nkokora y'iburyo.
4. Bamare amasegonda 6-8.
5. Usubiremo umukino n'ukuboko kw' ibumoso.

d. Isomo nyirizina

Tanga iri somo wifashishije imikino ikurikira. Ushobora guhitamo umukino umwe wumva wagufasha kugera ku ntego yawe y'isomo.

Izina ry'umukino wa mbere: Umurizo w'intare

Incamake y'umukino

Ikigamijwe muri uyu mukino ni uguhindura ikerekezo vuba wiruka no kumenya ubushobozi bw'imbarangirwa unahunga imbarangirwa. Umukinnyi umwe akina yitwa intare afite n'agatambaro gasimbura umurizo w'intare. Abandi bakinnyi bagera gufata umurizo w'intare, bayubikira ku buryo itabakoraho. Uwo ikozeho agahagarara akawukoraho nyuma akongera gukina.

Imiyoborere n'amategeko by'umukino

1. Gukora amakipi anyanyagiye mu kibuga.
2. Umukinnyi umwe wa buri kipi(intare) aba afite ikimenyetso(umurizo).
3. Abandi bakinnyi bagera gufata umurizo w'intare, ariko bayibukira.
4. Abo intare ikozeho bahagarara aho bafatiwe.
5. Abafashwe bashobora gukora ku murizo w'intare bahagaze aho bafatiwe, maze bagasubira mu mukino.
6. Urenze ikibuga ahunga ahagarara ku murongo yakirengeyeho.
7. Hatsinda abakinnyi bakoze ku murizo w'intare ariko yo itabakozeho.
8. Gusuzuma mu gihe abanyeshuri bakina ko bese bari kwiruka kandi bahindura ikerekezo. batagongana kandi bavuduka



Uburyo bwo guhindura umukino

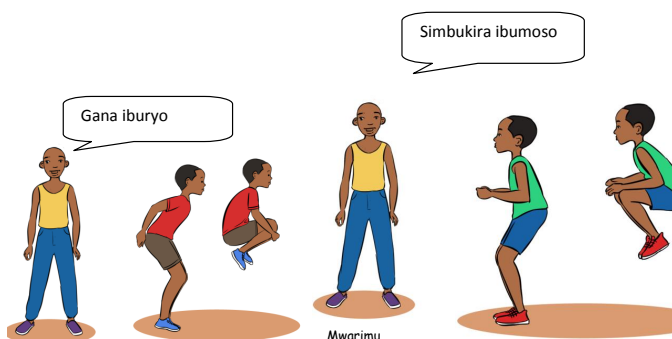
- Gukora amakipi 2, abakinnyi babiri babiri barebana bafite ikimenyetso.
- Batanguranwa gukora ku kimenyetso cy'imbuganwa, utanze undi akaba atsinze.
- Gukora amakipi abiri buri mukinnyi w'ikipi afite ikimenyetso cyayo.
- Iyo umukinnyi akoze ku kimenyetso cy'imbuganwa, ajya mu ikipi y'uwayikozeho. Hatsinda abakinnyi batahinduye ikipi.
- Imyitozo yo gusunika imbuganwa bakoresheje ibiganza basutamyeye.

Izina ry'umukino wa 2: Amerekezo

Incamake y'umukino

Ikigamijwe muri uyu mukino ni uguhindura ikerekezo igihe abanyeshuri bakina. Ni umukino usaba ko abanyeshuri bawukina bayega kandi bakurikiza amabwiriza bahawe. Abanyeshuri biruka baja mu kerekezo mwarimu ababwiye, yavugaga ikindi bagahindura ikerekezo kandi n'umuvuduko.

Imiyoborere n'amategako by'umukino



1. Kubwira abanyeshuri bagahagarara mu kibuga barebana.
2. Kubwira abanyeshuri bakerekana bakoresheje urutoki amerekezo akurikira: ibumoso, iburyo, imbere n'inyuma.
3. Gutanga ibisobanuro no kwerekera:
 - Uyu mukino wibanda ku buryo bwo kuyobora.
 - Kuvuga ikerekezo abanyeshuri bagomba kwerekezamo (urugero, «Nimugane ibumoso», «Nimugane imbere»).
4. Iyo mwarimu avuze ikindi kerekezo, bagomba guhindura ikerekezo barikugenderamo, babikora kandi biruka. Nyuma y'uko bamaze kwitegura neza gukurikiza amerekezo, guhindura imiyego ku mabwiriza (urugero: « gusimbuka ugana ibumoso» « gutaruka ugana iburyo», «kwihindukiza»).
5. Mwarimu niwe ufata ikemezo cy'igihe umukino urangirira.
6. Gusuzuma mu gihe abanyeshuri biruka niba bahindura ikerekezo vuba, batagongana, bisanzuye igihe mwarimu ababwiye guhindura ikerekezo.
7. Mugihe abanyeshuri barimo gukora imyitozo, mwarimu agenzura uko abanyeshuri biruka kandi bavuduka bakanahindura ikerekezo.

Uburyo bwo guhindura umukino

- Guha abanyeshuri amerekezo menshi yo kuganamo no kubabwira bakerekeza ahakwiye nyuma y'ahandi (urugero: « Nimutere intambwe ebyiri imbere kandi musimbuke gatatu mugana iburyo»).
- Kubwira abanyeshuri bafite icyo bahuriyeho bakagendera hamwe (urugero: «Abanyeshuri bose bambaye bafite umusatsi batere intambwe ebyiri bagana ibumoso», «Abanyeshuri bose b'inzobe batere intambwe imwe bagana iburyo»).

Imyitozo yo gusimbuka bahindura ikerekezo bakurikije ikimenyetso gitanzwe

8. Gushyira abanyeshuri mu kibuga.
9. Kubwira abanyeshuri bagasimbuka baja hejuru.
10. Gutanga ikimenyetso bagasimbuka bahindura ikerekezo.

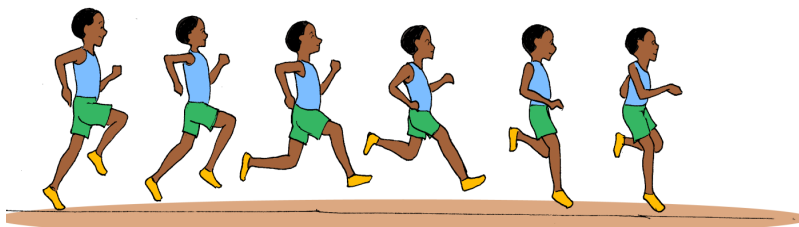
Imyitozo yo gusimbuka agana imbere, inyuma, ku mpande, ahuje amaguru ayatandukanije



1. Gushyira abanyeshuri mu kibuga.
2. Kubwira abanyeshuri bagasimbuka bajya hejuru.
3. Gutanga ikimenyetso bagasimbuka bagana imbere.
4. Gutanga ikindi kimenyetso bagasimbuka bahindura ikerekezo bakareba inyuma, hanyuma ku mpande, kandi amaguru bayatandukanije.

Imyitozo yo kwiruka ku ntera ya metero 20

1. Gushyira abana ku murongo mu kibuga.
2. Guca umurongo batangiriraho n'aho basozereza kuri metero 20.
3. Kubwira abana bakajya ku murongo bakitegura.
4. Gutanga ikimenyetso bakiruka kugera kuri m 20.



e. Isuzuma

Ikiganiro gisoza imikino

Kuganira ku mikino

- Mu myitozo mumaze gukora ni iki cyabakomereye?
- Ni iki mwiyumvisemo igihe mwakoraga iyo myitozo?
- Uyu mukino wari ubashimishije?
- Mwakoraga iki kugirango mubashe kumenya neza ikerekezo muri bujyemo?

Guhuza umukino n'ubuzima busanzwe

- Mu buzima bwanyu busanzwe mwabayemo haraho byabaye ngombwa ko mwiruka cyane muhindura ikerekezo?
- Hari ubundi mujya mucyenera gutega amatwi?
- Ni he byabaye ngombwa mu buzima bwanyu ko musimbuka?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Ni akahe kamaro k'imikino nk'iyi mu maze gukora yo gusimbuka, kwiruka uhindura amerekezo mu buzima bwanyu?
- Ni iki muzajya mukora kugira ngo mubashe kugana mu cyerekezo mwifuza?

1.5 Isuzuma risoza umutwe

Mu isuzuma risoza, mwarimu akoresha imyitozo/imikino hanyuma akareba uko abanyeshuri bayikora cyane cyane yita ku bumenyi, ubumenyingiro ndetse n’imyitwarire abanyeshuri bafite, ahereye kubyo yigishije mu mutwe wose. Abaza kandi n’ibibazo bimwe na bimwe kugira ngo arebe uko abanyeshuri babisubiza. Yita kandi no kunsanganyamatsiko zigiwe muri ayo masomo yose. Mwarimu azita mu kureba uko abanyeshuri bahindura ikerekezo n’umuvuduko nta mpungenge, birengera kandi banigengesera.

Izina ry’umukino wa mbere: Umuhigi n’inkende

Incamake y’umukino

Ikigamijwe muri uyu mukino, ni ukwiruka witaza uhindura ikerekezo kugirango ubone uko witaza neza umupira. Muri uyu mukino umwana yinjira mu kibuga akavuga numero ye mu gihe hatanzwe ikimenyetso, abari inyuma bakagerageza kumutera umupira nawe akawuhunga ngo utamukoraho agana aho ari ho hose mu kibuga kandi yiruka.

Imiyoborere n’amategeko by’umukino

1. Gukora amakipi abiri anganya umubare.
2. Ikipi imwe igizwe n’abahigi, indi igizwe n’inkende.
3. Buri kipi iha abakinnyi bayo inomeru kuva ku wa 1 kugera ku wa nyuma.
4. Abahigi baba bazengurutse ikibuga, inkende ziri ku ruhande rumwe rw’ikibuga (reba ishusho).
5. Iyo umwarimu atanze ikimenyetso, inkende ya mbere yinjira mu kibuga ivuga inomeru yayo cyane. Ishobora kwinjirira mu ruhande ibonye.
6. Iyo inkende imaze kwinjira mu kibuga, abahigi bahana umupira bagira ngo bayitere na yo ikawitaza.
7. Umuhigi ntagomba gutera intambwe afite umupira kimwe no kuwutindana mu ntoki birenze amasegonda 5.
8. Iyo inkende ya mbere itewe umupira, iva mu kibuga, hakajyamo inkende ya 2 bayitera nayo ikavamo kugeza ku nkende ya nyuma.
9. Iyo inkende zirangiye, amakipi aragurana, abari inkende bagahinduka abahigi.
10. Ikipe itsinze ni iyabashije gukoresha igihe gito ikura mu kibuga iyo bahanganye.
11. Gusuzuma niba abakinnyi bari gukina mu mwanya w’inkende biruka bahindura ibyerekezo.



Uburyo bwo guhindura umukino

- Bashobora gushyira mu mukino inkende 2, 4 na 5 icyarimwe, itewe umupira igasimburwa na numero iyikurikira.
- Babara inkende zatewe umupira ariko ntiziva mu mukino, ahubwo ku nkende zatewe umupira ikipi y'abahigi ibona inota 1.
- Inkende imwe ntishobora guterwa inshuro zirenze eshatu, iyo birenze inshuro zikurikira ntizibarwa. Nyuma y'igihe cyagenwe bagurana amakipi nk'uko bisanzwe.

Ikiganiro gisoza

Kuganira ku mukino

- Byari biboroheye guhamya umupira umuntu uri mu ruziga hagati? Byasabaga iki?
- Wumvise umerewe ute igihe bari baguhamije umupira?

Guhuza umukino n'ubuzima busanzwe

- Hari ikindi gihe mujya mukenera gutera ngo muhamye ikintu runaka?

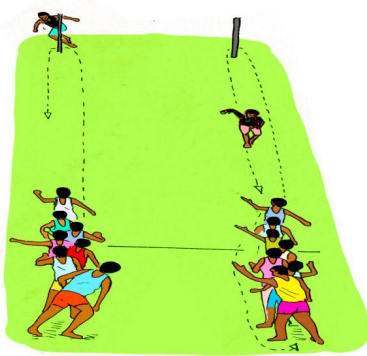
Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Gufatanya na bagenzi bawe byagufashije iki mu kugera ku ntego yawe?

Izina ry'umukino wa 2: Isiganwa rihinduka

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ugusuzuma uburyo abanyeshuri bitaza umupira nta mpungenge kandi biruka banahindura icyerekezo. Abana bari mu makipi yabo, uhagaze imbere yiruka amaze kumva ikimenyetso cya mwarimu akiruka yagera ku murongo wa nyuma agahindura icyerekezo akiruka agaruka mu ikipi. Agakora mu kiganza cya mugenzi we nawe akiruka.



Imiyoborere n'amategako y'umukino

1. Gabanyamo abanyeshuri amakipe agizwe n'abana 4-6.
2. Shushanya umurongo w'itangiriro kuri imwe mu mpera y'ikibuga cyo gukiniramo.
3. Saba buri kipi gukora umurongo urombereje inyuma y'imirongo y'itangiriro.
4. Shyira umutemeri ahagana muri metero 5-10 imbere ya buri kipi.
5. Sobanura kandi werekane ko:
 - iyo uvuze" genda" umwana uri ku murongo wa buri kipi yiruka amanuka mu kibuga azenguruka umutemeri, nyuma akagaruka ku murongo w'itangiriro gufata ikiganza cy'undi mwana.
 - Wihanangirize abanyeshuri gukandagirana.
 - undi mwana ukurikiyeho ku murongo ntagomba gutangira keretse ari uko undi mwana wiruka amufashe ukuboko.
6. Mukomeze irushanwa kugeza ubwo abakinnyi bose bagize igihe cyabo cyo gukina.
7. Mwongere mukine, hanyuma kuri iyi nshuro usabe abanyeshuri gukina basimbuka, biruka basubira inyuma, bagenda nk'imbata, basimbuka ku mutemeri bakanagaruka.

Uburyo bwo guhindura umukino

- wongere imbogamizi hagati y'umurongo w'itangiriro na buri mutemeri.
- Emerera buri kipi amahirwe yo gushyiraho imbogamizi muri busiganwa. (urugero, gusimbuka ujyendera ku kuguru kumwe, kuzenguruka inshuro 3 igihe ugeze ku mutemeri...).

Ikiganiro gisoza

Kuganira ku mukino

- wishimiye isiganwa? Kubera iki? Niba utanezerewe ni ukubera iki?
- Ni ibihe bice by'umubiri watozaga?

Guhuza Umukino n'ubuzima busanzwe

- Ni iyihe myitozo/ibikorwa ujya ukora aho ukoresha ibyo bice by'umubiri?

Ishyirwa mu bikorwa n'inyigisho ivuye mu mikino

- Ese ni gute imyitozo ya buri gihe idufitiye akamaro?
- Ni ukubera iki kumera neza mu mubiri bidufitiye akamaro mu buzima bwa buri muni?

1.6 Imyitozo y'inyongera

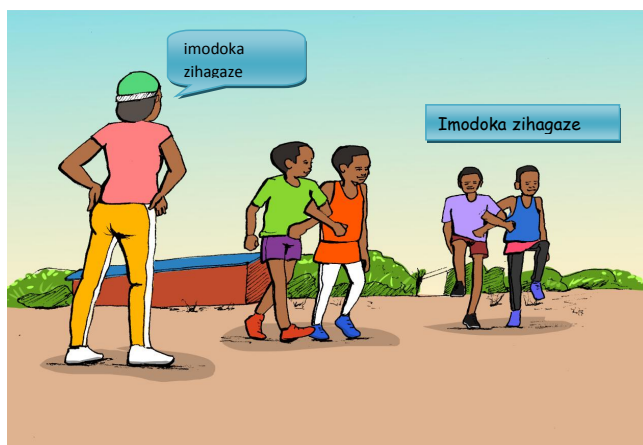
Izina ry'umukino wa 1: Imodoka zirahagaze

Incamake y'umukino

Ikigamijwe nikongerera umubiri imbaraga n'ubugororokerwe kugirango ukomeze uhagarare udahungabana hifashishijwe ubufatanye abanyeshuri babiri babiri barikumwe baratembera mu kibuga birinda bagenzi babo. Iyo hatanzwe ikimenyetso, abanyeshuri barahagarara bagahagarara ku kaguru kamwe mu gihe runaka.

Imiyoborere n'amategako by'umukino

1. Gushyira abanyeshuri babiri hamwe mu kibuga cyabugenewe.
2. Kubwira abanyeshuri bari kumwe guhagarara ukwabo umwe iruhande rw'undi.
3. Gutanga ibisobanuro no kwerekera :
 - Buri tsinda rya babiri rikora nkaho ari imodoka.
 - Rigendagenda mu kibuga cyabugenewe mu bwisanzure, kandi bakirinda guhura n'izindi imodoka.
 - Nyuma yo kuvuza ifirimbi, mwarimu aravugaga ngo :« imodoka zirahagaze !», abanyeshuri bagahita bahagarara ku kaguru kamwe mu gihe cy'amasogonda atanu. Amatsinda y'abanyeshuri babiri yombi agomba guhagarara hamwe.
 - Nyuma y'amasogonda atanu, mwarimu azavugaga ifirimbi maze buri tsinda ritangire kugendera ku kaguru kamwe rifatanye amaboko.
 - Kubwira abanyeshuri kwitondera andi matsinda arimo kujarajara mu kibuga ariko bagakomeza kugendera ku kaguru kamwe.
 - Nyuma y'amasogonda icumi gusaba abanyeshuri ko bakongera kugendesha amavetiri yabo.
4. Kuvugaga buri masegonda mirongo itatu : imodoka zirahagaze !».
5. Mwarimu niwe ufata umwanzuro w'igihe umukino urangirira.
6. Gusuzuma igihe abanyeshuri barimo bakina niba bese babasha guhagarara ku kaguru kamwe batagwa, bafatanyaga kugirango babashe guhagarara bataguye kandi Nta tsinda ryabangamiye irindi mu gihe yarimo agendagenda.



Uburyo bwo guhindura Umukino

- Kongera amasegonda ya buri gikorwa.
- Guhindura imyitwarire igihe cyose uyobora umukino avuze ati: «imodoka zihagaze!» (Urugero: «mupfukamire ivi rimwe, amaboko yombi hejuru», «muhagarare ukuguru kumwe kurambuye imbere yanyu» n'ibindi n'ibindi.
- Kongera umubare w'abanyeshuri bagize itsinda.

Ikiganiro gisoza

Kuganira ku mukino

- Wumvaga umeze ute igihe wari uhagaze ku kaguru kamwe?
- Uratekereza ko byaba bimeze gute uramutse uhagaze cyangwa ugendeye ku kaguru kamwe ntawundi mufatanye akaboko?

Guhuza umukino n'ubuzima busanzwe

- Hari ubundi waba warigeze ugendera cyangwa uhagarara ku kaguru kamwe?
- Ni ryari ushobora gukenereza kugendera ku kaguru kamwe?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Hari indi myitozo waba uzi yo kugendera ku kaguru kamwe? Yitwereke

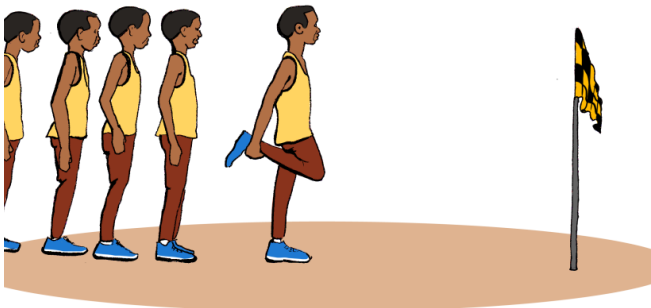
Izina ry'umukino wa 2: Akaguru ka rusake

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukwigengesera uhagaze ku kaguru kamwe no kurwana ishyamba ry'ikipi. Ku mirongo ibangikanye, abanyeshuri bari imbere bagendesha akaguru kamwe akandi bagafatiye inyuma bagasiganwa bagana ku murongo wo gusorezaho bawugeraho bagahindura akaguru bakagaruka. Buri mwana iyo agarutse akora mu ntoki za mugenzi we uri imbere nawe agahita agenda. Urangije gukina ajya inyuma.

Imiyoborere n'amategeko by'umukino

1. Gukora amakipi anganya umubare.
2. Kubashyira ku mirongo ibangikanye.
3. Guca umurongo cyangwa gushyira ikimenyetso aho abakinnyi bagarukira.
4. Gusaba abakinnyi b'imbere guhagarara ku murongo w'intangiriro.
5. Iyo umwarimu atanze ikimenyetso cya mbere, buri mukinnyi mu bari imbere ahagarara ku kuguru kumwe ukundi akagufatira inyuma guhinnye.
6. Mwarimu iyo atanze ikimenyetso cya kabiri, bahita basiganwa (kaguru kamwe) bagana ku murongo wo gusorezaho.
7. Buri mukinnyi ugeze ku murongo wo gusorezaho ahindura akaguru agahita agaruka aho yatangiriyey.
8. Iyo ageze ku ntangiriro akora mu ntoki za mugenzi we nawe uba yigiye imbere agahagarara ku murongo wo gutangiriraho maze uyu nawe agahita atangira kwiruka.
9. Urangije kwiruka ajya inyuma ku murongo.
10. Bagakomeza batyo kugeza ku mukinnyi wa nyuma wa buri kipi.
11. Ukandagije amaguru abiri hasi atesha ikipi ye inota.
12. Hatsinda ikipi yatanze izindi kurangiza.
13. Gusuzuma igihe abanyeshuri barimo bakina niba biruka ku kaguru kamwe bagana ku kimenyetso cyateganijwe.



Uburyo bwo guhindura umukino

- Abakinnyi bagenda kaguru kamwe nk'uko umukino umeze ariko mu nzira banyuramo bakahatega ibintu basimbuka (imigozi, inkoni zitambitse ku butaka).

Ikiganiro gisoza

Kuganira ku mukino

- Byari bimeze gute kugendera ku kuguru kumwe?
- Wumvaga umeze ute igihe ari wowe wagombaga gukurikiraho?

Guhuza umukino n'ubuzima busanzwe:

- Ni ryari ushobora gukenera kugendesha akaguru kamwe?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Ni iki uyu mukino wakunguye mu buzima bwawe?

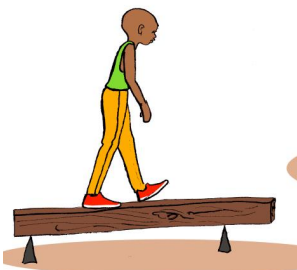
Izina ry'umukino wa 3: Nyirubugenge

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukwigengesera, kugenda hejuru y'ibintu biteze mu nzira no kurwana ishyaka ry'iki. Muri uyu mukino umunyeshuri yiruka agana aho ikintu giteretse imbere ye, akakigenderaho nyuma akagenda kaguru kamwe kugera ku murongo w'impera.

Imiyoborere n'amategako by'umukino

1. Gukora amakipi anganya umubare.
2. Guhagarika abakinnyi, amakipi abangikanye inyuma y'umurongo w'intangiriro.
3. Gushyira ibiti birambitse, urubaho ruteretse hejuru y'amatafari atondekanyije ku murongo, imbere ya buri kipi nko muri m 5 cyangwa m 6.
4. Kwerekana umurongo w'impera.
5. Iyo umwarimu atanze ikimenyetso, uwa mbere wa buri kipi yiruka agana ku kintu kirambitse imbere ye akakigenda hejuru, yakirangiza akagenda kaguru kamwe kugera ku murongo w'impera.
6. Iyo amaze kurenga uwo murongo agaruka yiruka uko bisanzwe agakora mu kiganza cya mugenzi we bari mu ikipe imwenawe agakora nk'ibyo amaze gukora.
7. Umukinnyi ukandagiye hasi akigenda hejuru y'icyo barambitse imbere ye agomba kongera gutangira kukigenda hejuru kugeza ubwo ashoboye kukinyura hejuru ataguye.
8. Hatsinda ikipi irangije mbere.
9. Gusuzuma mu gihe abanyeshuri bakina, niba bose banyuze hejuru y'ikintu kirambitse.



Uburyo bwo guhindura umukino

- Iyo umwarimu atanze ikimenyetso, abakinnyi ba buri kipi bagendera icyarimwe ku murongo.
- Umukinnyi uteshutse hejuru y’umugogo w’igiti atuma ikipi yose yongera gutangira.
- Iyo bavuye hejuru y’igiti, bagenda kaguru kamwe kugera ku murongo w’impera kandi nta wemerewe guca ku wundi.
- Hatsinda ikipi yatanze izindi kurenga umurongo w’impera.

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki mwakoze kugira ngo mutagwa igihe mwagendaga hejuru y’ikintu kirambitse?
- Ni iki mwiyumvisemo igihe mwambutse ikintu kirambitse mutaguye?

Guhuza umukino n’ubuzima busanzwe

- Hari ahandi mwaba mwarigeze mugenda bikaba ngombwa ko mwigengesera ngo mutagwa?

Ishyirwa mu bikorwa ry’inyigisho ivuye mu mukino

- Ni akahe kamaro k’imikino nk’iyi yo kwigengesera ku mubiri wacu?

1.6.1 Imyitozo/imikino ishyushya umubiri

Izina ry’umukino wa mbere: Urunana

Imiyorerere n’amategeko by’umukino

1. Kwerekana abanyeshuri 2 bakora urunana rwa mbere.
2. Umukino umara iminota 3 kugeza kuri 5.
3. Abakinnyi 2 bakoze urunana rwa mbere birukankana abandi bafatanye.
4. Umukinnyi ukozweho n’urunana arujyamo.
5. Iyo urunana rumaze kugira abantu bane rwicamo n’utunana tugizwe n’abakinnyi babiri babiri.
6. Umukinnyi usigaye atagiye mu runana niwe uba atsinze.



Izina ry’umukino wa 2: Umunyegare

Imiyoborere n’amatego by’umukino

1. Gukora amakipi ahagaze arebana, atandukanijwe na m 15.
2. Ikipi imwe ni iy’amagare, indi ni iy’abanyamagare.
3. Iyo umwarimu atanze ikimenyetso, abanyamagare biruka bagana ku magare yabo, bakanyura hagati y’amaguru yayo bakayurira.
4. Uwa mbere wuriye igare niwe uba atsinze.
5. Basubira mu myanya yabo bagahindura: abari amagare bahinduka abanyamagare.

Icyitonderwa: kubuza abakinnyi b’ikiy’umukino kubangamira bagenzi babo baburira.

Izina ry’umukino wa 3: Kagoma n’intashya

Imiyoborere n’amatego by’umukino

1. Gukora amakipi abiri angana, ikipi imwe (Kagoma) ijya mu kibuga, indi kipi (intashya) yigabanyamo udukiye tubiri tubangikanye ku murongo w’intangiriro y’ikibuga.
2. Gutegura umupira wa karere.
3. Intashya ya mbere ku murongo w’iburyo inagira umupira za kagoma, igahita izenguruka ikibuga yiruka.
4. Intashya ya mbere ku murongo w’ibumoso, ubwo yinjira mu kibuga cya za kagoma, zikagerageza kuyihamya umupira, ziwunagirana, intashya nayo iwizibukira kugeza igihe insindahamwe yayo irangirije rimwe kuzenguruka ikibuga.
5. Iyo muri icyo gihe za kagoma zihamije intashya zibona inota, iyo zitayihamije, ikipi y’intashya ni yo ibona inota.
6. Iyo intashya zose zimaze kwiruka, babara amanota, amakipi akagurana.

Icyitonderwa: kagoma ntizishobora kugendana umupira mu ntoki (ziwutera intashya zitawutindanye cyangwa zikawunagirana zihiga intashya). Kagoma ziva mu kibuga ari uko zigiyeye gutoragura umupira gusa.

Umwitozo wa 4: Kurikira ikiganza cyawe

Imiyoborere n’amatego by’umukino

1. Gabanya abanyeshuri mu matsinda.
2. Saba umwana umwe muri buri tsinda gutangira umukino akina nk’umuyobozi.
3. Undi mwana muri buri tsinda agatangira gukina nk’ukurikira.
4. Sobanura kandi werekane ko:
 - Iyo uvuze ijamba” Genda” abakurikira bese bagera gushyira amazuru yabo hafi mu gice metero uvuye ku kuboko kw’iburyo k’umuyobozi
 - Buri muyobozi agomba kugendagenda bazamuka amaboko hasi no hejuru mu buri cyerekezo bahisemo.

- Iyo uvuze “hagarara” abakurikira bose bahindura imyanya bagakina nk’abayobozi bakayobora bagenzi babo n’ukuboko kw’iburyo”
5. Vuga “Genda” na “hagarara” buri minota 1-2.



Umwitozo wo kwishyushya wa 5: Uruziga rw’umuziki

Imiyoborere n’amategako by’umukino

1. Ha abanyeshuri umugozi uzengurutse, buri wese yigire inyuma kugera aho urangirira, kugirango babone uruziga rwo gukiniramo.
2. Saba abanyeshuri gushyira umugozi hasi bawuhagarare mo. (Niba ntamugozi, shushanya uruziga hasi ukoresheje ingwa).
3. Sobanura unerekane ibi bikurikira:
 - Mu ruziga ni ku kirwa.
 - Hanze y’uruziga ni mu mazi.
 - Umuziki urimo abanyeshuri bamera nkabari koga mu mazi.
 - Umuziki uhagaze, Buri mwana ahagarara ku kirwa.
 - Abanyeshuri bahagaze ku kirwa barinanura, barasimbuka, bararyama, baragenda nibindi.
 - Umuzika utangiye nanone, abanyeshuri basubira mu mazi bagatangira nanone koga. Umuzika uhagaze basubira kukirwa.
4. Sobanurira abanyeshuri guhindura ibyo bakoraga igihe bahagaze kukirwa.
5. Umukino ntaho ugira igihe umara, wakinwa kugeza igihe mwarimu ashakaye kuwuhagarika.



Umwitozo wo kwishyushya wa 6: Fatanya amaguru

Imiyoborere n'amategeko by'umukino

1. Shaka ahantu hahagije hemerera abanyeshuri kwisanzura, birukankana bagenzi babo.
 - Gabanya abanyeshuri mo amakipe ya babiri babiri.
 - Saba umwe guhagara mu metero imwe yundi barebana.
 - Sobanura unerekane ibi bikurikira:
2. Uyu ni umukino wo kwegerana.
3. Iyo uvuze ngo, "Tangira!" buri mwana agera kumaguru ya mugenzi we (Kuva ku ivi kumanura) inshuro nyinshi zishoboka kugera aho uvuze "Hagarara".
4. Bagomba gokora kumaguru ya bagenzi babo ari nako banga ko abandi babakoraho.
5. Ugomba kubibutsa ko bakorahaho buhoro ntakubabazanya.
6. Iyo uvuze "Hagarara" Buri mwana ashaka undi muntu bigakomeza kugeza aho uvugiyeho "Tangira".
 - Ugomba kuvuga "Hagarara" nyuma yamasegonda 30 cyangwa umunota.
 - Umukino urangira igihe mwarimu ashakiye.
7. Abanyeshuri bagomba gucunga bagenzi babo buri gihe bakina.



Umwitozo wo kwishyushya wa 7: Inziga z'umuziki

Imiyoborere n'amategeko by'umukino

1. Gabanya abanyeshuri mo amatsinda ya 6-10.
2. Saba Buri tsinda gukora uruziga.
3. Buri tsinda urihe umugozi wo gukora uruziga.
4. Saba abanyeshuri gushyira umugozi hasi bagahagarara imbere mu mugenzi.
5. Umugozi ugomba gukora kuri buri wese mwitsinda, niba ntamugenzi, washushanya

uruziga hasi bagahagaramo.



6. Sobanura kandi werekane ibi bikurikira:

- Muri uyu mukino abanyeshuri baragendagenda, barabyina, barinyeganyeza igihe umuzika uvuga.
- Igihe baba bumva umuzika bazenguruka mu kerekezo cy'urushinge rw'isaha bazenguruka inziga, bava muruziga bajya murundi.
- Abanyeshuri bagerageza gushyira umwana umwe mu ruziga.
- Umuzika uhagaze, abanyeshuri barahagarara.
- Wakongera bakazenguruka na none.

7. Uhagarika umuzika nibura hashize amasegonda 30.

8. Wawukinisha igihe cyose ushaka.

1.6.2 Imyitozo/imikino inanura umubiri

Umwitoto wa mbere: Kunanura imbavu

1. Hagarara amaguru n'intugu bitandukanye n'amavi yihinnye gato.
2. Zamura ukuboko kwawe kw'iburyo hejuru y'umutwe hanyuma wegamire gahoro gahoro ku bumoso.



Umwitozo wa 2: Kunanura ukuboko

1. Hagarara amaguru n'amaboko bitandukanye.
2. Zamura ikiganza kimwe. Rebesha umutwe wawe hasi.
3. Koresha ukundi kuboko usunika inkokora yawe.



Umwitozo wa 3: Kunanura intugu

1. Hagarara ku ruhande rw'urukuta, ukuguru kumwe kuri imbere.
2. Shyira ikiganza hafi n'igikuta inyuma yawe.
3. Ikiganza cyawe kigomba gukora ku rukuta hafi n'intugu zawe.



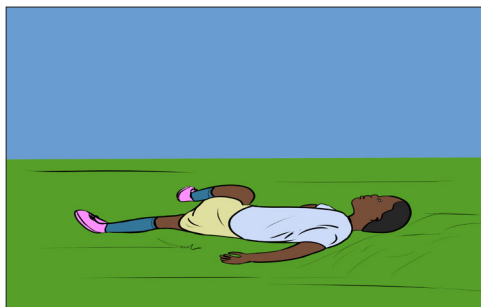
Umwitozo wa 4: Kunanura amayunguyungu

1. Icara hasi, umugongo urambuye, amaguru ari hamwe kandi arambuye imbere yawe.
2. Hina ivi ry'iburyo ukuguru kw'iburyo kube hanze y'ukw'ibumoso.
3. Koresha inkokora y'ibumoso gutsikamira ivi ryawe ry'iburyo riri hanze.
4. Umubiri wawe ugume ugoroye noneho uhindukire buhoro iburyo.

Umwitozo wa 5: Kunanura umugongo

1. Ryamira umugongo wawe, amaboko arambuye hafi n'intugu.
2. Ivi ryawe ry'iburyo urizane hafi n'igituza.

3. Uzengurukira ku matak, umanure iyi ryawe ku bumoso, intugu zawe zirambuye hasi.
4. Zamura iyi ry'ibumoso ugana ku kuboko kw'ibumoso nyuma uindukize umutwe.



Umwitozo wa 6: Kunanura imikaya y'imbere ku kuguru

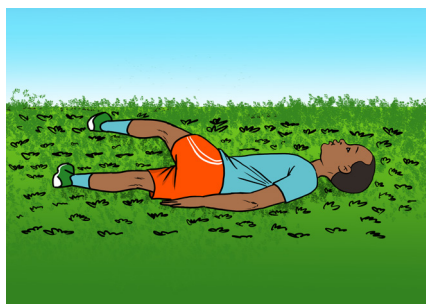
1. Hagarara wemye. Koresha ikiganza cy'ibumoso gukurura ukuguru kw'ibumoso ugana ku kibuno.
2. Ushobora gushyira ukuboko kw'iburyo ku gikuta kugirango utagwa.
3. Iyi ryawe ry'iburyo rigume rihinye gato.
4. Amavi yawe agume yegeranye kandi n'umubiri wawe wemye.
5. Ugume gutyo kugeza kwigorora birangiye.

Umwitozo wa 7: Kunanura ukuguru

1. Icara hasi, umugongo urambuye, amaguru ari hamwe kandi arambuye imbere yawe.
2. Zana impera y'ikirenge kimwe kw'ivi ry'ukundi kuguru.
3. Hina inda imbere.
4. Umutwe ugume hejuru n'umugongo urambuye, amaboko agakora ku kaguro karambuye.

Umwitozo wa 8: Kunanura imikaya y'inyuma ku kuguru

1. Ryama ku mugongo amavi ahinnye ukuguru kurambuye hasi.
2. Zana iyi rimwe hafi n'igituza, intugu zawe ziri hasi.
3. Koresha amaboko yawe yombi gufatira inyuma umurundi n'amayunguyungu.
4. Gahoro gahoro ukomeze ukuguru kuri hejuru kugeza ubwo kugororoka kurangiye.



Umwitozo wa 9: Guhagarara unanura ijosi

1. Hagarara amaguru n'intugu bitandukanye.
2. Ureke urutugu rwawe rw'ibumoso rutuze rugana hasi.
3. Uzunguze ugutwi kw'iburyo uganisha ku rutugu rw'iburyo.
4. Wumve kugororoka ku ruhande rw'ibumoso kw'ijosi.
5. Uhindure uruhande, gutyo gutyo.



Umwitozo wa 10: Kunanura umubiri wose

1. Hagarara amaguru atandukanye, amano ashinze hasi.
2. Gahoro ushyire amatako ku ruhande rumwe uhinnye n'amavi kuri urwo ruhande.
3. Amavi yawe agume ahinnye inyuma y'amano hejuru y'ikirenge.
4. Gahoro ibiro byawe bitsikamirwe n'ivi rihinnye.
5. Ukundi kuguru kugume kurambuye.
6. Umutwe n'umugongo wawe bigume birambuye.

UMUTWE WA 2: MYITOZO N'IMIKINO ITEZA IMBERE IMIYEGO N'IHUZANGIRO

2

2.1. Ubushobozi bw'ingenzi bugamijwe

Umunyeshuri azaba ashobora kugendera kuri gahunda akurikije amabwiriza yahawe.

2.2. Ubushobozi shingiro

kugira ngo abanyeshuri bo mu mwaka wa gatatu w'amashuri abanza bagire ubushobozi bwo gukora neza imyitoto n'imikino iteza imbere imiyego n'ihuzangiro bagomba kuba bashobora kuvuga akamaro ko gukora imyitoto yo kugendera ku mirongo iboneye, Kurondora ibice by'umubiri w'umuntu, gukurikiza amabwiriza, gutinyuka, kwigirira icyizere, gukoresha ukuri no kubana neza n'abandi.

2.3. Ingingo nsanganyamasomo

Mu gihe abanyeshuri bakina ni byiza ko bakangurirwa

Kwimakaza umuco w'amahoro: Mwarimu azafasha abanyeshuri kujya bakina mu mahoro ntawe uhutaza undi. Buri mwana wese akwiye kumva atekanye igihe ari mu kibuga akina ntawe umubangamira.

Uburinganire n'ubwuzuzanye: Abanyeshuri bose baba abakobwa ndetse n'abahungu bagomba kwisanzura mu gukina. Abakobwa ntibagomba guhezwa mu mikino, uruhare rwabo mu mikino rugomba kugaragara ndetse rugatezwa imbere.

