

**STANDARD 4 EXPRESSIVE ARTS  
SUMMARY NOTES**

**COMPILED BY BLESSINGS NKHOMA  
A TEACHER AT KASACHE PRIMARY  
SCHOOL**

**THAVITE ZONE**

**SALIMA DISTRICT**

**0998603292/0881845347**

**CHICHEWA VERSION**

# MUTU 1: LUSO I

## **Luso la kavinidwe**

- Magule ndi mbali imodzi yomwe imaonetsa chikhalidwe chathu.
- Magulewa timavina pazifukwa zosiyansiyana.
- Kavinidwe kake kamagwirizana ndi kayimbidwe kanyimbo.
- Ovina amakometsa gule wawo ndi m'mene akuvinira.
- Pali magawo osiyanasiyana athupi omwe anthu amagwedeza povina monga manja, miyendo, nkhope, mapewa ndi chiuno.

## **Zovala povina magule**

- Pali zovala zomitundu yosiyanasiyana zomwe anthu amavala povina magule.
- Gule aliyense amakhala ndi zovala zake.
- Zovalazi amazikonza ndi zinthu monga zikopa, nthenga za nkhuku, makoko achimanga, nthenga za mbalame, masaka ndi mapepala.
- Luso ndi lofunika popanga zovalazi kuti zikhale zowoneka bwino.

## **Zomatamata**

- Tingathe kumata zinthu zosiyansiyana pamodzi ndi kupanga chithunzi chimodzi. Mwachitsanzo, tingathe kupanga chithunzi cha nyumba pomata mapepala ndi udzu.
- Zinthu zina zomwe tingamate ndi njere zosiyansiyana, timitengo, khonje, masamba, udzu, maluwa ndi zina. Zipangizozi ziyenera kukhala zouma kuopa kuti zingaole kapena kufota.
- Zithunzi tingazimate pogwiritsa ntchito ulimbo kuchokera ku kachere kapena thombodzi. Nthawi zina tikhoza kugwiritsa ntchito phala la ufa wa chimanga kapena wachinangwa.

### **Kujambula zinthu**

-Kuti ntchito yojambula isavute, tiyenera kuyamba ndi zitchetche ndipo tizationjezera magawo ena pang'onopang'ono. Mwachitsanzo, pojambula nyumba, zipupa, zitseko ndi mazenera, tiyenera kugwiritsa ntchito zinthu zangodya zinayi ndipo tiyenera kujambula denga pogwiritsa ntchito zinthu zangodya zitatu.

-Nthawi zina tikafuna kuwonetsa komwe kukuchokera kuwala mogwirizana ndi chithunzi chathu, tikhoza kudetsa ndi utoto wakuda, kujambula mizere pafupipafupi kapena kudetsa ndi timadontho. Tiyenera kudetsa mwaluso pomwe tikufuna kuwonetsa kuda pang'ono kapena kuda kwambiri.

### **Kudindira zithunzi**

-Kudindira zithunzi ndi kutsata momwe zithunzi zomwe tili nazo adazijambulira.

-Machitidwe ake ndi kutsata mizere yomwe ilipo kale pogwiritsa ntchito zolembera ndi mapepala. Tikaika mapepalawa pamwamba pa chithunzi, titha kuona mizere yonse yomwe ikupanga chithunzicho.

-Cholina chodindira zithunzi zojambula kale ndi kuthandiza omwe akuyamba kumene kujambula kuti dzanja lizolowere ndiponso maso azolowere kuona momwe dzanja likuyendera. Nthawi zina anthu ozolowera kujambula amadindira chithunzi chakale kuti asataye nthawi yaitali pojambula.

-Podindira chithunzi, tiyenera kuonetsetsa kuti tikulondola mizere yomwe yapanga chithunzicho. Chinthu china ndi chakuti tiyenera tisagwedeze pepala lothandiza kudindira kuopa kusemphanitsa ndi kusintha maonekedwe a chithunzi chomwe tikudindiracho.

### **Ndondomeko ya kapangidwe ka zomatira za ufa**

- i) Thirani madzi mu mphika.
  - ii) Ikani mphikawo pamoto.
  - iii) Tengani ufa wachimanga kapena wachinangwa.
  - iv) Madzi akatentha pang'ono, thirani ufa m'madzimo.
  - v) Takasani kufikira phalalo litabwata.
- VI) Thilani shuga kapena guluwu muphalamo.

vii) Phalalo likazizira mutha kugwiritsa ntchito pomatila zinthu.

