

# P.4 SST LESSON NOTES FOR TERM I

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: LOCATION OF OUR DISTRICT**

- **Definition of SST**
- **Environment**
- **Examples of environment**
- **Types of environment**
- **Types of environment**
- **Components of each**
- **Home stead**
- **Components of home stead**

A district is an area *made up of* counties

Mukono is the name of our district

**SUB TOPIC: HOW TO LOCATE PLACES**

*Language competence*

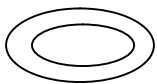
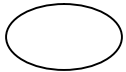
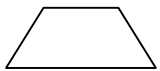
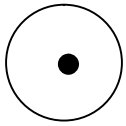
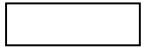
- a map,
- a picture,
- a district

**ELEMENTS OF A GOOD MAP**

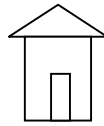
A map – is a representation of *on object* as seen and drawn from above

A picture is a representation *of an object* as seen and drawn from a side

## MAPS



## PICTURES



## Location of our district

## Introduction to Social studies

## What is social studies?

Social studies is the study of man and his surrounding

## Environment

Environment is the surrounding of people.

## Types of environment

- physical environment
- social environment

## Physical environment

## **Components**

- plants
- water
- animals
- soils
- air

## **Social environment**

This involves the needs for acceptable social conduct

## **Components**

- customs
- beliefs
- laws
- funerals
- marriages

## **Home stead**

A homestead is a home and its surrounding

## **Components of a homestead**

- fence
- flowers
- compound
- kitchen
- toilets
- plate stand

## **Communities**

A community is a group of people who live and work together

## **A home**

A home is a place where people stay

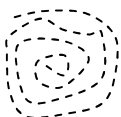
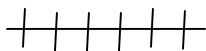
## **Types of communities**

- village community
- school community
- church community
- hospital community
- town community
- market community
- mosque community

State the difference between a map and a picture , symbols used on a map.

### ***Symbols used on a map***

#### **Symbol**



#### **Meaning**

dam

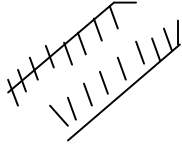
rock / hill

swamp

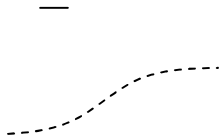
water fall

rail way

Seasonal lake



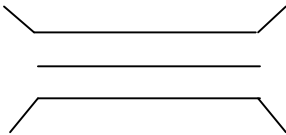
Rift valley



Seasonal river



Permanent lake



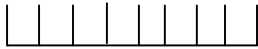
Bridge



Linear scale

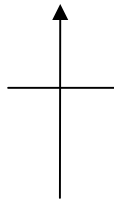


Mountain peak



Canal

N



Compass direction



Inland port



Sea port



Escarpment



Stone age site

## ELEMENTS OF A GOOD MAP

- A key
- A scale
- Compass direction
- Title / heading
- Boundary – *shows the limits of a map*
- Frame – *encloses the map*

## IMPORTANCES OF ELEMENTS OF A GOOD MAP

- A key – helps to interpret symbols *used* on a map
- A scale – helps to show actual ground distance *between places* on a map
- Compass direction – it helps to show direction *of places* on a map
- Title / heading – it helps to tell what a map is all about
- *Frame– encloses the map*

## Exercise

1. List down any four elements of a good map
2. Give the difference between a map and a picture
3. Draw maps and pictures of the following
  - i) Basket
4. Give the importance of each of the following
  - i) A compass direction
  - ii) Title
  - iii) Scale
5. *How is a map similar to a picture?*
6. *What are map symbols?*

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: LOCATION OF OUR DISTRICT**

**SUB TOPIC: HOW TO LOCATE PLACES**

*Language competence*

Spelling words

- Compass,
- District,
- Direction,
- Instrument

A district is an area of a country *made of counties*.