Uburezi budaheza: abanyeshuri bafite ibibazo byihariye bijyanye n'ubushobozi bwabo mu kwiga, cyangwa se bafite ubumuga runaka, bagomba nabo kugira uruhari mu mikino. Ibyo bisaba ko mwarimu agomba kureba uburyo yahindura imikino ku buryo abafite ubumuga nabo bakina.

Umuco wo kuzigama: Mu bikoresho byifashishwa mu gukina ni byiza ko hakoreshwa ibikoresho bidasaba amafaranga menshi ahubwo bagakanguriwa kubyikorera mu bikoresho dusanga iwacu aho dutuye.

Kwita ku bidukikije: Abanyeshuri mugihe bakina, birakwiye ko batozwa umuco wo kutangiriza ibidukikije basanze mu mpande z'ikibuga n'ahandi hose baba bari gukinira.

2.4. Urutonde rw'amasomo

Amasomo	Intego z'amasomo	Umubare w'amasomo: 6
Imyitozo n'imikino iteza imbere imiyego n'ihuzangiro	Gukora imyitozo n'imikino iteza imbere imiyego n'ihuzangiro.	Isomo 1
Imyitozo n'imikino iteza imbere ubwenge	Gukora imyitozo n'imikino iteza imbere ubwenge.	amasomo 2
Imyitozo igamije iterambere mu mibanire n'abandi	Gukora imyitozo igamije iterambere mu mibanire n'abandi.	Isomo 1
Imyitozo iteza imbere imbamutima	Gukora imyitozo iteza imbere imbamutima.	Isomo 1
Isuzuma risoza umutwe	Kwitegereza uburyo umunyeshuri agaragaza imibanire ye n'abandi, kwigirira ikizere, gufata ibyemezo.	

Isomo rya mbere: Imyitozo n'imikino iteza imbere imiyego n'ihuzangiro

a. Ubushobozi shingiro

Kugira ngo iri somo ryo gukora imyitozo n'imikino iteza imbere imiyego n'ihuzangiro igende neza, abanyeshuri bagomba kuba bafite ubumenyi n'ubumenyingiro mu kwiruka no gusimbuka. Ibyo bisaba kandi kuba atinyuka kandi yigirira ikizere.

b. Imfashanyigisho

Ikibuga, ifirimbi, amashusho, imipira y'amaguru, igiti, urubaho, inkoni, udutambaro n'ibindi bikoreshe binyuranye umunyeshuri yakwifashisha mu gushyushya no kunanura umubiri

c. Intangiriro

Muri iri somo, mwarimu azakoreshe imyitozo n'imikino by'ibanze bizafasha abanyeshuri guhamya ikintu kiri hamwe cyangwa kigenda, kubisikanya amaboko n'amaguru, gufata mu mutwe, kugaragaza amazina y'ibice by'umubiri no kwigirira ikizere.

Ikiganiro gitangira isomo

Nyuma y'uko abanyeshuri bamaze kwambara imyenda yabugenewe, no gutegura ikibuga bakiniramo kikavamo ibyatera impanuka byose, mwarimu aganira n'abanyeshuri ababaza ku miyego n'ihuzangiro.

Imyitozo yo kwishyushya

Kugira ngo abanyeshuri bashobore gukora imikino n'imyitozo nta kibazo kandi ingingo zose ziteguye, mwarimu akoreshe imyitozo yo gushyushya ingingo yibanda cyane cyane ku myanya y'umubiri iri bukoreshwe mu mukino.

(Reba imyitozo/imikino yo kwishyushya mu myitozo y'inyongera umutwe wa mbere)

d. Isomo nyirizina

Koreshe imyitozo n'imikino ikurikira cyangwa uhitemo indi usanga mu mpera z'umutwe wa mbere.

Izina ry'umukino wa mbere: Agakoni

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukongerera umubiri imbaraga n'umuvuduko (imiyego)

Abanyeshuri bari ku murongo biruka bafite agakoni mu ntoki bakagera aho mwarimu yashyize ikimenyetso bakakizenguruka, bakagaruka aho batangiriye.

Imiyoborere n'amategeko by'umukino

1. Gukora amakipe y'abanyeshuri 4 kugeza kuri 6.
2. Guca umurongo ntangiriro kuri rumwe mu mpande z'ikibuga.
3. Kubwira buri kipi igakora umurongo ugororotse inyuma y'umurongo ntangiriro umwana umwe inyuma y'undi.
4. Gushyira ikimenyetso kuri metero 20 z'uburebure imbere ya buri kipi.
5. Gutanga ubusobanuro no kwerekera:
 - Iyo mwarimu avugije ifirimbi abambere ba buri murongo biruka bazenguruka ikimenyetso mwarimu yashyizeho, bakagaruka ku murongo ntangiriro maze bagahereza agakoni umukinnyi ukurikira. Umwarimu asaba abanyeshuri gukurikirana uko bahagaze kandi uvuye kwiruka akajya inyuma y'abandi.
 - Umukinnyi ukurikira ntashobora kugenda umukinnyi urangije atari yamuhereza agakoni.
 - Gukomeza kwiruka basimburana kugera abakinnyi bose birutse.
6. Gusuzuma mu gihe abanyeshuri bakina niba buri mwana yirutse nyuma y'uko bamuhereje agakoni, kandi niba abanyeshuri bose birukanse.



Uburyo bwo guhindura umukino

- Gutangira umukino, ariko ukabwira abakinnyi kwiruka kaguru kamwe, kwiruka amajyanyuma, cyangwa basimbuka umugozi kugera ku kimenyetso, noneho bakagaruka ku ntangiriro.
- Guha buri kipi uburyo bwo guhanga indi nzitizi kuri buri ntera yiruka (urugero, gusimbukira ku kaguru kamwe, kwizengurukaho gatatu amaze kugera ku mutemeli n'ibindi...).

Imyitozo iruhura umubiri (**Reba imyitozo iri mu mpera z'umutwe wa mbere**).

e. Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

- Wumvaga umeze ute bagiye kuguhereza agakoni?

- Wumvaga utekereza iki igihe wabaga utangiye kwiruka?

Guhuza umukino n’ubuzima busanzwe

- Hari ahandi muja mukenera kwiruka?

Ishyirwa mu bikorwa ry’inyigisho ivuye mu mukino

- Kuki imyitoto yo kwiruka ari ingirakamaro?

Izina ry’umukino wa 2: Hunga kitakurya!

Incamake y’umukino

Ikigamijwe muri uyu mukino ni uguhindura umuvuduko igihe abanyeshuri biruka. Abanyeshuri bagendera hagati mu ruziga bameze nk’abigana uko amafi yoga ariko bahunga abashaka kubafata.

Imiyoborere n’amategeko by’umukino

1. Gukora amakipi y’abanyeshuri 6 kugeza ku 10.
2. Guca uruziga runini kuri buri tsinda.
3. Gusaba abanyeshuri b’ikipe imwe kuba amafi manini indi kipe ikaba udafi duto.
4. Gutanga ubusobanuro no kwerekera :
 - Udufi duto n’amanini agenda hagati y’uruziga yigira nkaho yoga.
 - Iyo mwarimu avuze: « ni igihe cyo kurya! » udufi duto twiruka tugerageza guhunga amafi manini.
 - Amafi manini agomba kugerageza gufata udufi duto.
 - Kubuza abanyeshuri gusunikana.
 - Udufi duto dushobora kuva mu ruziga kugira ngo twishakire umutekano, ariko dushobora kuhaguma mu gihe gusa tubara turangurura ijwi kugeza kuri 3 (1, 2,3) maze tukagaruka mu ruziga.
 - Umwana ukozweho ahinduka ifi nini.
 - Igihe cyo kurya kimara gusa amasogonda 10 kugeza 15. Hanyuma bakavugaga « koga byisanzuye ». Mu gihe cyo koga byisanzuye, abanyeshuri bese boga mu mudendezo mu ruziga.
5. Gukomeza gukina kugeza ubwo udufi twese duhindutse amafi manini.
6. Gutangira umukino abari amafi manini bahinduka udufi duto n’udafi duto duhinduka amafi manini.
7. Gusuzuma mu gihe abanyeshuri barimo bakina mu kibuga biruka igihe mwarimu avuze ngo « ni igihe cyo kurya », kureba niba bakina badasunikana kandi ko bahinduranyije umumaro.



Uburyo bwo guhindura umukino

- Kubwira abanyeshuri bagasimbukira ku kaguru kamwe mu mwanya wo kwiruka.
- Kongera amasegonda agenewe «ibihe byo kurya!» urugero, hagati y'amasegonda 30 na 45).

Imyitozo iruhura umubiri

(Reba imyitozo iri mu mpera z'umutwe wa mbere)

Ikiganiro gisoza

Kuganira ku mukino

- Igihe mwirukaga ni ikihe gice cy'umubiri cyananiwe mbere?
- Mwakoze iki kugira ngo mucike amafi manini?
- Mwumvaga mumeze mute igihe amafi manini yabaga ari kubirukankana?

Guhuza umukino n'ubuzima busanzwe

- Hari ikindi gihe wari wiruka uhunga umuntu cyangwa ikintu gishaka kugufata cyangwa kukugirira nabi? Gihe ki kandi wahungaga iki?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Ni iyihe myitozo mwakora kugira ngoubutaha umubiri utazananirwa?
- Ese icyo myitozo ni akahe kamaro kandi ifitiye umubiri?

Isomo rya 2: Imyitozo n'imikino iteza imbere ubwenge

a. Ubushobozi bw'ibanze

Kugira ngo iri somo ryo gukora imyitozo n'imikino iteza mibere ubwenge igende neza, abanyeshuri bagomba kuba bafite ubushobozi, ubumenyingiro n'imyifatire bibafasha kumva, gufata mu mutwe, kuvangura amabara no kumenya ibice by'umubiri w'umuntu.

b. Imfashanyigisho

Imyenda ya siporo, ikibuga, ifirimbi, amashusho, udutambaro, imipira y'amaguru, igiti, urubaho, inkoni, udutambaro n'ibindi bikoresho binyuranye umunyeshuri cyangwa mwarimu yakwifashisha mu gukina.

c. Intangiriro

Muri iri somo, mwarimu azakoresha imyitozo n'imikino by'ibanze bizafasha abanyeshuri gutekereza, kwitegereza, kwitondera icyo bakora cyangwa babwirwa ndetse banashishoza cyane.

Ikiganiro gitangira isomo

Nyuma y'uko abanyeshuri bamaze kwambara imyenda yabugenewe, no gutegeza ikibuga bakiniramo kikavamo ibyatera impanuka byose, mwarimu aganira n'abanyeshuri ababaza ku mikino iteza imbere ubwenge.

Imyitozo yo kwishyushya

(Reba imyitozo n'imikino iri mu mpera z'umutwe wa mbere)

d. Isomo nyirizina

Mu kwigisha iri isomo, koresha imyitozo n'imikino ikurikira cyangwa uhitemo indi mikino cyangwa imyitozo usanga mu mpera z'umutwe wa mbere.

Izina ry'umukino wa mbere: Utabona

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ugukarishya ibyumviro ubikoresha no kumenya uwo ubona. Muri uyu mukino umwana akina apfutse amaso agerageza kumenya ikerekezo no kuvumbura mugenzi we yabonye mbere y'uko bamupfuka mu maso.

Imiyoborere n'amategeko by'umukino

1. Mwarimu akora amatsinda abiri y'abanyeshuri.
2. Abanyeshuri muri buri tsinda bahagarara ku ruziga, umwe muri bo akajya mu ruziga hagati akitegereza abaruriho nyuma bakamupfuka mu maso.
3. Abanyeshuri bari ku ruziga baguma aho bari kandi bacecetse.

4. Upfutse mu maso atangira kuzenguruka ku ruziga ashakisha umwe mu bakinnyi ngo amukoreho kandi anavuga n'izina rye.
5. Iyo uwari upfutse mu maso amenye izina ry'uwo yakozeho uyu nawe bamupfuka mu maso agatangira gushakisha uwo akoraho abigenza nk'uwamubanjirije naho uwari upfutse mu maso agasanga abandi mu ruziga.
6. Iyo uwo bapfutse mu maso atabashije kumenya izina ry'uwo yakozeho, asubira hagati mu ruziga agatangira gushakisha undi yakoraho.
7. Iyo atsinzwe inshuro eshatu mwarimu amusimbuzwa undi munyeshuri.
8. Gusuzuma mu gihe abanyeshuri barimo bakina bari mu kibuga niba bagumye mu myanya yabo ku ruziga, niba umunyeshuri uri hagati apfutse neza ku buryo atabona.



Uburyo bwo guhindura umukino

- Kongera inshuro zo gutsindwa kugira ngo umunyeshuri asimbuswe undi.

Imyitozo yo kunanura umubiri

(Reba mu myitozo iri mu mpera z'umutwe wa mbere)

e. Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

- Igihe mwari mupfutse mu maso mwumvaga bimeze gute?
- Ni ubuhe buryo mwakoresheje kugirango mumenye aho umuntu ari n'izina rye?

Guhuza umukino n'ubuzima busanzwe

- Hari ikindi gihe ujya ukenera kwibuka ibintu wabonye mbere?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Byakumarira iki ubashije kwibuka neza ikintu wari wibagiwe?

- Izina ry'umukino wa 2: Saveri/Saverina

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukongerera abanyeshuri ubushobozi bwo gufata mu mutwe, kutarangara no kwitwararika. Ni umukino aho abanyeshuri bakina bigana ibikorwa n'umyego by'ubwoba umukino.

Imiyoborere n'amategako by'umukino

1. Gusaba umwana w'umuhungu gukina yitwa Saveri n'uw'umukobwa gukina yitwa Saverina.
2. Kubwira abanyeshuri bakajya mu kibuga kiri bukinirwemo kandi bakareba Saveri cyangwa Saverina (bitewe n'ugiyiye kubayobora).
3. Gutanga ibisobanuro no kwerekera:
 - Abanyeshuri bagomba kujya bakora ibyo Saveri azajya abatega gukora.
 - Urugero: Saveri agomba kubanza akavuga ati: Saveri aravuze ati: « Mukore ku mano yanyu » abanyeshuri bese bagomba gukora ku mano yabo.
 - Igihe Saveri avuze ati: « mukore ku mano yanyu » ariko atabanye kuvuga ngo « Saveri aravuze ati... », abanyeshuri ntibagomba gukora ibyo abatega.
 - icy'ingenzi ni ukumva ko Saveri yatangiye interuro ivuga ngo « Saveri aravuze ati... ».
 - Saveri agera gushyira abanyeshuri amakosa. Urugero: « Saveri aravuze ati... » Mukore ku mazuru yanyu, Saveri aravuze ati: « Musimbuka mu kirere », « Mwizengurukeho ».
 - Birashoboka ko abanyeshuri bakwizengurukaho ntibibuke ko Saveri atigeze avugaga ngo « Saveri aravuze ati ».
 - Iyo umwana abikoze kandi Saveri atigeze abanza rya jambo rivugaga ngo « Saveri aravuze ati », Uwo mwana agomba kwiruka azenguruka abandi cyangwa agasimbuka aya hejuru aho ahagaze inshuro eshanu.



4. Nyuma y'iminota mwarimu yagenye, uhinduranya umwana undi akaba Saveri cyangwa Saverina.
5. Gusuzuma mu gihe abanyeshuri bari mu kibuga bakina niba bari gukurikiza amabwiriza yatanze na Saveri cyangwa Saverina no kureba niba bibuka ibice bigize umubiri w'umuntu. Kureba niba abanyeshuri babyishe bazenguruka cyangwa basimbutse.

Uburyo bwo guhindura umukino

- Guhindura ibihano ku bana batakurikije amabwiriza yatanze na Saveri/Saverina (Urugero : Kuririmba indirimbo...).

Imyitozo yo kunanura umubiri

(Reba imikino n'imyitozo usanga mu mpera z'umutwe wa mbere)

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki cyari kigukomereye mu mukino ?
- Ni iki mwasabwaga gukora kugirango mubashe kubahiriza ibyo Saveri na Saverina basabaga ?

Guhuza umukino n'ubuzima busanzwe

- Mu buzima ni ryari ari ngombwa kutarangara ?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Muzajya mukora iki kugirango mwumve neza ibyo bababwirira ?

Isomo rya 3: Imyitozo igamiye iterambere mu mibanire n’abandi

a. Ubushobozi shingiro

Iri somo ryo gukora imyitozo n’imikino igamiye iterambere mu mibanire, kugira ngo igende neza, abanyeshuri bagomba kuba bafite ubumenyi, ubushobozi, ubumenyingiro ndetse n’imyifatire bibafasha kubana n’abandi, gufatanya n’abandi, ubworohereye no kwigirira ikizere.

b. Imfashanyigisho

Ikibuga, ifirimbi, amashusho, udutambaro tw’amabara, imipira y’amaguru, igiti, urubaho, inkoni, urushundura, umugozi muremure, udutambaro n’ibindi bikoreshe binyuranye umunyeshuri cyangwa mwarimu yakwifashisha mu gukina.

c. Intangiriro

Muri iri somo, mwarimu azakoreshe imyitozo n’imikino by’ibanze bizafasha abanyeshuri kubana na bagenzi babo neza, ukoroherana, kwigirira ikizere no kwihanganira ibimubabaza.

Ikiganiro gitangira isomo

Nyuma y’uko abanyeshuri bamaze kwambara imyenda yabugenewe, no gutegura ikibuga bakiniramo kikavamo ibyatera impanuka byose, mwarimu aganira n’abanyeshuri ababaza ku mikino igamiye iterambere mu mibanire n’abandi.

Imyitozo yo kwishyushya

(Reba imyitozo n’imikino mu mpera z’umutwe wa mbere)

d. Isomo nyirizina

Mu kwigisha iri somo, koreshe imyitozo n’imikino ikurikira cyangwa uhitemo indi mikino n’imyitozo usanga mu mpera y’umutwe wa mbere.

Izina ry’umukino wa mbere: Gufunganwa

Incamake y’umukino

Muri uyu mukino ikigamijwe ni ukongorera abanyeshuri ubwumvikane no gukorera hamwe. Ni umukino usaba abanyeshuri gukina mu myanya myinshi bagenda basimburana.

Imiyoborere n’amategeko by’umukino

1. Kubwira abanyeshuri batarenze 5 kuba injangwe (abafunga) bakambara udushumi tw’ibara rimwe.
2. Gufata abanyeshuri batarenze 3 bakaba abafungura bakambara udushumi tw’irindi bara.

3. Abanyeshuri basigaye baba abo kwiruka.
4. Kubwira abanyeshuri bagakwira mu kibuga cy'umukino.
5. Gutanga ibisobanuro no kwerekera:
 - Iyo umukino utangiye, injangwe zigerageza gukora ku bana biruka kandi benshi bishoboka.
 - Iyo umwana akozweho, aguma hamwe kugeza ubwo umukinnyi ushinze gufungura amukozeho, akamurekura ngo yongere agende.
6. Mwarimu niwe ufata icyemezo cy'igihe umukino urangirira.
7. Guhinduranya imyanya ku bafata, abarekura n'abiruka.
8. Gusuzuma mu gihe abanyeshuri bakina, niba bakinira ahantu hagari 8), ku kibuga cy'imikino kugira ngo batagoga kandi niba abarekura bagageza kurekura abanyeshuri benshi bagumye hamwe?



Uburyo bwo guhindura umukino

- Kubwira abanyeshuri bafashwe bagapfukama kugeza igihe babafunguriye?
- Gukina hamwe n'abanyeshuri bishyize hamwe ari 2 harimo abafata n'abarekura.

Imyitozo yo kunanura umubiri

(Reba imyitozo mu mpera z'umutwe wa mbere)

Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

- Wumvaga umeze ute igihe wakinaga mu myanya itandukanye?
- Ni uwuhe mwanya wakinagamo wari ingirakamaro kurusha indi? Ku zihe mpamvu?

Guhuza umukino n'ubuzima busanzwe

- Hari ubundi wari wafasha mugenzi wawe umusanze mu bibazo? Tanga urugero.

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Wakwitwara ute igihe usanze mugenzi wawe cyangwa undi muntu wese mu ngorane?

Izina ry’umukino wa 2 : Nyuramo umfungure

Incamake y’umukino

Ikigamijwe muri uyu mukino ni ukongerera abanyeshuri ubwumvikane n’imibanire myiza. Muri uyu mukino abanyeshuri bagerageza gukina nk’injangwe kandi bakaguma mu miyego yabo.

Imiyoborere n’amategeko by’umukino

1. Gufata umwana agakina mu mwanya w’injangwe. Uwo mwana agerageza gufata abandi bana. Abanyeshuri bakina mu mwanya w’injangwe bashobora kurenga umwe niba itsinda ari rinini.
2. Gutanga ibisobanuro no kwerekera:
 - Niba umwana ukina mu mwanya w’injangwe afashe umuntu, uwo bafashe arahagarara, kandi agomba guhagarara amaguru atandukanye.
 - Kugira ngo uwo mukinnyi yongere gukina, umwe muri bagenzi be agomba kunyura hagati y’amaguru ye.
3. Umukino urangira igihe abakinnyi bose bagumishijwe hamwe ubutanyeganyega.
4. Umukinnyi wafashwe bwa nyuma niwe ukina mu mwanya w’injangwe ku mukino utahiwe.
5. Gusuzuma mu gihe abanyeshuri barimo gukina niba bagerageza kurekura bagenzi babo babanje kubanyura mu maguru kandi ko bose bafashwe barahagarara ubutanyeganyega.



Uburyo bwo guhindura umukino.

- Iyo umwana amaze kurekurwa, agomba kuguma afatanye n’umwana wamurekuje ari nako yirinda gufatwa.

Imyitozo yo kunanura umubiri

(Reba imyitozo n’imikino mu mpera z’umutwe wa mbere)

Ikiganiro gisoza

Kuganira ku mukino

- Wumvaga umeze gute igihe wabaga wafashwe utanyeganyega?
- Ni ubuhe buryo bwakoreshwaga kugirango urekure uwafashwe?
- Hari uwaba yibuka umuntu yafashije kongera kwiruka?

Guhuza umukino n'ubuzima busanzwe

- Hari uwaba yibuka igihe inshuti yaba yaramufashije kwivana mu bihe bigoye? Yabisobanura? Yaba yarumvise amereye ate?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Mwaduha ingero z'ibindi bintu mwakora ngo mufashe abandi bakeneye ubufasha?

Isomo rya 4: Imyitozo iteza imbere imbamutima

a. Ubushobozi shingiro

Iri somo ryo gukora imyitozo n'imikino iteza imbere imbamutima, kugira ngo rigende neza, abanyeshuri bagomba kuba bafite ubushobozi n'ubumenyingingiro ndetse n'imyifatire bibafasha kwiyakira uko bari, kuyobora imbamutima zabo no kwigirira icyizere.

b. Imfashanyigisho

Imyenda ya siporo, ikibuga, ifirimbi, amashusho, udutambaro tw'amabara, imipira y'amaguru, igiti, urubaho, inkoni, urushundura, umugozi muremure, udutambaro n'ibindi bikoresho binyuranye umunyeshuri cyangwa mwarimu yakwifashisha mu gukina.

c. Intangiriro

Muri iri somo, mwarimu azakoresha imyitozo n'imikino by'ibanze bizafasha abanyeshuri kwiyakira n'imbamutima zabo, ubworoherane, kwigirira icyizere no kwihanganira ibibababaza.

Ikiganiro gitangira isomo

Nyuma y'uko abanyeshuri bamaze kwambara imyenda yabugenewe, no gutegura ikibuga bakiniramo kikavamo ibyatera impanuka byose, mwarimu aganira n'abanyeshuri ababaza ku mikino igamije iterambere ry'imbamutima zabo.

Imyitozo yo kwishyushya

Koresha abanyeshuri imyitozo yo kwishyushya cyane cyane yibanda ku ngingo z'umubiri ziri bukoreshwe urayisanga mu mpera z'umutwe wa mbere.

d. Isomo nyirizina

Mu kwigisha iri somo, koresha imyitozo n'imikino ikurikira cyangwa uhitemo indi mikino usanga mu mpera z'uyu mutwe wa kabiri.

Izina ry'umukino wa mbere: Findura inyamaswa

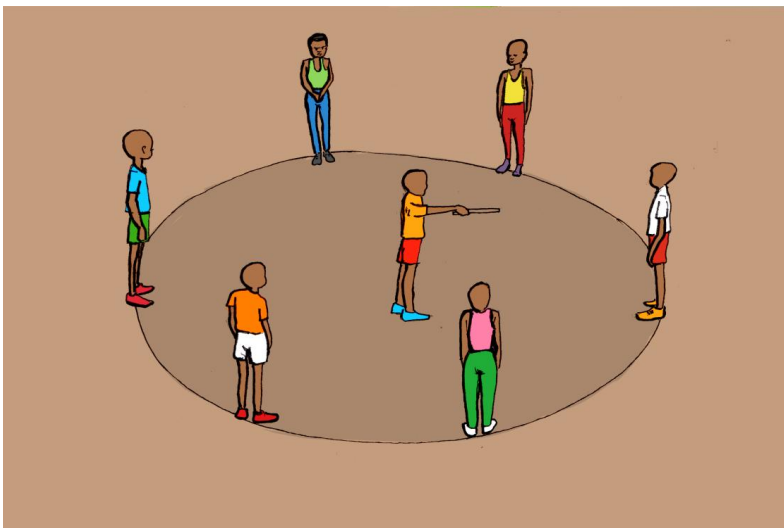
Incamake y'umukino

Ikigamijwe muri uyu mukino ni ugushishikariza abanyeshuri imivugire bwite n'ubuvumbuzi. Muri uyu mukino abanyeshuri barema uruziga bakigana urusaku rw'inyamaswa bagerageza guhindura ijwi ryabo.

Imiyoborere n'amategeko by'umukino

1. Gukora amatsinda y'abanyeshuri 6 kugeza 8.
2. Kubwira buri tsinda rigakora uruziga.

3. Gusobanurira abanyeshuri ko buri muntu agomba kumenya izina n'ijwi 3) rya buri wese.
4. Kubaha iminota 2 cyangwa 3 ngo bimenyereze kuvuga neza izina rya buri wese ari nako bimenyereza gufata amajwi ya bagenzi babo.
5. Gufata umwana muri buri tsinda akaba «ushakisha inyamaswa».
6. Gushyira agatambaro ku maso y'ushakisha inyamaswa no kumuha inkoni. Kubwira ushakisha inyamaswa agahagarara hagati y'uruziga.
7. Gutanga ibisobanuro no kwerekera:
 - Abanyeshuri bo mu ruziga bagenda mu buryo bw'inshinge z'isaha.
 - Iyo ushakisha inyamaswa akubise gatatu n'inkoni ye hasi, abanyeshuri bagomba guhagarara.
 - Ushakisha inyamaswa yerekeza umutwe w'inkoni mu cyerekezo abonye cyose cy'uruziga. Umwana uri hafi y'inkoni afata undi mutwe w'inkoni.
 - Umwana ufashe inkoni yigana ijwi ry'inyamaswa ahisemo. Ushakisha inyamaswa agerageza gufata inyamaswa yiganwa n'ufashe inkoni. Ushakisha inyamaswa afite uburenganzira inshuro 3 z'igerageza.
 - Umwana ufashe inkoni ahinduka ushakisha inyamaswa zikurikira.
8. Gukomeza gukina kugeza ubwo abanyeshuri bose bashaka kuba abashakisha inyamaswa babigezeho.
9. Kumenya niba abanyeshuri bakoreshe inkoni neza. Kumenya niba uruziga ari runini ku buryo abanyeshuri batakozanyaho inkoni.
10. Gusuzuma mu gihe abanyeshuri bakina, niba bari mu ruziga bapfutse neza ku buryo batabasha kureba ufashe ku nkoni, bafite ijwi risa n'iry'inyamaswa barimo kwigana kandi bafite uburyo bwo kuba abashakisha inyamaswa.



Uburyo bwo guhindura umukino

- Kubwira abanyeshuri 2 bakiganira rimwe inyamaswa.

Imyitozo yo kunanura umubiri

(Reba imyitozo mu mpero z’umutwe wa mbere).

e. Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

- Wumvaga umeze ute igihe wiganaga ijwi ry’inyamaswa imbere ya bagenzi bawe umukino ugitangira?
- Watekerezaga iki igihe mwabaga muri kuzenguruka ku ruziga?
- Ni iki cyagukomereye igihe wari upfutse mu maso?

Guhuza umukino n’ubuzima busanzwe

- Hari ikindi gihe wari wafindura izina ry’umuntu cyangwa ikintu kivugiye kure? Tanga urugero.
- Ni mu bihe bindi abantu bashobora guhindura amajwi yabo cyangwa kwihindura uko batari?

Ishyirwa mu bikorwa ry’inyigisho ivuye mu mukino

- Ni ukubera iki ari ingenzi kumenya gutandukanya amajwi y’abantu n’ibintu bitandukanye?

Izina ry’umukino wa 2: Kwigana inyamaswa

Incamake y’umukino

Ikigamijwe muri uyu mukino ni ukongerera abanyeshuri ubushobozi bwo kwishimisha no kugaragaza ibyishimo. Ni umukino w’umuntu wihariye aho abanyeshuri bagomba kwigana urusaku, kugenda kw’inyamaswa, kwibuka urusaku no kugenda kwa bagenzi be bari mu ikipe imwe.

Imiyoborere n’amategeko by’umukino

1. Gukora amatsinda y’abanyeshuri 6 kugeza 8.
2. Kubwira buri tsinda rigakora uruziga.
3. Kubwira buri mwana agatekereza ku nyamaswa yigana mu mukino.
4. Guha buri mwana umunota 1 cyangwa 2 ngo atekereze ku nyamaswa kimwe no ku ijwi n’ingendo biyiranga. Urugero, imbwa ishobora kumoka no kugenda yikurura ku maguru yayo y’imbere na y’inyuma, umutubu ushobora gutaruka no kugonga, injangwe ishobora kurigata amajanja yayo no kunnyigira.
5. Kubaza abanyeshuri inyamaswa bigana bakereka itsinda ijwi n’ingendo by’inyamaswa yabo. Kureba niba buri mwana yigana inyamaswa itandukanye n’abandi bana bo mu ikipi ye.

6. Kubwira umwana ubishaka muri buri kipi.
7. Gutanga ibisobanuro no kwerekera :
 - Umukino ugitangira, umwana wabishatse (A) ahagarara hagati y'uruziga maze akigana ijwi rye n'ingendo, bigakurikirwa n'ijwi n'ingendo by'undi mwana (B) wo muri iryo tsinda, bigakurikirwa n'ijwi n'ingendo by'umwana wa gatatu (C) wo muri iryo itsinda.
 - Gukomeza kugeza ubwo abanyeshuri bose babonye uburyo bwo kwigana ijwi n'umuyego hagati y'uruziga.
8. Iyo abanyeshuri bamaze kwimenyereza amajwi n'ingendo ya bagenzi babo, kubabwira bagatangira umukino, noneho bakawihutisha.
9. Mwarimu niwe uvuga igihe umukino urangirira.
10. Gusuzuma mu gihe abanyeshuri bakina niba buri mwana yatekereje ubwe ijwi n'ingendo by'inyamaswa yigana, niba abanyeshuri bahagarara hagati y'uruziga igihe bigana ijwi n'umuyego w'inyamaswa bahisemo kandi niba abanyeshuri babikora bagamije kwishimisha.
11. Abanyeshuri bari ku ruziga bakina mu mwanya w'inyamaswa.
12. Hagati mu ruziga hajya umwana umwe ukina mu mwanya w'inyamaswa.



Uburyo bwo guhindura umukino

- Kubwira abanyeshuri ko badashobora kwigana ijwi hamwe n'umuyego by'undi mwana inshuro zirenze imwe.
- Gushyira abanyeshuri mu kigeragezo cyo kureba, mu gihe kingana iki bashobora gukomeza gukina badakora amakosa.

Imyitozo yo kunanura umubiri

(Reba imyitozo iri ku mpero z’umutwe wa mbere).

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki cyari gisekeje muri uyu mukino ?

Guhuza umukino n’ubuzima busanzwe

- Hari igihe wari wigana imvugo cyangwa ingendo y’undi muntu?
- Wumva umeze ute iyo ugerageje kwigira uko utari ?
- Ni mu bihe bihe by’ubuzima umuntu ashobora kwihindura uko atari?

Ishyirwa mu bikorwa ry’inyigisho ivuye mu mukino

- Ni iki wafasha umuntu ugaragara nk’aho afite ibibazo cyangwa se wigungze?

Izina ry’umukino wa 3: Igitagangurirwa

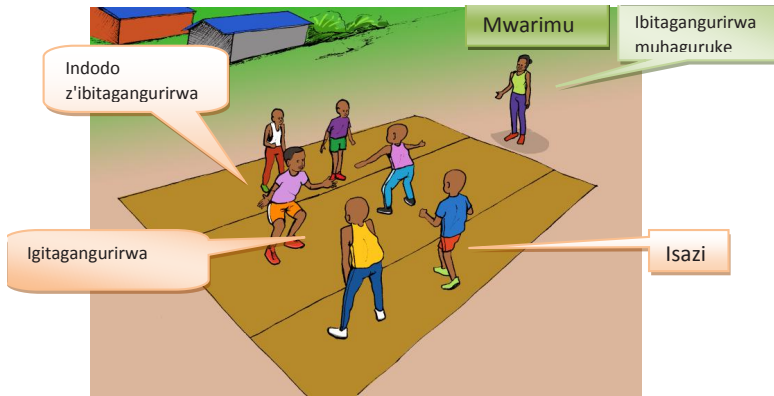
Incamake y’umukino

Ikigamijwe ni ukwiyumvamo umutuzo. Ni umukino ukinwa ibitagangurirwa bigerageza gufata isazi.

Imiyoborere n’amategako y’umukino

1. Kugabanyamo ikibuga ibice 3 kandi igice cyo hagati kikaba kinini (reba ishusho).
2. Gusobanurira abanyeshuri ko igice cyo hagati kigereranywa n’ubutimba bw’igitagangurirwa naho ibice bihera bigafatwa nk’ishyamba.
3. Kubwira abanyeshuri bakavuga ibyo ibitagangurirwa birya (urugero, amasazi, n’utundi dukoko.)
4. Gufata abanyeshuri babiri bagakina bitwa ibitagangurirwa.
5. Kubwira ibitagangurirwa bikicara hagati y’indodo bikigiza nkana nk’aho biryamyeye (reba ishusho), abandi bana basigaye bakitwa isazi.
6. Kubwira abanyeshuri bakaduhira nk’amasazi (urugero, «Bzzz... Bzzz).
7. Gutanga ibisobanuro no kwerekera :
 - Umukino utangirana n’amasazi aduhira « bzzz » hafi y’ibitagangurirwa.
 - Iyo mwarimu avuze : « Ibitagangurirwa nimuhaguruke !», ibitagangurirwa birahaguruka bikagerageza gutangatanga amasazi ashoboka no kuyafata.
 - Isazi zishobora gucika zihungira mu ishyamba. Iyo zimaze kugera mu ishyamba, ntibiba bigishobotse kuzifata.
 - Iyo isazi ifashwe, ihinduka igitagangurirwa ikinjira mu ikipi y’ibitagangurirwa.
 - Ibitagangurirwa bikicara bikongera kwigiza nkana nkaho biryamyeye, n’isazi zikaduhira iruhande rwabyo kugeza aho bavugiyeye : « Ibitagangurirwa
 - Nimuhaguruke ! »

8. Umukino urakomeza kugeza aho isazi zose zifashwe.
9. Gutangirana umukino n'abandi bana bagafata umwanya w'ibitagangurirwa.
10. Gusuzuma mu gihe abanyeshuri bakina niba ubugari bw'imbuga y'umukino bujyanye n'umubare w'abanyeshuri.
11. Gusuzuma niba isazi ziduhira iruhande rw'ibitagangurirwa biryanye kure y'ishyamba no kureba niba abanyeshuri bose babaye amasazi n'ibitagangurirwa



Uburyo bwo guhindura umukino

- Bashobora rimwe na rimwe kuvuga « Imvura igwe » mu mwanya wa « Ibitagangurirwa muhaguruke » no kubwira isazi zigahiga ibitagangurirwa noneho ibi bigahungira mu ishyamba.

Imyitozo yo kunanura umubiri

(Reba imyitozo ku mpera y'umutwe wa mbere)

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki cyari kigukomereye muri uyu mukino?
- Ni iki wiyumvisemo ugeze mu ishyamba?

Guhuza umukino n'ubuzima busanzwe

- Hari igihe wari wigeze uhunga ikintu ukaza kugera aho wumva utekanye? Sobanura
- Hari ibindi bikorwa waba uzi biteza umutekano muke?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Wakora iki mu muryango ubamo ngo wumve ko mufite umutekano?

2.5 Isuzuma risoza umutwe

Mu isuzuma risoza uyu mutwe wa kabiri, mwarimu akoresha imyitozo/imikino hanyuma akareba uko abanyeshuri bayikora cyane cyane yita ku miyego n'ihuzangiro bagendera kuri gahunda, akareba ko bazi ibice by'umubiri ndetse n'imyitwarire abanyeshuri bafite, ahereye kubyo yigishije mu mutwe wose. Mwarimu abaza kandi n'ibibazo bimwe na

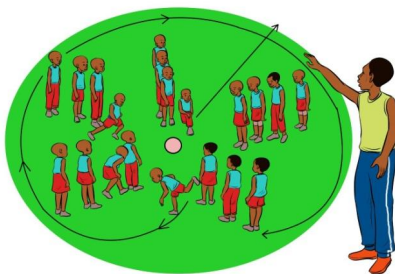
bimwe kugira ngo arebe uko abanyeshuri babisubiza. Akoresha uburyo butandukanye asobanurira abanyeshuri imikino, abibutsa imyitozo ituma bagubwa neza. Yongera cyangwa se akagabanya gukomera kw'imyitozo asaba abanyeshuri gukora. Yita kandi no kunsanganyamatsiko zigiwe muri ayo masomo yose. Mwarimu azita mu kureba uko abanyeshuri bahindura ikerekezo n'umuvuduko nta mpungenge, birengera kandi banigengesera.