## MUTU 2: MGWIRIZANO PA MASEWERA NDI POPANGA ZALUSO

### **Mgwirizano ndi utsogoleri pa masewero ndi zaluso**

-Kuchita zinthu pamodzi kumalimbikitsa mgwirizano.  
-Zinthu zambiri zimachitika bwino ngati pali mgwirizano ndi utsogoleri wabwino. Mwachitsanzo, mgwirizano ndi utsogoleri wabwino ndi zofunika kwambiri poyimba. Momwe woyimbitsa agwiranirana ndi woyimba zimapangitsa kuti nyimbo zimveke bwino. Chimozi modzinso popanga zaluso mgwirizano umathandiza kuti zalusozo zikhale zadongosolo.

### **Kukokana ndi chingwe**

-Masewera okokana chingwe amathandiza kulimbitsa thupi. Pochita masewero okokana ndi chingwe pamafunika magulu awiri ndi chingwe cholimba bwino. Magulu awiri amenewa amakokana mopikisana.

### **Kupinda matupi**

-Awa ndi masewera ena omwe angalimbitse thupi.  
-Masewera amenewa amathandiza kuti ziwalo zigwire bwino ntchito m'thupi ndi kuti thupi lizikhala lomasuka. Masewera amenewa amalimbikitsango utsogoleri ndi kuchitira zinthu pamodzi.

## MUTU 3: KUWONETSA MAGANIZO

### **Kupanga zidole**

-Kupanga zidole ndi njira imodzi imene tingawonetsera maganizo athu. Titha kupanga zidole zosiyanasiyana pogwiritsa ntchito dongo, udzu ndi mapepala osinja. Zina mwa zidole zomwe tingapange ndi nyumba, galimoto ngakhalenso nyama.

### **Kugwedeza thupi**

-Kugwedeza thupi lathu kungathandize kuwonetsa m'mene tikuganizira kapena kumvera. Pali njira zambiri zomwe tingatsate pogwedeza thupi lathu posonyeza momwe tikumvera. Mwachitsanzo, titha kuvina posonyeza kusangalala.

### **Zaluso**

-Zaluso zilipo zosiyanasiyana monga zosema, zowumba komanso zoluka. Titha kupanga zaluso kuchokera kuzipangizo zosiyanasiyana zimene zimapezeka m'madera athu monga mitengo, msungwi komanso chilambe. Ndikofunika kuti pamene tadula mitengo kapena nsungwi, tibzale ina ndi cholina chobwezeretsa chilengedwe.

### **Mavinidwe osiyanasiyana**

-Kuyimba nyimbo komanso kuvina ndi njira inanso yomwe tingagwiritse ntchito pofuna kuwonetsa momwe tikumvera. Mwachitsanzo, nyimbo zachikondwerero zimasiyana ndi nyimbo zachisoni.

-Popeka nyimbo titha kupeka nyimbo yatsopano kapena kuika mawu amene akufotokoza momwe tikumvera m'nyimbo yodziwika kale. Povina, sitepe yovinira imayeneranso kuti izigwirizana ndi nyimbo ndi momwe munthuwe ukumvera.

## **MUTU 4: LUSO II**

### **Luso**

-Zovala ndi zinthu zina zimapangidwa m'njira zosiyanasiyana ndipo zina mwa izo ndi kusoka ndi kuluka.

-Ndi kofunika kuti tikhale ndi nzeru komanso luso la mmene tingapangire masititchi osokera ndi olukira. Nzeru ndi luso limeneli lingatithandize kukhala akatswiri posoka ndi poluka komanso kupeza ndalamal pogulitsa zalusozo.

-Magule ambiri ali ndi zipangizo zoyimbira zomwe zimakometsera magulewo.

### **Mitundu ya zidole**

-Zamawaya

-Zadothi kapena dongo

-Zazigamba.

-Zaudzu

-Zamapesi.

-Zamlaza.

-Zakhonje

● Zidole zikhoza kukhala njira yopezera ndalamal tikagulitsa.

### **Zinthu zomwe zimatikhudza pamoyo watsiku ndi tsiku**

-Kuwonongeka kwa chilengedwe monga mitengo.

-Kukokoloka kwa nthaka.

● Nthawi zambiri zinthuzi zimadza chifukwa cha kusasamala pakati pa anthu.

● Zisudzo ndi njira imodzi yamphamu yomwe tингаunikire anzathu pa njira zoyenera kutsata pa zinthu zotikhudzazi.

## **MUTU 5: KUTHETSA MAVUTO POPANGA ZALUSO**

### **Kupanga zaluso**

-Kupanga zalouso ndi njira imodzi yothetsera mavuto a moyo wathu wa tsiku ndi tsiku. Imodzi mwa njirazi ndi kupeka ndi kuyimba nyimbo.

-Popeka nyimbo tiyenera kuganizira uthenga womwe tikufuna kuti ukhale munyimbomo. Tiyenera kuganiziraso anthu omwe tikufuna kuti amvere nyimbozo.