Our district is Mukono

Mukono District is found in Central region

It is found in Uganda. *The neighbouring districts of Mukono are*

- *Buikwe*
- *Kayunga*
- *Wakiso*
- *Buvuma*

## WAYS OF LOCATING OUR DIRECTION

- Using a compass direction
- Using neighboring places
- Using the position of the sun
- Using the land mark like *valleys* ,hills e.t.c

The commonest way of telling direction is using the position of the sun

The sun rises from east and sets in the west

## COMPASS DIRECTION

A compass is an instrument used to find direction

## MAJOR POINTS OF A COMPASS DIRECTION

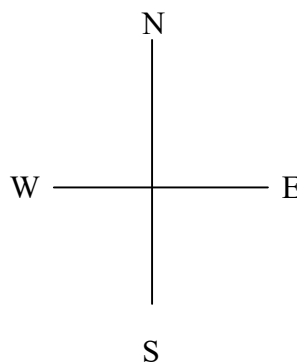
They include:

North (N)

South (S)

East (E)

West (W)



The major four points of a compass direction are called cardinal points



The other points are called secondary points

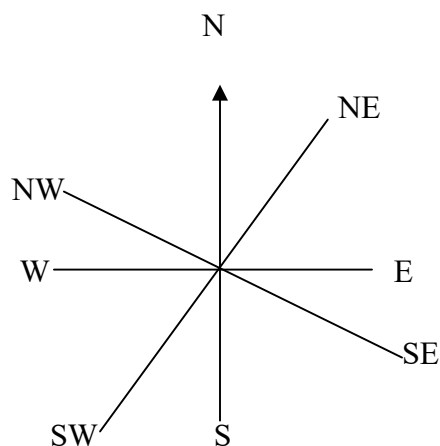
They include:

North East (NE)

South West (SW)

South East (SE)

North West (NW)



Location is a place where something  
is found

### Exercise

1. Name the district where you belong?
2. In which region does our district belong?
3. In which country does our district belong?
4. Give three ways of locating our districts
5. From which direction does the sun rise and set?
6. What is a compass?
7. Give a general term given to the four major points of a compass direction
8. Give any two secondary points of a compass
9. Identify the opposite direction of south east

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: LOCATION OF OUR DISTRICT**

**SUB TOPIC: HOW TO LOCATE PLACES**

## ***Language Competence***

Use the following words to construct a sentence.

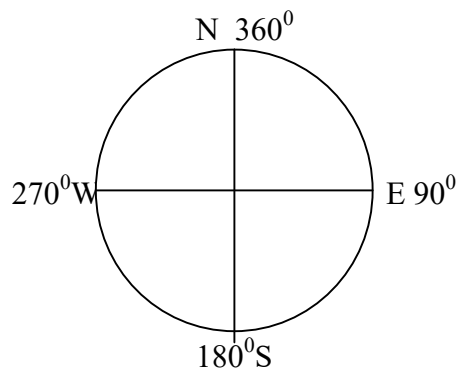
- Degree,
- North,
- Circle,
- Region

### **MEASURING DIRECTION USING COMPASS BEARINGS**

- The face of a compass is like a circle
- The pointer of a compass points (faces ) the north AT rest
- The compass is made up of  $360^{\circ}$
- Direction is measured in degrees
- When measuring from north clockwise the degrees are as follows.
- $90^{\circ}$  is east
- $180^{\circ}$  is south
- $270^{\circ}$  is west
- $360^{\circ}$  is North

### **DEGREES AROUND A COMPASS**

Degrees means the amount or level of something



### **DISTRICTS IN UGANDA**

- There are many districts in Uganda
- Districts are divided into 7 regions namely
- Northern region
- North Western region
- Central region

- Western region
  - Eastern region
- South western region

***Importance of districts***

- *They provide social service to people*
- *They plan for the development of an area.*
- *They create employment opportunities to people.*

**DISTRICTS IN NORTHERN REGION**

- |          |          |
|----------|----------|
| - Kitgum | -        |
| - Gulu   | - Pader  |
| - Apac   | - Amuria |

**TRIBES IN NORHERN REGION**

- Langi
- Acholi

**NORTH WESTERN REGION**

- Adjuman
- Nebbi
- Yumbe
- Moyo
- Arua

**TRIBES IN NORTH WESTERN REGION**

- Lugbara
- Alur
- Kakwa
- Madi
- Jonam

## Exercise

1. In which direction does the pointer of a compass face when it is at rest?
2. Define the term degrees
3. How many degrees are at western direction
4. Give three regions found in Uganda
5. List two districts found in Northern region
6. State two tribes found in Northern region
7. Suggest two examples of districts found in North Western region

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: LOCATION OF OUR DISTRICT**

**SUB TOPIC: USING LATITUDES AND LONGITUDES**

### *Language competence*

Spell the following terms

- Equator
- Hemisphere
- Imaginary
- Lines, longitudes

The equator divides the earth into two parts; equator is an imaginary line which is marked  $0^{\circ}$

The two parts include

- i) Northern part (Northern hemisphere)
- ii) Southern part (southern hemisphere)

Hemisphere – is part of the World North or south of the equator

The latitudes – Are imaginary lines drawn on a map running from east to west

The major *latitude*  $0^{\circ}$  is called the Equator.