Koresha imikino ikurikira nk'isuzuma risoza umutwe :

Izina ry'umukino wa 1. Umukino w'ibara

Imiyoborere n'amategako y'umukino

1. Gabanya abanyeshuri mo amatsinda ya 3-6.
2. Hagarika buri tsinda ku mirongo ireba hagati mu ruziga (Reba igishushanyo A).
3. Ita umwana wa mbere ku murongo y'umutuku, undi ku wundi murongo ubururu, undi umuhondo, undi icyatsi, undi orange, undi iroza.
4. Shyira agapira hagati mu ruziga.
5. Sobanura kandi werekane ibi:
 - Urahamagara ibara (Urugero, umutuku). Umwana witwa umutuku agomba kuzenguruka uruziga akagaruka kumurongo we.
 - Icyo gihe abandi bo kumurongo we bahuza amaboko hejuru ngo bamukorere ikiraro, aricyo nzira imugeza hagati.
6. Abanyeshuri bagomba kwiruka mucyerekezo kimwe kugirango batagongana.
 - Uwirukaga aca muri icyo kiraro kugira ngo akore ku mupira uri hagati.
 - Itsinda rya mbere gukora ku mupira rihabwa inota.
7. Abanyeshuri bagomba kwirinda kugonganya imitwe iyo baja gufata agapira.
8. Umukino urangira iyo itsinda rimwe rigeze ku manota ateganijwe (Urugero amanota 10).



Uburyo bwo guhindura umukino

1. Hamagara ibara ritariywo cyangwa ikindi kintu gitangirwa ninyuguti imwe nibara.
2. Ha buri mwana amabara menshi yo gufata mu mutwe.
3. Shyiramo ibindi bintu bishobora kugora iyo wiruka, nko gusimbuka cyangwa kuzenguruka ikintu runaka.

4. shyira ibintu byinshi hagati kuburyo amatsinda menshi yabonera amanota rimwe.

Ingingo zo kwitabwaho

- Abanyeshuri baritabira iyo amabara yabo avuzwe?
- Abanyeshuri bose babonye amahirwe yo kwiruka?

Kuganira ku mukino

- Ni iki wakora kugirango utsinde uyu mukino?
- Ni iki gituma utitegura neza?

Guhuza umukino n'ubuzima busanzwe

- Ni hehe handi tugomba kwitonda mu buzima? Kubera iki ububumenyi ari ngombwa ku ishuri?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Ni iki wakoresha kugira ngo utekereze cyane ubutaha?

Izina ry'umwitozo wa 2: Umurishyo w'ingoma

Imiyoborere n'amategeko y'umukino

1. Gutegura ingoma n'imurishyo yayo
2. Mwarimu avuza ya ngoma abanyeshuri bakabyina bakurikije injyana y'umurishyo w'ingoma
3. Mwarimu yita cyane kureba uko abanyeshuri bahuza injyana n'umurishyo w'ingoma

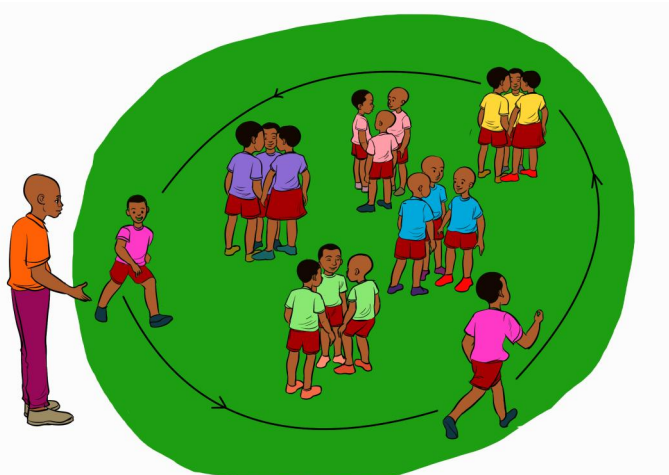


Izina ry'umwitozo wa 3: Amatsinda y'imibare

Imiyoborere n'amategeko y'umukino

1. Saba abanyeshuri guhana umwanya uhagije.
2. Sobanura kandi werekane ibi:
 - Umukino utangiye, abanyeshuri baba biruka, basimbuka, babyina.

- Uvuga umubare, urugero, 3, 10.
 - Uha abanyeshuri amasegonda 5 yo gukora itsinda ryuzuza uwo mubare.
 - Gerageza kuvuga umubare ugabanya umubare w'abakina kugira ngo hatagira usigara adafite itsinda. Urugero, niba ari 30, wavuga; 1, 2,3,5,6,10,15,30.
 - Umwana udafite itsinda azenguruka abandi yiruka cyangwa agashaka agakuru gashekeje ababwira cyangwa indirimbo, imbyino n'ibindi.
3. Ugomba kwirinda gusaba umwana gukora ibikorwa by'urukozasoni.
 4. Saba abanyeshuri kwiruka, gusimbuka nanone. Vuga undi mubare buri masegonda 30.
 5. Umukino urangira igihe ushakiye
 6. Kora kuburyo abanyeshuri badahutazanya



Abanyeshuri bari mu matsinda ya batatu n'undi umwe ugenda azenguruka ayo matsinda ari mu kibuga na mwarimu urimo ayobora umukino.

Uburyo bwo guhindura Umukino

1. Gabanya abanyeshuri mu matsinda 2 kuburyo buri tsinda ryigabanya ukwaryo. Ibi bivugako uba ufite amatsinda abiri akinira rimwe. Buri tsinda rigira ikibuga cyaryo.
2. Fatanya babiri babiri ariko atari bose, kora kuburyo bigora ko abanyeshuri babona amatsinda nkumubare uvuze.
3. Kugirango ubamenyereze gukorera hamwe niba hari umwana ubuze itsinda bose barazenguruka ikibuga, cyangwa bakore ibintu bisetsa.
4. Gusuzuma niba buri mwana yiruka agakora itsinda iyo uvuze umubare kandi niba abanyeshuri bariruka cyangwa barakora icyo ubasabye iyo ubivuze

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki cyabakomereye mu gihe mwakoraga amatsinda y'imibare?
- Ni iyihe mibare yaboroheye mu gukora itsinda?

Guhuza umukino n'ubuzima busanzwe

- Mu buzima busanzwe ni ryari byabaye ngombwa ko mukorera mu matsinda?
- Ni hehe handi tugomba kwitonda mu buzima? Kubera iki ubu bumenyi ari ngombwa?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Ni iki wakoresha kugira ngo utekereze cyane ubutaha?

2.6. Imyitozo y'inyongera

Mwarimu ategura imyitozo n'imikino ifasha abanyeshuri bafite ibibazo byo kwiga ntibafate vuba.

Izina ry'umukino wa mbere: Kunaga umupira

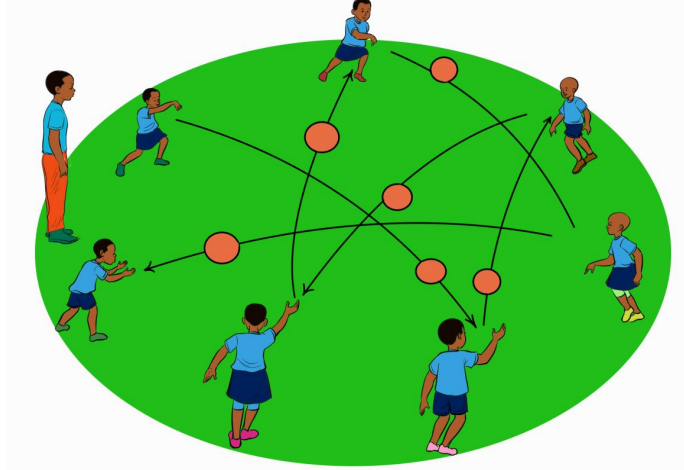
Incamake y'Umukino

Ikigamijwe muri uyu mukino ni ukongerera ubushobozi abanyeshuri bwo kutarangara no gufata mu mutwe. Muri uyu mukino abanyeshuri bakora uruziga bakagerageza kwibuka amazina ya bagenzi babo.

Imiyoborere n'amategeko y'umukino

1. Gukora amatsinda atatu agizwe n'abanyeshuri 6 kugeza kuri 10 buri tsinda rigakora uruziga.
2. Guha umupira umwana umwe muri buri tsinda.
3. Gutanga ibisobanuro no kwerekera :
 - Umwana umwe wo mu itsinda arahagarara agafata umupira mu ntoki akavuga izina ry'undi mwana bari kumwe mu itsinda akamunagira umupira. Umwana ugiye kunaga umupira abanza kureba neza uwo aza kuwunagira.
 - Uwo bawunagiye iyo amaze kuwusama nawe avuga izina ry'undi mwana agahita awumunagira bityo bityo.
 - Buri mwana agomba kwakira akanaga umupira inshuro imwe gusa.
4. Kubwira buri mwana kwerekana akoresheje urutoki umuntu yanagiye umupira.
5. Gusobanurira abanyeshuri ko bagiye gutangira gukina banagira abandi bana mu buryo bumwe kandi busanzwe. Bivuga ko buri mwana agomba kunaga umupira umwana umwe usanzwe buri gihe.
6. yo abanyeshuri bamaze kumva neza ihame ry'umukino, bara igihe bagomba guhana umupira kuva ku wa mbere kugeza ku wa nyuma.

7. Gusuzuma mu gihe abanyeshuri bakina niba bibuka amazina y'abandi bana kandi banagira umupira buri mwana uri mu ruziga inshuro imwe gusa.



Uburyo bwo guhindura Umukino

- Kongera imipira 2 cyangwa 3. Kubwira itsinda rikanaga buri mupira mu buryo bumwe mu bihe bitandukanyijwe n'amasogonda hagati ya 5 na 10.

Imyitozo inanura umubiri

- (Reba imyitozo mu mpera z'umutwe wa mbere).Ikiganiro gisoza

Kuganira ku mukino

- Ni iki cyakugoye muri uyu mukino?
- Wabwirwaga n'iki uwo ugomba guha umupira?

Guhuza umukino n'ubuzima busanzwe

- Ni hehe handi ujya ukenera kwibuka ibintu wabonye?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Ni iki uzajya ukora igihe bakwigishije ikintu bazongera kukubaza?

Izina ry'umukino wa 3: Kwicira ijisho

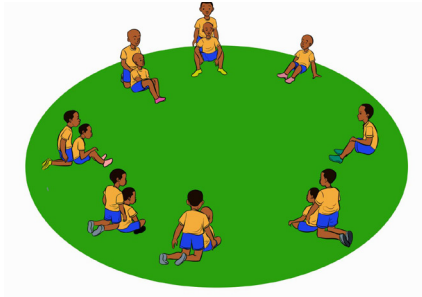
Incamake y'umukino

Muri uyu mukino, ikigamijwe ni ukongerera ubushobozi abanyeshuri bwo kutarangara no kwitwararika. Abanyeshuri bareba umuntu urimo kubicira ijisho ari nako bahinduranya imyanya vuba vuba bakimara kubicira ijisho.

Imiyoborere n'amategeko by'umukino

1. Mwarimu akora amatsinda y'abanyeshuri 6 kugeza kuri 12.
2. Gusaba buri mwana gushaka uwo bajya hamwe.

3. Abanyeshuri bamaze kujya hamwe umwe aba A undi akaba B.
4. Gusaba abanyeshuri bitwa A bose kwicara hasi bagakora uruziga hanyuma ugasaba uwitwa B gupfukama inyuma ya mugenzi we bari kumwe.
5. Gusaba abanyeshuri babiri gutandukana hanyuma bagapfukama.
6. Gutanga ibisobanuro no kwerekera:
 - Muri uyu mukino, abanyeshuri badafite ababicaye imbere bagomba kubashaka. Kugirango ibi bigerweho, buri umwe muri aba bana bapfukamye agomba kwicira ijisho umwe mu bana bicaye bityo uwo biciye ijisho agahita agerageza kuva mu mwanya we akiruka asanga uwamwiciye ijisho.
 - Bityo rero umwana upfukamye inyuma y'ushaka kwiruka agomba gukoresha uko ashoboye akamubuza kugenda amukomanga buhoro mu mugongo mbere yuko ahaguruka. Iyo amukomanzeho ntaba agihagurutse.
 - Abanyeshuri bapfukamye bagomba kureba gusa hejuru y'umutwe w'umwicaye imbere.
7. Ni mwarimu uhitamo igihe umukino urangirira.
8. Gusuzuma mu gihe abanyeshuri bari mu kibuga bakina niba bapfukamye bareba gusa hejuru y'umutwe wa mugenzi wabo, niba ntabababazanya igihe umwe akoma ku wundi ko niba bahaguruka ari uko biciwe ijisho.



Uburyo bwo guhindura umukino

- Abanyeshuri bapfukamye bashobora kwicira ijisho abanyeshuri benshi abo nabo bagatangurana kuza kwicara imbere y'ubiciye ijisho.
- Mwarimu ashobora gushyira intera hagati y'uwicaye n'upfukamye.

Imyitozo yo kunanura umubiri

(Reba imyitozo n'imikino biri mu mpera z'umutwe wa mbere)

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki cyari gikomeye muri uyu mukino? Ni iki cyaboroheye?
- Ni nde wadusobanurira kutarangara icyo bivugaga?
- Kutarangara byaba byabafashije iki muri uyu mukino?

Guhuza umukino n'ubuzima busanzwe

- Hari ikindi gihe mujya mukenera kutarangara?
- Ni iki kijya kibafasha kutarangara?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino?

- Ni iki muzajya mukora kugirango mubashe kubona neza ibyo babereka.

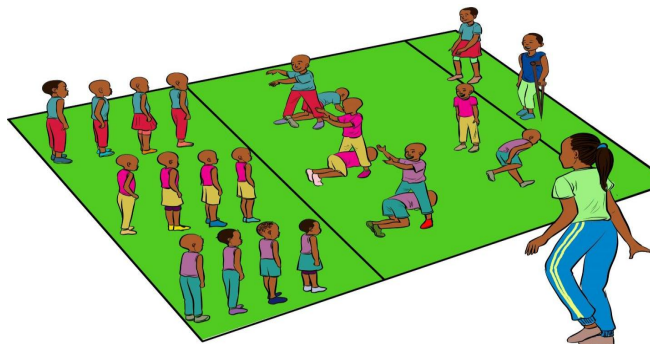
Izina ry'umukino wa 3 : Kunyura mu nzitizi

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukongerera ubufatanye no gukorera mu ikipi. Abanyeshuri bagerageza gusimbuka bigana intama bakanyura mu nzira irimo inzitizi zigizwe n'abandi banyeshuri bo mu ikipi yabo.

Imiyoborere n'amategeko by'umukino

1. Guca umurongo ntangiriro n'umurongo w'irangiza hifashishijwe ingwa cyangwa ibindi bikoresheho. Umurongo w'irangiza ushyirwa kuri metero 15 kugera 20.
2. Kurema amakipi y'abanyeshuri 6 -10.
3. Kubwira buri kipi guhagarara inyuma y'umurongo w'intangiriro.
4. Gufata abanyeshuri 2 babishaka kuri buri kipi gukina mu mwanya wo kuba inzitizi.
5. Gutanga ibisobanuro no kwerekera :
 - Buri mwana yiruka inshuro ye, asimbuka nk'intama agaca hejuru cyangwa muni y'inzitizi z'abantu.
 - Abantu babaye inzitizi bagomba kuyega ku buryo bumwe, nko kwizengurukaho berekeza amaboko ku ntugu, cyangwa amaboko yombi ibumoso bisa nkaho bakinze urugi. Ntibagomba kunyeganyeza ibirenge.
 - Iyo abanyeshuri barenze inzitizi ya nyuma, bahinduka inzitizi nshya. Ibyo bigomba gutuma habaho inzitizi nyinshi mbere yo kugera ku murongo w'irangiza.
 - Ikigamijwe muri uyu mukino ni uko abagize ikipi bese barenga umurongo w'irangiza banyuze kuri buri nzitizi y'inyongera



6. Kubwira umwana ukurikiyeho gutangira kwiruka igihe umukinnyi wa nyuma yabaye

inzitizi nshya.

7. Gukora uko bishobotse abanyeshuri bose bakarenga inzitizi zose.
8. Gutangira umukino, ariko bahinduranya umumaro n'uburyo bw'umukino kugira ngo umukinnyi wa nyuma ahinduke inzitizi ya mbere.
9. Gusuzuma mu gihe abanyeshuri bari gukina niba ibisobanuro byanyuze abanyeshuri kandi ko bagomba kugenda ku mvuduko udateye ikibazo kuri buri wese muri uwo mukino.
10. Gusuzuma niba abanyeshuri bitwararika igihe bari gusimbuka inzitizi kandi bubahiriza umutekano wa bagenzi babo.

Uburyo bwo guhindura umukino

- Kubwira abanyeshuri bose gukora umurongo w'ibikumirizo by'abantu mu mukino wo kwiruka uretse umwe A. Iyo A amaze kwiruka, akora ikindi gikumirizo. Avuga ngo: «Nimuze!» yerekana ko igikumirizo cy'umuntu cya mbere kigomba guhaguruka kigatangira kwiruka.

Imyitozo yo Kunanura umubiri

(Reba imikino n'imyitozo ku mpera z'umutwe wa mbere)

Ikiganiro gisoza

Kuganira ku mukino

- Abanyeshuri bumva bameze bate igihe bahindutse inzitizi?
- Byabasabaga iki kugira ngo bunganire bagenzi babo?

Guhuza umukino n'ubuzima busanzwe

- Hari ikindi gihe mujya muhura n'inzitizi zibasaba ubufasha kugirango muzisohokemo?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Hari ubwo wari wahura n'ikibazo udashobora gukemura wenyine? Uramutse uhuye nacyo wakwitwara gute?

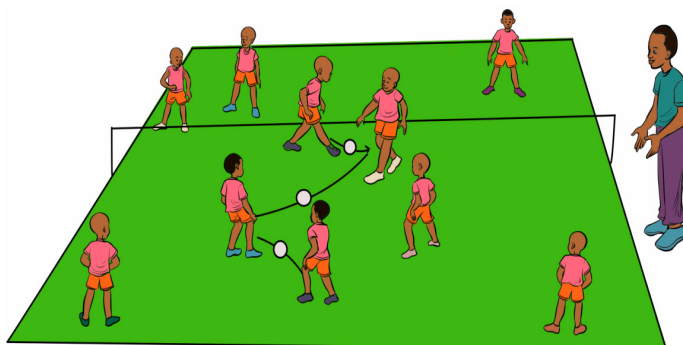
Izina ry'umukino wa 4: Kurenza umupira

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukongera ubufatanye no gukorera mu ikipi. Abanyeshuri bakorerwa mu ikipi bagakina bohereza umupira mu rundi ruhande rw'urushundura ari nako birinda ko wagwa mu ruhande rwabo.

Imiyoborere n'amategeko by'umukino

1. Kumanika urushundura hagati mu kibuga cy'imikino cyangwa gukoresha umugozi ngo bacemo ikibuga ibice bibiri bingana.
2. Kugabanya abanyeshuri mo amakipi abiri, ikipi A n'ikipi B (hagati y'abanyeshuri 6 na 8 kuri buri kipi)
3. Gutanga ibisobanuro no kwerekera :
 - Ikipi A niyo ya mbere itanga umupira ikawohereza ikipi B iwucishije hejuru y'urushundura cyangwa umugozi.
 - Ikipi B igomba kugumisha umupira mu kirere nayo ikawohereza mu kibuga cy'ikipe A iwunyujije hejuru y'urushundura. Abakinnyi bashobora gukoresha ibice byose by'umubiri kuri icyo gikorwa.
 - Umupira ushobora gukorwaho 3 gusa kandi n'abakinnyi batandukanye mbere y'uko woherezwa mu kindi gice.
4. Ikipi yatsinze ihabwa inota rimwe iyo :
 - Umupira widunze kabiri mu kibuga cy'iyindi kipe mbere y'uko woherezwa unyuze hejuru y'urushundura.
 - Umupira ukozweho inshuro zirenze 3 mu gice kimwe mbere y'uko woherezwa unyuze hejuru y'urushundura.
5. Ni mwarimu ufata icyemezo cy'igihe umukino urangirira (urugero : igihe imwe muri ayo makipi ibonye amanota 10)
6. Gusuzuma niba abanyeshuri mu gihe bakina babasha kurenza umupira urushundura ku buryo buboroheye, niba batari gukina umupira inshuro zirenze eshatu mu kibuga kimwe.



Uburyo bwo guhindura umukino

- Gukoresha imipira ibiri niba itsinda ryabo ari rinini bakaba bafite n'ahantu hahagije ho gukinira.
- Gutuma ukumvikana kugorana hagati y'abanyeshuri bababuza kuvuga mu gihe bakina.

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki cyakugoye muri uyu mukino?
- Hari icyo mugenzi wawe yaba yagufashije mu gihe mwakinaga?
- Ni ubuhe buryo mwaba mwakoresheje kugira ngo mubashe gutsinda?

Guhuza umukino n'ubuzima busanzwe

- Hari ikindi gihe mwaba mwarigeze guhurira ku murimo umwe muri benshi?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Ese wumva hari igihe uzakenera ubufasha bwa bagenzi bawe? Byagenze gute?

Umukino wa 5: Umurizo w'ikirura

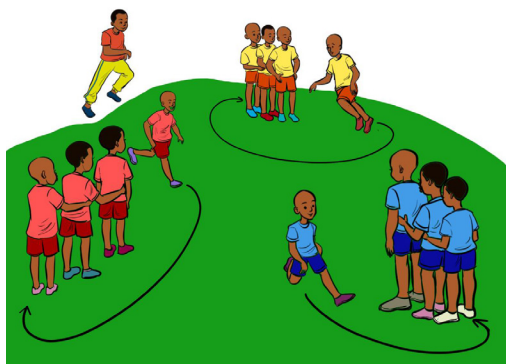
Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukongera ubufatanye, gukorera mu makipi no gutoza abanyeshuri kuyobora abandi. Muri uyu umukino ikipe igizwe n'abanyeshuri 3 bakorera Hamwe kugira ngo birinde ko babakora ku murizo.

Imiyoborere n'amategeko by'umukino

1. Kubwira umwana 1 cyangwa 3 bagakina mu mwanya w'ugendera ku ifarasi.
2. Kurema amatsinda y'abanyeshuri 3.
3. Kubwira buri tsinda rigakora umurongo.
4. Gutanga ibisobanuro no kwerekera :
 - Buri tsinda riri ku murongo rikina mu mwanya w'ikirura. Buri mwana wo mu itsinda afite umwana w'igice kimwe cy'ikirura bitewe naho ari mu murongo: uw'imbere aba umutwe, uwo hagati akaba igihimba naho uw'inyuma akaba umurizo.
 - Igihe cyose, abanyeshuri bagomba kuguma bafatanye buri wese afashe mu nda mugenzi we umuri imbere.
 - Abanyeshuri bakina mu mwanya w'ikirura bagomba gukorera mu ikipi ngo bahagarare kure y'abagendera ku ifarasi. Abagendera ku ifarasi bagerageza gufata ikirura bakora ku murizo wacyo.
5. Gushishikariza ikirura kutitandukanya. Iyo cyitandukanyije umutwe wacyo uhinduka umurizo.
6. Iyo ugendera ku ifarasi afashe ikirura, umutwe uhinduka ugendera ku ifarasi, naho ugendera ku ifarasi agahinduka umurizo w'ikirura.

7. Mwarimu ni we ufata icyemezo cy'igihe umukino urangirira.
8. Gusuzuma niba abanyeshuri bakina mu mwanya w'ibirura batarekurana kandi bariruka bitabagoye .



Uburyo bwo guhindura umukino

- Gusaba imitwe y'ikirura igafata imirizo y'ibindi birura aho gukorwa n'abagendera ku ifarasi.
- Kongera umubare w'abanyeshuri barema ikirura no kubabaza uko biyumva ku buryo bunganira ikipi yabo mu gihe ari nini.

Ikiganiro gisoza

Kuganira ku mukino

- Mwumvaga mumeze gute igihe mwakinaga mwitwa ikirura ?
- Igihe wakinaga nk'ikirura, ni uwuhe mwanya wifuzaga gukinaho kurusha iyindi ? Kubera iki?

Guhuza umukino n'ubuzima busanzwe

- Hariikindi gihe mu buzima bwawe waba warigeze kuyobora abandi?
- Hari ikindi gihe waba warigeze gukorera mu ikipe ariko buri wese afite inshingano zitandukanye n'iza mugenzi we?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Ni uwuhe mumaro wo gukorera mu ikipe ariko buri wese afite inshingano ze?

Izina ry'umukino wa 6: Injangwe zifatanye

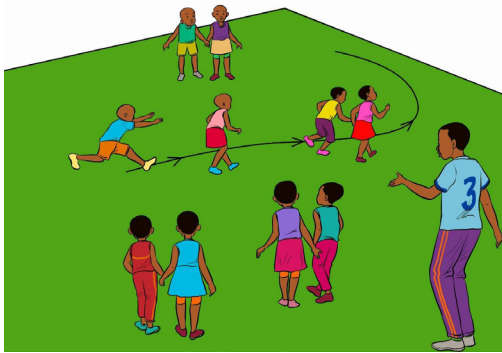
Incamake y'umukino

Ikigamijwe muri uyu mukino ni ubufatanye, gukorera mu ikipe n'imigenderanire myiza n'abandi. Ni umukino aho abanyeshuri birinda gufatwa bakagerageza gufata munkokora z'abanyeshuri bo mu yandi matsinda agizwe n'abanyeshuri babiri.

Imiyoborere n'amategako by'umukino

1. Gushyira abanyeshuri mu matsinda ya babiri babiri.

2. Kubwira amatsinda ya babiri bakajya mu kibuga.
3. Kubwira itsinda rigatangira umukino rishaka gufata abandi.
4. Kubwira irindi tsinda rigatangira umukino rihunga abashaka kurifata.
5. Kubwira andi matsinda ya babiri bagafatana amaboko ahahera mu nkokora (reba ishusho)



6. Gutanga ibisobanuro no kwerekera :
 - Iyo umukino utangiye, abakurikira bagerageza gufata abahunga.
 - Iyo ukurikira afashe uhunga, abakinnyi bahinduranya imyanya yabo. (Ukurikira ahinduka uhunga, naho uhunga agahinduka ukurikira).
 - Uhunga agira umutekano iyo afashe n'ukuboko itsinda rya babiri mu kibuga cyabugenewe
 - Iyo uhunga afashe n'ukuboko irindi tsinda, intsindahamwe yo hanze, utabangikanye n'uhunga ahinduka uhunga mushya.
7. Gukomeza gukina kugeza ubwo abanyeshuri bose babonye uburyo bwo kuba abakurikira kimwe n'abahunga. Kumenya niba abanyeshuri bagabanya umuvuduko iyo bageze hafi y'itsinda rya babiri ngo babafate ukuboko.
8. Gusuzuma mu gihe abanyeshuri bari mu kibuga bakina niba bafatana mu nkokora ntibarekurane kandi bose babashije gukina, guhiga no guhunga.



Abanyeshuri babiri babiri bafatanye, kandi bahunga abandi. Umwana umwe abirukaho ashaka kubakoraho.

Uburyo bwo guhindura umukino

- Gushyiraho ikipi A n'ikipi B. Guha amatsinda ya babiri bafatanye uburyo bwo « kubangamira » uhunga wo mu mbangikanwa kwifatanya nabo bavuga « harafunze » igihe yegereje kuhashaka ubuhungiro

Ikiganiro gisoza

Kuganira ku mukino

- Wumvaga bimeze gute igihe wahigaga cyangwa wahigwaga?
- Biyumvise bate igihe bafashije uhunga abasaba kubafata mu nkokora?

Guhuza umukino n'ubuzima busanzwe

- Waba wibuka mu buzima igihe umuntu yaba yaragufashije mu gihe wari ubikeneye? Wumvise umerewe ute?
- Wowe se hari igihe waba warafashije undi muntu? Byari byagenze gute?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Ni mu bihe bihe ushobora gufasha umuntu?

Izina ry'umukino wa 7: Jya hagati

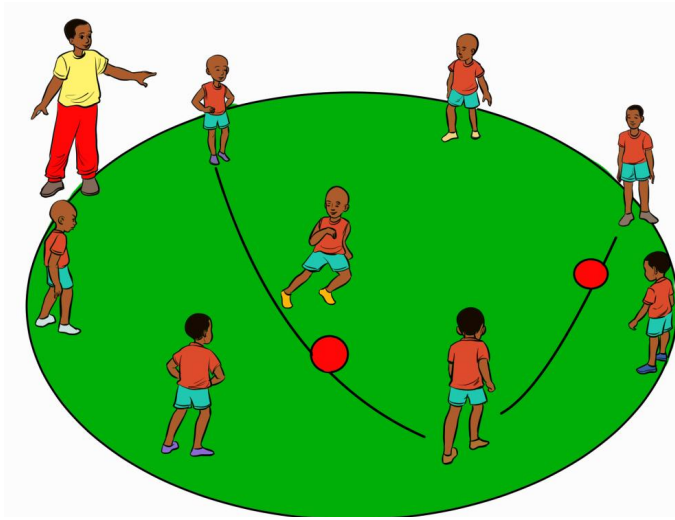
Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukongerera ubushobozi abanyeshuri bwo guhangana n'amarangamutima ababaje. Muri uyu mukino abanyeshuri bari ku ruziga banagira umupira bagenzi babo bari ku ruziga rumwe birinda ko umunyeshuri uri mu ruziga hagati awufata.

Imiyoborere n'amategeko by'umukino

1. Gukora amatsinda y'abanyeshuri 6 kugeza 10.
2. Kubwira abanyeshuri bagakora uruziga.
3. Gushyira umwana umwe wo muri buri tsinda hagati mu ruziga
4. Guha umupira buri tsinda.
5. Gutanga ibisobanuro no kwerekera :
 - Abanyeshuri bagize uruziga bahererekanya umupira hagati yabo ku buryo umwana uri hagati mu ruziga atawukoraho.
 - Abanyeshuri ntibagomba guhereza umupira abanyeshuri bari iruhande rwabo. Bagomba kugerageza guhereza umwe mu bana barebana.
 - Umwana uri hagati y'uruziga agomba kugerageza gufata umupira.
 - Iyo awufashe, ahinduranya umwana. Iyo atabashije kuwusama nyuma y'iminota 2 cyangwa 3, mwarimu abwira undi mwana guhagarara hagati.

6. Gukomeza umukino igihe cyose gishoboka.
7. Gusuzuma mu gihe abanyeshuri bakina batanaga umupira n'imbaraga nyinshi, buri munyeshuri afite uburyo bwo kunaga no gusama umupira kandi ko umunyeshuri uri hagati afite ubushake bwo gutangira umupira byihuse



Uburyo bwo guhindura umukino

- Gukora amatsinda y'abanyeshuri 3.
- Babiri muri buri kipi bagomba kwirinda ko umwana wa gatatu asama umupira.
- Gutera umupira n'ikirenge kandi hasi mu mwanya wo kuwunaga.
- Kongera umubare w'imipira mu mukino.
- Gushyira abanyeshuri mu kigeragezo cyo kunagisha umupira ukuboko batamenyereye gukoresha. Urugero : Niba asanzwe akoresha akaboko k'ibumoso ukamusaba kunaga umupira n'akaboko k'iburyo.

(Reba imyitozo ku mpero y'umutwe wa mbere)

Ikiganiro gisoza

Kuganira ku mukino

- Wumvaga umeze ute igihe wari uhagaze hagati y'uruziga?
- Watekerezaga iki igihe wari uhagaze ku ruziga?

Guhuza umukino n'ubuzima busanzwe

- Hari igihe waba warigeze guhezwa na bagenzi bawe mu bikorwa bimwe na bimwe? Wumvise umeze ute?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Ni gute ushobora gufasha umuntu igihe umusanze mu bwigunge?

Izina ry'umukino wa 8: Umumararungu w'ibwami

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukongera ubushobozi bw'abanyeshuri bwo kwishimisha, kugaragaza ibyishimo no guhanga. Muri uyu mukino abanyeshuri barema uruziga bakagerageza kureba umwana basetsa.

Imiyoborere n'amategeko by'umukino

1. Gukora amatsinda y'abanyeshuri 6 kugeza 10.
2. Kubwira buri tsinda rigakora uruziga.
3. Kubwira ubishaka muri buri tsinda kuba « umumararungu w'ibwami » agahagarara hagati y'uruziga.
4. Gutanga ibisobanuro no kwerekera :
5. Uko umukino uteye ni uko umumararungu w'ibwami asetsa umwe mu bagize ikipi ye.
 - Umumararungu afite umunota umwe wo gukora ikintu cyo gusetsa umwe mu bagize ikipi ye.
 - Iyo umwana asetse, ajya hagati mu ruziga agahinduka umumararungu mushya. Iyo abanyeshuri babiri cyangwa barenze basekeye rimwe, bemeza hagati yabo uba umumararungu mushya.
6. Mwarimu niwe ufata icyemezo cyo kurangiza umukino
7. Gusuzuma mu gihe abanyeshuri bakina niba bose babaye abamararungu kandi kobagerageza gusetsa abandi



Uburyo bwo guhindura umukino

- Kubwira abanyeshuri babiri kubera rimwe abamararungu b'i Bwami.
- Gukora amatsinda agizwe n'abanyeshuri 3 no kubarekera iminota 5 yo guhanga agakino cyangwa hagakorwa bigamije gusetsa abanyeshuri bagize ayandi makipi.

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki cyabashimishije muri uyu mukino?
- Ni iki watekereje igihe wari uhindutse umumararungu?

Guhuza umukino n'ubuzima busanzwe

- Mu buzima, ni iki gikunda kugusetsa cyane kurusha ibindi?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

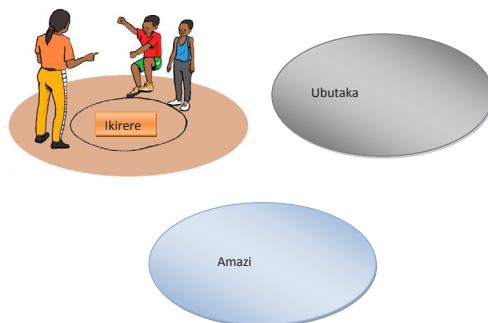
- Ni mu bihe bihe wumva wakenera gusetsa abandi?
- Guseka bifite akahe kamaro mu buzima?

2.7. Imyitozo yo kwishyushya

Izina ry'umwitozo wa mbere: Ikirere – Ubutaka- Amazi

Imiyoborere n'amategeko by'umukino

1. Guteganya inziga eshatu zerekana ikirere- ubutaka- amazi.
2. Umwarimu ahagarara ahantu abanyeshuri bamubona kandi bamwumva.
3. Abanyeshuri baba bari hamwe mu kibuga.
4. Umwarimu akavuga izina ry'inyamaswa yishakiye iba mu kirere, mu mazi cyangwa ku butaka.
5. Abanyeshuri baherako biruka bagana mu ruziga rwerekana aho inyamaswa iba.
6. Umwana wibeshye cyangwa akajijinganya igihe kirekire ahanishwa kwiruka ahantu hateganijwe, yarangiza akagaruka mu mukino.
7. Hatsinda utibeshye kandi ntatinde kugera mu ruziga rwerekana aho iyo nyamaswa iba.

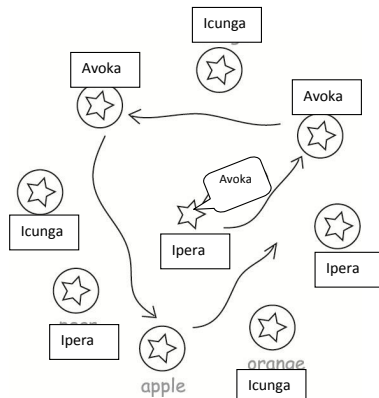


Izina ry'umwitozo wa 2: Imvange y'imbuto

Imiyoborere n'amategeko by'umukino

1. Gabanya abanyeshuri mo amatsinda ya 6-10.
2. Saba abanyeshuri ba buri tsinda gufatana amaboka bagakora uruziga runini rushoboka.

3. Ha buri mwana izina ry'imbuto, urugero “ipera, umwembe, avoka”.
4. Ugomba gukora ku buryo imbuto igira abanyeshuri benshi.
5. Umubare w'imbuto uterwa nu mubare w'abanyeshuri bakina. (Urugero, niba hakina abanyeshuri 6 wakoresha imbuto 2, niba ari 10 wakoresha imbuto 3).
6. Saba umwana umwe kujya hagati mu ruziga kugira ahamagare.
7. Ha buri mwana uri mu ruziga ingwa.
8. Ashushanye uruziga hasi (Reba igishushanyo).



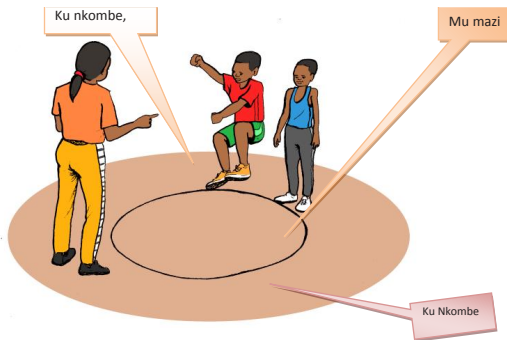
9. Sobanura kandi werekane ibi: Uhamagara avuga imbuto. Umwana w'iyo mbuto
ava mu ruziga rwe agashaka uruziga rutarimo umuntu.
10. Abanyeshuri bagomba kubahana kandi bakitonderena.
 - Umwana umwe niwe uhagarara mu ruziga rumwe.
 - Uhamagara ashaka uruziga rurimo ubusa, ubuze uruziga niwe uhita aba uhamagara.
 - Igihe uhamagara avuze Salade y'imbutu, buri mwana ashaka urundi ruziga.
11. Abanyeshuri bagomba kwirinda kugongana.
12. Umukino urangirira aho mwarimu ashakiye.

Izina ry'umwitozo wa 3: Ku nkombe mu mazi

Imiyoborere n'amategeko by'umukino

1. Reba neza niba aho mukinira ari heza nta mpanuka hateza.
2. Ca umurongo hasi ukoresheje ingwa.
3. Saba abanyeshuri bose guhagarara ku ruhande rumwe rw’umurongo.
4. Sobanura kandi werekane ibi bikurikira:
5. Aho abanyeshuri bahagaze ni ku nkombe.
6. Ku rundi ruhande ni mumazi.
7. Ugomba gutanga amabwiriza akurikira, “ku nkombe” cyangwa “mu mazi”.
Abanyeshuri bagomba guhagarara ku ruhande ubategetse.
8. Tangira n’aya mabwiriza abiri, “ku nkombe”, “mu mazi” kugera aho bamenyera.

9. Hinduranya amabwiriza ku buryo abanyeshuri batega amatwi cyane.
10. Andi mabwiriza:
 - “Ifi irakuriye!” – Abanyeshuri baryama hasi bakanyeganyeza amaboko nkaboga.
 - “Umucanga washyushye” – Abanyeshuri basimbuka ku kuguru kumwe n’ukundi.
 - “Bombo” – Abanyeshuri bamera nkabarigata bombo yo kugati.
 - “Igisiga” – Abanyeshuri batwikira imitwe n’amaboka yabo.
11. Umukino urangira igehe mwarimu ashakiye.