#### **Mavuto omwe timakumana nawo pamoyo wathu wa tsiku ndi tsiku**

-Mphepo yamkuntho.

-Kusefukira kwa madzi.

-Zivomerezi.

-Kukokoloka kwa nthaka.

-Kuwonongeka kwa mpweya ndi madzi.

#### **Zinthu zosiyanasiyana zomwe tingathe kupanga mwaluso**

-Kuumba miphika.

-Kupota zingwe.

-Kuluka majuzi ndi zipewa za ana.

-Kusoka mipango ndi nsalu za patebulo.

## **MUTU 6: MALUSO OSIYANASIYANA**

#### **Zipangizo zopangira mapatani**

-Pali zalouso zosiyanasiyana zopanga ndi ulusi, khonje, makoko achimanga komanso mlaza.

-Popanga zalouso, tiyenera kupeza ndi kusankha zipangizo zoyenera malingana ndi chomwe tikufuna kupangacho.

- Tingathe kupanga zaluso zosoka pogwiritsa ntchito zinthu monga nsalu, ulusi ndi singano. Tithano kuonetsa luso loluka pogwiritsa ntchito ulusi, mlaza kapena makoko achimanga.
- Tithano kupota zingwe pogwiritsa ntchito khonje kapena makoko achimanga.
- Zonsezi zimawoneka bwino tikazipanga potsatira mapatani osiyanasiyana komanso tikaphatikiza zipangizo za mitundu yosiyanasiyana.
- Kupanga zaluso ndi njira imodzi yotukulira umoyo wathu wa tsiku ndi tsiku. Tingathe kugwiritsa ntchito zaluso kusukulu ngakhalenso kunyumba. Nthawi zina titha kugulitsa zalusozo n'kupeza ndalama.

## MUTU 7: KUPEREKA MAUTHENGA

### Mauthenga amawu ndi opanda mawu

- Pali njira zambiri zofalitsira uthenga ndipo zina ndi za mawu ndi zina zopanda mawu. Titha kupereka mauthenga polankhula mawu kapena pogwiritsa ntchito zizindikiro. Pamene tikugwiritsa ntchito zizindikiro, tiyenera kuwonetsetsa kuti zizindikirozo ndi zodziwika kwa munthu amene mukumpatsa uthengayo poopa kudzetsa kusamvana.
- Ziwonetsero zaluso monga nyimbo ndi zisudzo zikhonza kukhala za mawu kapena zopanda mawu. Chitsanzo cha nyimbo zopanda mawu ndi zomwe amayamba ndi zoyimbira zokhazokha.
- Pamene tikukonzekera kupanga ziwonetsero zopanda mawu, tiyenera kuganizira bwino zizindikiro zimene tikufuna kugwiritsa ntchito. Zimenezi zitha kuthandiza kuti mauthenga athu amveke bwino.
- Mapatani amathandiza kupereka mauthenga. Pali mapatani ena omwe amasonyeza zomwe gulu la anthu limachita. Mwachitsanzo, timu yampira imakhala ndi sikafu imene timuyo imadziwika nayo. Mapatani ena amapezeka mu zaluso monga zosema, zowumba ndi zosoka.

## MUTU 8: ZINTHU ZOFUNIKA PASUKULU

### **Zinthu zofunika pasukulu**

-Zinthu zofunika pasukulu ndi zambiri ndipo zina mwa zinthuzi ndi monga mipando, zikwama zonyamulira mabuku ndi zolembera. Titha kupanga tokha zina mwa zipangizo zimenezi ngati titakhala ndi zipangizo zoyenera kugwiritsa ntchito popanga zinthuzo. Zina mwa zipangizo zimenezi ndi nsungwi, mlaza komanso zigamba zansalu.

-Kuti tipange zinthu zowoneka bwino n'kofunika kugwiritsa ntchito luso monga kuluka ndi kusoka. Chinthusu china chimene tingathe kusangalala nacho ndi kuyimba ndi kuvina. Povina titha kugwiritsa ntchito masitepe odziwika kale kapena achilendo.

-Chinthusu chili chonse tikagwiritsira ntchito molakwika sichimalimba ngakhale chitakhala cholimba kwambiri choncho tiyenera kugwiritsa ntchito zinthu zathu moyenera kuti zilimbe.

-Nthawi zina zinthu zomwe tapanga tingafune kuzigulitsa. Pogulitsa zinthu tiyenera kuganizira m'tengo wa zinthu zomwe tagwiritsa ntchito popanga zinthuzo komanso nthawi yomwe tatenga popanga zinthuzo.