Longitudes – are imaginary lines drawn on a map running from North Pole to South Pole

The longitude  $0^{\circ}$  is called Greenwich Meridian

A hemisphere is a half of the earth as divided by the Equator or prime meridian.

## **IMPORTANCES OF LONGITUDES AND LATITUDES**

- They locate places on a map
- Longitudes tell time
- Latitudes help to tell seasons / climate

## **DISTRICTS IN THE NORTHERN HEMISPHERE**

- Kayunga, Kampala, Kabalere, Kyenjojo, Bundibugyo, Mubende, Kamuli, Palisa, Kotido e.t.c

## **DISTRICTS FOUND IN THE SOUTHERN HEMISPHERE**

- |             |             |
|-------------|-------------|
| - Bushenyi  | - Ntugamo   |
| - Rukungiri | - Kabale    |
| - Rakai     | - Kalangala |
| - Kanungu   |             |

## **DISTRICTS CROSSED BY THE EQUATOR (found in both the Northern and Southern hemisphere)**

- |            |             |          |
|------------|-------------|----------|
| - Mukono   | - Mpigi     | - Mayuge |
| - Bugiri   | - Kasese    | - Wakiso |
| - Kiruhura | - Kamwenge  |          |
| - Masaka   | - Sembabule |          |

## **LOCATION OF MUKONO DISTRICT ON THE MAP OF UGANDA (MK. book 4, Atlas)**

## Exercise

1. Give the difference between latitudes and longitude
2. What is a hemisphere
3. Give any two importances of longitudes and latitudes
4. Give three districts found in the Northern Hemisphere
5. List down three districts found in both the Northern and southern hemisphere
6. What do we call the following
  - i) Longitude  $0^{\circ}$
  - ii) Latitude  $0^{\circ}$

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**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: LOCATION OF OUR DISTRICT**

**SUB TOPIC: HOW TO LOCATE PLACES**

### *Language competence*

Listen and write

- Hoima
- Bundibugyo
- Kamwenge
- Kasese
- Batoro
- Labwor

### **NORTH EASTERN REGION**

- Kotido District
- Moroto District
- Kabongo

## TRIBES

- *Karimojongs*
- Tepeth
- Suk
- Labwor
- Ateker

## WESTERN REGION

- Masindi District
- Hoima
- Kibale
- Kasese
- Kabalore
- Bundibugyo
- Kyenjojo
- Kamwenge

## TRIBES

- Banyoro
- Batoro
- Bakonjo
- Bamba

## CENTRAL REGION

Mukono ,Kampala ,Mpigi

,Rakai,Kiboga,Masaka,Luwero,Mubende,Nakasongola,Sembabule,Kalangala,wakiso,kayunga

## EXAMPLES OF TRIBES IN CENTRAL REGION

- Baganda
- Baruli
- Banyara
- Baziba

## DISTRICT WHICH WERE PART OF MUKONO

- Buvuma District
  - Buikwe District
- } *Island districts*

The largest tribe in Mukono is Baganda

## EASTERN REGION

- Jinja
- Kamuli
- Iganga
- Sironko
- Kapchorwa
- Pallisa

- Tororo
- Mbale
- Bugiri
- Soroti
- Katakwi
- Busia
- Mayuge

### EXAMPLES OF TRIBES IN EASTERN REGION

- Basoga
- Iteso
- Banyole
- Bakenyi
- Bagisu
- Bagwere
- Japadhola
- Kuman

### Exercise

1. Mention the largest tribe in central region
2. Give two districts which are newly created from Mukono
3. State two Districts found in Eastern region
4. State two tribes found in North Eastern region

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: LOCATION OF OUR DISTRICT**

**SUB TOPIC: HOW TO LOCATE PLACES**

### *Language competence*

Spell the following

- Bafumbira,
- Mbarara,
- Rukungiri
- Bakiga

### **SOUTH WESTERN REGION**

- Ntungamo
- Bushenyi
- Kisoro
- Rukungiri
- Kabala



- Kanungu
- Mbarara

## **TRIBES**

- Banyankole
- Bakiga
- Bafumbira

The southern part of Mukono is found in L .Victoria

## **IMPORTANT PLACES IN OUR DISTRICT**

The important places in our districts include: Banks, Hospitals, Islands, Radio stations, Prison, Market places, Administration blocks, Schools, Saloons, Post office ,Petrol station and Hotels.