Izina ry’umwitozo wo kwishyushya wa 4: Kumukoraho mu ibanga Imiyoborere n’amategeko by’umukino

1. Shaka aho gukinira hahagije hemerera abanyeshuri kwiruka ari uwirukankana undi n’uwirukankanwa.
2. Ca umurongo ugaragara kuva ku ruhande rumwe kugera kurundi.
3. Saba abanyeshuri guhagarara bareba hamwe.
4. Sobanurira abanyeshuri ko uribubace inyuma ugakora k’uwushaka. Abanyeshuri bagomba gufunga amaso kugira ngo batamenya uwo ukozeho.
5. Sabanura unerekane ibi bikurikira:
 - Uwo ukozeho wese mu mugongo niwe uba umuhigi. (Shaka abahigi 4-5 muri buri bana 20).
 - Abahigi ntibagomba kubwira abandi ko batoranyijwe.
 - Iyo uvuze, “Go!” abanyeshuri bagomba kwiruka abahigi bagomba gukora kubana benshi bashoboka.
 - Uwakozweho agomba gusubira ku murongo.
 - Umukino urangira iyo abanyeshuri bose basubiye ku murongo ukuyemo abahigi.

6. Toranya abandi bahigi bashyashya kur iyi nshuro.
7. Komeza umukino kugera aho buri mwana abaye umuhigi.
8. Kora ku buryo abanyeshuri bareba aho bagana biruka kugirango batagongana



UMUTWE WA 3:IMYITOZO N'IMIKINO NGORORAMUBIRI

3

3.1 Ubushobozi bw'ingenzi bugamijwe

umunyeshuri azaba ashobora kwiruka umuvuduko, gusama, kunaga no gusimbuka no guhererekanya agati biruka intera yisumbuye.

3.2 Ubushobozi shingiro

kugira ngo abanyeshuri bo mu mwaka wa gatatu w'amashuri abanza bagire ubushobozi bwo gukora neza imyitozo n'imikino ngororamubiri bagomba kuba bashobora kuvuga akamaro ko gukora imyitozo ngororangingo, gutandukanya ibikoresho binyuranye byo mu mikino y'igororangingo, kwiruka, gusimbuka, kunaga, kugira imyifatire irinda ubuzima, gutinyuka, gukurikiza amabwiriza no kwigirira ikizere

3.3 Ingingo nsanganyamasomo

mu gihe abanyeshuri bakina ni byiza ko bakangurirwa ibi bikurikira:

Kwimakaza umuco w'amahoro: Mwarimu azafasha abanyeshuri kuja bakina mu mahoro ntawe uhutaza undi. Buri mwana wese akumva ko atekanye igihe ari mu kibuga akina ntawe umubangamira.

Uburinganire n'ubwuzuzanye: Abanyeshuri bose, baba abakobwa ndetse n'abahungu bagomba kwisanzura mu gihe bakina. Abakobwa ntibagomba guhezwa mu mikino, uruhare rwabo mu mikino rugomba kugaragara ndetse rugatezwa imbere.

Uburezi budaheza: abanyeshuri bafite ibibazo byihariye bijyanye n'ubushobozi bwabo mu kwiga, cyangwa se bafite ubumuga runaka, bagomba nabo kugira uruhari mu mikino. Ibyo bisaba ko mwarimu agomba kureba uburyo yahindura imikino iteganyijwe muri uyu mutwe akurikije amabwiriza ari muri iyi nyoborabarezi ku buryo abafite ubumuga nabo bakina.

Umuco wo kuzigama: Mu bikoresho byifashishwa mu gukina ni byiza ko hakoreshwa ibikoresho bidasaba amafaranga menshi ahubwo bagakanguriwa kubyikorera mu bikoresho dusanga iwacu aho dutuye.

Kwita ku bidukikije: Abanyeshuri mugihe bakina, birakwiye ko batozwa umuco wo kutangiriza ibidukikije basanze mu mpande z'ikibuga nahandi hose baba bari gukinira.

3.4 Urutonde rw' amasomo

Amasomo	Intego z'amasomo	Umubare w'amasomo: 5
Imyitozo yo kwiruka ku metero hagati ya 40 na 60	Gukora imyitozo n'imikino yo kwiruka hagati ya metero 40 na metero 60	Isomo 1
Imyitozo yo gusimbuka	Gukora imyitizo n'imikino yo gusimbuka	Amasomo 2
Imyitozo yo kunaga no gusama	Gukora imyitozo n'imikino yo kunaga no gusama	Amasomo 2
Isuzuma risoza umutwe	Kwitegereza intera umunyeshuri yasimbutse, inshuro yanazen'intera yanazeho.	

Isomo rya 1: Imyitozo yo kwiruka kuri metero hagati ya 40 na 60

a. Ubumenyi Shingiro

Kugira ngo iri somo ryo kwiruka kuri metero hagati ya 40 na 60, abanyeshuri bagomba kuba bafite ubushobozi n’ubumenyingiro bwo kwiruka ahantu hagutse ndetse bashobora no kuvuduka.

b. Imfashanyigisho

Ikibuga, icyumba cyabugenewe, ifirimbi, amashusho, imipira, agati, imitemeri.

c. Intangiriro

Muri iri somo ryo kwiruka ku metero hagati ya 40 na 60, mwarimu azakoresha imyitozo n’imikino byo kwiruka bava mu byimbo, basimbuka bakurikiza injyana, bahaguruka bongera imbaraga kandi biruka basimburana. Mwarimu ashobora kandi kwifashisha ibibazo bikangurira abanyeshuri kugira uruhare mu gukora imyitozo ubwabo ibafasha kwimenyereza kwiruka intera iri hagati ya metero 40 na 60.

Ikiganiro gitangira isomo

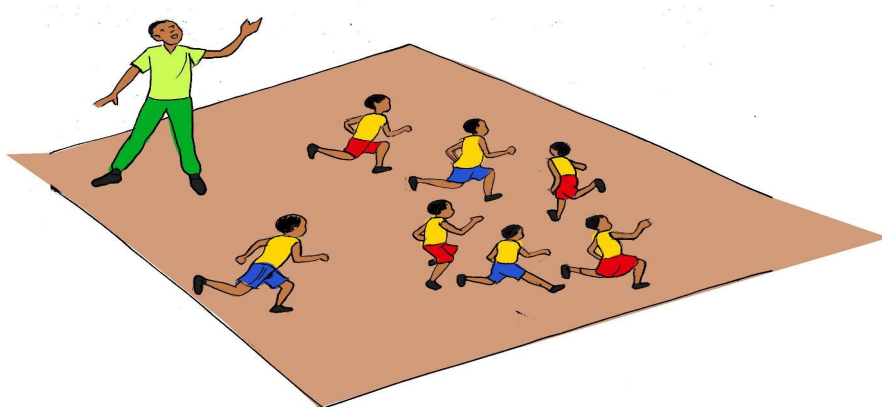
Nyuma y’uko abanyeshuri bambara imyenda yabugenewe yo gukora siporo, gutegura ikibuga bakiniramo bakivanamo ibyatera impanuka byose, mwarimu atangira isomo aganira n’abanyeshuri. Mwarimu abaza abanyeshuri ibibazo bitandukanye bijyanye n’imyitozo yo kwiruka.

Imyitozo yo kwishyushya

Mwarimu akoresha abanyeshuri umwitozo wo kwishyushya kugira ngo ingingo z’umubiri z’abanyeshuri zitegure gukora imyitozo n’imikino isaba gukoresha ingingo zabo mu buryo busaba imbaraga:

Imiyoborere n’amateguko by’imyitozo

1. Saba abanyeshuri guhagarara ku ruziga bagasiga hagati yabo umwanya ungana n’amaboko yabo.
2. Sobanura kandi werekane ibi bikurikira:
3. Uvuga igice cy’umubiri, abanyeshuri bakazenguruka mu kerekezo cy’urushinge rw’isaha bashyize imbere igice cyavuzwe. Urugero “Hayobore ukuboko” “Hayobore amavi” “Hayobore umutwe” n’ibindi.
4. Igihe hayoboye igice runaka icyo gice abanyeshuri bagishyira imbere bagakomeza kuzenguruka.
5. Komeza kuvuga ibice bitandukanye by’umubiri kugeza aho abanyeshuri bagorora ingingo zose kuva ku mutwe kugera ku ino. Umwitozo urangira ibice byose ubirangije.



d. Isomo nyirizina

Izina ry'umukino wa mbere: Kwiruka

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukwiruka ku ntera itarengeje m 60. Abanyeshuri bari mu matsinda, bariku mirongo iteganye y'imbangikane, biruka intera iri hagati ya m 40 na m 60.

Imiyoborere n'amategeko by'umukino

1. Gukora amakipe hagati ya 4 na 5 angana, kuyashyira ku mirongo bangikanye, nyuma y'umurongo w'intangiriro.
2. Guca imirongo 2 iteganye n'uwa mbere, hagati y'umwe n'undi harimo m15. (reba Igishushanyo).
3. Iyo mwarimu atanze ikimenyetso, umwana wa mbere wa buri ikipi yiruka agana ku murongo uhura ikibuga.
4. Iyo uwa mbere arenze ku murongo wo hagati uwa kabiri ahera ko yiruka.
5. Uwa 2 na we yamara kuwurenga, uwa 3 akiruka, bigakomezabityo.
6. Hatsinda ikipi itanze izindi kurenga umurongo uhura ikibuga.



Izina ry’umukino wa 2: Isiganwa ry’umutemeri

Incamake y’umukino

Ikigamijwe muri uyu mukino ni kugorora umubiri no kwitoza kwiruka ahantu hagufi n’aharehare. Abanyeshuri bari mu matsinda yabo y’imirongo, abari imbere y’abandi biruka bagenda bakatira imitemeri kugeza ku wanyuma. Basubira ku mirongo yabo, bagakora mu kiganza cy’uwari usigaye imbere nawe akiruka, wa wundi urangije akajya gutonda inyuma y’abandi. Bikorwa gucyo kugeza Umukino urangiye.

Imiyoborere n’amategako by’umukino

1. Gabanya abanyeshuri mu makipi ya 6-8.
2. Shyiraho kwitoza gutera umupira w’amaguru mu mitemeri 5, kumara igihe gito. ubigenze gutyo kuri buri kipi (reba ku gishushanyo)
3. Saba buri kipi gukora umurongo inyuma y’umuba w’itemeri.
4. Hereza buri kipi umupira.
5. Sobanura kandi werekane: Umwana ku murongo kuri buri tsinda, A, atangira akubita umupira hafi ya buri mutemeri, ku gice cy’iburyo cy’izamu, nyuma ku gice cy’ibumoso gutyo na gutyo. Iyo A ageze ku izamu rya nyuma, A atora umupira akiruka agaruka mu ikipi, nyuma agahereza umupira mugenzi we uri ku murongo. Iyo A arangije kwiruka, A agaruka inyuma y’umurongo. umwana ugushije izamu agomba guhagarika gutera umupira akabanza agahagarika izamu mbere yo gukomeza.
6. Reba neza ko amakipi ahagaze mu mwanya utekanye hagati yayo.
7. Umukino urakomeza kugeza igihe abanyeshuri bose bagize umwanya wo kwiruka.
8. Gusuzuma igihe abanyeshuri bakina, niba biruka ntawe ubangamiye undi, kandi niba.

Uburyo bwo guhindura umukino

- Egeranya amazamu (ni ukuvuga usigemo umwanya muto).
- Baza abanyeshuri ikibazo kijyanye no gusuzuma ubuhanga bwabo mu gihe bateye umupira mu mazamu (mbere yuko basubira kw’itangiriro).
- Saba abanyeshuri kwiruka basubira inyuma ku murongo w’itangiriro.

e. Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

- Ni ibihe bintu wahanze amaso mu gihe wateraga umupira mu mazamu?
- Ni ikihe kintu cyari gikomeye muri uyu mukino? Kubera iki?
- Wumvise umeze gute mu gihe wirutse ku nshuro ya kabiri ugereranije n’inshuro ya mbere?

Guhuza umukino n'ubuzima busanzwe

- Ni iyihe mirimo ikorohera mu gihe uyisubiyemo?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

Ni igiki wakora kugirango wunguke ubundi bumenyi mu gukora imyitozo?

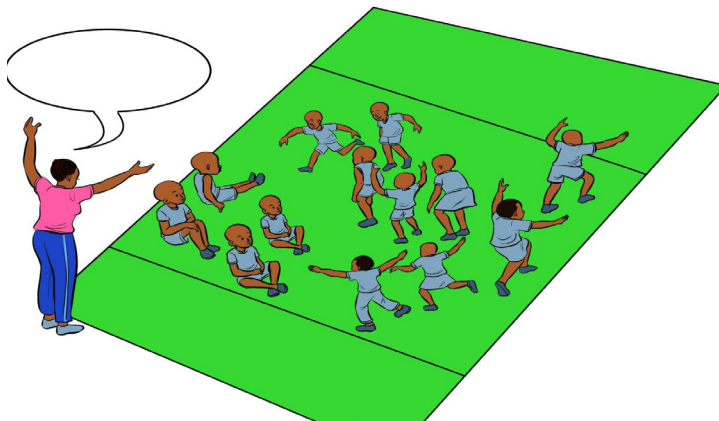
Izina ry'umukino wa 3: Ubukonje n'ubushyuhe

Incamake y'umukino

Ikigamijwe muri uyu mukino ni umuvuduko. Muri uyu mukino, abakinnyi biruka buri wese ahunga mugenzi we.

Imiyoborere n'amategeko by'umukino

1. Gukora amakipi abiri anganya umubare imwe ikitwa ubukonje indi ikitwa ubushyuhe
2. Buri kipi igomba guhagarara mu gice cyayo.
3. Iyo mwarimu atanze ikimenyetso, abakinnyi bo mu ikipi y'ubukonje birukankana abo mu ikipi y'ubushyuhe.
4. Umukinnyi wo mu ikipi y'ubushyuhe bakozeho arakonja akicara asutamyeye.
5. Abakinnyi bo mu ikipi y'ubushyuhe bashobora kumara ubukonje abakinnyi babo babaye ubukonje babakoraho bityo bagakomeza gukina.
6. Umukinnyi wirutse inyuma y'ikibuga ahita akurwa mu mukino.
7. Umukino umara iminota 3 ; igihe hari abakinnyi benshi bahindutse ubukonje bityo ikiye y'ubukonje ikaba iratsinze.
8. Amakipe yombi ahinduranya amazina umukino ugakomeza.



Ikiganiro gisoza
Kuganira ku mukino

- Wumvaga umeze ute iyo babaga bagufashe?
- Ni ubuhe buryo wakoreshaga kugirango ufate mugenzi wawe

Guhuza umukino n’ubuzima busanzwe

- Hari ikindi gihe waba warigeze guhunga umuntu cyangwa ikintu kikwirukankana?
- Wakoresheje ubuhe buryo?

Ishyirwa mu bikorwa ry’inyigisho ivuye mu mukino

- Ni iyihe nyungu iri mugukora umwitozo wo kwiruka?

Isomo rya 2: Imyitozo yo gusimbuka

a. Ubumenyi bw'ibanze

Kugira ngo iri somo ryo gusimbuka ribashe kugenda neza, abanyeshuri bagomba kuba bafite ubumenyi n'ubumenyi ngiro ku gusimbuka

b. Imfashanyigisho

Imyenda ya siporo, ikibuga, icyumba cyabugenewe, ifirimbi, amashusho, imitemeri, agati.

c. Intangiriro

Muri iri somo ryo gusimbuka, mwarimu azakoresha imyitozo n'imikino byo gusimbuka, basimbuka ibintu biteze mu kibuga. Mwarimu ashobora kandi kwifashisha ibibazo bikangurira abanyeshuri kugira uruhare mu gukora imyitozo ubwabo ibafasha kwimenyereza gusimbuka

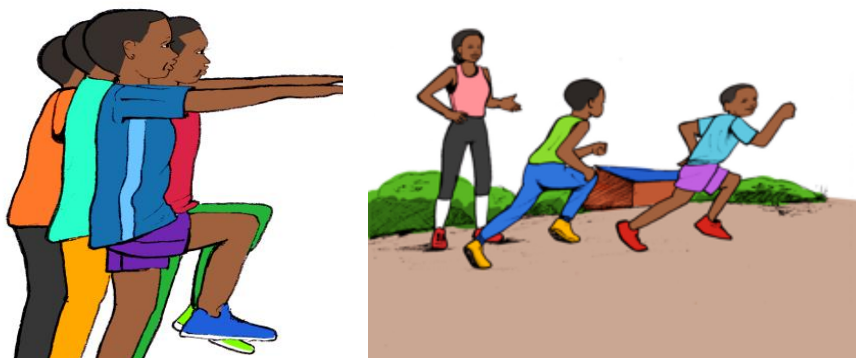
Ikiganiro gitangira isomo

Nyuma y'uko abanyeshuri bamaze kwambara imyenda yabugenewe yo gukora siporo, bamaze gutegura ikibuga bakiniramo bakivanamo ibyatera impanuka byose, Mwarimu atangira isomo aganira n'abanyeshuri. Mwarimu abaza abanyeshuri ibibazo bitandukanye bijyanye n'imyitozo yo gusimbuka.

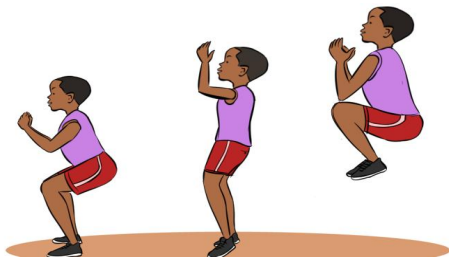
Imyitozo yo kwishyushya

Mwarimu akoresha abanyeshuri imyitozo ikurikira yo kwishyushya:

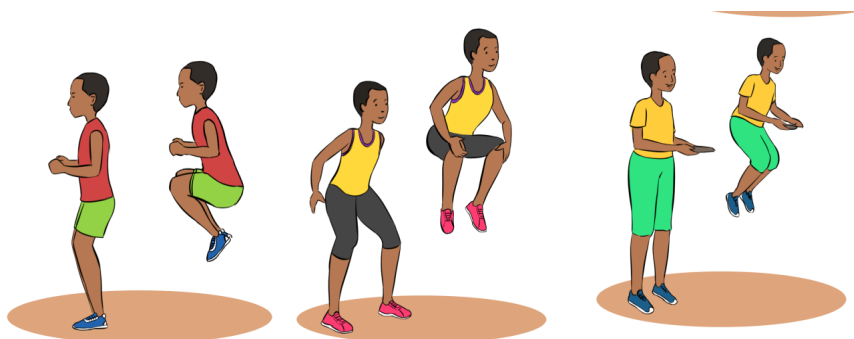
- Kwiruka ahantu haringaniye bazamuka amavi cyane, nyuma bakiruka batera intambwe ndende.



- Bahagaze barambuye amaboko imbere, kunaga ukuguru ejuru bagerageza gukoza amano ku biganza no kubisikanya amaguru.



- Bahagaze, gusimbagurika inshuro 3, ku nshuro ya 4 kuja hejuru cyane bazamura amavi.



d. Isomo nyirizina

Koresha imyitozo n'imikino ikurikira cyangwa uhitemo indi mikino usanga mumpera z'umutwe wa mbere n'uwa kabiri.

Izina ry'umukino wa mbere: Gusimbuka umugozi

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukumenyereza abanyeshuri gusimbuka. Muri uyu mukino, abanyeshuri babiri bafata umugozi bakawuzunguza maze abandi bana bagenzi babo bakawusimbuka. Umwana umwe kandi na we ashobora kwizunguriza umugozi anawusimbuka.

Imiyoborere n'amategeko by'umwitozo

1. Gusimbuka umugozi uzamuye gato usimbukira mu mpande zose.
2. Gusimbuka umugozi uhagaze hamwe. (Ibi bikorwa n'umunyeshuri ku giti cye).
3. Gusimbuka umugozi w'abanyeshuri batatu, babiri bafata umugozi bawuzunguza naho uwa gatatu akawusimbuka, bagahinduranya umumaro kugira ngo buri mwana asimbuke.
4. Gusuzuma niba abanyeshuri bose basimbuka.



5. Gusuzuma niba abanyeshuri bakoresha imbaraga ngo bashobore gusimbukira mu mpande zose
6. Gusuzuma niba abanyeshuri babasha gusimbukira hamwe batagendagenda hirya no hino
7. Gusuzuma niba abanyeshuri bamwe bashyira hamwe ngo babashe gufasha mugenzi wabo gusimbuka.

Uburyo bwo guhindura umukino

- Kongera umubare w'abanyeshuri basimbukira rimwe.
- Guhindura uburyo bwo kuzunguza umugozi (Urugero bawerekeza imbere bagahindura bakerekeza inyuma).

Imyitozo inanura umubiri

E Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

- Wumvaga umeze gute mu gihe wasimbukaga mu mpande zose?
- Wabigenzaga gute kugira ngo ubashe gusimbuka igihe kirekire?

Guhuza umukino n'ubuzima busanzwe

- Hari ikindi gihe mu buzima bwawe waba waragerageje kugira ikintu usimbuka? Sobanura.

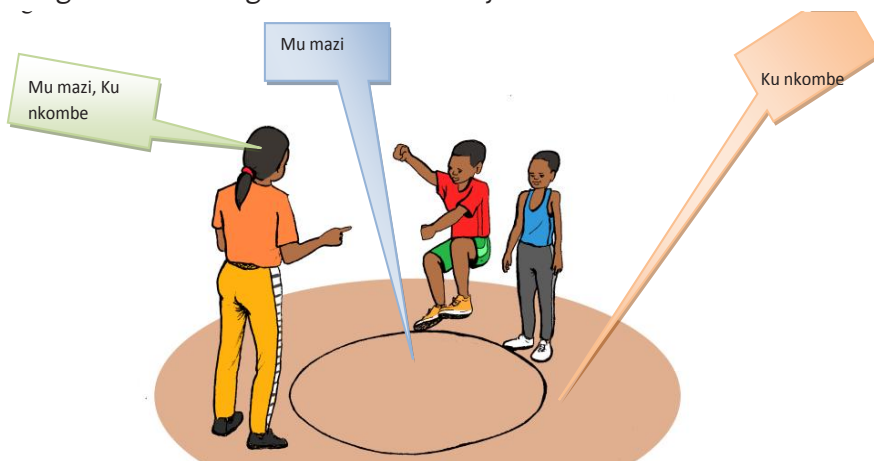
Ishyirwa mu bikorwa ry'isomo rivuye mu mukino

- Hari ingaruka nziza zishobora kuba mu gihe bakina uyu mukino mumubiri wabo?

Izina ry'umukino wa 2: Ku nkombe, mu mazi

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukumenyereza abanyeshuri gusimbuka. Muri uyu mwitoto wo gusimbuka, abanyeshuri bahagarara hakurya y'umurongo usimbura umugezi noneho bagasimbuka hakuno yawo.



Imiyoborere n'amategeko by'umukino

1. Gutegura ikibuga.
2. Guca umurongo hasi ukoresheje ingwa cyangwa kurambika umugozi hasi.
3. Kubwira abanyeshuri bese guhagarara hakurya y'umurongo cyangwa y'umugozi.
4. Gutanga ibisobanuro no kwerekana:
 - Abanyeshuri bahagaze hakurya y'umurongo cyangwa umugozi baba bahagaze ku nkombe.
 - Hakuno y'umurongo cyangwa umugozi, ni amazi.
 - Gutanga amabwiriza abiri: «ku nkombe»: cyangwa « mu mazi», abanyeshuri bagomba gusimbukira mu ruhande rujyanye n'amabwiriza bahawe.
5. Gutangiza ayo mabwiriza yombi hanyuma ugakoresha ibwiriza rimwe rimwe kugera igihe abanyeshuri bagaragaje ibyishimo no kwiyizera
6. Kubwira abanyeshuri ko amabwiriza yiyongera kandi ko bagomba kubyitega.
7. Umwana unyuranyije n'amabwiriza ajya ku ruhande agafasha mwarimu kureba abandi bari kunyuranya n'amabwiriza.
8. Mu gihe runaka mwarimu yagennye, abanyeshuri baba bataranyuranya n'amabwiriza niba baba batsinze.
9. Ni mwarimu ubwe uhagarika umukino.
10. Gusuzumaniba abanyeshuri bumvise neza amabwiriza bahawe., bazi neza aho bahagaze mbere y'uko umukino utangira, kandi niba abanyuranyije bari gufasha mwarimu kugenzura abandi.

Uburyo bwo guhindura umukino

- Kongera cyangwa kugabanya amabwiriza hakurikije umurego w'abana.
- Kubwira abana bagapfuka amaso igihe bakina kugira ngo ibikorwa by'abandi bana bitabarangaza bikavangira ibyabo.

Imyitozo yo kunanura umubiri

(Hitamo imyitozo iri mu mpero z'umutwe wa mbere cyangwa uwa kabiri).

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki wiyumvisemo igihe wakinaga uyu mukino?
- Wumvaga umeze ute iyo wabaga unyuranyije n'amabwiriza?
- Ni iki cyagufashije gukurikiza amabwiriza?

Guhuza umukino n'ubuzima busanzwe

- Hari ikindi gihe waba warigeze usimbuka bigutunguye ? Hari habaye iki?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Ese kumenya gusimbuka ubona hari icyo byagufasha mu buzima bwawe? Tanga urugero.

Izina ry'umukino wa 3: Amateme n'inzira zo mu nda y'isi

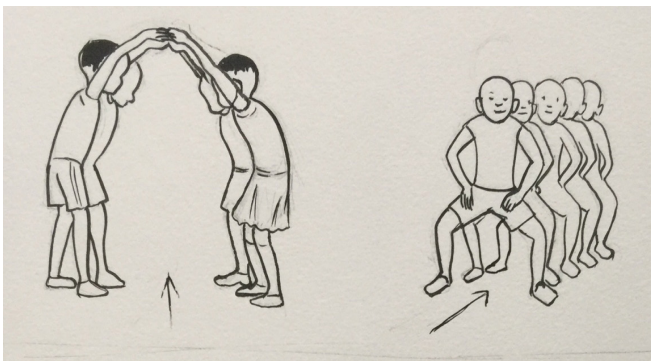
Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukumenyereza abanyeshuri gusimbuka. Muri uyu mukino iyo mwarimu avuze inzira yo munda y'isi abanyeshuri barahagarara bakegerana babiri babiri bagashyira amaboko hejuru. Yavuga iteme, bagahagarara bagaterana umugongo.

Imiyoborere n'amategeko y'umwitozo

1. Kubwira abanyeshuri bakajya mu kibuga.
2. Gutanga ibisobanuro no kwerekera:
 - Iyo mwarimu avuze: «Genda! », abanyeshuri bagomba kugendagenda bisanzuye mu kibuga basimbagurika, biruka gahoro, babyina cyangwa bagenda buhoro.
 - Kuvuga «iteme», cyangwa « inzira yo munda y'isi».
 - Iyo bumvise ijamba «iteme», bagomba gushaka mugenzi wabo, gushyira amaboko hejuru bagafata ibiganza bya bagenzi babo. Ni byiza ariko kubuza abanyeshuri kutegamira bagenzi babo mu gihe bakora iteme kugira ngo hatagira ugwa hejuru y'undi.
 - Iyo bumvise ijamba «inzira yo munda y'isi», abanyeshuri bagomba gushaka bagenzi babo bagahagarara bateranye umugongo, bagatandukanya amaguru, bagashyira amaboko ku mavi noneho bakunama buhoro berekeza imbere.
 - Iyo bamaze kuguma muri buriya buryo igihe cy'amasegonda 15 mwarimu avuga ngo «Genda! », bongera bakagenda mu kibuga kugeza igihe babwirwa uburyo bukurikira.

3. Gusuzuma niba abanyeshuri bakurikiza amabwiriza.



Uburyo bwo guhindura umukino

- Kongera cyangwa kugabanya amabwiriza hakurikije umurego w'abanyeshuri.
- Kubwira abanyeshuri bagapfuka amaso igihe bakina kugira ngo ibikorwa by'abandi bana bitabarangaza bikavangira ibyabo.

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki wiyumvisemo igihe wakinaga uyu mukino?
- Wumvaga umeze ute iyo wabaga unyuranyije n'amabwiriza?
- Ni iki cyagufashije gukurikiza amabwiriza?

Guhuza umukino n'ubuzima busanzwe

Hari ikindi gihe waba warigeze usimbuka bigutunguye ? Hari habaye iki?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

Ese kumenya gusimbuka ubona hari icyo byagufasha mu buzima bwawe ? Tanga urugero

Izina ry'umukino wa 4 : Nzi gusimbuka cyane

Incamake y'umukino

Ikigamijwe ni ukumenyereza abanyeshuri gusimbuka umurambararo, babumbye amaguru cyangwa bayatandukanyije no kurwana ishyamba ry'iki. Umukino wo gusimbuka aho umukinnyi wa mbere wa buri kipi asimbuka cyane nk'uko basimbuka « umurambararo » maze umukurikiye agasimbuka ahareye aho uwa mbere yaguye.

Imiyoborere n'amategeko by'umukino

1. Kugabanya abakinnyi mo amakipi anganya umubare.
2. Amakipi yose ahagarara ku murongo.
3. Iyo umwarimu atanze ikimenyetso, umukinnyi wa mbere wa buri kipi asimbuka

cyane ajya imbere ye nk'uko basimbuka umurambararo.

4. Bashyira ikimenyetso aho akandagije udutsinsino bwa mbere amaze gusimbuka.
5. Umukurikira ahagarara aho uwa mbere yakandagije udutsinsino na we agasimbuka agana imbere.
6. Bikomeza bityo, ukurikira ahagarara mu birenge by'umaze gusimbuka na we agasimbuka kugeza ku wa nyuma.
7. Iyo uwa nyuma amaze gusimbuka berekana ikipi itsinze bakurikije abakinnyi basimbutse harehare.
8. Gusuzuma mu gihe abanyeshuri bakina niba babasha gusimbuka cyane bagana imbere, niba kandi umunyeshuri ukurikira agerageza guhagarara aho uwambere yakandagije udutsinsino.

Uburyo bwo guhindura umukino

- Bashobora guhindura umurambararo, gusimbuka bagana mu mpande cyangwa gusimbuka basubira inyuma.

Umwitoto wo kuruhura ingingo

(Hitamo umwitoto mu mpera z'umutwe wa mbere cyangwa uwa kabiri).

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki wiyumvisemo ugiye gusimbuka?
- Hari inzitizi cyangwa imbogamizi waba wahuye nazo igihe wasimbukaga?

Guhuza umukino n'ubuzima busanzwe

Hari ikindi gihe waba warigeze usimbuka bigutunguye? Hari habaye iki

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

Ese kumenya gusimbuka ubona hari icyo byagufasha mu buzima bwawe? Tanga urugero.

Isomo rya 3: Imyitozo yo kunaga no gusama

a. Ubumenyi bw'ibanze

kugira ngo iri somo ryo kunaga no gusama rirusheho kugenda neza, abanyeshuri bagomba kuba bafite ubumenyi n'ubushobozi bwo kwiruka n'umuvuduko, kunaga no gusama umupira n'amaboko arambuye cyangwa se ahinnye. Bisaba ko bagomba nanone guhuza ibikorwa n'ingiro, bagatinyuka kandi biftiye ikizere.

b. Imfashanyigisho

Imyenda ya siporo, ikibuga, ifirimbi, imipira, urubaho, umugozi, n'ibindi bikoresho binyuranye umunyeshuri yakwifashisha mu kunaga no gusama.

c. Intangiriro

Muri iri somo, mwarimu azakoresha imyitozo n'imikino by'ibanze bizafasha abanyeshuri kunaga no gusama, kwiruka bavuduka kandi agaragaza akamaro ko gushyushya umubiri mbere yo gukina.

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba biftanye isano n'isomo agiye kwigisha.

Imyitozo yo kwishyushya

(Reba imyitozo cyangwa imikino mu mpera z'umutwe wa mbere cyangwa wa kabiri)

d. Isomo nyirizina

Mu gutanga iri somo, koresha imyitozo n'imikino ikurikira cyangwa uhitemo undi usanga mu mpera z'umutwe wa mbere cyangwa wa kabiri.

Izina ry'umukino wa 1: Umuhigo

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukunaga no gutanga umupira hakoreshejwe ukuboko kumwe cyangwa yombi, kuwunaga aboneza no kwizibukira umupira. Muri uyu mukino abakinnyi bagerageza gutera bagenzi babo umupira ngo bawubahamye. Bashobora guhanahana umupira kugira ngo baze kuwubatera babatunguye.

Imiyoborere n'amategeko by'umukino

1. Gushyira abanyeshuri mu kibuga.
2. Guteganya umukinnyi 1, uba umuhigi.

3. Umuhigi akaguma inyuma y'ikibuga, afite umupira.
4. Umuhigi atera umupira agerageza kuwuhamya umukinnyi.
5. Umukinnyi utewe umupira ahinduka umuhigi, agasanga uwa mbere inyuma y'ikibuga.
6. Abahigi bashobora guhanahana umupira kugira ngo batungure abandi bakinnyi.
7. Iyo abahigi bamaze kuba batatu, ntibashobora gutera intambwe ebyiri bafashe umupira. bagomba kuwuhana cyangwa se bakawutera abakinnyi.
8. Umukinnyi urenze imbago z'ikibuga na we ahinduka umuhigi.
9. Umukino urangira iyo hasigaye umukinnyi umwe utakozwe n'umupira, akaba ari we utsinze.
10. Gusuzuma mu gihe abanyeshuri bari gukina niba bagerageza guhamya mugenzi wabo bakoresheje umupira, niba bari gukora ku buryo utababaza uwo bawuteye kandi ko uwo bateye umupira ahita aba umuhigi?

Uburyo bwo guhindura umukino

Kongera umubare w'abana no kugumisha abana batewe umupira hagati y'ikibuga cy'umukino kugera aho bose barangiye icyo gihe hakaba hatsinze uwa nyuma.

e. Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

- Byaboroheraga guhamya umupira bagenzi banyu?
- Ni ubuhe buryo mwakoresheje kugira ngo mubashe kubahamya?

Guhuza umukino n'ubuzima busanzwe

- Hari ikindi gihe wari watera ikintu ukagihamya? Tanga urugero

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Bimarira iki umubiri wacu gukora umwitozo wo kunaga (gutera cyangwa kujugunya)?

Izina ry'umukino wa 2: Tubatange

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukunaga n'ukuboko kumwe, gusama umupira no gukorana na mugenzi we. Muri uyu mukino, abakinnyi bafite umupira banagira bagenzi babo nabo bakawubagarurira.

Imiyoborere n'amategeko by'umukino

1. Kugabanya abakinnyi mo amakipi anganya umubare.
2. Buri kipi igahagarara ku murongo.
3. Umwe mu bakinnyi ba buri kipi ahagarara muri m 5 cyangwa 6 imbere y'ikipi ye afite umupira.

4. Iyo umwarimu atanze ikimenyetso, umukinnyi ufite umupira awunagira uwa mbere w'ikiye na we akawumusubiza.
5. Akomeza kunagira umupira abakinnyi, umwe umwe na we bawumusubiza kugeza ku wa nyuma.
6. Iyo umupira umaze kuzenguruka abakinnyi bose ku nshuro ikurikira uwa nyuma ku murongo asimburira uwanagaga umupira, uwawunagaga akajya gufata umwanya wa mbere ku murongo.
7. Umukino ukomeza utyo kugeza ubwo abakinnyi bose bahetuye.
8. Hatsinda ikipi uwa mbere wayo atanze abandi gusubira mu mwanya we yari arimo mbere y'umukino.
9. Gusuzuma mu gihe abanyeshuri bakina niba bahagarara bakurikije amabwiriza ya mwarimu, niba umunyeshuri usamye umupira abasha kuwusubiza vuba uwawumunagiye kandi ko buri munyeshuri yagiye imbere ngo anagire abandi umupira.

Uburyo bwo guhindura umukino

Kongerera umubare w'abana no kugumisha abana batewe umupira inyuma y'umurongo kugera aho bose barangiyeye icyo gihe hakaba hatsinze uwa nyuma.

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki abana biyumvamo iyo bamaze kunagirana umupira kugeza ku mwana wa nyuma?
- Ni ubuhe buryo mwakoresheje kugirango mubashe gutanga abandi bo mu rindi tsinda?

Guhuza umukino n'ubuzima busanzwe

- Hari ikindi gihe waba warakoze irushanwa nk'iri utanguranwa na bagenzi bawe kurangiza mbere? Sobanura.

Ishyirwa mu bikorwa ry'isomo rivuye mu mukino

- Imikino nk'iyi imarira iki umubiri wacu?

Izina ry'umukino wa 3: Agaca n'inkoko

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukunaga umupira n'ukuboko kumwe, aboneza, kwizibukira no kurwana ishyamba. Umukino w'umupira aho abakinnyi bafashe umupira bahiga abandi bakinnyi, nabo bagahunga kugira ngo badafatwe.

Imiyoborere n'amategeko by'umukino

1. Guteganya ubuhungiro kuri buri mpera z'ikibuga.
2. Abakinnyi (inkoko) bahagarara mu buhungiro bumwe.

3. Umukinnyi ufite umupira (agaca) ahagarara mu kibuga hagati.
4. Iyo umwarimu atanze ikimenyetso, inkoko ziva mu buhungiro bwazo zikiruka zigana mu bundi buri ku mpera y'ikibuga.
5. Inkoko ntizishobora kurenga imbago zo mu mpande y'ikibuga zihunga, izirenze ziba zifashwe.
6. Mu gihe inkoko ziruka agaca kagerageza kuzitera umupira zitaragera mu bundi buhungiro.
7. Umupira utewe n'agaca ugakora hasi mbere yo gufata inkoko ntushobora gutuma umukinnyi ukozeho nyuma aba imfungwa.
8. Umukinnyi (inkoko) usigaye mu kibuga wenyine atarafatwa n'umupira ni we uba utsinze.
9. Gusuzuma mu gihe abanyeshuri bakina niba bafite umupira bahagarara aho mwarimu yabategetse guhagarara, niba babasha guhunga bagana mu bundi buhungiro mugihe mwarimu atanze ikimenyetso kandi ko abatewe umupira bahita bava mu kibuga.

Uburyo bwo guhindura umukino

Gukina uyu mukino usanzwe ariko agaca kagatera inkoko umupira gapfutse mu maso.

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki abana biyumvamo iyo babashije kwiruka bagahungira mu bundi buhungiro ku mpera z'ikibuga?
- Ni ubuhe buryo wakoreshaga kugirango ubashe gutera umupira uwuhamye inkoko?