## MUTU 9: MALINGALIRO NDI MAGWEDEZEDWE A THUPI

### **Malingaliro omwe tingasonyeze kudzera mukugwedeza thupi**

-Tingathe kusonyeza m'mene tikumvera mu njira zosiyanasiyana monga poyenda mokhumata kapena kumwetulira.

-Kugwedeza thupi monga kuvina ndi kuyimba nyimbo ndi njira inanso yosonyeza m'mene munthu akumvera mu mtima mwake.

-Kulankhula ndi njira imodzi yomwe tingathe kusonyezera momwe tikumvera. Nthawi zambiri anthu amayimba nyimbo zomwe zimakhala ndi uthenga wosonyeza momwe iwo akumvera.

-Kudziwa mawu osonyeza momwe munthu akumvera ndi kothandiza chifukwa anthu amatha kuthandizana moyenera.

## MUTU 10: ZOVALA ZA PA MASEWERA, MAGULE NDI ZISUDZO

### **Zovala zochitira zaluso**

-Zovala zimaggwira ntchito zosiyanasiyana. Zovala zina zimathandiza kudziwitsa anthu ntchito yomwe munthu amaggwira. Mwachitsanzo, asilikali ankhondo, apolisi, anamwino komanso ana asukulu amadziwika ndi zovala zavo. Zovala zina zimasonyeza mtundu wa masewera omwe ovala zovalazi amachita. Palinso zovala zina zomwe zimasonyeza mtundu wa gule yemwe anthu ovala zovalazi amavina.

-Anthu ochita zisudzo nawonso amavala zovala zolingana ndi masewero awo. Zovalazi zimawafanizira ndi anthu osiyanasiyana, ntchito zosiyanasiyana ngakhalenso zikhulupiliro zavo.

-Zovala zochitira masewero ndi magule amapangira zipangizo monga nsalu, khonje, masaka, zikopa komanso kanjedza ndi mlaza. Pali zovala zina zomwe sizifuna zipangizo zodula kapena kuti za mtengo wapatali. Izi ndi zovala zomwe tingathe kupanga komanso tikhoza kuganizira kupanga zovala zachilendo zomwe zili zasadziwika m'dera.

## MUTU 11: MOMWE MUMAWONERA ZALUSO

### **Mmene timawonera zaluso**

- Maonekedwe achinthu amatengera ndi momwe chinthucho adachipangira kapena zipangizo zimene adapangira chinthucho.
- Zipangizo zimenezi zimapezeka m'madera athu. Zina mwa zipangizozi ndi dongo, khonje, mlaza, chilambe, nsungwi ndi bango.
- Kupanga zaluso kumadalira momwe munthu akuganizira. Titha kupanga maganizo athu kukhala zinthu zowoneka ndi maso kudzera mu kujambula, kudetsa ndi utoto, kuyimba, kuluka ndi kusoka.
- Masewero osiyanasiyana omwe timachita kunyumba osonyeza nyama kapena zinthu zina ndiwofunikanso kusukulu. Kudzera m'masewero amenewa, titha kusonyeza momwe timaonera zaluso zosiyanasiyana. Izi ndi zabwino chifukwa masewerowa atha kutithandiza pa maphunziro amene amakhudzana ndi kuganizira mozama.
- Zaluso zosiyanasiyana zomwe zimachitika m'madera athu amazitanthauzira mosiyanasiyana molingana ndi momwe munthu amazonera. Kutanthauzira kumeneko kumatengera ndi momwe adazipangira komanso poona zipangizo zomwe adapangira.

## **MUTU 12: KUKONGOLA KWA ZALUSO**

### **Kukongola kwa zaluso**

- Pali zaluso zosiyanasiyana zomwe timapanga monga zoluka, zosema kapena zoumba. Pali njira zosiyanasiyana zomwe timatsata cuti zinthuzi zikhale zokongola. Titha kuzilocha, kupaka utoto kapena kuzisalalitsa.
- Pali magule osiyanasiyana omwe tingathe kuvina. Magulewa tingathe kuvina pa misonkhano kapena pazisangalalo zosiyanasiyana. Titha kupangaso zisudzo zofalitsa mauthenga osiyanasiyana monga a edzi, kuonongeka kwa chilengedwe komanso kusangalatsa anthu chabe kapena kupikisana ndi anzathu.

-Kuti magule kapena zisudzo zathu zikhale zosangalatsa ndi kukopa anthu,  
pamafunika luso lapadera lofunika kuganiza mozama.

## **BUKU LOMWE LAGWIRITSIDWA NTCHITO**

- Buku La Ophunzira La Expressive Arts La Sitandade 4

## **ULEMU NDI MATAMANDO ZIPITE KWA MULUNGU!!!!!!!!!!!!!!**