## **ISLANDS**

- An island is a *piece* of land surrounded by a water body
- In Mukono, the main island we have is Kome Island. However, Mukono has some landing sites like Katosi landing site
- Mpunge Landing site
- Mpata landing site

A landing site is a place used for *loading and off loading of goods*.

The main activity done on island and landing sites is fishing

## **HOSPITALS**

- These are places where sick people go for treatment from.
- The biggest referral hospital in Uganda is Mulago Hospital
- Mukono has the biggest hospital called Nagalama hospital

## **EXAMPLES OF PEOPLE WHO WORK IN HOSPITAL COMMUNITY**

DOCTORS – help to treat sick people

NURSES – They care for the patients

DENTISTS – They help to treat out teeth

OPTICIAN – help to care for our eyes

SURGEON – help to operate sick people

MIDWIVES – They help pregnant women to deliver

Pediatrician

Gynaecologist

### Exercise

1. Mention two districts found in the south western region
2. Which water body covers the southern part of Mukono
3. Give two tribes found in the south western region
4. Define the term island
5. Give three landing sites of Mukono
6. What is the main economic activity carried out on islands
7. What is the biggest hospital in
  - i) Uganda
  - ii) Mukono
8. How are the following people important to our community
  - a) Doctors
  - b) Surgeon
  - c) Dentists
9. Mention 3 important places found in Mukono

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: LOCATION OF OUR DISTRICT**

**SUB TOPIC: BANKS**

*Language competence*

Use the following words to construct a sentence

- bank
- coin
- prison
- governor
- money

**BANKS**

These are financial places where people keep their money from

This is a business which looks after people's money.

All banks in Uganda are headed by the Central Bank

The Central Bank of Uganda is called Bank of Uganda

The Bank of Uganda is headed by the Governor

Other Banks in Uganda are called commercial Banks

### **FUNCTIONS OF THE BANK OF UGANDA (CENTRAL BANK)**

- It prints new notes and coins
- It supplies money to other banks
- It gives loans to other Banks
- It controls money in circulation
- It control all Banks in Uganda
- Prints and mints new money

### **EXAMPLES OF COMMERCIAL BANKS IN OUR DISTRICTS**

- Stanbic Bank
- Centenary Bank
- Global Bank
- Barclays Bank
- Bank of Africa
- United Bank of Africa
- Bank of Baroda
- Tropical Bank

### **IMPORTANCE OF BANKS TO PEOPLE**

- Banks keep people's money
- They give loans to people
- They keep people's important documents like land titles e.t.c
- They provide business assistance to people's advice.

#### ***Activity***

- 1. What is a bank?***
- 2. Mention two examples of commercial banks.***
- 3. How are banks important in a community?***

4. *Why do some people not money in the bank?*
5. *What title is give to the head of central bank?*
6. *Write B.O.U in full.*

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: LOCATION OF OUR DISTRICT**

**SUB TOPIC: PRISONS**

- This is where prisoners are kept and changed into useful citizens
- Kauga Prison – is the only prison in Mukono District
- However some wrong doers are kept in police posts

The main duty of the prison is to transform law breakers into good law- abiding citizens .

The prisons is under the ministry of Internal Affairs

**General functions of the Uganda prison.**

- To look after prisoners
- To take suspects to court for trial
- To help prisoners become responsible citizens by equipping them with vocational skills like carpentry and poultry keeping.

The top person in the Uganda prisons is ‘the commissioner General of prisons’

- He is called Dr. Johnson Babashaija

**Exercise**

1. What are prisons?
2. Give two places where wrong doers are kept
3. State two general functions of prisons.
4. What title is given to the head of prisons in a country?
5. Under what ministry are prisons?

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS
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## **THEME: LIVING TOGETHER IN OUR DISTRICT**

### **TOPIC: LOCATION OF OUR DISTRICT**

#### **SUB TOPIC: IMPORTANT PLACES IN OUR DISTRICT**

#### **SCHOOLS**

##### ***Language competence***

Meaning of the following word.