Guhuza umukino n'ubuzima busanzwe

- Hari ikindi gihe waba warigeze kwiruka ushaka ubuhungiro? Sobanura

Ishyirwa mu bikorwa ry'isomo rivuye mu mukino

- Uyu mukino wamarira iki umubiri wacu?

3.5 Isuzuma risoza umutwe

mu isuzuma risoza uyu mutwe wa gatatu, mwarimu akoresha umwitozo/umukino areba uko abanyeshuri bayikora cyane cyane yita ku kunaga no gusama. Mu gihe bakora umwitozo wo gusuzuma ubushobozi abanyeshuri bafite, kandi akareba niba biftiye icyizere kandi batinyuka.

Izina ry'umukino w'isuzuma: Amahindura

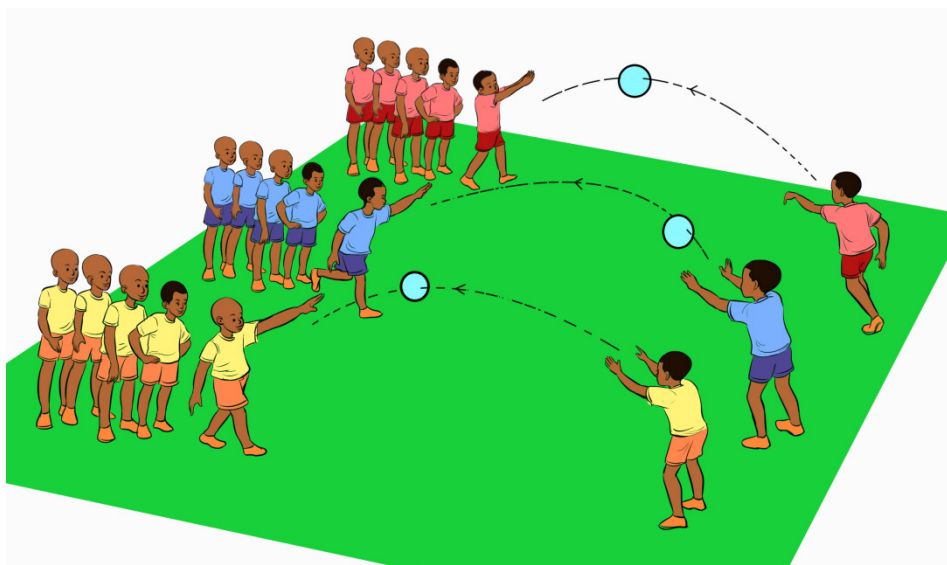
Incamake y'umukino

Ikigamijwe muri uyu mukino ni ugusuzuma niba abanyeshuri bashobora gutera umupira

n'ukuboko kumwe cyangwa yombi, bashoborakuwusama n'amaboko yombi no gukorana na bagenzi babo no kurwana ishyamba ry'ikiye. Muri uyu mukino umukinnyi uri imbere kuri buri kipi afata umupira mu ntoki, akiruka agana imbere ye asatira umurongo bahaciye yamara kuwambuka arahindukira akanagira umupira umukurikiye witeguye kwiruka.

Imiyoborere n'amategeko by'umukino

1. Gukora amakipi anganya umubare.
2. Kubahagarika ku mirongo ibangikanye itandukanyijwe na metero eshatu (m 3).
3. Guca murongo utambitse imbere y'abakinnyi uhagazweho n'uwa mbere muri m 5, 10... (Bakurikije ikigero n'ubushobozi bw'abakinnyi).
4. Iyo umwarimu atanze ikimenyetso, umukinnyi wa mbere wa buri kipi ufashe umupira mu ntoki, yiruka agana ku murongo uri imbere ye.
5. Ako kanya akimara kuwurenga, arahindukira akanagira umupira uwa kabiri witeguye kwiruka.
6. Iyo uwa 2 amaze gufata umupira, yiruka agana kuri wa murongo w'imbere yawurenga agahindukira akanagira umupira uwa gatatu, mu gihe uwa 2 yiruka, uwa 1 aragaruka agafata umwanya inyuma y'umurongo w'ikiye ye.
7. Iyo umukinnyi acitswe n'umupira mu gihe awusama, agomba kuwutoragura akabanza kugaruka mu mwanya we mbere yo kwiruka ajya ku murongo.
8. Nta wundi ugomba kuwumuzanira cyangwa kuwumuhereza.
9. Umukino ukomeza utyo kugeza umukinnyi wa nyuma wa buri kipi avuye kwiruka.
10. Hatsinda ikiye yatanze izindi kurangiza.
11. Gusuzuma niba abanyeshuri babasha guhagarara ku mirongo ibangikanye itandukanyijwe na metero zatanze na mwarimu, niba umukinnyi wa mbere wa buri kipi ahindukira akanagira umupira uwa kabiri kandi buri mukinnyi ahindukira agatanga umupira yarangije kurenga umurongo.



Uburyo bwo guhindura umukino

Gukina uyu mukino ariko igihe umwana warenze umurongo anagira uwa kabiri witeguye kwiruka awumunagira acishije umupira hagati y'amaguru ye.

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki cyabakomereye muri uyu mukino?
- Byari bimeze gute kwiruka ufite umupira mu ntoki?

Guhuza umukino n'ubuzima busanzwe

- Mu buzima busanzwe nihehe gusama mwabikoresheje?
- Ni iki mukunze gutera mukoresheje amaboko? Ukuboko kumwe?

Gushyira mu bikorwa inyigisho zavuye mu mukino

- Mu gihe kiri imbere, murumva gusama no gutera umupira ukoresheje ukuboko cyangwa amaboko yombi hari icyo bizabamarira?

3.6 Imyitozo y'inyongera

Izina ry'umukino wa mbere : Gitimujisho

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukongera umuvuduko no guhunga imbangikanwa. Abakinnyi bari ku mu rongo umwe hanze y'ikibuga bagiteye umugongo, umwe ahabwa akantu mu kiganza, mwarimu yababwira ngo biruke, bagera ku rundi ruhande, mwarimu akababwira ngo bahunge gitimujisho. Basubira aho bari bari bahunga Gitimujisho nawe ugerageza gufata bamwe.

Imiyoborere n'amategako by'umukino

1. Abakinnyi bakora umurongo ku ruhande rumwe rw'ikibuga bagiteye umugongo.
2. Batega ibiganza inyuma bahumirije.
3. Umwarimu anyura inyuma y'abakinnyi agashyira akantu gato(akabuye) mu kiganza cy'umukinnyi umwe(Gitimujisho).
4. Nyuma akababwira ku bumba ibiganza byabo.
5. Yatanga ikimenyetso abakinnyi bose bagahindukira bakiruka bagana ku yindi mpera y'ikibuga.
6. Bagerayo akavuga ati: "Muhunge Gitimujisho", abakinnyi bakiruka basubira aho bavuye bahunga Gitimujisho.
7. Gitimujisho agerageza gufata abakinnyi benshi bataragera ku murongo uhera ikibuga.
8. Iyo birangiye, Gitimujisho niwe ushyira ka kantu mu kiganza cy'undi mukinnyi umukino ugakomeza.
9. Nyuma y'umukino bareba Gitimujisho wafashe abakinnyi benshi akaba ari we utsinze.

Imyitozo yo kwiruka basimburana



Imyitozo nyagurabushobozi



Umwitozo wo kwiruka basimbuka ibintu biteze mu nzira

UMUTWE WA KANE: UMUPIRA W'AMAGURU

4.1 Ubushobozi bw'ingenzi bugamijwe

Umunyeshuri azaba ashobora kumva no gukurikiza amabwiriza n'imikino mu makipi n'uburyo butandukanye bwo gutera mu izamu.

4.2 Ubushobozi shingiro

Kugira ngo abanyeshuri bo mu mwaka wa gatatu w'amashuri abanza bagire ubushobozi bwo gukina umupira w'amaguru bagomba kuba bashobora Kuvuga tekini n'amabwiriza y'umupira w'amaguru, gushorera umupira, kunaga umupira, gutera kure umupira, gukinira mu ikipe, guhanahana umupira, gukurikiza amabwiriza, gutinyuka, kwihuta, kugira ubufatanye, gufata ibyemezo n'ubwihangane

4.3 Ingingo nsanganyamasomo

Mugihe abanyeshuri bakina ni byiza ko bakangurirwa:

Kwimakaza umuco w'amahoro: Mwarimu azafasha abanyeshuri kujya bakina mu mahoro ntawe uhutaza undi. Buri mwana wese akwiye kumva atekanye igihe ari mu kibuga akina ntawe umubangamira.

Uburyanire n'ubwuzanyane: Abanyeshuri bose baba abakobwa ndetse n'abahungu bagomba kwisanzura mu gukina. Abakobwa ntibagomba guhezwa mu mikino, uruhare rwabo mu mikino rugomba kugaragara ndetse rugatezwa imbere.

Uburezi budaheza: abanyeshuri bafite ibibazo byihariye bijyanye n'ubushobozi bwabo mu kwiga, cyangwa se bafite ubumuga runaka, bagomba nabo kugira uruhari mu mikino. Ibyo bisaba ko mwarimu agomba kureba uburyo yahindura imikino ku buryo abafite ubumuga nabo bakina.

Umuco wo kuzigama: Mu bikoresho byifashishwa mu gukina ni byiza ko hakoreshwa ibikoresho bidasaba amafaranga menshi ahubwo bagakanguriwa kubyikorera mu bikoresho dusanga iwacu aho dutuye.

Kwita ku bidukikije: Abanyeshuri mu gihe bakina, birakwiye ko batozwa umuco wo kutangiza ibidukikije basanze mu mpande z'ikibuga n'ahandi hose baba bari gukinira.

4.4 Urutonde rw'ibigwa

Amasomo	Intego z'amasomo	Umubare w'amasomo: 8
Imyitozo yo kuyobora, guhererekanya no guhagarika umupira	Gukora imyitozo yo kuyobora no guhagarika umupira ukuirikiza amabwiriza.	Amasomo 2
Imyitozo yo gutera kure umupira wari ufashwe mu kiganza (umunyezamu)	Gukora imyitozo yo gutera kure umupira, wari ufashwe mu kiganza ukurikiza amabwiriza.	Amasomo 2
Imyitozo yo guterera kure umupira uboneza mu izamu	Gukora imyitozo yo gutera kure umupira uboneza mu izamu ukurikiza amabwiriza.	Amasomo 2
Imyitozo yo gukina mu makipi agizwe n'abakinnyi buzuye 11 kandi batsinda mu izamu	Gukora imyitozo yo gukina mu makipi agizwe n'abakinnyi buzuye 11 kandi batsinda mu izamu ukurikiza amabwiriza.	Amasomo 2
Isuzuma risoza umutwe	Kubara inshuro yahereje umupira bagenzi be, umubare w'ibitego yashinze.	

Isomo rya 1: Imyitozo yo kuyobora, guhererekanya no guhagarika umupira

a. Ubushobozi shingiro

Kugira ngo iri somo ryo kuyobora , guhererekanya no guhagarika umupira rirusheho kugenda neza, abanyeshuri bagoma kuba bafite ubumenyi ngiro bwo gukinira mu makipi akurikiza amategeko yoroheje, gushorera umupira, gutera kure umupira no guhanahana umupira, gutinyuka n’ubufatanye no gukurikiza amabwiriza.

b. Imfashanyigisho

Ikibuga, ifirimbi, amashusho, ingwa yo guca umurongo, imipira, igiti, urubaho, inkoni, umugozi, n’ibindi bikoreshe binyuranye umunyeshuri yakwifashisha mu gushyushya no kunanura umubiri

c. Intangiriro

Muri iri somo, mwarimu azakoreshe imyitozo yo gufunga umupira no kugabanya umurego wawo imyitozo yo kuyobora umupira no gutanga umupira uganisha mu izamu.

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba bifitanye isano n’isomo agiye kwigisha.

Imyitozo yo kwishyushya

Kugira ngo abanyeshuri bashobore gukora imyitozo nta kibazo kandi ingingo zose ziteguye, mwarimu akoreshe imyitozo yo kwishyushya yibanda cyane cyane ku myanya y’umubiri iri bukoreshwe mu mukino.

Kunaga no gufata umupira

1. Kugabanya abanyeshuri mu makipi abiri angana, afite ikimenyetso kiyatandukanya.
2. Umunyezamu niwe utangira ikimenyetso, ntawe umukoraho, amazamu ya metero 3 z’ubugari.
3. Mu itangira ry’umukino, abakinnyi bahagarara mu kibuga.
4. Umupira utangishwa intoki, bahana biruka bashaka gutsinda mu izamu.
5. Umunyezamu akoreshe uburyo bwose kugira ngo ahagarike umupira.
6. Iyo umukinnyi akozweho n’imbarangikanwa agifite umupira ava mu mukino abanje gutanga umupira.
7. Iyo ikipe imaze gutsinda igitego, abakinnyi bavuyemo basubira mu ikipi yabo, umukino ugatangira bundi bushya.

8. Hatsinda ikipi irusha indi ibitego.

Kwiruka

1. Kujyana abanyeshuri ku kibuga bagahagarara ku mirongo 2 itambitse.
2. Kwiruka ku ntambwe zihuje bakata iburyo; ibumoso bakurikije urugero rwa mwarimu: babanza kwiruka buhoro hanyuma bakihuta.
3. Bahagaze, kunaga ukuguru k'ibumoso kurambuye ku ruhande n'amaboko arambuye mu mpande, nyuma kunaga ukw'indyo.
4. Batandukanyije amaguru gukoza imitwe y'intoki ku kabumbambari k'imoso, kunamuka nyuma bagakora ku k'indyo.
5. Gukora indi myitozo inanura ijosi, igihimba, amaboko n'amaguru.



d. Isomo nyirizina

Koresha imyitozo n'imikino ikurikira cyangwa uhitemo indi usanga mu mpera z'umutwe wa mbere cyangwa umutwe wa kabiri

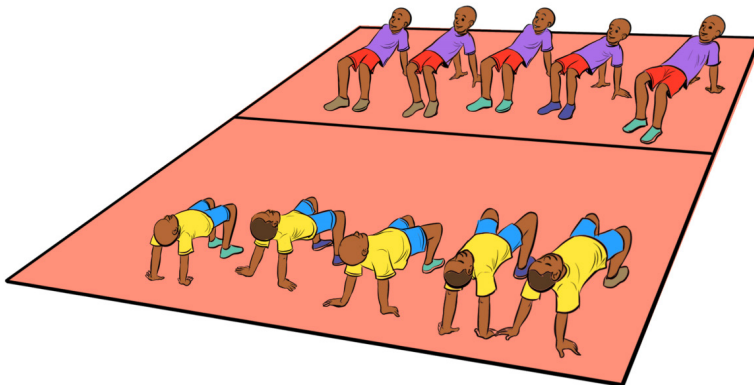
Izina ry’umukino wa mbere: Umupira w’amaguru bagendera ku maguru n’amaboko.

Incamake y’umukino

Ikigamijwe muri uyu mu kino ni ukongerera umubiri imbaraga, ubugororokerwe n’imiyego. Muri uyu mukino abakinnyi bakina bagendera ku maguru n’amaboko bafite intego yo gushorera umupira mu gice k’iyindi kipi.

Imiyoborere n’amategeko by’umukino

1. Uburyo uyu mukino ukinwa ni ukohereza umupira mu gice k’iki muhanganye, abakinnyi bose bagendera ku maguru n’amaboko (reba ishusho).
2. Kureba niba ikibuga gisukuye.
3. Gukora amakipi anganya umubare w’abana 3 – 8.
4. Gushyira amakipi abiri mu kibuga, no kwita ikipi imwe A indi kipi ikitwa B.
5. Kugaragaza imbibe za buri kibuga (mpandenye) n’imirongo yo hagati n’iy’izamu (reba ishusho).
6. Kubwira abana ko bakinisha amaguru gusa.
7. Gutanga ibisobanuro no kwerekera:
 - Gukina umupira w’amaguru, ariko bagendera ku maguru n’amaboko bihinnye amajyanyuma ni ukuvuga ibirenge n’ibiganza byose bikora hasi (reba ishusho).
 - Kimwe no mu mupira w’amaguru, abana bateza umupira ikirenge gusa.
 - Igitego gitsindwa ari uko umupira warenze umurongo w’izamu w’iki mu bahanganye.
 - Iyo igitego gitsinzwe, umupira wongera ugashyirwa hagati mu kibuga, ukongera gutangira nka mbere abakinnyi bagahagarara mu gice cy’ikibuga cyabo.
8. Gushishikariza abana kugendagenda vuba ari nako bihinnye amajyanyuma basatira umupira.
9. Mwarimu niwe uhitamo igihe umukino urangirira.
10. Gusuzuma niba abanyeshuri baguma bashyize ibiganza n’ibirenge hasi mu gihe cy’irushanwa kandi ko bakoresha gusa ibirenge mu gutera umupira



Uburyo bwo guhindura umukino

- Kongera ubundi buryo bushya mu mukino. Igihe cyose bavuze ngo « muhaguruke », kubwira abana bagahaguruka no gukomeza gukina nkaho ari irushanwa ry’umupira w’amaguru usanzwe. Iyo bavuze ngo « gukambakamba ! » abana bagomba kugaruka mu myanya yabo bihinnye amajyanyuma, ibiganza byombi n’ibirenge byombi hasi bakomeza gukina.
- Kurema utuzamu duto two gutsindamo umupira.
- Kongera ubugari bw’ikibuga.
- Kongeramo umupira wa kabiri.

Imyitozo yo kuruhura no kunanura umubiri

(Reba imyitozo ku mpera z’umutwe wa mbere n’uwa kabiri).

e. Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki mwiyumvisemo mu gihe mwakinaga umupira mugendera ku maguru n’amaboko?
- Ni ibihe bice by’umubiri mwakoreshaga kurusha ibindi?
- Ni izihe tekini mwakoresheje kugira ngo mutsinde?

Guhuza umukino n’ubuzima busanzwe

- Hari ikindi gihe waba waragerageje kugendesha amaguru n’amaboko icyarimwe? ryari?
- Watanga urugero rw’ikindi kintu cyaba kigendesha amaguru n’amaboko icyarimwe?

Ishyirwa mu bikorwa ry’inyigisho ivuye mu mukino

- Ese imyitozo nk’iyi hari icyo imariye umubiri wacu? Sobanura.

Izina ry’umukino wa 2 : Umupira w’amaguru w’amazamu ane

Incamake y’umukino

Ikigamijwe muri uyu mukino aho umupira w’amaguru aho ikibuga gifite amazamu ane ni uko buri kipe igerageza gutsinda iyindi ariko inarinda izamu ryayo. Uyu mukino ni umupira w’amaguru aho ikibuga kigizwe n’amazamu ane kandi buri kipi abakinnyi bayo bakumvikana aho bagomba gutsinda ikipi bahanganye nayo ari nako barinda amazamu yabo bwite.

Imiyoborere n’amategeko y’umukino.

1. Gabanya abana mu makipi angana ya 5-8, kora amakipi abiri, imwe ibe A indi B.

2. Ha buri mwana wo mu ikipe ya A agatambaro ashyira ku kaboko. Koresha ingwa uca imirongo igabanya ikibuga, unakore amazamu ane. (Reba igishushanyo).
3. Sobanura kandi werekane ibi:
 - Uyu mukino umeze nk'umupira w'amaguru uretse itandukaniro rito. Hari amazamu ane n'amakipi abiri akina mu kibuga.
 - Ntabanyezamu uyu mukino ukenera.
 - Buri kipe ikina irinda amazamu yayo abiri kandi inashaka gutsinda iyo bikina.
 - Abakinnyi bemerewe gukinisha amaguru gusa.
 - Iyo umupira urenze umurongo, mu yindi kipe itawurengeje, umukinnyi umwe ashyira umupira ku murongo akawutera awugarura mu kibuga.
 - Inota rimwe ribarirwa ikipe yinjije igitego mwizamu ry'iyindi kipe.
 - Iyo igitego gitsinzwe umupira uhabwa indi kipe yatsinze, umukino ugakomeza.
4. Gutangira umukino, ushyira imipira 2 hagati mu kibuga. (Reba igishushanyo).
5. Umukino umaze iminota 3-4 uha amakipe akaruhuko gato ko kuganira ku buryo bwo gukinamo.
6. Ugenda ukinwa iminota 3-4 ariko ukomeza kubaha amahirwe yo kwiga no kuganira uburyo bwo guhindura imikinire kugirango batsinde.
7. Umukino umara igihe cyose ushatse.
8. Gusuzuma mu gihe abanyeshuri bakina niba bakinisha umupira amaguru gusa, niba bose baganira bagashyiraho imigambi yo gukina.
9. Kureba niba abakinnyi bahana neza imipira iyo bakina kandi ko bakina ikibuga cyose cyangwa barinda gusa amazamu yabo.



Uburyo bwo guhindura umukino

- Ongerera ingano y'ikibuga.
- Ongerera umubare w'imipira.

Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

- Ni ibihe bintu bigora ikipe yawe ihura nabyo iyo mukina?
- Ni iyihe migambi n'uburyo mushyiraho kugirango mubashe gutsinda?
- Ni ubuhe buryo bwo gukina bukora neza? Ni ubuhe budakora neza? Kuki?
- Ni gute ikipe yanyu yemeza uburyo mukinamo?

Guhuza umukino n'ubuzima busanzwe

- Ni hehe mu buzima bwawe busanzwe ukora nk'umwe mubagize ikipe?
- Waduha ingero zaho gukorera mu ikipi bica intege cyangwa bigatuma mugera ku ntego mwihaye? Ni iki gituma bica intege cyangwa bigatuma mugera ku ntego mwihaye?
- Ni iki wumva wakora kugirango hatabamo ibica intege?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Niwongera gukorana n'abandi mu ikipi ni iki wumva uzakora kugira ngo mutsinde?
- Ni ikihe kintu wakora kugirango ugabanye ibicantegere wongera imikoranire myiza hagati yanyu?

Isomo rya 2: Imyitozo yo gutera kure umupira wari ufashwe mu kiganza (umunyezamu)

a. Ubushobozi shingiro

Kugira ngo iri somo ryo gutera kure umupira wari ufashwe mu kiganza(umuzamu) rirusheho kugenda neza, abanyeshuri bagomba kuba bafite ubushobozi bwo guhererekanya no guhagarika umupira , bwo gukinira mu makipi akurikiza amategeko yoroheje, gushorera umupira, gutera kure umupira no guhanahana umupira, gutinyuka n’ubufatanye no gukurikiza amabwiriza.

b. Imfashanyigisho

Ikibuga, ifirimbi, amashusho, ingwa yo guca umurongo, imipira, igiti, urubaho, inkoni, umugozi, n’ibindi bikoresho binyuranye umunyeshuri yakwifashisha mu gushyushya no kunanura umubiri.

c. Intangiriro

Muri iri somo, mwarimu azakoresha imyitozo yo gutera kure umupira , mwarimu azategura abanyeshuri n’ibikoresho bya ngombwa kugira ngo abanyeshuri bashobore kwiga neza tekini zo gutera umupira wari ufitwe mu ntoki n’umuzamu ahereza bagenzi be.

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba bifitanye isano n’isomo ryo gutera kure umupira(umuzamu) no guhererekanya umupira baboneza mu izamu.

Imyitozo yo kwishyushya

Kugira ngo abanyeshuri bashobore gukora imyitozo nta kibazo kandi ingingo zose ziteguye, mwarimu akoresha imyitozo yo kwishyushya yibanda cyane cyane ku myanya y’umubiri iri bukoreshwe mu mukino.

Umwitozo wa mbere wo kwishyushya

1. Kujiyana abanyeshuri mu kibuga bakiruka ahantu hato bagenda ku ntambwe zihuje, Mwarimu yatanga ikimenyetso bagahagarara, bagahindukira, bakagenda buhoro nyuma bakongera umuvuduko biruka.
2. Gutandukanya amaguru basimbuka, kunama bagakoza imitwe y’intoki imbere, hagati n’inyuma y’amaguru gato.
3. Kunama bakunamuka banaga amaboko hejuru.
4. Gukora indi myitozo inanura ijosi, igihimba, amaboko n’amaguru.

Umwitozo wa kabiri wo Kwishyushya

1. Kujoyana abanyeshuri ku kibuga bambaye imyenda yabugenewe yasiporo.
2. Kwiruka ahantu haringaniye bazamura amavi cyane, nyuma bakiruka batera intambwe ndende.
3. Bahagaze barambuye amaboko imbere, kunaga ukuguru hejuru bagerageza gukoza amano ku kiganza. Kubisikanya n'amaguru
4. Bahagaze, gusimbagurika inshuro 2, ku nshuro ya 3 baja hejuru cyanebazamura amavi.



d. Isomo nyirizina

Mu gutanga iri somo, koresha imyitozo cyangwa imikino ikurikira. Ushobora no guhitamo indi usanga mu mpera z'umutwe wa mbere cyangwa wa kabiri.

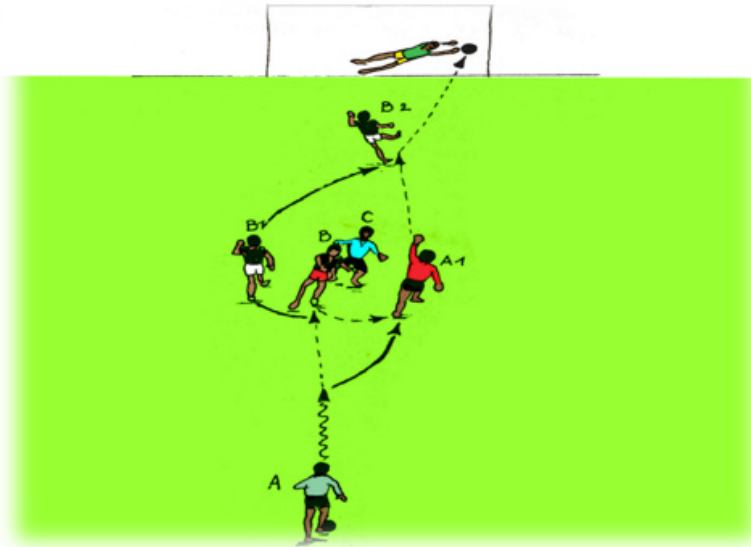
Izina ry'umwitozo wa 1: Gutera kure umupira

1. Umuzamu afata umupira mu kiganza atarawushyira hasi akawutera awuhereza abandi bakinyi bagenzi be.
2. Umwitozo ukorwa n'abakinnyi bose bari mu kibuga.
3. Mwarimu areba neza niba barimo kuwutera neza.

Umwitozo wa 2: Gutanga no gutera kure umupira uganisha ku izamu

1. Kugabanya abanyeshuri mo amakipi abiri.
2. Buri kipi ijya mu gice kimwe cy'ikibuga, buri mukinnyi atanga umupira awuhereza mugenzi we, nawe agatera umupira mu izamu.
3. Umwitozo ukorwa n'abakinnyi bose, ariko umuzamu aba ari mu mazamu.

4. Mwarimu areba neza niba abanyeshuri bahererekanya umupira mbere yo kuwutera mu izamu.



Izina ry'umukino wa 3: Gucunga umupira

Incamake y'umukino

Ikigamijwe muri uy mukino wo gucunga umupira w'amaguru ni uguhanahana umupira w'amaguru batawambuwe. Abakinnyi bari mu kipi B bahanahana umupira w'amaguru hagati yabo batawambuwe n'abandi bo mu ikipi ya A.

Imiyoborere n'amategeko y'umukino

1. Gabanya abana mo amakipe Atari igiharwe ya 3-8.
2. Toranya amakipe yo gukinana abiri abiri, imwe ibe A indi ibe B.
3. Shushanya ikibuga cyo gukiniramo gifite ibice bitatu nkuko ubibona ku gishushanyo.
4. Saba abagize ikipe A kwikwirakwiza mu gice cya kabiri k'ikibuga.
5. Saba abo mu ikipe B kwigabanya bingana, bamwe bakajya mu gice cya mbere abandi bakajya mu gice cya gatatu.
6. Ha imipira ibiri ikipe B.
7. Sobanura kandi unerekane ibi :
 - Ikipe B izagerageza guhanahana umupira iwucishije mugice cya 2. Ibi babikora bagenda bashorera umupira n'ikirenge.
 - Imipira ntigomba kurenga ku mavi, bagomba kuwushorera n'ikirenge.
 - Igitego cya A ni uguhagarika umupira ubacamo.
8. B itsinda kuri buri mupira uciye mu bakinnyi ba A noneho bakawugeza mu izamu rya A.

9. Hinduranya amakipe buri minota 3-5.

Ubundi buryo

Koresha imipira irenze 2.

Bwira abakinnyi ko batemerewe kuvuga. Nyuma y’umukino muvuge ku kamaro ko kuvugana n’ukuntu bifasha. Igihe bahanahana umupira

Umwitozo wo kuruhura no kunanura umubiri

1. Gushyira abanyeshuri ku ruziga cyangwa igice cy’uruziga.
2. Kubwira abanyeshuri bakazamura amaboko nk’abaca imbuto mu giti
3. Kubabwira bamanura amaboko nkabashyira imbuto mu gitebo, imbere, inyuma ku ruhande.

e. Isuzuma

Ikiganiro

Kuganira ku mukino

- Ku ikipe itsinze, ni gute mwakira insinzi ? Ni gute mufata iyindi kipe ?
- Ku ikipe itsinzwe, Ni gute mwakira gutsindwa ?Ni gute mufata abo mukinana n’iyindi kipe? Kubera iki?
- Ese hari icyo bivuze utsinze cyangwa utsinzwe?

Guhuza umukino n’ubuzima busanzwe

- Ese koko hari icyo bikubwira utsinze cyangwa utsinzwe umukino mu buzima busanze? Kuki?
- Ni gute witwara muri rusange iyo utsinzwe? Ese iyi myitwarire ni ngombwa ?

Ishyirwa mu bikorwa ry’inyigisho ivuye mu mukino

- Niwongera gukina umukino, ni gute uzitwara mu rwego rwo kubaha iyindi kipe mukinnye ?
- Uramutse utsinzwe, nigute uzitwara mu rwego rwo kubaha indi kipe muzakina, amategako n’umukino ubwawo ?

Isomo rya 3: Imyitozo yo guterera kure umupira uboneza mu izamu

a. Ubushobozi shingiro

Kugira ngo iri somo ryo guterera kure umupira uboneza mu izamu kugira ngo rirusheho kugenda neza abanyeshuri bagomba kuba bafite ubumenyi ngiro bwo guhererekanya no guhagarika umupira, bwo gukinira mu makipi akurikiza amategeko yoroheje, gushorera umupira, gutera kure umupira no guhanahana umupira, gutinyuka n'ubufatanye no gukurikiza amabwiriza.

b. Imfashanyigisho

Ikibuga, ifirimbi, imipira y'amaguru, n'ibindi bikoresho binyuranye umunyeshuri yakwifashisha mu gushyushya no kunanura umubiri.

c. Intangiriro

Muri iri somo, mwarimu azakoresha imyitozo yo guterera kure umupira, mwarimu azategura abanyeshuri n'ibikoresho bya ngombwa kugira ngo abanyeshuri bashobore kwiga neza tekiniki zo guterera umupira mu zamu.

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba bifatanye isano n'isomo ryo gutera kure umupira (umuzamu) no guhererekanya umupira baboneza mu izamu.

Imyitozo yo kwishyushya

Kugira ngo abanyeshuri bashobore gukora imyitozo nta kibazo kandi ingingo zose ziteguye, mwarimu akoresha imyitozo yo kwishyushya yibanda cyane cyane ku myanya y'umubiri iri bukoreshwe mu mukino.

Umwitozo wa mbere wo kwishyushya

1. Kwiruka ahantu haringaniye bazamura amavi cyane, nyuma bakiruka batera intambwe ndende.
2. Bahagaze barambuye amaboko imbere, kunaga akaguru ejuru bagerageza gukoza amano ku biganza. Kubisikanya n'amaguru.
3. Bahagaze bagasimbagurika inshuro 2 ku nshuro ya 3 kuja hejuru cyane bazamura amavi.



Umwitozo wa kabiri wo kwishyushya

1. Kwiruka ahantu hato, bazamura amavi cyane.
2. Babiri babiri bufatanye mu biganza, ku kimenyetso cya mbere, gusutama no kuzamukira icyarimwe, ku kimenyetso cya kabiri, gutera intambwe imbere n'inyuma babusanya amaguru kandi basa nabakururana.
3. Gukora indi myitozo inanura ijosi, igihimba, amaboko n'amaguru.



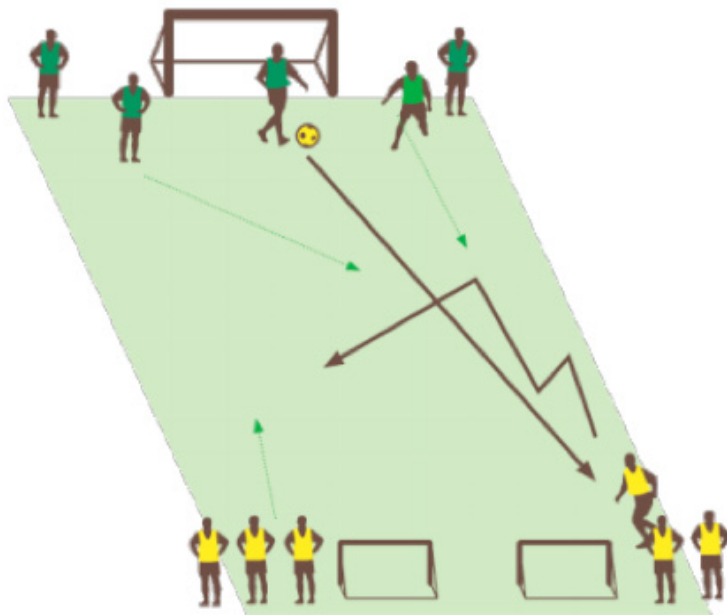
d. Isomo nyirizina

Mu gutanga iri somo, koresha imyitozo n'imikino ikurikira cyangwa uhitemo indi myitozo usanga mu mpera z'umutwe wa mbere cyangwa wa kabiri.

Izina ry'umwitozo wa mbere: Gushorera umupira no kuwuhana

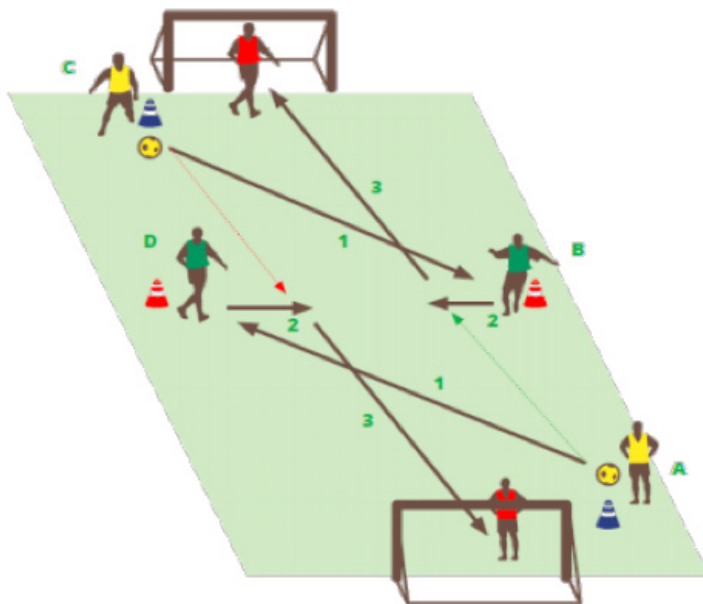
1. Gabanya abanyeshuri mo amakipi imwe mu ruhande rwayo indi mu rundi
2. Guha buri kipi nibura imipira itatu yo gukina.

3. Buri munyeshuri ufite umupira, ku kimenyetso cya mwarimu, batangira gushorera umupira bakawuhana na bagenzi babo bari mu y'indi kipi.
4. Bakomeze guhanahana umupira.
5. Mwarimu yite cyane mukureba uburyo bashorera umupira nuko bawuhanahana hagati yabo.



Izina ry'umwitozo wa 2: Gutera kure umupira

1. Gabanya abanyeshuri mo amakipi 2
2. Guha imipira yo gukina buri kipi byibura imipira itatu
3. Abanyeshuri batangira kuja batera umupira kure mu kindi gice cy'ikibuga
4. Kureba niba batera umupira baboneza neza mu izamu cyangwa bahereza mugenzi wabo neza.



Izina ry'umwitozo wa 3: Gukinira mu ikipe

1. Kugabanya abanyeshuri mo amakipi abiri anganya abakinnyi
2. Buri kipi ijya mu kibuga cyayo ikwirakwira n'indi mu cyayo.
3. Gushyira abana mu myanya yo gukina, mwarimu abafasha kuja mu myanya abibatoza
4. Kubaha umupira bagakina
5. Mwarimu akurikirana uko abana bakina, areba niba bakoresha tekinike zose bize.

Umwitozo wa 4: Gufunga umupira

1. Kujiyana abanyeshuri mu kibuga, kubashyira mu makipi abiri
2. Guha buri kipi byibura imipira ibiri
3. Abanyeshuri bahana imipira bakajya banafunga umupira uko bawubahereje
4. Kugenzura niba bafunga neza umupira

Isomo rya 4: Imyitozo yo gukina mu makipi agizwe n’abakinnyi buzuye 11 kandi batsinda mu izamu

a. Ubushobozi shingiro

Kugira ngo iri somo ry’ imyitozo yo gukina mu makipi agizwe n’abakinnyi 11 buzuye kandi batsinda mu izamukugira ngo rirusheho kugenda neza abanyeshuri bagomba kuba bafite ubumenyi ngiro bwo guhererekanya no guhagarika umupira, gushorera umupira, gutera kure umupira no guhanahana umupira, gutinyuka n’ubufatanye no gukurikiza amabwiriza.

b. Imfashanyigisho

Ikibuga, ifirimbi, imipira y’amaguru, amashusho, imyenda ya siporo, imitemeri n’ibiti by’izamu.

c. Intangiriro

Muri iri somo, mwarimu amaze gutegura abana bose bambaye imyenda yabugenewe, ya siporo, azajyana abana mu kibuga. Mwarimu kandi agomba kureba ko abana bose bari mu kibuga ndetse n’abafite ubumuga bagomba kuba mu mukino. Ibi saba mwarimu guhindura umukino, biba byiza iyo abajije umwana ufite ubumuga uko yifuza ko umukino uhindurwa kugira ngo nawe akine.

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba bifatanye isano n’isomo ryo gukinira mu ikipi baboneza mu izamu.

Imyitozo yo kwishyushya

Kugira ngo abanyeshuri bashobore gukora imyitozo nta kibazo kandi ingingo zose ziteguye, mwarimu akoresha imyitozo yo kwishyushya yibanda cyane cyane ku myanya y’umubiri iri bukoreshwe mu mukino.

Umwitozo wa mbere: Amavi hejuru

1. Kubwira abanyeshuri kugenda batiruka.
2. Kubwira abanyeshuri bakagenda bagasimbuka batava aho bari, nyuma bagasimbuka bava aho bari.
3. Kubwira abanyeshuri bakiruka n’umuvuduko uringaniye mu kibuga.
4. Ubworo bw’ikirenge buri hasi, kuzamura ivi rimwe ry’iburyo kugeza ku gituza.

Umwitozo wa 2: Kumenya imyanya igize ikibuga n’aho bagomba gukina

1. Kujiyana abanyeshuri mu kibuga cy’umupira.
2. Gusobanurira abana imyanya y’abakinnyi mu kibuga cy’umupira. Mwarimu asobanura imyanya yose ishobora kubaho mu kibuga. Iyi myanya niyo itoranywamo uko abakinnyi bashobora guhagarara mu kibuga.
3. Gushyira abana mu myanya mu kibuga.



Source: https://www.google.rw/search?q=football+playground&dcr=0&source=lnms&tbm=isch&sa=X&ved=oahUKEwinzemSuP_ZAhXJxRQKHZIZDwQQ_AUICigB&biw=1366&bih=608
viewed on 21st March 2018

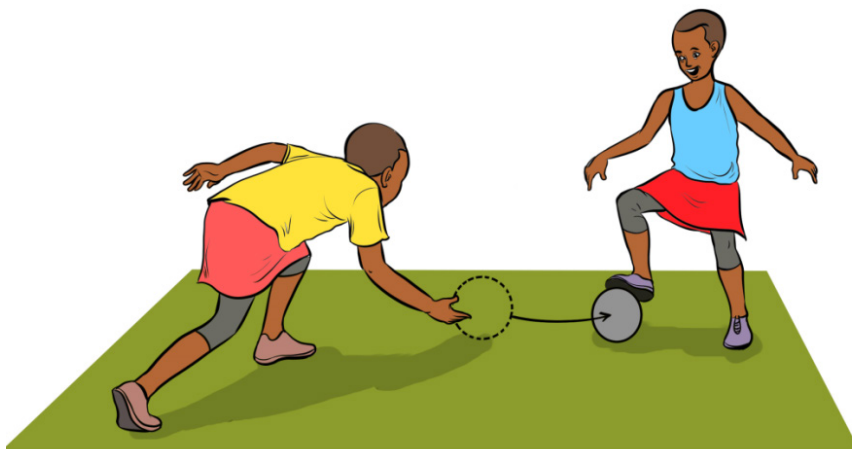
Umwitozo wa 3: Gukina mu makipi agizwe n’abakinnyi 11 kandi bagakoresha tekiniiki y’umukino

1. Kujiyana abanyeshuri mu kibuga cy’umupira.
2. Kubashyira mu myanya bakiniramo.
3. Gutangiza umukino, mwarimu akurikirana uko abanyeshuri barimo bakoresha tekiniiki zose bize mu mupira w’amaguru.



Imyitozo itandukanye y'umupira w'amaguru

- Gukora amatsinda agizwe n'abana babiri cyangwa benshi.
- Umwana aratera umupira ugendere ku butaka hasi usanga mugenzi we nawe ashake uburyo butandukanye bwo kuwuhagarika akoresheje ikirenge.



Guhagarika umupira ukoresheje muni y'ikirenge.

Babiri babiri barakinana bahererekanya umupira kandi buri wese akagerageza guhagarika umupira akoresheje ubworo bw'ikirenge.

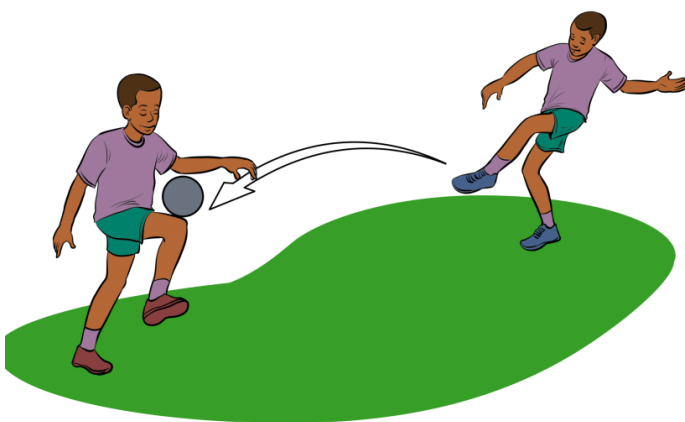
Guhagarika umupira munki y'ikirenge

Gutera umupira ukoresheje imbere mu kirenge.

Gukoresha ikirenge cyose ugatera umupira uwuhehereza mugenzi wawe nawe akagerageza kuwuhagaika akoresheje ubworo bw'ikirenge.

Guhagarika umupira ukoresheje ikibero

Babiri babiri, umwana umwe atera umupira awuhereza mugenzi we nawe akagerageza kuwuhagarika akoresheje ikibero.



4.5 Isuzuma risoza umutwe

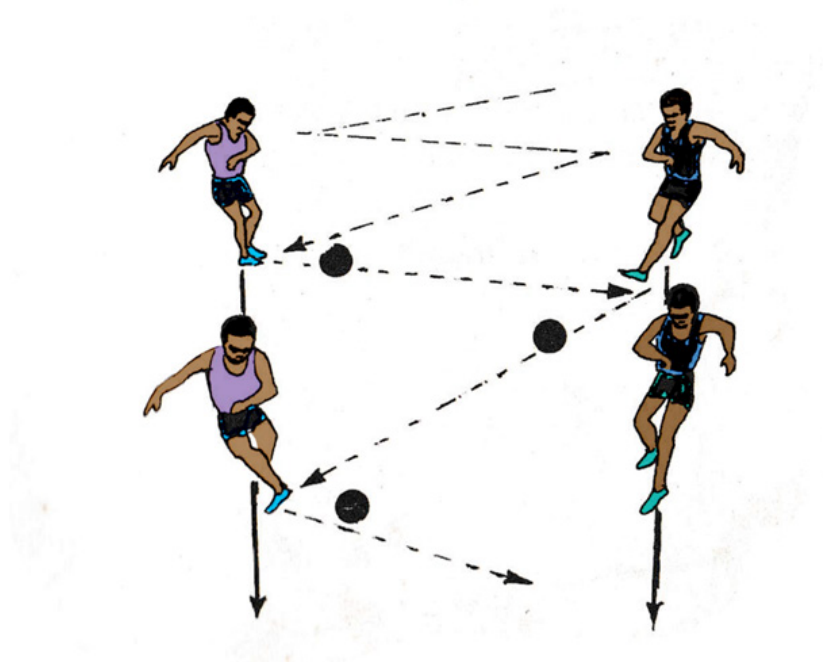
Mu isuzuma risoza uyu mutwe wa kane w'umupira w'amaguru, mwarimu ategura Umukino wo gukina mu ikipi y'abanyeshuri 11 buzuye, noneho akareba uko abana baherezanya umupira hagati yabo, Kureba tekini abanyeshuri bakoresheje kaandi

akabara n'ibitego byatsinzwe na buri kipi.

4.6 Imyitozo y'inyongera

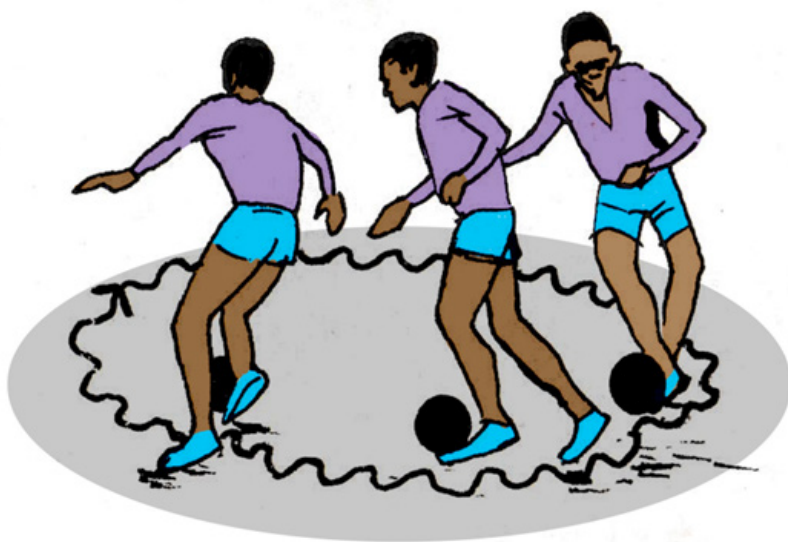
Mwarimu ateganya imyitozo itandukanye yo gufasha abanyeshuri badafite ubushobozi nk'ubw'abandi kuzamura ubushobozi bwabo.

Imyitozo yo guhanahana umupira mu kibuga



Umwitozo wo gushorera umupira

1. Gushyira abanyeshuri mu kibuga, buri wese afite umupira, afite n'agatambaro kanagana nk'umurizo.
2. Kubwira buri wese agashorera umupira kuva mu izamu ajjya mu rindi kandi agerageza gufata agatambaro ka mugenzi we kanagana.



Umwitozo wo gutera umupira mu izamu

1. Abanyeshuri bayobora umupira bakoresheje ikirenge kugera k'umutemeri, bakawushyira hagati y'imitemeri, bagakomeza kwiruka bajya mu kibuga hagati.
2. Iyo umupira ugeze aho uhagarara, umunyeshuri uri hagati mu kibuga ariruka akawutera mu izamu. Nyuma yo guera mu izamu afata wa mupira agasanga abandi iruhande rw'amazamu.

Imyitozo nyagurabushobozi

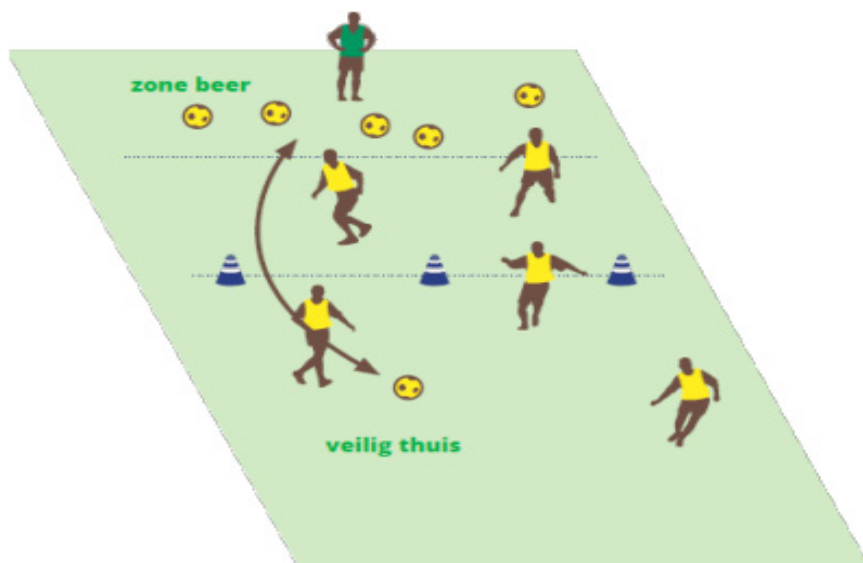
Umwitozo wo gucunga umupira

1. Gushyira imipira myinshi mu mfuruka z'ikibuga, abanyeshuri basabwa kujya gufata imipira aho iri.
2. Abanyeshuri bajya gushaka umupira aho yashyizwe, n'ikirenge, bakawushorera kugeza mu rundi ruhande rw'ikibuga, babikora inshuro enye.



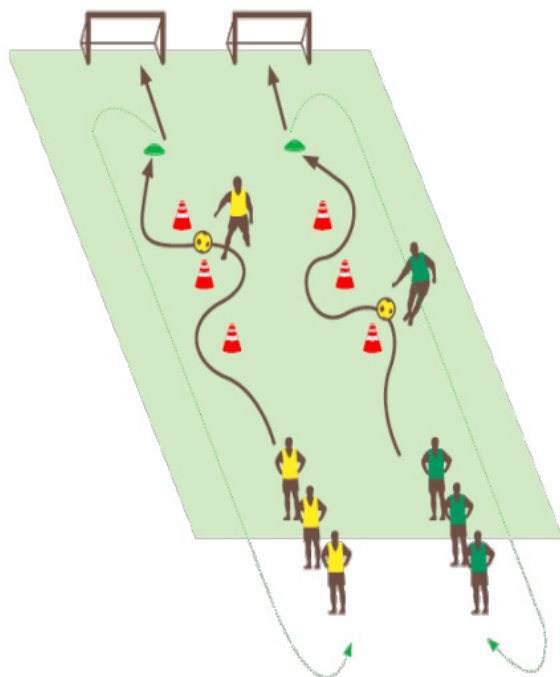
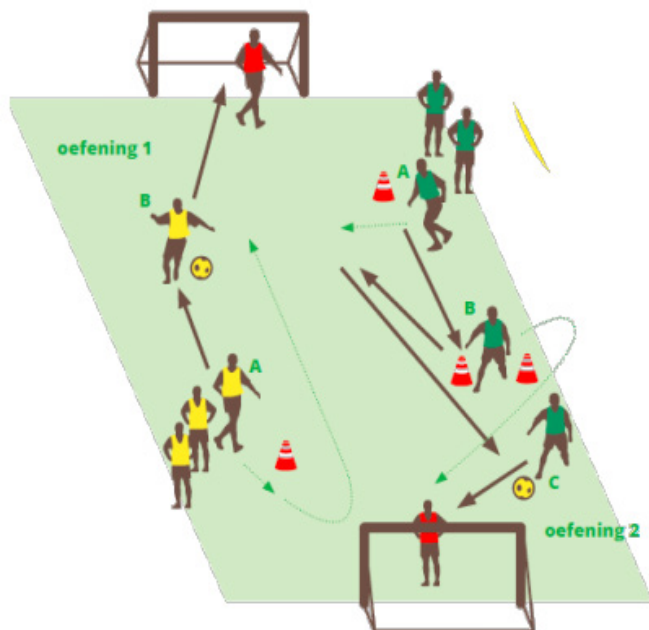
Umwitozo wo kwiruka bahererekanya umupira (Relais)

1. Kugabanya abanyeshuri mo amakipi abiri anganya abakinnyi bari mu kibuga gifite amazamu abiri.
2. Gutegura imitemeri iri ku mirongo ibiri ku ntera ya metero hagati y'umutemeri n'undi.
3. Ku kimenyetso cya mwarimu, umunyeshuri wa mbere ashorera umupira awunyaza muri ya mitemeri yirinda kuyihirika kandi yirinda kugongana n'undi wo muyindi kipi.
4. Uwa mbere uteye umupira mu izamu, afata wa mupira agasubira mu ikipe ye.
5. Ku nshuro ya mbere, umunyeshuri anyura hagati y'imitemeri nta mupira afite agatera mu izamu umupira mwarimu yateguye.
6. Ku bwa kabiri, umunyeshuri ubwe afite umupira mu kiganza, awushyira hasi akawutera mu izamu.
7. Ku bwa gatatu, ajyana umupira n'ikirenge anyura mu mitemeri, yakwegera amazamu agahita awutera mu izamu.



Umwitozo wo kuyobora umupira kuva ku kimenyetso A kujya kuri B

1. Umunyeshuri A ayobora umupira akawugeza kuri B, umunyeshuri B ayobora umupira nawe yihuta akawugeza mu izamu, noneho wa munyeshuri A arihuta akamusanga mu izamu agenda asimbuka imitemeri akagerageza kwaka umupira umunyeshuri B.
2. Umunyeshuri A ashorera umupira akawugeza kuri B, umunyeshuri b akawusubiza umunyeshuri A noneho akawuha nawe umunyeshuri C. Umunyeshuri C ayobora wa mupira akagerageza kuwutera mu izamu. Umunyeshuri B anyura inyuma y'imitemeru yiruka akajya kubuza umunyeshuri C gutera mu izamu.



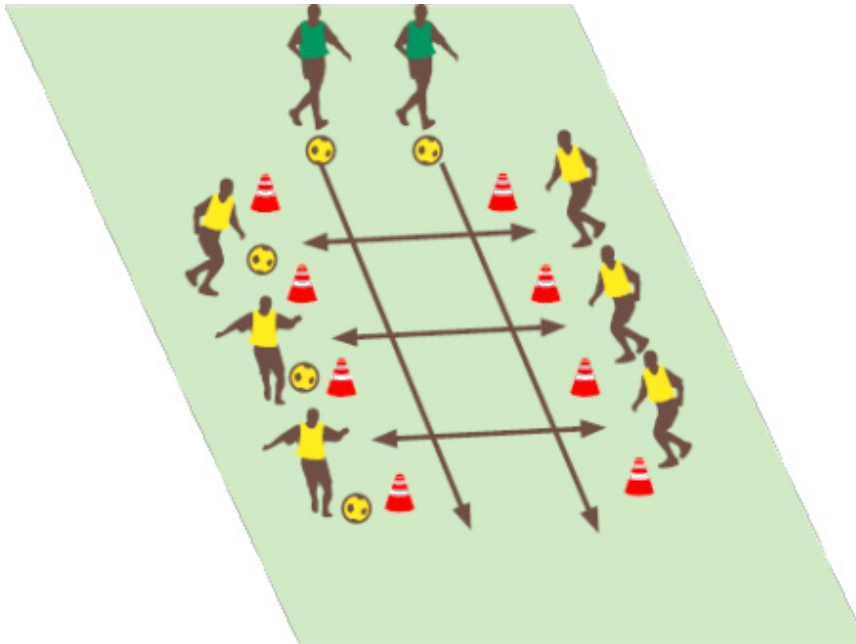
Umwitozo wo gutera umupira mu izamu unyuze mu mitemeri

1. Kugabanya abanyeshuri mo amakipi abiri.
2. Ayo makipi yombi agera gusa gutera mu izamu, bamaze kunyura mu mitemeri bayisimbuka ubundi bakayinyura iruhande.
3. Kuyobora umupira n'ukuguru kw'ibumoso, bagatera mu izamu bakoresheje ukumoso.
4. Kuyobora umupira n'ukuguru kw'iburyo, bagatera mu izamu bakoresheje ukuryo; Umunyeshuri amara gutera mu izamu umupira, arawufata akawusubiza mu ikipi ye. Nyuma y'iminta 5 bajya murundi ruhanda.



Umwitozo wa 2: Guherezanya umupira ku ntera ngufi

1. Ku mirongo ibiri iteganyeye, umupira umwe ku banyeshuri 2, abanyeshuri 2 (bambaye ibara risa) bari hagati yiyo mirongo.
2. Abanyeshuri 2 bambaye imyenda isa, bagerageza kuyobora umupira hagati yiyo mirongo. Abandi bagerageza gukora kuri iyo mipira baherezwa nabo bari hagati. Bagomba gukora kuburyo umupira bawumusubiza neza.



Umwitotozo wo kugerageza gutera umupira mu izamu

Imiyoborere n'amategeko by'umukino

1. Ikibuga gito cya metero 20 kuri 20.
2. Metero 8 imbere y'izamu, kwerekana umurongo ukoresheje imitemeri 2 muri buri Nguni y'izamu.
3. Umunyeshuri A ahereza umupira umunyeshuri B.
4. Umunyeshuri B afata umupira akawuyobora kugira hafi kuri m 8 imbere y'izamu.
5. Umunyeshuri B agerageza gutera umupira mu izamu mu Nguni.
6. Umunyeshuri B afata umupira akawusubiza mu ikipi A.
7. Igitego gisanzwe ni inota rimwe, naho gutera umutemeri ugahirima ni 2.



UMUTWE WA 5: IMIKINO Y'UMUPIRA W'AMABOKO

5.1 Ubushobozi bw'ingenzi bugamijwe

Umunyeshuri azaba ashobora kudunda umupira asiganwa n'abandi, kuwusama no kuwutanga biruka.

5.2 Ubushobozi shingiro

Kugira ngo abanyeshuri bo mu mwaka wa gatatu w'amashuri abanza bagire ubushobozi bwo gukina imikino y'umupira w'amaboko bagomba kuba bashobora kunaga umupira, gusama umupira, kuvuga amategeko agenga imikino y'umupira w'amaboko, gukurikiza amabwiriza batinyuka kandi bigirira icyizere bafatanta ndetse bafata ibyemezo.

5.3 Ingingo nsanganyamasomo

Mugihe abanyeshuri bakina ni byiza ko bakangurirwa:

Kwimakaza umuco w'amahoro: Mwarimu azafasha abanyeshuri kuja bakina mu mahoro ntawe uhutaza undi. Buri mwana wese akwiye kumva atekanye igihe ari mu kibuga akina ntawe umubangamira.

Uburinganire n'ubwuzuzanye: Abanyeshuri bose baba abakobwa ndetse n'abahungu bagomba kwisanzura mu gukina. Abakobwa ntibagomba guhezwa mu mikino, uruhare rwabo mu mikino rugomba kugaragara ndetse rugatezwa imbere.

Uburezi budaheza: abanyeshuri bafite ibibazo byihariye bijyanye n'ubushobozi bwabo mu kwigira, cyangwa se bafite ubumuga runaka, bagomba nabo kugira uruhari mu mikino. Ibyo bisaba ko mwarimu agomba kureba uburyo yahindura imikino ku buryo abafite ubumuga nabo bakina.

Umuco wo kuzigama: Mu bikoresho byifashishwa mu gukina ni byiza ko hakoreshwa ibikoresho bidasaba amafaranga menshi ahubwo bagakanguriwa kwibikorera mu bikoresho dusanga iwacu aho dutuye.

Kwita ku bidukikije: Abanyeshuri mugihe bakina, birakwiye oko batozwa umuco wo kutangiriza ibidukikije basanze mu mpande z'ikibuga nahandi hose baba bari gukinira.

5.4 Urutonde rw'amasomo

Amasomo	Intego z'amasomo	Umubare w'amasomo: 10
Imyitozo yo gusama no guhereza umupira	Gukora Imyitozo yo gusama no guhereza umupira	Amasomo 2
Imyitozo yo kunaga umupira aboneza intego igenda	Gukora Imyitozo yo kunaga umupira aboneza intego igenda	Amasomo 3
Imyitozo yo kunaga no kwitaza.	Gukora imyitozo yo kunaga no kwitaza	Amasomo 3
Imyitozo yo kudunda umupira wiruka	Gukora Imyitozo yo kudunda umupira wiruka	Amasomo 2
Isuzuma risoza umutwe	Kwitegereza uburyo adunda, asama cyangwa anaga umupira.	

Isomo rya 1: Imyitozo yo gusama no guhereza umupira

a. Ubushobozi shingiro

Kugira ngo iri somo ry'imyitozo yo gusama no guhereza umupira w'amaboko rirusheho kugenda neza, abanyeshuri bagomba kuba bashobora kunaga umupira, gusama umupira, kuvuga amategako agenga imikino y'umupira w'amaboko, gukurikiza amabwiriza batinyuka kandi bigirira icyizere bafatanta ndetse bafata ibyemezo.

b. Imfashanyigisho

Ikibuga, ifirimbi, amashusho, udutenesi, imipira, igiti, urubaho, inkoni, imitemeri, umugozi, Ifirimbi, udutambaro: umuhondo n'ubururu cyangwa irindi bara n'ibindi bikoresho binyuranye umunyeshuri yakwifashisha mukunagano gusama umupira.

c. Intangiriro

Muri iri somo, mwarimu azakoresha imyitozo yo gusama no guhereza umupira w'amaboko no kugabanya umurego wawo imyitozo yo kunaga no gusama umupira.

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba biftanye isano n'isomo agiye kwigisha.

Imyitozo yo kwishyushya

Kugira ngo abanyeshuri bashobore gukora imyitozo nta kibazo kandi ingingo zose ziteguye, mwarimu akoresha imyitozo yo kwishyushya yibanda cyane cyane ku myanya y'umubiri iri bukoreshwe mu mukino.

Izina ry'umwitozo wa mbere: Avoka n'amaronji

Intego y'umukino:

Gushyushya igice cyo hasi (amaguru)

Incamake y'umukino:

Ikigamijwe ni ugushyushya igice cyo hasi. Ni umwitozo aho abana biruka ngo bafate imbangikanwa.

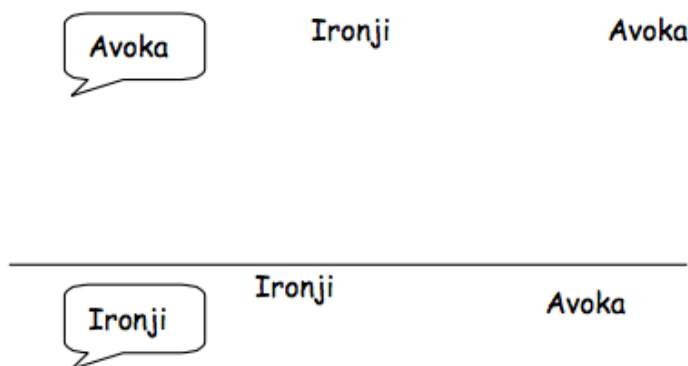
Imiterere n'amategako y'umwitozo:

1. Gutegura umwanya uhagije mu kibuga kugira ngo abana babone uburyo bwo kwirukankana;
2. Gutondeka abana babiri babiri.
3. Gusaba umwana umwe mu bagize buri tsinda rya 2 kuba avoka, undi akaba ironji;

4. Gutanga ibisobanuro no kwerekera:

- Iyo uvuze ngo: «amaronji», abakina bitwa “amaronji” muri buri tsinda birukanka bahiga abakina bitwa “avoka”. Iyo bavuze ngo: «Avoka», abakina bitwa “avoka” muri buri tsinda birukanka bahiga abakina bitwa “amaronji”.
- Iyo “ironji” rifashe “avoka”, “ironji” ribara kugeza ku 10 mbere y’uko ryongera guhiga “avoka”, ibyo bituma avoka ibona igihe cyo guhunga.

5. Guhindagura abo uhamagara (avoka, amaronji) buri masegonda 30.



Ingingo zo kwitabwaho :

- Kureba neza niba abana bakinana ubwitonzi badahutazanya.
- Amaronji agera guhiga za avoka iyo uvuze ngo « amaronji » ?
- Abana bose bitabiriye umukino ? Bose barakina ?

Uburyo bwo guhindura umukino:

- Kuvuga andi mazina y’imbuto mu buryo bwo kujijisha abana (urugero: amapapayi, ibinyomoro n’ibindi...).
- Kongera amabwiriza «Uruvange rw’imbuto», bivuga ko abana bose bagomba kwiruka ntawe uhiga undi.
- Kongera amabwiriza «imbuto zanyukaguwe», bivuga ko abana bose bagomba kurambarara hasi.

Izina ry’umwitozo wa 2: Turahagaze, turashonze.

Incamake y’umwitozo:

Ikigamijwe ni ugushyushya amaboko n’amaguru. Abana bakina bitwa “abafata ntuneganyegye” (immobilisateurs) bahiga bagenzi babo. Ufashwe aguma hamwe atanyeganyega kugeza igihe abohojwe n’abakina bitwa “abashongesha” (fondeurs).

Imiterere n'amategako y'umukino :

1. Gutegura umwanya uhagije kugira ngo abana babone uko biruka.
2. Gusaba abana 2 cyangwa 3 gukina bitwa "abafata ntunyeganyeye" no kubambika agatambarok'ubururu.
3. Gusaba umwana 1 cyangwa 2 gukina bitwa "abashongesha" no kubambika udutambaro tw'umuhondo. (Umubare w' abafata ntunyeganyeye n'uwabashongesha uhinduka hakurikije ubunini bw'itsinda).
4. Gutanga ibisobanuro no kwerekera:
 - Iyo mwarimu avuze ngo: «Mugende! », abafata ntunyeganyeye bagenda bahiga kandi bakanakora bitonze ku bandi bana.
 - Umwana wafashwe n'ufata ntunyeganyeye agomba guhagarara akumira aho ari (nk'ishusho).
 - Abashongesha bashobora kubohozza abana batanyeganyega babakomaho.
 - Abafata ntunyeganyeye ntibashobora kuzirika abashongesha.
5. Nyuma y'iminota mike, gusaba abandi bana gukina bitwa abashongesha cyangwa abafata ntunyeganyeye.
6. Umukino urakomeza kugeza mwarimu awuhagaritse.

Ingingo zo kwitabwaho:

- Buri mwana aguma aho ari atanyeganyega iyo afashwe n'abafata ntunyeganyeye?
- Abana bakomanaho mu bwitonzi badahutazanya?

Uburyo bwo guhindura umukino

- Gusaba abana bashonga kugenda bakuruza inda hagati y'amaguru y'abana kugira ngo babone uko bababohora.

d. Isomo nyirizina

Izina ry'umukino wa mbere: Gukina volleyball

Incamake y'umukino:

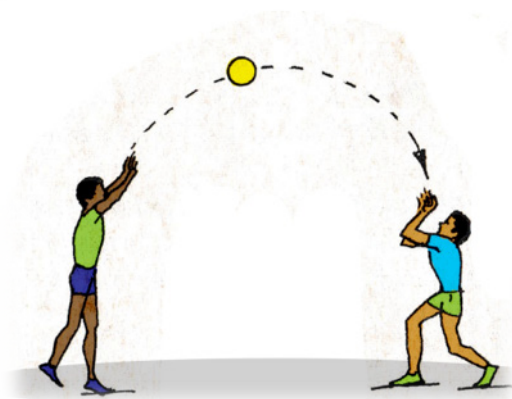
Ikigamijwe ni uguhererekanya umupira abanyeshuri bakoresheje amaboko. Ni umukino wa volleyball aho abakinnyi bakina umupira bawuganisha mu kibuga cy'indi kipi unyuze hejuru y'umurongo wo hagati mu mwanya w'urushundura.

Imiyoborere n'amategako by'umukino

1. Gukora amakipi y'abana 3 kugeza 8. Umubare w'amakipe ntugomba kuba ari igiharwe.
2. Kurema amakipi y'abana abiri no gusobanura ko ikipi imwe iri kurushanwa n'indi.
3. Kugaragaza ikibuga cy'umupira w'intoki (volleyball) gishushanyije mu rukiramende kuri buri tsinda ry'amakipi abiri.

4. Guca umurongo hagati ya buri kibuga (reba ishusho).
5. Kubwira buri kipi gukwira mu mpande zose z'ikibuga.
6. Kubaza abana niba bazi amategeko y'umukino w'intoki (volleyball).
7. Bwira abana amwe mu mategeko y'ibanze y'umukino wa volleyball:
 - Intego ni ukugumisha umupira mu kirere hakoreshwa gusa intoki n'amaboko.
 - Ikiyi ihereza umupira iwunyujije hejuru y'umurongo wo hagati.
 - Indiki kipi igomba gutera umupira ikoresha intoki cyangwa amaboko ikawurenza iwusubiza mu rubuga rw'ikiyi y'imbarangikanywa, kandi udakora hasi.
 - Abakinnyi ba buri kipi bagomba guhana umupira gatatu gusa mbere yo kuwohereza mu rubuga rw'indiki kipi bawunyujije hejuru y'umurongo wo hagati.
 - Ikiyi itsinda inota rimwe iyo umupira uguye mu rubuga rw'indiki kipi cyangwa abakinnyi bayo bawohereje hanze y'ikibuga.
8. Gutanga ibisobanuro no kwerekera:
 - Mu mwanya wo kurenza umupira hejuru y'urushundura, abakinnyi bawohereza bawunyujije hejuru y'umurongo wo hagati.
 - Abana ntibagomba kwimenyereza gukoresha amaguru.
 - Niba umwana akoresheje amaguru ye incuro irenze imwe, umupira uhabwa indiki kipi umukino ugakomeza (kugira ngo bimenyereze gukoresha cyane amaboko).
9. Gusuzuma niba buri mwana ahereza umupira mugenzi we kandi niba bakina hagati yabo batarenza incuro eshatu.
10. Gusuzuma niba abanyeshuri bahereza umupira insindahamwe zabo.





Izina ry'umukino wa 2: Guhererekanya umupira ku ruziga

Incamate y'umukino

Ikigamijwe ni ukongerera umubiri imbaraga n'imiyege. Muri uyu mukino abana biruka basimburana kandi bahana umupira bakazenguruka uruziga rw'ikiyabo.

Imiyoborere n'amategeko by'umukino

1. Gukora udukiye duta tugizwe n'abana 5-6.
2. Kubwira amakipi agahagarara mu buryo bw'uruziga. Kumenya niba abana ba buri tsinda batandukanyijwe nibura na metero 1. Kureba niba hari umwanya uhagije hagati y'amakipi.
3. Guha umupira umwana umwe muri buri kipi.
4. Gutanga ibisobanuro no kwerekera :
 - Iyo mwarimu avuze : « Nimugende », umwana ufashe umupira awuhereza umwana ukurikira bigakomeza.
 - Igihe umupira ugeze ku mwana wa nyuma wo mu ruziga, uwo mukinnyi agomba kwiruka mu buryo bw'inshinge z'isaha azenguruka uruziga. Iyo agarutse mu ruziga, umupira wongera guhererakanwa n'abana, kugeza ubwo ugeze ku mwana wa nyuma uyu nawe akiruka azenguruka uruziga.
5. Gukomeza gukina kugeza ubwo abana bose bagize amahirwe yo kwiruka bazenguruka uruziga.
6. Gusuzuma niba amakipi afite imyanya ihagije hagati yayo, kandi abanyeshuri biruka mu buryo bwiza, babanza bakazengurutse umupira mbere y'uko biruka kandi bahana umupira mu bwitozi.
7. Gushyira umwanya uhagije hagati y'abagize amakipi kugira ngo babashe kunagirana umupira.

Uburyo bwo guhindura umukino

- Kubwira abana bakaririmba mu gihe bakina.
- Gukina bicaye no kubwira abana bagahana umupira bawunyereza mu migongo yabo.
- Mu mwanya wo kwiruka, kubwira abana bakagenda bihengetse ku ruhande ariko banyereza umupira mu ntoki.

Kuruhura ingingo

Izina ry'umwitozo wa mbere: Urwuri

Incamake y'umukino:

Ikigamijwe ni ukugabanya cyangwa kurwanya ukwihina kw'imikaya n'ubusembwa bw'ihuzangiro. Ni umwitozo w'inyamaswa aho bitirira abana inyamaswa. Bapfutse amaso, bagomba gushakisha abana bitiriwe inyamaswa isa n'iyi babitiriyeho bakayifata akaboko.

Imiyoborere n'amategako by'umukino :

1. Gushyira abana mu kibuga.
2. Guhitamo inyamaswa eshatu.
3. Kwita buri mwana izina ry'inyamaswa mu ibanga.
4. Gutanga ibisobanuro no kwerekera:
 - Abana bagomba kugira ibanga inyamaswa bitiriwe.
 - Kubwira abana bagapfuka amaso.
 - Kubwira abana bakagenda mu kibuga bitonze, amaso apfutse, bakigana ijwi; ry'inyamaswa bitiriwe.
 - Abana bagomba kumviriza urusaku rw'inyamaswa kugira ngo babashe kuvumbura abandi bana bitiriwe inyamaswa zabo bakabafata akaboko.
 - Urusaku rw'inyamaswa nibwo buryo bwonyine bwemewe bwo kumvikana.

Ingingo zo kwitabwaho :

- Kureba niba abana badahutaza bagenzi babo mu gihe bakina bipfutse mu maso.
- Gusaba abana gukomeza bitonze ngo badakomeretsanyeho.
- Abana babasha kwifashisha inyamaswa bitirirwa kugira ngo bafate bagenzi babo bazitirirwa?

e. Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki cyari kigoranye muri uyu mukino ?
- Ni iki biyumvagamo igihe babuzwaga gukoresha amaguru yabo incuro nyinshi ?
- Biyumvisemo iki igihe birukankaga bazenguruka uruziga ?
- Ni iki cyaborohereye muri uyu mukino ?
- Ni gute abagize ikipi bafatanyije igihe umupira wagwaga hasi ?

Guhuza umukino n’ubuzima busanzwe

- Hari ikindi gihe mu buzima waba warigeze kugira uruhare mu mitsindire y’ikipe yawe?
- Ni mu bihe bihe bindi waba warigeze kubona ibiganiro nk’umuti wo gukemura ikibazo ufite?

Ishyirwa mu bikorwa ry’inyigisho ivuye mu mukino

- Ni mu buhe buryo mwakemura ikibazo kiri hagati mu ikipi yanyu igihe mutacyumva kimwe mwese?

Isomo rya 2: Imyitozo yo kunaga umupira aboneza intego igenda

a. Ubushobozii shingiro

Kugira ngo iri somo ry'imyitozo yo kunaga umupira aboneza intego igenda rirusheho kugenda neza, abanyeshuri bagoma kuba bashobora kunaga no gusama umupira, bakurijye amabwiriza y'ibanze agenga imikino y'umupira w'amaboko, batinyuka kandi bigirira icyizere bafatanyaga ndetse bafata ibyemezo.

b. Imfashanyigisho

Ikibuga, ifirimbi, amashusho, udutenesi, imipira, igiti, urubaho, inkoni, imitemeri, umugozi, Ifirimbi, udutambaro: umuhondo n'ubururu cyangwa irindi bara n'ibindi bikoresheho binyuranye umunyeshuri yakwifashisha mukunaga no gusama umupira.

c. Intangiriro

Muri iri somo, mwarimu azakoreshe imyitozo yo kunaga, gusama no guhereza umupira w'amaboko baboneza intego igenda.

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba bifatanyaga isano n'isomo agiye kwigisha.

Imyitozo yo kwishyushya

Kugira ngo abanyeshuri bashobore gukora imyitozo nta kibazo kandi ingingo zose ziteguye, mwarimu akoreshe imyitozo yo kwishyushya yibanda cyane cyane ku myanya y'umubiri iri bukoreshwe mu mukino.

Izina ry'umwitozo wo kwishyushya: Injangwe y'ibanga

Ikigamijwe ni ugushyushya amaboko n'amaguru.

Imiyoborere n'amategako by'umukino:

1. Gutegura umwanya uhagije mu kibuga kugira ngo abana babone uko biruka bamwe inyuma y'abandi.
2. Guca umurongo ntangiriro ugaragara kuri imwe mu mpera z'ikibuga n'ingwa cyangwa gukoreshe ikindi kintu kigaragara.
3. Kubwira abana bagahagarara ku murongo kandi berekeje amaso mu cyerekezo kimwe.
4. Kubwira abana ko ugiye kugenda inyuma yabo kandi ko urakora kuri bamwe mu mugongo. Kubabwira bagapfuka amaso kugira ngo bataza kumenya uwo bari bukomeho.
5. Gutanga ibisobanuro no kwerekera:

- Umwana wese ukozwe mu mugongo ni injangwe (guhitemo injangwe 4- 5 ku bana 20)
- Injangwe ntizigomba kubwira abandi bana bahagaze ku murongo ko babahisemo.
- Iyo mwarimu avuze ngo: «Genda! », abana biruka mu kibuga hose noneho injangwe zikagerageza gukoma zitonde ku bana benshi bashoboka.
- Umwana bakozeho agomba kugaruka agahagarara ku murongo.
- Inshuro yuzura ari uko abana bese batari injangwe bagaragaye ku murongo.