- Post office
- Private schools
- Government aided schools

These are places where people go to get knowledge from.

#### **TYPES OF SCHOOLS**

- Government aided schools
- Private schools

**GOVERNMENT AIDED SCHOOLS** – are schools which belong to the government and are funded by it e.g. Mukono boarding primary school, Bishop East, Bishop West and Mukono High School.

**PRIVATE SCHOOLS** – these are schools which belong to particular individuals' e.g Cornerstone Junior School, Top Care e.t.c

N.B the type of education got from schools is called Formal education

Important people in schools:-

- Head teacher,
- Deputy
- Director of Studies (DOS)
- Teachers
- Watchmen
- Cooks etc.
- Banking services
- Transport services

## **PROBLEMS FACING SCHOOLS**

- Some school lack enough land for expansion
- Some schools are over crowded
- Some schools have few teachers
- Some schools have enough hygiene facilities
- Some school have no buildings
- Some schools lack enough furniture.

## **SOLUTIONS**

- More land for expansion should be bought.
- Constructing more schools
- More teachers should be posted to these schools
- Government should assist schools to build enough latrines.
- More furniture should be bought.

## **FUNCTIONS OF THE POST OFFICE**

- It receives letters from people
- It transports letters to owners
- It offers post office box numbers
- It issues stamps
- It offers Banking and transport services to people

## **Exercise**

1. What are schools?
2. State two types of schools in our Districts
3. What type of education is got from schools
4. Write P.O in full
5. Give two functions of the post office
6. State two neighboring schools which belong to the following
  - i) Government
  - ii) Private

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

## **THEME: LIVING TOGETHER IN OUR DISTRICT**

### **TOPIC: LOCATION OF OUR DISTRICT**

#### **SUB TOPIC: IMPORTANT PLACES IN OUR DISTRICT**

#### ***Language competence***

Use the following words to construct sentences

- Market
- Hotels
- Salon
- Announcement

**HOTELS** – *places that offer welfare facilities to people eg. food, accommodation, conference etc.*

Examples of hotels in our districts

- Colline Hotel
- Riders Hotel
- Jobiah Hotel
- Deira Hotel

#### **MARKET PLACES**

These are places where people buy *and sell* things from.

#### **EXAMPLES OF A MARKET IN OUR DISTRICT**

- Kiiko market
- Bonabalye market
- Seta market

#### **Importance of markets**

- We get things from markets
- Source of employment
- Source of income

Salons – it is where people go for hair cutting, hair plaiting and hair dressing

Petrol station provide fuel like paraffin, diesel, petrol, oil to vehicles, motorcycles

#### ***Importance of petrol stations***

- *They provide fueling service*
- *Repair of motor vehicles*

## **RADIOS**

- Gives people news, announcements and advertisements
- In Mukono District we have Dunamis Radio

## **Other radio stations in Uganda.**

- Capital FM
- Beat
- Prime
- Sanyu
- Impact
- Bukedde etc

## **ADMINISTRATIVE BLOCKS**

- The administrative blocks of Mukono are found in Kauga

At the administrative centre is where we find the chairperson L.C.V who is the *political* head of a District

## **Exercise**

1. Give two hotels found in our district
2. What are market places
3. State two market places near us
4. How are radios useful to people
5. Give two items bought from the markets

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: LOCATION OF OUR DISTRICT**

**SUB TOPIC: ADMINISTRATION OF OUR DISTRICT**

*Language competence*

**Meaning of the following word.**



- Municipality
- Division
- County
- Sub-counties

## **MUKONO DISTRICT**

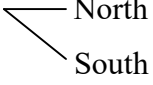
- The district is headed by chairperson Local Council V
- Mukono has a municipality called Mukono Municipality it is the only municipality in Mukono
- A Municipality is an administrative unit found in town it is a town with many people
- It is headed by a mayor
- Municipality is divided into two divisions

## **DIVISIONS IN MUKONO MUNICIPALITY**

- Mukono Central Division
- Goma Division
- Central division where formerly known as town councils.
- Divisions are headed by Chairperson Local Council III