6. Guhitamo izindi njangwe buri nshuro y'umukino.

7. Gukina kugeza aho buri mwana yabonye uburyo bwo kuba injangwe.

Ingingo zo kwitabwaho:

- Injangwe zikoma n'ubwitonzi ku bandi bana?
- Kureba niba abana barimo kwiruka badahutaza bagenzi babo.
- Abana bamwe bafite ubushobozi bwo kuba injangwe buri nshuro?
- Abana bakozweho bagaruka ku murongo?

Uburyo bwo guhindura umukino

- Ku ntangiriro y'inshuro koma mu mugongo wa buri mwana kugira ngo bese bahinduke injangwe.
- Ku ntangiriro y'inshuro genda ku murongo ntugire umwana n'umwe ukoma mu mugongo.

d. Isomo nyirizina

Izina ry'umukino wa mbere: Umupira mu ndobo

Incamake y'umukino

Ikigamijwe ni ukunaga umupira mu ndobo, kumvikana no gukorera mu ikipi. Muri uyu mukino abana bo mu ikipe imwe bahererekanya umupira bakagerageza kunaga umupira mu ndobo yashyizwe ku murongo w'izamu.

Imiyoborere n'amategeko by'umukino

1. Gushushanya ikibuga kinini cya mpandenye (Reba ishusho).
2. Gukora amakipi y'abana 3 kugeza 6. Kureba niba bafite umubare w'amakipi y'ibiharwe.
3. Kwita itsinda ikipi A irindi ikipi B. Byaba ngombwa, guha udushumi tw'ibara kuri buri kipi cyangwa amakipi yombi.
4. Kubwira umwana umwe kuri buri kipi akaba umuzamu. Guha indobo cyangwa ibasi buri muzamu.
5. Gutanga ibisobanuro no kwerekera:
 - Intego y'umukino ni ukunaga umupira mu ndobo cyangwa mu ibasi.

- Umuzamu wa buri kipi ahagarara inyuma y’umurongo w’izamu w’ikipe bahanganye. Uwo mukinnyi afite uburenganzira bwo kugendagenda aho ashaka inyuma y’umurongo w’izamu ariko ntagomba kuwurenga.
 - Mu gutangira umukino ikipe A ifata umupira.
 - Abakinnyi b’ikipe A bagageza kugumana umupira bawuhanahana hagati yabo batawugusha hasi.
 - Ikipe A igageza guha umupira umukinnyi wayo uri hafi y’indobo ngo awunagemo.
 - Abakinnyi nta burenganzira bafite bwo kugenda mu gihe bafite umupira.
 - Ikipe B igageza gushakisha uko yafata umupira.
 - Abakinnyi b’ikipe B bagomba guhagarara ku ntambwe imwe uturutse ku mukinnyi ufite umupira.
 - Ikipe idafite umupira iwufata iyo uguye, iwambuye cyangwa wawe mu kirereukajya hanze y’ikibuga.
6. Umupira uguma mu ikipe iwusanganwe iyo indi kipe ishaka kuwufata ikawuta hasi.
 7. Abakinnyi nta burenganzira bafite bwo kurenga umurongo w’izamu bakanaga umupira mu ndobo cyangwa mu ibasi.
 8. Gusuzuma niba abana bafite umupira ntabwo bari kuwugendagenda mu ntoki kandi bubahiriza intera iri hagati yabo n’ufite umupira

Uburyo bwo guhindura umukino

- Kubwira abana bagahitamo ahantu bakinira ku kibuga bakahaguma batayega. Kwemerera abakinnyi babiri ba buri kipe kuyega. Abo bakinnyi bakina bisanzuye bagomba guha umupira buri wese wo mu ikipe yabo utayega. Iyo umupira uguye hasi, umukinnyi utayega uri hafi arawutora akawuhereza wa wundi uyega.
- Gutegura igihe ntarengwa cyo gutsinda igitego kuri buri kipe. Urugero, buri kipe ifite amasegonda 45 yo guhana umupira no kugeze gutsinda igitego.

Kuruhura Umubiri

Iziny’umwitozo wo Kuruhura umubiri: Ibipurizo byashizemo umwuka Incamake y’umwitozo

Uyumwitozo ugamije kugabanya cyangwa kurwanya ukwihina kw’imikaya n’ubusembwa bw’ihuzangiro. Ni umukino ukinwa nk’ikinamico aho abana bigira nk’aho ari ibipurizo byashizemo umwuka.

Imiyoborere n’amategako by’umwitozo

1. Kubwira abana bagakora nk’aho ari ibipurizo binini (bashobora kunaga amaboko mu kirere, gusimbagurika ahantu hose baherereye n’ibindi...).
2. Gutanga ibisobanuro no kwerekera:

- Kubwira abana ko hari ibintu binyuranye mu bidukikije, ko hari n'ibibazo binyuranye bibangamira ibipurizo. Abana bagomba gukoresha umubiri wabo bakigana imiyego y'ibipurizo mu buryo mwarimu yabibasobanuriye.
 - Urugero: «Mukore nk'aho muri ibipurizo maze mwishyiremo ko umuyaga uje ukabahuha ubaterura», « Mukore nk'aho muri ibipurizo maze mwishyiremo ko mwaziritswe inyuma y'igare ribazengurutse umugi wose», «Mukore nk'aho muri ibipurizo maze mwishyiremo ko mwaziritswe ku igari» n'ibindi...
3. Gutanga ibisobanuro: « Dore ikibazo cya nyuma mwarimu atanga « Mukore nk'aho muri igipurizo gifite intoboro ntoya aho umwuka ugenda ushiramo buhoro buhoro, kubwira abana bagakora nkaho umwuka ubashiramo maze bakagenda bika buhoro kugera aho batera amavi ubudakoma.
 4. Kureka abana mu buryo bwa nyuma mu gihe cy'amasegonda 10 cyangwa 20 kugira ngo umubiri wabo uruhuke mbere y'uko bananura ingingo.
 5. Kureba niba abana batabyigana.

e. Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

- Mwabyifashemo gute kugira ngo mubashe gutsinda?
- Ku ikipi yatsinzwe: ni iyihe mpamvu yaba yabiteye?

Guhuza umukino n'ubuzima busanzwe

Byaba ari ibisanzwe gutsinda cyangwa gutsindwa mu mikino iyo ari yose mu buzima ?
Ku mpamvu ki ?

Ishyirwa ry'isomo rivuye mu mukino

- Ubutaha igihe bazaba bakina umukino, babyitwaramo bate igihe batsinze ngo bubahe ikipi yatsinzwe ?
- Ni uruhe ruhare kuganira hagati yanyu byabafashije gutsinda ibitego ?
- Ni ngamba ki mwafashe kugira ngo ubutaha mutazongera gutsindwa ?

Imyitozo yo guhererekanya umupira ku nsindahamwe bagenda

Umwitozo wa mbere.

Incamake y'imwitozo wa mbere

Ikigamijwe ni ukuzamura ubushobozi bwo guhererekanya umupira kuri mugenzi w'insindahamwe agenda.

Imiyoborere n'amategoko y'imyitozo

- Gabanya abanyeshuri mo amakipi ane, umukinnyi wa A1, A2 na A3 ahagarara mu kibuga kuri mpandeshatu muri metero 3.
- Umukinnyi wa A4 ahagarara inyuma y'umukinnyi A1, umukinnyi wa A1 niwe utangiza umupira.
- Gutanga ibisobanuro no kwerekera:
 - Umukinnyi wa A1 anagira umupira umukinnyi wa A2 noneho agahita yiruka agana mu mwanya w'umukinnyi wa A2.
 - Umukinnyi wa A2 atanga umupira nawe akoresheje amaboko ku mukinnyi wa A3 noneho akiruka agana mu mwanya w'umukinnyi wa A3.
 - Umukinnyi wa A3 asama umupira (awusama atavuye aho ari kandi ibirenge bitavuye aho buri) noneho akajya mu mwanya w'umukinnyi wa A4.
- Gukomeza iyo myitozo kugeza igihe buri wese akora iyo myitozo.

Umwitozo wa 2.

Incamake y'umwitozo wa kabiri

Ikigamijwe ni ukuzamura ubushobozi bwo Gutanga umupira ukoresheje amaboko mu kibuga cy'umupira w'amaboko.

Imiyoborere n'amategoko y'imyitozo

- Gabanya abanyeshuri mo amakipi ya 6.
- Umukinnyi wa A1 atangira ari mu kibuga hagati nk'umuyobozi abandi bamukikije bakoze uruziga.
- Abakinnyi A2, A3, A4, A5, A6 bahagarara aho bagenda basimburana mu kibuga.
- Umukinnyi wa A1 niwe utangiza umupira.
- Gutanga ibisobanuro no kwerekera:
 - Umukinnyi wa A1 anagira umupira umukinnyi wa A2.
 - Umukinnyi wa A2 akoresha amaboko asubiza umupira umukinnyi wa A1.
 - Umukinnyi wa A1 anagira na none umupira umukinnyi wa A3.
 - Umukinnyi wa A3 akoresheje amaboko asubiza umupira umukinnyi wa A1.
 - Umukinnyi wa A1 akomeza anagira abakinnyi bese nabo bawumusubiza kugeza igihe buri mukinnyi wese umupira umugeraho.
- Igihe abakinnyi bese babonye umwanya wo guhererekanya umupira na wa mukinnyi wa A1, Noneho umukinnyi A1 ajya mu mwanya w'umukinnyi A2, bityo umukinnyi A6 nawe akajya mu mwanya wa A1, w'ubuyobozi mu kunagira abandi umupira.

- Abakinnyi bose basimburana kuri uwo mwanya wo kunagira abandi umupira bagenda basimburana mu buryo bw'urushinge rw'isaha uko rugenda (nk'uko bikorwa mu kino w'amaboko wa volleyball).

Umwitozo wa 3: Kurenza umupira urushundura

Incamake y'umwitozo

Ikigamijwe ni ukuzamura ubushobozi bwo kurenza umupira urushundura no ku wuherekanya ukoresheje amaboko.

Imiyoborere n'amategeko y'imwitozo

1. Gabanya abanyeshuri mo amakipi ya batanu.
2. Umukinnyi wa A1 n'uwa A2 bakora umurongo inyuma y'umurongo w'urushundura mu ruhande A.
3. Umukinnyi wa A3 n'uwa A4 bakora umurongo inyuma y'umurongo w'urushundura mu ruhande B.
4. Umukinnyi wa A5 ajya ku rushundura mu ruhande rwa B(reba Igishushanyo).
5. Umukinnyi wa A1 atangiza umupira.
6. Gutanga ibisobanuro no kwerekera:
 - Umukinnyi wa A1 anagira umupira umukinnyi wa A3 awurenza urushundura, noneho agahita ku mpera z'umurongo mu ruhande rwa B.
 - Umukinnyi wa A3 akoresha amaboko agahereza umupira umukinnyi wa A5, noneho agahita ajya mu mwanya w'uwo mukinnyi wa A5 ku rushundura.
 - Umukinnyi wa A5 yakira umupira akawujyana mu ruhande rwa A akawuhereza umukinnyi wa A2, noneho agahita ajya ku mpera z'umurongo mu ruhande rwa A.
7. Gukomeza kubigenza gutyo kugeza igihe buri mukinnyi abona amahirwe wo kuba muri mwanya w'umukino.

Ikiganiro gisoza

Kuganira ku mukino

- Mubona byoroshye gukoresha amaboko wakira umupira wanyuze hejuru y'urushundura ?
- Ugomba guhagarara gute igihe utenga umupira ukoresha amaboko.

Guhuza umukino n'ubuzima busanzwe

- Ni ubuhe wa koresheje mu gihe wakira umupira mu buryo bunyuranye?
- Kuki ari ngombwa guhererekanya umupira ukanyura hejuru y'umutwe?

Ishyirwa mu ngiro ry'isomo rivuye mu mukino

- Ubutaha igihe uzaba ukina, wabyitwaramo gute kugira ngo unage umupira cyangwa kuwuhereza neza ?

Isomo rya 3: Imyitozo yo kunaga no kwitaza umupira

a. Ubushobozi shingiro

Kugira ngo iri somo ry'imyitozo yo kunaga no kwitaza umupira rirusheho kugenda neza, abanyeshuri bagoma kuba bashobora kunaga no kwitaza umupira, bakurijije amabwiriza y'ibanze agenga imikino y'umupira w'amaboko, batinyuka kandi bigirira icyizere bafatanta ndetse bafata ibyemezo.

b. Imfashanyigisho

Ikibuga, ifirimbi, amashusho, udutenesi, imipira, igitu, urubaho, inkoni, imitemeri, umugozi, Ifirimbi, udutambaro: umuhondo n'ubururu cyangwa irindi bara n'ibindi bikoreshe binyuranye umunyeshuri yakwifashisha mukunagano gusama umupira.

c. Intangiriro

Muri iri somo, mwarimu azakoreshe imyitozo yo kunaga, gusama no kwitaza umupira w'amaboko.

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba bifitanye isano n'isomo agiye kwigisha.

Imyitozo yo kwishyushya

Kugira ngo abanyeshuri bashobore gukora imyitozo nta kibazo kandi ingingo zose ziteguye, mwarimu akoreshe imyitozo yo kwishyushya yibanda cyane cyane ku myanya y'umubiri iri bukoreshwe mu mukino.

d. Isomo nyirizina

Izina ry'umukino wa mbere: Kubara unaga kandi usama umupira

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukwitoza kunaga, gusama no guherekanya umupira. uyu mukino ukina abana bagendagenda bari ku ruziga, umunyeshuri umwe anagira umupira undi munyeshuri ufite umubare kabiri, bigakomeza gucyo banagirana umupira kugeza barangije bese.

Imiyoborere n'amategeko y'umukino

1. Gabanya abana mu matsinda ya 6-10.
2. aba buri kipe gukora uruziga.
3. Muri buri kipe, ubare buri mwana uhaye kuri 1(reba ku gishushanyo).
4. ereza buri kipe umupira n'umubare 1.
5. Saba abana kwibuka umwana ubari iburyo n'ibumoso (urugero: umubare 2 uri iburyo bwa 1 naho umubare 3 ukaba ibumoso bwa 1).

6. Bwira abana kunyanyagira mu kibuga cyo gukiniramo.

7. Sobanura kandi werekane ko:

- Iyo umukino utangiye, abakinnyi batangira kugendagenda mu kibuga cyo gukiniramo.
- Iyo uvuze “hagarara” abana bose bahagarara aho bageze. Ufite umubare 1 atangira anagira umupira 2, akawusama nawe akawunagira 3, akawusama na we akawunagira 4, akawusama na we akawunagira umubare ukurikira, bigakomeza gutyo.
- Iyo umupira utakaye, utera inkunga abana bakawutoragura nyuma bakomeza.
- Iyo icyiciro kirangiye, abana bakomeza kugendagenda mu kibuga nanone bategereje ko uvuga nanone “hagarara.”
- Intego y’uyu mukino ni ukurangiza icyiciro mu nshuro nyinshi zishoboka nta gutakaza umupira.

8. Saba abana kubara inshuro babasha kurangiza icyiciro badatakaje umupira hasi.

9. umukino urangira mw’ibanga.

10. Gusuzuma niba abana biruka neza batagongana kandi bibuka imibare yabo n’ibyiciro byo kunaga umupira.

11. Gusuzuma niba abana bashobora gusama no guhererekanya umupira neza kandi ko badatakaje umupira uko umukino ukomeza kugenda.

e. Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

- Ni iki wakoze kugirango ukine neza muri uyu mukino ?
- Ni igiki cyabaye cyatumye bigukomerera gushyira imbaraga ku mukino ?

Guhuza umukino n’ubuzima busanzwe

- Mu buzima bwawe bwa buri muni, ni ryari uba ugomba guhanga amaso no gushyira imbaraga ahantu runaka ?
- Ni ubuhe buryo wabonye bwagufashije gushyira imbaraga n’ubwenge ku kintu runaka ?

Gushyira mu bikorwa isomo rivuye mu mukino

- Mu gihe kizaza utekereza igihe bizaba ari ngombwa guhanga amaso no gushyira ibirekerezho ku kintu runaka ?
- Ese ni ukubera iki ari ngombwa guhanga amaso no gushyira imbaraga ku kintu runaka ?

Izina ry’umukino wa 2 : Kunaga umupira uhamya intego

Incamake y’umukino.

Ikigamijwe muri uyu mukino ni ukunaga umupira ugahamya intego kugirango utsinde. Uyu mukino ukinwa abanyeshuri bari mu kibuga mu bice bibiri biteganye, buri mwana wese afite umupira. Hagati yabo gushyiramo umupira munini. Buri wese aharanira kunaga umupira afite kuri wa wundi uri hagati kugirango ujye mukindi kibuga cy’abo bakina mu rundi ruhande (bahanganye).

Imiyoborere n’amategeko y’umukino

1. Gabanya umukino mu bice 3: igice A, igice cyo kunaga umupira, igice B (reba imbonerahamwe).
2. Gabanya abana mu mubare w’ amatsinda agizwe n’ abana 3-10 muri buri tsinda.
3. Gabanya amatsinda rimwe ribe A irinde B hanyuma ayo matsinda ahure.
4. Saba itsinda A guhagarara mu gice A n’ itsinda B guhagarara mu gice B.
5. Shyira umupira munini, “umupira wo gukubita,” hagati mu gice cyo kuwukubitiiramo.
6. Hereza buri mwana umupira niba ihagije. niba idahagije uyigabanye mu matsinda.
7. Sobanura kandi ugaragaze ko:
 - Intego ari ukwigiza umupira wo gukubita mu gice k’ irindi tsinda.
 - Umupira wo kunaga ushobora kwigirayo mu gihe uwujungunyeho uwundi mupira woroshye. ibiganza ntibyemerewe gusunika umupira wo kunaga.
 - Abana bashobora kuva mu matsinda yabo bakajya gushaka imipira yoroshye. abana bashobora gusa kunaga imipira yabo yoroshye bari mu bice by’amatsinda bahagazemo.
 - Ibitego bitsindwa iyo umupira wo gukubita usunitswe kugera mu gice cy’irindi tsinda.
8. Garura umupira wo gukubita hagati mu gice cyo gukiniramo mu gihe igitego kimaze gutsindwa hanyuma utangire umukino.
9. Ha buri tsinda akanya hagati mu mukino ko kwiga uburyo bushya bwarifasha mu gukina neza no kurushaho gutsinda.
10. Gusuzuma neza niba abana batajugunya imipira kuri bagenzi babo.
11. Gusuzuma niba abana bakinana ubushake n’ishyaka kandi banaga (kujugunya) imipira bagambiriye guhamya umupira wo gukubita (wo kumasha).

Isuzuma ry’umukino

Ikiganiro gisoza

Kuganira ku mukino

- Ese byari bikomeye gusunikira umupira wo gukubita mu murongo w’ irindi tsinda ?

- Ni ubuhe buryo itsinda ryawe ryakoresheje mu gusunika umupira wo gukubita ?
- Ese iyo wari kongera gukina umukino, ni iki itsinda ryawe ryakora gitandukanye ?
- Ese byari byoroheye itsinda ryose gukinira hamwe mu gusunukira umupira ku murongo ?Kubera iki?

Guhuza Umukino n’ubuzima busanzwe

- Ese ni he mu buzima bwawe byakoroheye mu gukorana n’itsinda ?
- Ese ni izihe nzitizi zikunda kuza mu gihe ugerageje gukora umugambi/gahunda hamwe n’itsinda ?

Gushyira mu bikorwa isomo rivuye mu mukino

- Ese ni uwuhe mwanya wafata mu kindi gihe waba uri mw’ itsinda rikeneye gukora umugambi/gahunda ?

Izina ry’umukino wa 3: Kwitaza umupira

Incamake y’imukino

Ikigamijwe ni ukwitaza umupira utewe n’undi mukinnyi. Abakinnyi bari imbere mu ruziga bagera gusa Kwitaza (kwirinda gukorwaho) n’umupira, mu gihe abari hanze y’uruziga bagere gusa gutera umupira abari imbere mu ruziga.

Imiyoborere n’amategeko y’umukino

1. Shushanya ikibuga kinini ukoresheje ingwa cyangwa ikaramu nini.
2. Shushanya muri icyo kibuga uruziga runini ukoresheje ingwa, umugozi cyangwa agakoni gato (nka metero 5). (reba ku gishushanyo).
3. Saba umwana ubishaka kujya gutera umubira bwa mbere.
4. Saba utera guhagarara nibura muri metero 2 nyuma y’uruziga.
5. Saba abandi bana basigaye guhagarara mu ruziga.
6. Hereza “utera” umupira.
7. Sobanura kandi werekane ko:
 - ”utera”agerageza gutera umupira akoresheje intoki gusa.
 - ”utera” atangira umukino agera gutera umupira umwana wese uri mu ruziga, ariko agatera muni y’igituza.
 - Abana bari imbere mu ruziga birinda basimbuka, bitaza, cyangwa bakwepa.
 - Iyo umwana uri imbere mu ruziga ahamwe n’umupira muni y’igituza, agomba guhita asanga “utera” agakorana nawe mu gutera umupira abandi bana bari mu ruziga imbere.
8. Umukino urangira mu gihe hari umwana umwe usigaye mu ruziga.
9. Subiramo umukino wemerera abana babishaka bashya gukina mu mwanya w’

”ugutera”.

10. Suzuma urebe neza niba abana bose basobanukiwe ko batera umupira munsu y’igituza.
11. Gusuzuma nibaabatera, batera umupira munsu y’igituza ku bana bari mu ruziga imbere.
12. Kureba niba Abatera bakorana hamwe mu gutera umupira ku bana bari imbere mu ruziga.
13. Kugenzura niba abana bari imbere mu ruziga basimbuka, bitaza, bahunga, bakwepa umupira.

Isuzuma ry’umukino

Ikiganiro gisoza

Kuganira ku mukino

- wumvishe umeze ute igihe wari uri imbere mu ruziga?
- wumvishe gute mu gihe wakinaga nk’ “ukubita?”
- wakoze iki kugirango wirinde mu gihe wari uri imbere mu ruziga?
- Ni ibihe bice by’umubiri wakoresheje mu gihe wakinaga muri uyu mukino?

Guhuza umukino n’ubuzima busanzwe

Ni izihe ngero z’iyindi mikino cyangwa ibikorwa bigusaba gukoresha izo ingingo z’umubiri ?

Gushyira mu bikorwa isomo rivuye mu mukino

- Ni gute izo ingingo z’umubiri zakomeza kubungwabungwa no gukomera ?
- Kuki kurinda ingingo zawe zikomeye no kuzitoza kenshi ari ngombwa ?

Izina ry’umukino wa 4 : Ibuka usama

Incamake y’umukino

Ikigamijwe muri uyu mukino ni ukuzamura ubushobozi mu kunaga no gusama umupira wohererejwe n’itsinda cyangwa abo muhanganye.

Imiyoborere n’amategeko by’umukino

1. Gabanya abana mu matsindi ya 6-10, bakore inziga.
2. Ha umwana muri buri tsinda umupira.
3. Sobanura kandi ugaragaze ibi bikurikira :
 - Umwana (A) aba afite umupira, agahamagara mu izina umwana (B), akamunagira umupira.
 - Unaga agomba kunaga umupira yabonye ko uwo awunagira barebana.

- B arawusama, nawe agahamagara izina ry'undi (C), yarangiza akamunagira umupira.
 - Buri mwana agomba gusama umupira kandi akawunagira undi.
4. Buri gihe ugiye Kunaga umupira agomba kureba uwo awunagira.
 5. Saba abana kunagirana umupira bakurikije uko bakurikirana. Ni ukuvuga ko umwana aguma anagira umuntu umwe umupira.
 6. Igihe umwana amaze kumenyera uwo anagira, n'igihe bitwara kugirango bamunagire, uhindure icyerekezo byagendagamo, aho gutangirira k'uwambere bigatangirira k'uwanyuma.
 7. Mukomeze gukina ariko usaba abana kwihutisha umukino.
 8. Kugenzura niba abana babasha kunaga no gusama umupira kandi ko umupira ugera kuri buri mwana.

Ubundi buryo

Koresha imipira 2-3 kugira ngo utume umukino ukomera, bagahindura uburyo imipira igenda nyuma y'amasigonda 5-10.

Isuzuma ry'umukino

Ikiganiro gisoza

Kuganira ku mukino

- Biragukomerera kunagira umupira uwo mukina ?Kubera iki?
- Ese birakomera gukurikiza uburyo kunaga umupira bigendamo ?
- Ni iki wifashisha mu kunaga umupira n'uburyo umupira ugendamo ?

Guhuza umukino n'ubuzima busanzwe

- Mu buzima busanzwe hari aho biba ngombwa ngo unagire undi ikintu cyangwa ugisame ? Nihehe ubikoreshe ?
- Kubera iki ari ngombwa kumenya Gusama no kunaga mu buzima ?

Gushyira mu bikorwa isomo rivuye mu mukino

- Urumva bizakumarira iki kumenya kunaga no gusama mu bizima bwawe ?

Izina ry'umukino wa 5 : Maganatanu

Incamake y'umukino

Ikigamijwe ni ukwitoza kunaga no gusama umupira. Muri uyu mukino, umunyeshuri atsinda ari uko ashoboye gusama kenshi umupira wanazwe.

Imiyoborere n'amategeko by'umukino

1. Gabanya abana mu makipe ya 4-6.
2. Bwira umwana muri buri kipi kuba unaga.

3. Saba abandi bana guhagarara muri meteo 10 uvuye aho unaga ari.

Urebe neza ko buri kipe ihagaze kure y'iyindi kipe.

4. Sobanura kandi werekane ko:

- Unaga, anaga umupira hejuru mu kirere mu cyerekezo cy'aho andi makipe ahagaze.
- Abana bagomba kugerageza gucakira umupira mbere y'uko widunda; umupira ufashwe mbere y'uko widunda ku butaka ubarirwa amanota 100, iyo widunze rimwe ni 75; iyo widunze kabiri ni 50; wakwidunda gatatu ukabarirwa amanota 25.

5. Wibutse abana ko bagomba gukomeza umukino bibuka amanota yabo, gerageza kumenya amanota yabo uko umukino ukomeza kugirango urebe niba bateranya neza.

6. Umwana wa mbere ugira amanota 500 muri buri kipe ahinduka unaga mushya

7. Gusuzuma neza ko abana batabangamirana hagati yabo mu mukino.

8. Kugenzura niba abana babasha guteranya amanota yabo neza kandi bakibuka igiteranyo cyayo yose.

9. Kugenzura niba abana bubahiriza umwanya usigara hagati mu makipe, mu buryo bwo gukina neza.

Isuzuma ry'umukino

Ikiganiro Gisoza

Kuganira ku mukino

- Ni gute warinze umukino kandi ukibuka amanota yawe?
- Ese mu mukino ni iki cyari icya ngombwa mu kwitabwaho?

Guhuza Umukino n'ubuzima busanzwe

- Ni ibiki mu buzima bishobora gutuma guhanga amaso ikintu runaka bikomera?
- Ni ibiki wakora byagufasha kurinda uburyo ushyira imbaraga n'ibitekerezo ku kintu runaka?

Gushyira mu bikorwa isomo rivuye mu mukino

- Ni hehe mu buzima bwawe bwa buri munsu wisanga ugomba gukoresha ubuhanga mu guhanga amaso ikintu runaka?

Isomo rya 4: Imyitozo yo Kudunda umupira wiruka

a. Ubushobozi shingiro

Kugira ngo iri somo ry'imyitozo yo kudunda umupira rirusheho kugenda neza, abanyeshuri bagoma kuba bashobora kunaga no kwitaza umupira, bakuriiye amabwiriza y'ibanze agenga imikino y'umupira w'amaboko, batinyuka kandi bigirira icyizere bafatanyaga ndetse bafata ibyemezo.

b. Imfashanyigisho

Ikibuga, ifirimbi, amashusho, udutenesi, imipira, igiti, urubaho, inkoni, imitemeri, umugozi, Ifirimbi, udutambaro: umuhondo n'ubururu cyangwa irindi bara n'ibindi bikoreshe binyuranye umunyeshuri yakwifashisha mu kunaga no gusama umupira.

c. Intangiriro

Muri iri somo, mwarimu azakoreshe imyitozo yo kudunda umupira wiruka

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba bfitanye isano n'isomo agiye kwigisha.

Imyitozo yo kwishyushya

Imyitozo yo kwishyushya, Koreshe imyitozo usanga mu myitozo y'inyongera mu mutwe wa kabiri.

d. Isomo nyirizina

Izina ry'umukino wa mbere: Kudunda no kwiruka

Incamake y'umukino

Ikigamijwe muri uyu mukino amakipe agerageza kudunda umupira wiruka no gukacira umupira mu gihe kinshi gishoboka mbere y'uko indi kipi irangiza kwiruka ahantu yahawe.

Imiyoborere n'amategako by'umukino

1. Gabanya abana mu makipe ya 3-8.
2. Reba neza ko ufite umubare ushyitse w'amakipe.
3. Tandukanya amakipe kugirango akine hagati yayo (habeho ikipi A n'ikipi B).
4. Sobanura kandi werekane ko:
 - Hari ibikorwa bibiri muri uyu mukino: Kudunda umupira wiruka mu ruziga, no guhereza umupira.
 - Mu kudunda umupira wiruka mu ruziga, buri kipe ihagarara mu ruziga.
 - Abana batangira kudunda umupira biruka mu ruziga bakagaruka aho bari cyangwa batangiriye, bagafata undi mwana ukurikira agatangira (reba ku gishushanyo).

- iyo abakinnyi bose barangije kudunda umupira biruka, igikorwa kiba kirangiye nyuma umwana wa nyuma agomba kuvuga cyane ngo” hagarara”.

5. Saba amakipe yose kwerekana kwiruka mu ruziga.

6. Sobanura kandi werekane ko:

- Mu guherezanya umupira, buri kipe ihagarara mu ruziga.
- Umwana ubishaka ahagarara hagati ya buri ruziga, akaba umuntu unaga.
- Umuntu unaga anaga umupira kuri buri mu kinnyi muri buri kipe, nyuma abakinnyi bakawunaga bawugarura (Reba ku gishushanyo).
- Ikiye yose ireba ukuntu yagiye itsinda ibara inshuro yanaze ikanakacira umupira mu mukino.

7. Hereza buri kipe umupira.

8. Saba amakipe yose kwerekana ukuntu bahereza umupira kumara umunota 1.

9. Iyo umukino utangiye, ikipe A itangira wa mukino wo kudunda umupira wiruka muruziga mu gihe ikipe B ikina umukino wo guherezanya umupira.

10. Iyo ikipe B yumvishe ikipe A ivuze “hagarara” igomba guhagarara ikibuka ibitego byayo.

11. Nyuma, ikipe A ikina nayo umukino wo guhereza, mu gihe A ikina umukino wo kudunda umupira wiruka mu ruziga.

12. Bikomeza gutyo amakipe ahinduranya imikino kandi atsinda kurushaho.

13. Kugenzura neza ko abana baguma mu ruziga rwo kwitwazamo.

14. Gusuzuma niba iyo abana baherezanya umupira babara ni ijwi rirenga.

15. Kugenzura niba abakinnyi bose bafata umwanya wo kudunda umupira biruka mu ruziga mu gihe bari gukina uwo mukino kandi ko abana baterana inkunga hagati yabo?

Isuzuma ry’umukino

Ikiganiro

Kuganira ku mukino

- Ni igiki cyari gikomeye muri uyu mukino wo kwiruka?
- Wiyumvise ute mu gihe wari umuntu unaga mu mukino wo guherezanya umupira?
- Ese hari ingaruka zatewe no kubara n’ijwi rirenga ku ikipe yawe?
- Ese ni ubuhe buryo bwiza bwo kunaga umupira kugirango wizere neza ko uri buze gucakirwa?
- Ese mu gihe mwakomeje gukina ni iki cyakomeje kubagora?

Guhuza umukino n’ubuzima busanzwe

- Ni ryari mu buzima uba ukeneye kwiruka igihe kirekire?

Gushyira mu bikorwa isomo rivuye mu kino

- Ni igiki wakora mu gihe kiri imbere kugirango wongere ubushobozi bwo kunaga no gucakira umupira?
- Wakora iki kugirango ubashe kwiruka kumara umwanya munini?

Uburyo bwo koroshya umukino

- Ongerea uruziga rube runini.
- Saba amakipe kubara mu rundi rurimi.
- Mu gihe umupira utakaye hasi, ikipe igomba gutangira kubara ihereye kuri zero.
- Mbere yo gukina, ureke abana bahige umubare w'imipira bari bucakire.

Izina ry'umukino wa 2: Kunaga umupira mu ndobo

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukudunda umupira ukawuhereza undi nawe akawudunda akawuhereza undi gutyo gutyo. Abakinnyi bahererekanya umupira bawudunda, bagera ku murongo bakawunaga mu ndobo.

Imiyoborere n'amategako by'umukino

1. Shushanya ikibuga gihagije. (Reba igishushanyo).
2. Gabanya abana mo amatsinda ya 3-6. Buri tsinda rigomba kuba rifite umubare w'abana utari igiharwe.
3. Itsinda rimwe ni A irindi ni B. Niba aringombwa ubambike ibitambaro by'amabara atandukanye.
4. Saba umuntu umwe muri buri tsinda kuba umuzamu. Buri muzamu umuhe indobo.
5. Sobanura kandi werekane ibi :
 - Intego y'umukino ni ukudunda no gushyira umupira mu ndobo.
 - Umuzamu wa buri kipe ahagarara inyuma y'umurongo urebana n'uw'indi kipe.
 - Yemerewe kugendagenda uko ashaka ariko ntarenga uwo murongo, agendera kuri uwo murongo gusa.
 - Umukino utangira uha ikipe A umupira.
 - Ikipe A igerageza kugumana umupira bahererekanya umupira bawudunda batawujugunyirana.
 - Abakinnyi bagerageza kuwugeza kuwegereye hafi y'indobo.
 - Umukinnyi ntiyemerewe gutambuka iyo afite umupira.
 - Ikipe B igerageza gushaka umupira.

- Abakinnyi ba B bahagarara mu ntambwe 1 y’umukinnyi ufite umupira.
 - Gufata umupira ni igitego k’iyindi kipe.
 - Iyo umupira ujugunywe, cyangwa iyo bawufashe, cyangwa bawusamiye mu kirere, cyangwa iyo umupira urenze ikibuga umupira uguma ari uw’iyo kipe kugeza aho utakaye cyangwa bawufatiye mu kirere.
 - Iyo bawukubiteye mu kirere uba ari uwabo, abakinnyi ntibemerewe gukandagira umurongo cyangwa gukora ku ndobo iyo bagiye gushyira umupira mu ndobo.
6. Umukino urangira igihe ushakiye. (Urugero: ikipi ya mbere igejeje ibitego icumi).
7. Gusuzuma niba abana bakina neza bahana imipira banashaka imipira kandi bakinana neza ntibashwane.

Ikiganiro

Gutekereza ku mukino

- Ni gute ufasha ikipe yawe gutsinda?
- Ni gute wumvikana na bagenzi bawe kugirango mutsinde?

Guhuza umukino n’ubuzima busanzwe

- Ni izihe mbaraga wakongera mu ikipi ?
- Ni iki wifuza ko mwagira mu ikipiyanyu ?

Gushyira mu bikorwa isomo rivuye mu mukino

- Ni gute ubona ibyo ushaka muri iyikipe ubigize ku ishuri ?

Ubundi buryo

- Abana bahitamo aho bahagarara mu kibuga aho bifuzwa bakahaguma, ntibemerewe kuhava. Emerera abana babiri bonyine kugendagenda. Abemerewe kugendagenda baha bagenzi babo imipira. Iyo umupira uguye hasi uba ari uwiyindi kipe wakirwa n’uhagaze hafi aho.
- Tanga igihe kizwi cyo kuba bateye umupira mu ndobo. Urugero: nk’amasegonda 45 kuba batambukije umupira bakawutera mu ndobo.

5.5 Isuzuma risoza umutwe

mu isuzuma risoza, mwarimu akoresha imyitozo/imikino hanyuma akareba uko abanyeshuri bayikora cyane cyane yita ku bumenyi, ubumenyingiro ndetse n’imyitwarire abanyeshuri bafite, ahereye kubyo yigishije mu mutwe wose. Abaza kandi n’ibibazo bimwe na bimwe kugira ngo arebe uko abanyeshuri babisubiza. Yita kandi no ku nsanganyamatsiko zigiwe muri ayo masomo yose. Mwarimu azita mu kureba uko abanyeshuri banaga, basama, bahererekanya, badunda kandi bitaza umupira mu gihe bakina umupira w’amaboko.

Izina ry’umukino wa mbere: Gusama umupira

Incamake y’umukino

Ikigamijwe muri uyu mukino ni ugusuzuma niba abana basama umupira w’amaboko ujugunywe hejuru utaragera hasi. Muri uyu mukino abanyeshuri bakina bajugunya umupira hejuru, noneho uvuzwe agahita yiruka akawusama utaragera hasi.

Imiyoborere n’amategeko by’umukino

1. Shyira abana mu matsinda ya 6-10.
2. Saba buri tsinda gukora uruziga.
3. Saba umukoranabushake umwe muri buri tsinda, ahagarare hagati. Hari abayobora.
4. Sobonarura kandi unerekane ibi bikurikira :
 - Buri muyobozi ajugunya umupira mu kirere, agahamagara izina ry’umwana umwe mu ruziga.
 - Uwo mwana nawe agomba gufata umupira utaragera hasi.
 - Ufashe umupira utaragera hasi niwe uba umuyobozi ubwo.
 - Umupira ukoze hasi uwo mwana asubira mu ruziga umukino ugakomeza.
5. Umukino urangira mubirambiwe.
6. Abana bose bagomba kugerwaho kandi bagahamagarwa inshuro zingana.

Ikiganiro

Gutekereza ku mukino

- Ni ki ukora mu kwibuka izina rya buri wese?
- Ni ikihe gice cy’umukino kikugora ?

Guhuza umukino n’ubuzima busanzwe

- Ni hehe handi byabaye ngombwa ko wibuka ikintu kugirango ushobore gukora umurimo runaka w’amaboko.

Gushyira mu bikorwa isomo rivuye mu mukino

- Ni iki uzakora ikindi gihe kugirango wibuke amazina byoroshye?

Izina ry’umukino wa 2: Gusama umupira nk’igisiga

Incamake y’umukino

Ikigamijwe muri uyu mukino ni ukunaga no gusama umupira. Muri uyu mukino abana baba basama umupira hanyuma bakawunagira abandi.

Imiyoborere n’amategeko by’umukino

1. Gabanya abana mu makipe ya 3-8.
2. Hereza buri kipe umupira 1.
3. Saba umwana umwe ubishaka uvuye muri buri kipe gukina nk'umuntu unaga.
4. Saba buri kipe gukora umurongo ugororotse hamwe n'umuntu unaga ahagaze muri metero 2-3 imbere yabo(reba ku gishushanyo).
5. Reba neza ko amakipe atandukanye.
6. Sobanura kandi werekane ko:
 - Buri mwana araza kunaga no gusama nk'igisiga (ahagaze ku kuguru kumwe).
 - Ubwa mbere, abana bose bahagarara ku kuguru kwabo kw'iburyo.umuntu unaga anaga umupira inshuro 3 ku bakinnyi bose.
 - Nyuma, abana bahagarara ku kuguru kwabo kw'imoso bagasama umupira.
7. Hindura abanaga kugirango abana bose bagire amahirwe yo kunaga umupira.
8. Hinyuza buri kipe kugirango urebe niba buri mukinnyi ashobora kunaga no gusama umupira inshuro 3 atawukubise hasi.
9. Gusuzauma niba abana bose bashobora guhagarara ku kuguru kumwe mu gihe bacakira umupira no kureba niba abana baterana inkunga no mu gihe umupira utakaye.

Ikiganiro gisoza

Kuganira ku mukino

- Niki wabonye gikomeye mu kunaga no gusama umupira uhagaze ku kuguru kumwe?
- Ese wakinnye neza uhagaze ku kuguru kumwe kurusha ukundi kuguru?
- Ese washoboye ute kuguma guhagarara ku kuguru kumwe?
- Ese wabyumvise gute mu gihe wari uhagaze ku kuguru kumwe unasama umupira inshuro 3 mu gihe kimwe?

Guhuza umukino n'ubuzima busanzwe

- Ni ryari dukenera kuringaniza mu buzima bwa buri muni? (urugero, utwaye igare,ugenda ahantu hanyerera).
- Ese ni ibihe bintu bindi mu buzima bwawe bikenewe kuringanizwa? (urugero,ishuri,akazi,ubucuti,umuryango).

Ishyirwa mu bikorwa n'inyigisho ivuye mu mikino

- Ese ni gute waringaniza ibintu?

5.6 Imyitozo y'inyongera

Izina ry'umukino wa mbere: Umupira w'ukwezi

Incamake y'umukino

Ikigamjwe muri uyu mukino ni ukunaga no guhererekanya umupira. Abanyeshuri banagirana umupira kandi bakawuherekeranya ku buryo uguma hejuru. Iyo uguye hasi umwana uwegereye awugunya hejuru nanone. Bagakomeza gukina.

Imiyoborere n'amategeko by'umukino

1. Gabanya abana mo amatsinda ya 6-8.
2. Saba buri tsinda guhagara ku ruziga.
3. Ha umwana umwe muri buri tsinda umupira.
4. Sobanura kandi werekane ibi:
5. Umwana ufite umupira awujugunya hejuru.
6. Abandi bana baguma bawutera hejuru kugirango udakora hasi.
7. Buri tsinda rigomba gukorera hamwe kugumisha umupira hejuru umwanya munini ushoboka.
8. Abana bose mu itsinda bagomba gukina, ntawifata.
9. Umupira iyo ukoze hasi, umwana wari uwegereye arawufata akawujugunya hejuru kandi umukino ugakomeza.
10. Intego y'uyu mukino ni ukugumya mutera umupira hejuru inshuro 10, kuburyo udakora hasi.
11. yo itsinda rirangije inshuro 10, wongera inshuro zo kuwutera zikaba zaba 15 cyangwa 20.
12. Umukino urangira igihe ushakiye.
13. Gusuzuma niba buri wese abona umupira ku buryo ntawe uhagarara adatera
14. Kugenzura niba abana bakorana mu kugumisha umupira mu kirere.

Uburyo bwo guhindura umukino

- Ongera andi mategeko mu mukino, urugero:
- Umupira ugomba kuguma mu kirere kugeza aho buri wese awukozeho nibura rimwe.
- Ntawe ugomba gukora ku mupira kabiri yikurikiranya.
- Umupira ugomba kuguma mu kirere umunota wuzuye ngo itsinda ribe ritsinze.
- Umutwe n'amaguru nibyo byonyine byemerewa gukinisha.

- Wakongeramo umupira wa kabiri n’uwa gatatu mu mukino.
- Saba abana guhindura uko bahagarara (Urugero: bahagarara ku murongo, bakitandukanya cyane, n’ibindi...)
- Ikiganiro gisoza

Kuganira ku mukino

- Ni iki kigurushya iyo ukina uyu mukino? Kubera iki?
- Ni iki itsinda ryanyu rikora kugirango rikine neza uyu mukino?
- Ukinnye uyu mukino na none, ni iki itsinda ryawe ryahindura mu mikinire?

Guhuza Umukino n’ubuzima busanzwe

- Ni hehe handi mu buzima busanzwe mukorana nk’itsinda mra ikora igikorwa?
- Waba wibuka igihe mwakoraga nk’itsinda hanyuma umwe mubo mwabanaga akakurakaza? Wabyitwayemo ute?
- Waba wibuka igihe wari umwe mu itsinda ukumva udahawe agaciro cyangwa usuzuguwe? Wiyumvise ute?

Ishyirwa mu bikorwa n’inyigisho ivuye mu mikino

- Ikindi gihe uzakorera mu itsinda, ni iki wumva uzakora kugirango buri umwe wese yumve afite afite agaciro mu itsinda?
- Ni gute wafasha abagize itsinda gukorana neza batarakaranya?

Izina ry’umukino wa kabiri: Kugumana umupira

Incamake y’umukino

Ikigamijwe ni uguhererekanya umupira. Abanyeshuri bahererekanya umupira hagati yabo. Ikipi ishaka gufata umupira ihagarara mu ntambwe imwe bagerageza kuwufata.

Imiyoborere n’amategeko by’umukino

1. Gabanya abana mo amakipe abiri angana, unashushanye ikibuga bakiniraho. Bibaye ngombwa uhe amakipe ibitambaro bitandukanye amabara, ibara rimwe ku kipe imwe n’irindi ku yindi.
2. Ha ikipe imwe umupira umukino utangiye.
3. Sobanura kandi werekane ibi :
 - Ikipe igumana umupira iwuherekanya hagati mu bakinnyi bayo, ariko udakoze hasi.
 - umukinnyi ntiyemerewe gutera intambwe n’imwe iyo afite umupira.

- Ikiye ishakisha umupira, abakinnyi bagomba guhagarara mu ntambwe imwe y'umukinnyi ufite umupira.
 - Umupira uhabwa indi kipe iyo: Umupira uguye hasi; Iyo ishaka umupira iwusamye cyangwa ikawukubitira mu kirere.
 - Umupira uguma ari uwa ya kipi iyo, iyi kipe ishaka umupira igerageje kuwusama ukayicika ukagwa hasi.
4. Ha abana iminota itanu yo kuruhuka.
 5. Iyo abana bumva umukino, basabe kubara amapase bahanye. Bagomba guha umupira undi uri nibura mu metero 2 ziwufite. Suzuma niba hari umwanya uhagije, abana bashobora kwiruka mo.
 6. Gusuzuma niba abana hari uburyo bwihariye bashyiraho bwo gutsinda kandi bahanahana neza ku buryo buriwese abasha kubona umupira?

Uburyo bwo guhindura umukino

- Shyira ikintu nk'indobo aho ikibuga kirangirira. Amategako y'umukino aguma uko yarari, ariko aho kugumana umupira babara uko bahererekanya bagera kugeza hafi y'ayo ndobo umupira. Umupira bagomba kuwushyira mu ndobo.

Ikiganiro gisoza

Ku gashyamba ku mukino

- Ni iki kipe yanyu yakoze igihe mwatindanye umupira kugirango mubikore neza?
- Ni iki gifasha ikipe yanyu gukina neza?

Guhuza Umukino n'ubuzima busanzwe

- Ni izihe mbaraga uzana mu ikipe yanyu?

Ishyirwa mu bikorwa n'inyigisho ivuye mu mikino

- Ni iyihe mikinire wifuza kongera cyangwa gukora neza?

UMUTWE WA GATANDATU: IMIKINO ITEZA IMBERE UBUZIMA N'IMIBEREHO MYIZA

6

6.1 Ubushobozi bw'ingenzi bugamijwe

Umunyeshuri azaba ashobora gukora imyitozo imufasha gusobanukirwa akamaro k'imyitozo ngororangingo ku buzima bwe.

6.2 Ubushobozi shingiro

Kugira ngo abanyeshuri bo mu mwaka wa gatatu w'amashuri abanza bagire ubushobozi bwo gukina imikino ibafasha kugira ubuzima n'imibereho myiza bagomba kuba bafite ubushobozi bwo gukora imyitozo n'imikino ibafasha kugira ubushobozi bwo kwirinda indwara ziterwa no kudakora siporo, kwirinda indwara ziterwa n'isuku nke no kwirinda indwara binyuze mu mikino.

6.3 Ingingo nsanganyamasomo

Mu gihe abanyeshuri bakina ni byiza ko bakangurirwa ibi bikurikira

Kwimakaza umuco w'amahoro:

Mwarimu azafasha abanyeshuri kuja bakina mu mahoro ntawe uhutaza undi. Buri mwana wese akumva ko atekanye igihe ari mu kibuga akina ntawe umubangamira.

Uburinganire n'ubwuzuzanye: Abanyeshuri bose, baba abakobwa ndetse n'abahungu bagomba kwisanzura mu gihe bakina. Abakobwa ntibagomba guhezwa mu mikino, uruhare rwabo mu mikino rugomba kugaragara ndetse rugatezwa imbere.

Uburezi budaheza: Abanyeshuri bafite ibibazo byihariye bijyanye n'ubushobozi bwabo mu kwigira, cyangwa se bafite ubumuga runaka, bagomba nabo kugira uruhari mu mikino. Ibyo bisaba ko mwarimu agomba kureba uburyo yahindura imikino iteganyijwe muri uyu mutwe akurikije amabwiriza ari muri iyi nyoborabarezi ku buryo abafite ubumuga nabo bakina.

Umuco wo kuzigama: Mu bikoresho byifashishwa mu gukina ni byiza ko hakoreshe ibikoresho bidasaba amafaranga menshi ahubwo bagakanguriwa kubyikorera mu bikoresho dusanga iwacu aho dutuye.

Kwita ku bidukikije: Abanyeshuri mugihe bakina, birakwiye ko batozwa umuco wo kutangiza ibidukikije basanze mu mpande z'ikibuga na handi hose baba bari gukinira.

6.4 Urutonde rw'amasomo

Amasomo	Intego z'amasomo	Umubare w'amasomo: 3
Imyitozo yigisha kwirinda indwara ziterwa no kudakora siporo.	Gukora imyitozo yigisha kwirinda indwara ziterwa no kudakora siporo	Isomo 1
Imyitozo yo kugenda n'amaguru bihuta.	Gukora imyitozo n'imikino yigisha kwirinda indwara	Isomo 1
Imyitozo yo kwiruka n'Imikino itandukanye	Gukora imyitozo ngororangingo na siporo, Ubufatanye, Gufata ibyemezo,	Isomo 1
Isuzuma risoza umutwe	Kwitegereza uburyo abanyeshuri bitwara mu mukino.	

Isomo rya mbere: Imyitozo yigisha kwirinda indwara ziterwa no kudakora siporo

a. Ubushobozi shingiro

Kugira ngo iri somo ry'imyitozo yigisha kwirinda indwara ziterwa no kudakora siporo rirusheho kugenda neza, abanyeshuri bagomba kuba bashobora gukora imyitozo n'imikino ibafasha kugira ubushobozi bwo kwirinda indwara.

b. Imfashanyigisho

Ikibuga, ifirimbi, amashusho, udutenesi, imipira, igiti, urubaho, inkoni, imitemeri, umugozi, Ifirimbi, udutambaro: umuhondo n'ubururu cyangwa irindi bara n'ibindi bikoreshe binyuranye umunyeshuri yakwifashisha mu kunaga no gusama umupira.

c. Intangiriro

Muri iri somo, mwarimu azakoreshe imyitozo n'imikino itandukanye ifasha abanyeshuri kugira ubushobozi bwo kwirinda indwara ziterwa no kudakora siporo kimwe n'izindi muri rusange.

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba bifitanye isano n'isomo agiye kwigisha.

Urugero:

Atari ukoza intoki buri gihe, ni iki kindi tugomba gukora buri gihe kugira ngo tugire ubuzima bwiza?

Iyo umuntu arwaye, ese agaragara buri gihe nk'urwaye? Sobanura.

Ni gute imibiri yacu itubwira ko dutangiye kurwara?

Waba waragerageje gukora ikintu cyakugirira nabi? Wiyumvise ute ugikoze? Byarakugoye gufata icyemezo cyo kubikora cyangwa kubireka? Sobanura. Ese ubu wafata icyemezo nkuko wagifashe? Sobanura.

Ni ibihe bintu byikurikiranya iyo dukoze ikintu nko kumena ibiryo byasigaye hasi?

Imyitozo yo kwishyushya

Reba imyitozo yo kwishyushya mu mpera z'umutwe wa kabiri

d. Isomo nyirizina

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukugira ubushobozi no kwiga uburyo bwo kwirinda indwara. uyu ni umukino wo gukoranaho no guhagarara aho abana bagomba kwiruka,

bagahagarara vuba batabakozeho. Abana bagomba kwiruka kugirango bafate urukingo.

Imiyoborere n'amategako by'umukino

1. Ca umurongo wo gutangiraho kandi abana bahagarare inyuma yawo.
2. Ca uruziga hasi mu metero 15-20 uvuye ku murongo. (reba igishushanyo)
3. Sobanura ko uru ruziga rusobanura kwa muganga ukingira. Rwitwa uruziga rwo kwirinda indwara.
4. Saba umwana umwe guhagarara mu metero 25 uvuye ku murongo, areba abandi bana. Uruziga rugomba kuba hagati y'umwana n'umurungo batangiriraho. (Reba igishushanyo)
5. Sobanura kandi werekane ibi:
Umwana aravuga cyane ngo "Turwanye indwara." Abana bagasubiza ngo "Dukora siporo", bagatangira kwiruka bagana ku ruziga rw'ikingirwa.
Intego ni uguhagarara mu ruziga inyuma y'aho umwana ahagaze abateye umugongo.
Igihe ashakiye umwana ashobora kuvuga "Diyabeti" noneho yahindukira abana bose bagomba guhagarara.
Uwo abonye anyeganyega asubira kumurongo agatangira.
Umukino ukomeza buri gihe umwana avuze ngo "Turwanye indwara" hanyuma abana bagahagarara iyo avuze indwara iyo ariyo yose
Umwana wambere kugera mu ruziga niwe usimbura uwahamagaraga.
6. Umukino urangira igihe ushakiye.

Imyitozo yo kuruhura umubiri

Reba imyitozo iri mu mpera z'umutwe wa kabiri

e. Isuzuma

Ikiganiro

Kuganira ku mukino

Ni izihe ndwara muzi ziterwa no kudakora siporo?

Izindi ndwara mwaba muzi abana bakunda kurwara ni izihe?

Guhuza umukino n'ubuzima busanzwe

Hari abantu mwaba mwarabonye barwaye kubera kudakora siporo?

Mwabonye ko kugira ngo abana batarwara bakorerwa iki?

Ishyirwa mu bikorwa n'inyigisho ivuye mu mikino

Murumva muzakora iki kugirango mwirinde indwara?

Ni izihe nama muzajya mugira ababyeyi banyu cyangwa abandi kugira ngo birinde indwara?

Isomo rya 2: Imyitozo yo kugenda n'amaguru bihuta

a. Ubushobozi shingiro

Kugira ngo iri somo ry'imyitozo yo kugenda n'amaguru bihuta rirusheho kugenda neza, abanyeshuri bagoma kuba bashobora gukora imyitozo n'imikino ibafasha kugira ubushobozi n'ubukesha bwo kwirinda indwara zimwe na zimwe ziterwa no kutagira isuku.

b. Imfashanyigisho

Ikibuga, ifirimbi, amashusho, udutenesi, imipira, igiti, urubaho, inkoni, imitemeri, umugozi, Ifirimbi, udutambaro: umuhondo n'ubururu cyangwa irindi bara n'ibindi bikoresho binyuranye umunyeshuri yakwifashisha mu kunaga no gusama umupira.

c. Intangiriro

Muri iri somo, mwarimu azakoresha imyitozo n'imikino itandukanye ifasha abanyeshuri kugira ubushobozi bwo kwirinda indwara ziterwa no kutagira isuku kimwe n'izindi muri rusange.

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba bifitanye isano n'isomo agiye kwigisha.

Imyitozo yo kwishyushya

Reba imyitozo mu mpero z'umutwe wa kabiri

d. Isomo nyirizina

Izina ry'umukino: Kugira isuku

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukugira ubushobozi bwo gufata ingamba zo kwisukura. Uyu mukino ukinwa umukinnyi ashakisha mugenzi we bahuje igikoresho gikoreshwa mu kwisukura, bagahagarara hamwe.

Imiyoborere n'amategeko by'umukino

1. Gabanya abana mu makipe ya 6-10.
2. Shushanya inzitiro nto mu kibuga gikinirwamo.
3. Saba abana babishaka 2-3 guhagarara ku nzitiro, kandi urebe neza ko abana bose batekanye (reba ku gishushanyo).
4. Hereza buri mwana igitambaro gipfuka mu maso.
5. Sobanura kandi werekane ko:

Abana bose bari bwambare ibitambaro mu maso kugirango bapfuke mu maso. Buri mwana ari buhabwe igikoresho gikoreshwa mw'isuku, urugero (isabune,

uburosobw’amenyo, igitambaro cyo kwihanagura).

Intego y’umukino ni ukugirango abana babashe kumenya igikoresho bahawe, bagikoze hobakacyumva, bagashaka undi mwana ufite igikoresho kimeze kimwe, nyuma bagahagarara hamwe.

Iyo abana bashaka bagenzi babo, bagendagenda mu kibuga bavuga” Nkeneye mugenzi wanjye.”

Iyo umwana abonye mugenzi we, amuhagarara iruhande akavuga ngo “mbonye mugenzi wanjye.”

6. Umukino urangira abana bose babonye bagenzi babo. Abana bapfutse bagomba kuguma gutyo kugeza ubwo buri mwana abona mugenzi we.
7. Abana bahinduranye imyanya mu mukino.
8. Umukino urangiye, ufashe abana kumenya ibikoresho bahawe no kumenya akamaro kabyo.
9. Kugenzura niba abana bose babasha gufindura ibikoresho bahawe.
10. Gusuzuma niba abana baba batekanye mu gihe bashakisha bagenzi babo kandi ko bagenda gahoro.

Ubundi buryo

Mu gihe abana bose babonye bagenzi babo bakanakuraho ibitambaro byo mu maso, basabe gusobanurira ikipe yabo akamaro k’ibikoresho bahawe n’ibyo ari byo n’impamvu ari ibya ngombwa.

Aho kugirango abana bashake bagenzi babo bahuje, saba abana gushaka bagenzi babo bafite ibikoresho byuzuzanya, urugero (Umuti w’amenyo n’uburoso bw’amenyo, isabunen’amazi).

e. Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

Ese byari bimeze gute kuba ufunze mu maso?

Ese ni ikihe muri ibi bikoresho ujya ukoresha mu buzima bwawe bwa buri munsu, kubera iki? niba Atari uko, byo ubiterwa n’iki?

Guhuza umukino n’ubuzima busanzwe

Ese ni ibihe bikorwa by’isuku ukora buri munsu? byaba bifitiye akamaro abandi?

Ishyirwa mu bikorwa n’inyigisho ivuye mu mikino

Ni ibiki bindi wakora kugirango ugire isuku ?

Ese ni gute izi ngamba ari nziza mu kugira ubuzima bwiza?

Kubera iki ari ibya ngombwa kugira isuku?

Isomo rya 3: Imyitozo yo kwiruka n’Imikino itandukanye

a. Ubushobozi shingiro

Kugira ngo iri somo ry’imyitozo yo kwiruka n’imikino itandukanye rirusheho kugenda neza, abanyeshuri bagoma kuba bashobora gukora imyitozo n’imikino iteza imbere ubuzima bwiza n’ubukesha bwo kwirinda indwara zimwe na zimwe ziterwa n’umwanda

b. Imfashanyigisho

Ikibuga, ifirimbi, amashusho, udutenesi, imipira, igiti, urubaho, inkoni, imitemeri, umugozi, Ifirimbi, udutambaro: umuhondo n’ubururu cyangwa irindi bara n’ibindi bikoreshe binyuranye umunyeshuri yakwifashisha mu kunaga no gusama umupira.

c. Intangiriro

Muri iri somo, mwarimu azakoreshe imyitozo n’imikino itandukanye ifasha abanyeshuri kugira ubushobozi bwo kwirinda indwara ziterwa n’umwanda n’izindi muri rusange.

Ikiganiro gitangira isomo

Mwarimu atangira isomo abaza abanyeshuri ibibazo bifasha abanyeshuri kwinjira neza mu isomo kandi ibyo bibazo bikaba bifitanye isano n’isomo agiye kwigisha.

Imyitozo yo kwishyushya

Reba imyitozo mu mpera z’umutwe wa kabiri

d. Isomo nyirizina

Mu kwigisha iri somo mwarimu yifashisha umukino. Ashobora guhitamo n’undi mukino mu mikino iri mu mpera z’umutwe.

Izina ry’umukino wa mbere: Udukoko dutera indwara mu mwuka

Incamake y’umukino

Ikigamijwe muri uyu mukino ni ukugira ubushobozi n’ubumenyi no kwiga ingamba zo kwirinda indwara zishobora kwirindwa. Inshingano y’itsinda ni uko abana bagomba gufata umupira mu gihe barinze umunwa wabo. Umupira uba uri mu mwanya w’agakoko gatera indwara.

Imiyoborere n’amategeko by’umukino

1. Gabanya abana mu matsinda ya ba 6-10.
2. Saba buri tsinnda gukora uruziga.
3. Sobanura kandi werekane ko:
 - Udukoko dutera igituntu tuba iteka mu mwuka.
 - Uburyo bumwe bwo kwirinda utwo dukoko ni ukurinda umunwa wawe mugihe

wowe ubwawe cyangwa se undi uwariwe wese yitsamuye cyangwa akoroye.

- Buri tsinda riraza guhabwa umupira. Umupira uraza kuba mu mwanya wa ka gakoko gatera igituntu.
 - Ikigomba gukorwa mu mukino ni uguherekanya umupira k'uruziga mu gihe cy'umunota umupira udakoze hasi.
 - Nk'uko itegeko rivuga ko ugomba kwirinda wowe ubwawe niyo mpamvu ugomba kurinda umunwa wawe igihe ufashe umupira. Ibyo bishatse kuvuga ko ugomba gufata umupira n'akaboko kamwe (Reba ku gishushanyo).
 - Mu gihe umupira ubacitse, itsinda rigomba kongera rigatangira.
 - Niba hari umuntu ufashe umupira cyangwa ujugunye umupira akoresheje amaboko abiri, icyo gihe nabwo itsinda ryabo rirongera rigatangira.
4. Umukino urangira ari wowe ubivuze.
 5. Kugenzura niba abana bapfutse iminwa yabo mugihe bajugunya umupira n'igihe bawufata.
 6. Gusuzuma niba abana barafatanyaga bese hagati yabo kugirango bagere ku nshingano y'umukino.

e. Isuzuma

Ikiganiro gisoza

Kuganira ku mukino

Ni iki uyu mukino watubwiye ku Gituntu?

Ni ubuhe buryo igituntu cyanduramo ?

Guhuza umukino n'ubuzima busanzwe

Hari umuntu hano waba uzi umuntu waba arwaye igituntu? Uramutse ukoze ku muntu ufite igituntu wakwandura indwara.

Ishyirwa mu bikorwa n'inyigisho ivuye mu mukino

Ni gute wowe ubwawe ushobora kwirinda igituntu?

Izina ry'umukino wa 2: Ingaruka z'itabi

Incamake y'umukino

Ikigamijwe muri uyu mukino ni ukunguka ubushobozi, ubumenyi n'ingamba zafasha mu guhitamo ubuzima buzira umuze, n'akamaro ko guhitamo neza. Umukino ukundwa abana biruka bahunga itabi. ufashwe agendera ku kaguru kamwe akaza gufashwa na mugenzi we amuhereza ikiganza akaba abaye muzima.

Imiyoborere n'amategeko by'umukino

1. Saba abana kuvuga zimwe mu mpamvu zigaragaza ko kunywa itabi ari bibi ku mubiri wacu.(reba ku mpera z'umutwe).Saba abana babishaka 1-3 gukina nk'Amatabi.

2. Saba abana babishaka 1-2gukina nk 'Ubuzima bwiza.
3. Garagaza imipaka y'ikibuga gikiniirwamo, urebe neza ko hari umwanya uhagije wo gukiniramo.
4. Sobanura kandi werekane ko:
 - Ko uyu ari umukino usaba gufatanya.
 - Abana bose bagerageza kwiruka bahunga Amatabi.
 - Abana bafashwe n'Itabi bagomba kugenda basimbukira ku kuguru kumwe aho kwiruka.
 - Abana bakina nk'Ubuzima bwiza bazi neza ko kunywa itabi ari bibi, kandi bashobora gufasha abana bafashwe. iyo umwana ukina Ubuzima bwiza ahaye ikiganza umwana wafashwe, uyu mwana wafashwe ahita arekurwa ku buryo yiruka aho kugendera ku kuguru kumwe.
5. Nyuma y'iminota mike umukino utangiye uhe abana amahirwe yo guhindura imyanya, nyuma usubiremo umukino.

Ikiganiro gisoza

Kuganira ku mukino

Ese umaze gufatwa n'Amatabi wumvise umeze ute mu gihe wagenderaga ku kuguru kumwe?

Ese byari bimeze bite mu gihe warekurwaga n'Ubuzima bwiza?

Guhuza umukino n'ubuzima busanzwe

Ese uyu mukino uhuriye he n'ubuzima busanzwe iyo utekereje ingaruka z'itabi?

Ese bigendera bite umubiri wawe iyo uhisemo kunywa itabi?

Ishyirwa mu bikorwa n'inyigisho ivuye mu mikino

Ese mu buzima busanzwe, ni gute abafite ubuzima bwiza bafasha abahisemo kunywa itabi?

Ese ni iki wakora mu gihe ubonye umuntu ukunda cyangwa undi wese ari kunywa itabi?

6.5 Isuzuma risoza umutwe

Mu isuzuma risoza, mwarimu akoresha imyitozo/imikino hanyuma akareba uko abanyeshuri bayikora cyane cyane yita ku bumenyi, ubumenyigiro ndetse n'imyitwarire abanyeshuri bafite, ahereye kubyo yigishije mu mutwe wose. Abaza kandi n'ibibazo bimwe na bimwe kugira ngo arebe uko abanyeshuri babisubiza. Yita kandi no ku nsanganyamatsiko zigiwe muri ayo masomo yose. Mwarimu azita mu kureba niba abanyeshuri bazi indwara ziterwa no kudakora siporo n'ubushobozi buherekejwe n'ubumenyi mu kwirinda indwara ziterwa no kudagira isuku n'izindi muri rusange zandura..

Izina ry’umukino wa mbere: Kuyora ibishingwe

Incamake y’umukino

Ikigamijwe muri uyu mukino ni ugusuzuma ubushobozi bw’abana mu kugira isuku no kwiga uburyo bwo kubungabunga ibidukikije. Ni umukino abana biruka basimburana bagamije kujugunya imyanda ahabugenewe

Imiyoborere n’amategeko by’umukino

Imiyoborere n’amategeko by’umukino

1. Guca umurongo ntangiriro ugaragara hakoreshejwe ingwa cyangwa ibintu bigaragara.
2. Gukora amakipi agizwe n’abana 6 – 8.
3. Gusaba buri kipi igakora umurongo ugororotse inyuma y’umurongo ntangiriro.
4. Guca uruziga imbere ya buri kipi nko kuri metero 5 (reba ishusho).
5. Gutereka indobo imbere ya buri kipi ku mpera z’ikibuga (reba ishusho).
6. Gushyira ibishingwe muri buri ndobo.
7. Gutanga ibisobanuro no kwerekera :
Uyu mukino ni isiganwa nsimburana. Iyo uyobora umukino avuze ati : « Nimugende », umwana wa mbere wa buri kipi yiruka agana ku ruziga rw’ikipi yabo, agafata akantu kamwe mu bishingwe, agakomeza akiruka akakajugunya mu ndobo akagaruka yiruka agakora mu ntoki z’umwana ukurikiyeho agahita ajya guhagarara inyuma.
8. Intego y’umukino ni ugukura ibishingwe mu ruziga ubijyana mu ndobo kandi vuba bishoboka.
9. Umukino urangira iyo buri kipi yashoboye kujugunya ibishingwe byayo mu ndobo.
10. Kugenzura niba abana bakora ibishoboka byose bashyira imyanda ahabugenewe kandi ko bafasha bagenzi babo n’ingufu zabo cyangwa ntibabikora.

Ikiganiro gisoza

Kuganira ku mukino

Mwumvise mumeze gute igihe mwajugunyaga ibishingwe mu ndobo ?

Ni iki cyabafashije kumaraho ibishingwe byanyu mbere y’abandi ?

Guhuza umukino n’ubuzima busanzwe

Hari ikindi gihe mwigeze mukora akazi nk’aka ko kuyora ibishingwe ?

Ishyirwa mu bikorwa ry’isomo rivuye mu mukino

Ni ryari kandi ni hehe mushobora gukora igikorwa nk’iki ?

Izina ry’umukino wa 2 : Amazi meza

Incamake y’umukino :

Ikigamijwe ni ubumenyi n’ubumenyi ngiro mu guhitamo neza. Ni umukino wo kwiruka basimburana aho abana bagomba kunywa ikirahure hanyuma bakiruka mu makipi.

Imiyoborere n’amategako by’umukino

1. Kubaza abana ukuntu biyumva iyo batanywa amazi menshi (urugero, kugira umwuma, kunanirwa...).
2. Guca umurongo ntangiliro ugaragara hakoreshejwe ingwa cyangwa ikindi kintu.
3. Gukora amakipi y’abana 5 – 7.
4. Kubwira abana bakicara ku murongo ugororotse.
5. Gushyira igikombe hasi imbere ya buri mwana.
6. Kuzuza buri gikombe amazi angana kandi meza.
7. Gushyira umutemeli cyangwa ikindi kintu ku mpera z’ikibuga cy’imikino, imbere ya buri kipi (reba ishusho).
8. Kubwira abana bakirinda guhirika ibikombe byabo by’amazi.
9. Gutanga ibisobanuro no kwerekera:
 - Ni isiganwa nsimburana.
 - Buri mwana yicaye hasi yigira nk’usinziye (nkaho atigeze agira icyo anywa igihe cy’amasaha 4 cyangwa 5).
 - Uwambere wa buri kipi A anywa igikombe cy’amazi cye yicaye hasi noneho agahaguruka, agasimbuka incuro eshatu ahagaze hamwe maze agatereka igikombe ku mutwe agicuritse.
 - Umwana ukurikiye B ashobora gutangira ari uko uwa mbere yamaze gutereka igikombe ku mutwe agicuritse.
 - Iyo ikipi yose yarangije icyo gikorwa, abagize ikipi bese biruka ku murongo urambuye kugera ku mutemeri bakagaruka ku murongo ntangiriro bafatiriyeye ibikombe byabo bicuritse ku mutwe.
10. Umukino urangira ari uko amakipi yose yarangije.
11. Genzura niba abana banywa amazi yose ari mu bikombe byabo mbere y’uko bahaguruka ?
12. Reba niba buri mwana ategereza ko umwana umuri imbere arangiza igikorwa mbere y’uko nawe atangira ?

Uburyo bwo guhindura umukino

Kubwira buri kipi kuzuza indobo amazi angana n’ashobora kunyobwa buri munsi. Gutanga amanota yo gushimira ku kipi yagerageje kuzuza amazi akenewe.

Ikiganiro gisoza

Kuganira ku mukino

Mwumvaga mumerewe mute igihe mwasimbukaga mumaze kunywa amazi?

Ese byaborohye kwiruka mufite igikombe ku mutwe?

Guhuza umukino n'ubuzima busanzwe

Hari ikindi gihe waba warigeze kunywa amazi yuzuye igikombe ukayamara ?
byari byatewe n'iki ?

Ese ni ngombwa kunywa amazi buri muni? kuberaiki?

Ishyirwa mu bikorwa ry'isomo riturutse mu mukino

Umuntu agomba kunywa amazi angana gute ku muni? agomba kuba ameze ate?

Ese haba hari ingaruka zo kunywa amazi adasukuye mu mubiri wacu? niizihe?

6.6 Imyitozo y'inyongera

Izina ry'umukino wa 1: Malariya.

Incamake y'umukino:

Ikigamijwe ni ubumenyi no kwirinda Malariya. Muri uyu umukino abana biruka birinda kuribwa n'imibu ifite malariya, ku ruhande hakaba hari abaganga bafite imiti bategereje kuvura abana bariwe n'imibu.

Imiyoborere n'amategako by'umukino

1. Gutegura ikibuga kinini nokureba niba kimeze neza.
2. Gusaba abana hagati ya 2 na 5 gukina bitwa abaganga.
3. Gusaba abana hagati ya 2 na 5 gukina bitwa imibu.
4. abana kwigana umuntu urwaye malariya (urugero: umurwayi utengurwa, umurwayi ufite umuriro mwinshi, umurwayi urembye).
5. Kwereka abana umupira wo gukina no kubasobanurira ko uwo mupira ari «umuti wo kuvura malariya.
6. Guha umupira 1 buri muganga.
7. Gutanga ibisobanuro no kwerekera :
 - Muri uyu mukino abana bitwa imibu bagerageza gufata abandi bana batari abaganga.
 - Iyo bariwe n'imibu, abana bagomba kuguma bahagaze ahantu batengurwa nk'abafite umuriro mwinshi kubera malariya.
 - Abaganga bashobora gufasha abo bana banyuza umupira hagati y'amaguru yabo.
 - Abaganga bakomeza gushaka abandi bana bafashwe na malariya.
 - Imibu ntishobora kuruma abaganga ngo ibatere malariya kuko abaganga bafite imiti (imipira).

8. Mwarimu ni we ufata icyemezo cy'igihe umukino urangirira.
9. Reba niba abana batamerera nabi bagenzi babo iyo babafata.

Ikiganiro gisoza

Kuganira ku mukino.

Ni iki mwatinyaga muri uyu mukino ?

Mwakoze iki kugira ngo imibu itabaruma ?

Guhuza umukino n'ubuzima busanzwe.

Mwigeze mubona umuntu urwaye malariya ?

Ni ibihe bimenyetso biranga umurwayi wa malariya ?

Ishyirwa mu bikorwa ry'isomo rivuye mu mukino

Ni iki uyu mukino ubigisha ku byerekeye malariya ? Iterwa n'iki? Nigute bayivura?

Mwakora iki mu rugo ngo muyirinde?

Izina ry'umukino wa 2 : Karaba intoki

Incamate y'umukino :

Ikigamijwe ni ubumenyi no gufata ingamba zijyanye n'isuku. Muri uyu mukino abana biruka basimburana bafite intego yo gukaraba intoki bakoresheje amazi meza n'isabuni.

Imiyoborere n'amategako by'umukino

1. Kubaza abana uburyo bashobora kwizera ko bafite intoki zisukuye.
2. ko bagiye gukina umukino wo gukaraba intoki, kandi bakazikaraba neza cyane.
3. Guca umurongo ntangiliro ugaragara ku mpera z'ikibuga hifashishijwe ingwa cyangwa ikindi kintu kigaragara.
4. Gukora amakipi agizwe n'abana 6 kugeza 8.
5. Kubwira buri kipi igakora umurongo ugororotse inyuma y'umurongo ntangiliro.
6. Gushyira indobo y'amazi meza imbere ya buri kipi ku yindi mpera y'ikibuga.
7. Gushyira agace k'isabune ku rupapuro rusukuye iruhande rwa buri ndobo y'amazi.
8. Gutanga ibisobanuro no kwerekera:
 - Uyu mukino ni uwisiganwa nsimburana.
 - Buri mwana yiruka inshuro ye agana ku ndobo, agafata agace k'isabune akagakaraba intoki mu masegonda 10. (Abana mu ijwi riranguruye).
 - Nyuma, umwana asubiza agace k'isabune kuri rwa rupapuro agasubira mu ikipi ye yiruka.
 - Umukinnyi ukurikiyeho atangira ari uko uwambere yageze mu ikipi ye.
9. Umukino urangira ari uko abana bose birutse.
10. Reba niba abana bakaraba intoki mu gihe kitarenze amasegonda 10 kandi ko abana bose barakaraba intoki zabo neza.

Uburyo bwo guhindura umukino

- Kubwira abana bakaririmba indirimbo bakayirangiza mu gihe barimo bakaraba intoki (ibyo bituma babona igihe cyo gukaraba neza intoki zabo).
- Gutegura ahandi ahantu ha kabiri aho buri mwana nyuma yo gukaraba intoki agomba guhita ajya akahakorera urutonde rwanditse rw'ibihe bagomba gukaraba intoki.
- Guha buri mwana ikaramu umukino ugitangira no kumusaba gushushanya akantu gato mu kiganza cye. Agomba kubisiba mu gihe arimo gukaraba intoki muri uyu mukino.

Ikiganiro gisoza

Kuganira ku mukino

- Hari ikintu cyaba cyabagoye muri uyu mukino ? kivuge.
- Ni irihe tandukaniro riri hagati y'uburyo bwabo bwo gukaraba intoki mu gihe cy'uyu mukino n'uburyo busanzwe bakarabamo intoki ?

Guhuza umukino n'ubuzima busanzwe

Hari ikindi gihe waba warigeze ukaraba intoki wihuta ? byari bitewe ni iki ?

Ishyirwa mu bikorwa ry'inyigisho ivuye mu mukino

- Ni akahe kamaro ko gukaraba intoki ?
- Mwarimu arafasha abana kugorora ibisubizo bitangwa n'abanyeshuri.

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