## **COUNTIES**

Mukono District has two counties namely

- Mukono county 
- Nakifuma county
- Municipality

## **MUKONO COUNTY**

It is made up of the following sub counties

- Nakisunga Sub County
- Ntenjeru Sub County
- Mpunge Sub County
- Mpata Sub County
- Kome Sub County
- Kyampisi Sub County
- Nama Sub County

## NAKIFUMA COUNTY

It is made up of the following sub counties

- Nabbale
  - Kimenyedde
  - Kasawo
  - Nagojje
  - Ntunda
  - Seta Namugongo
- } Sub *Counties*

Sub counties are headed by Chairperson L.C.III

### Exercise

1. Who heads a district by title
2. Define the term municipality
3. What title do we give to the head of a municipality
4. Name the two divisions that make up Mukono Municipality
5. Name the two counties that make up Mukono District
6. Who heads a division
7. Identify any two sub counties which make up Nakifuma County

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: LOCATION OF OUR DISTRICT**

**SUB TOPIC: END OF TOPIC TEST**

1. Give any three elements of a good map
2. What is the difference between a map and a picture
3. State any three groups of people who use a compass direction
4. What are cardinal points
5. Mention any three districts found in the central part of Uganda
6. What is the biggest hospital in Uganda
7. What is the biggest Bantu tribe found in Mukono district
8. Give the work of an optician in a hospital

9. What Bank heads all Banks in Uganda
10. Give three examples of commercial Banks in our district
11. What title is given to the head of a municipality
12. How are radios useful to people

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: PHYSICAL FEATURES IN OUR DISTRICT**

**SUB TOPIC: PHYSICAL FEATURES**

***Language competence***

Meaning of the following words.

- Mountains
- Relief
- Highlands
- Lakes
- Plateau

**Physical features** – are natural land forms that can easily be seen

**EXAMPLES OF PHYSICAL FEATURES**

- Mountains
- Highlands
- Rivers
- Lakes
- Plateau
- Great Rift Valley
- Plains

**Types of physical features**

- Relief features
- Drainage features

Landforms are features that give land shape.

Relief – is the physical outlook of an area

### **IMPORTANCE OF MOUNTAINS**

A mountain is a large raised steep piece of land

Highlands are fairly raised pieces of land

A mountain range is a group of mountains connected together.

#### **Examples of mountains**

Elgon, Moroto, Rwenzori, Mufumbiro

#### **Importance of mountains**

- Mountains are sources of minerals
- They are used for farming
- Mountains are sources of some rivers
- They are used for settlement
- They are used as recreation
- Mountains help in rainfall formation
- They attract tourists

#### **Mountains and their peaks**

Mt. Rwenzori	-	Margherita
Mt. Elgon	-	Wagagai
Mt. Mufumbiro	-	Mubavura
Mt. Moroto	-	Sokdek

### **DANGERS OF MOUNTAINS**

- Mountains cause soil erosion
- They make road construction difficult
- Mountains cause landslides
- They cause volcanic eruption

N.B Sukuru hills in Tororo provide limestone to cement industries.

ECONOMIC ACTIVITIES – are activities which people do to earn money

### **ECONOMIC ACTIVITIES CARRIED OUT IN MOUNTAINS**

- Farming
- Mining
- Tourism
- Recreation activities

### **WAYS OF CONTROLLING SOIL EROSION IN MOUNTAINOUS AREA**

- By terracing
- By contour ploughing
- By planting trees

### **Exercise**

1. Define the following
  - a) Physical features
  - b) Mountains
  - c) Highlands
2. Give two importance of mountains to people
3. What are economic activities
4. Give two activities carried out in mountainous areas
5. How are Sukuru hills useful to cement factories
6. Mention two ways of controlling soil erosion in hilly areas

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: PHYSICAL FEATURES IN OUR DISTRICT**

**SUB TOPIC: PHYSICAL FEATURES**

### **LAKES AND RIVERS**

Lakes are large water bodies on earth surface

Rivers are small channels that drain into lakes

Rivers are small long bodies that flow through the land

- The biggest lake in Uganda is L.Victoria
- The longest river in Uganda is river Nile
- R.Sezibwa is found in Mukono

#### **Examples of lakes.**

- |                 |               |
|-----------------|---------------|
| - Lake Victoria | - Lake Edward |
| - Lake Kyoga    | - Lake George |
| - Lake Albert   |               |

#### **Examples of rivers**

- |                |                   |
|----------------|-------------------|
| - River Nile   | - River Katonga   |
| - River Aswa   | - River Sezibwa   |
| - River Kagera | - River Mpologoma |

#### ***A river is a mass of flowing water***

- The biggest lake in Uganda is L. Victoria
- The longest river in Uganda is river Nile
- R. Sezibwa is found in Mukono

#### **USES OF LAKES AND RIVERS**

- They are used for fishing
- They are used for transport
- They provide employment to the people
- Some lakes are sources of minerals like, salt is got from L.Katwe
- They are homes of water animals
- Rivers provide running water for generating H.E.P Hydro electric power

#### **ECONOMIC ACTIVITIES CARRIED OUT ON LAKES AND RIVERS**

- Fishing
- Transport (navigation) is transport on water
- Generating hydro electric power
- Mining
- Tourism
- Recreation activities like swimming

## PROBLEMS FACED BY PEOPLE NEAR LAKES AND RIVERS

- Flooding of rivers
- Heavy rains which destroy crops and property
- Drowning
- Dangerous water animals

## REASONS WHY PEOPLE LIKE STAYING NEAR LAKES AND RIVERS

- Due to reliable rainfall received
- Due to plenty of water for home and industrial use
- Because there is fertile soil for farming
- Because there are minerals like sand which can be sold to get money

### Exercise

1. What are lakes
2. What is the biggest lake in Uganda
3. State two importance of lakes and rivers to people
4. Which lake provides us with salt
5. What is a river
6. What is the longest river in Uganda
7. Write H.E.P in full

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: PHYSICAL FEATURES IN OUR DISTRICT**

**SUB TOPIC: SWAMPS / WETLANDS**

### *Language competence*

Construct sentences using the following words.

- Attract
- Rainfall
- Pottery
- Industry
- Fish

**Swamps** - are sometimes called wetlands, these water logged areas with vegetation

Or swamps are water vegetated areas

### **IMPORTANCES OF WETLANDS**

- They are homes of wild animals
- They attract tourists
- They provide minerals like clay for pottery industries
- They provide fish like mud fish
- They help in rainfall formation
- They act as places for excess water

### **SWAMP DRAINAGE**

- This is the draining away of swamps to put them into other uses.

Swamp drainage – is the removal of water from the swamp to put them into use

### **REASONS WHY PEOPLE PRACTICE SWAMP DRAINAGE**

- To get land for farming
- To get land for settlement
- To set up roads
- To set up industries
- To carry out mining

### **EFFECTS OF SWAMP DRAINAGE**

- It leads to prolonged drought
- It leads to death of aquatic animal
- It leads to flooding
- It leads to a reduced number of wild animals

### **ACTIVITIES CARRIED OUT IN WETLANDS**

- Fishing
- Mining
- Tourism
- Industrialization



## Exercise

1. Define the term wetlands
2. State any two importances of wetlands
3. What is another name for wetlands
4. Give two reasons why people clear swamp
5. Mention two raw materials got from swamp
6. Give two economic activities carried in swamp
7. Identify any three effects of swamp reclamation

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: PHYSICAL FEATURES IN OUR DISTRICT**

### *Language competence*

Spell the words

- Farm
- Flat
- Plateau
- Forest
- Habitats

**SUB TOPIC: PHYSICAL FEATURES**

### **PLATEAU**

This is a flat raised topped piece of land

Sometimes a plateau can be defined as a tabled land

### **IMPORTANCE OF A PLATEAU**

- It provides land for farming
- It provides space for building
- It is used for tourism
- It is used for industrialization

Plains – These are flat lands

## Exercise

1. Define the term plateau
2. Give two importances of a plateau to the people
3. What are plains
4. Explain the term forest
5. State two importance of forests to man
6. How are forests important to herbal doctors
7. State two economic activities carried out in forested areas
8. State two reasons why people cut down trees.

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: PHYSICAL FEATURES IN OUR DISTRICT**

**SUB TOPIC: INFLUENCE OF PHYSICAL FEATURES ON CLIMATE**

### *Language competence*

Spell the following

- Pyrethrum
- Receive
- Lee ward
- Meet
- Shadow

### **Influence of mountains on climate formation of relief rainfall**

Relief rainfall is also known as orographic rainfall

This is a type of rainfall is received in mountainous areas

It is formed when warm moist air rises after meeting a mountain it condenses and forms clouds which later gives rainfall

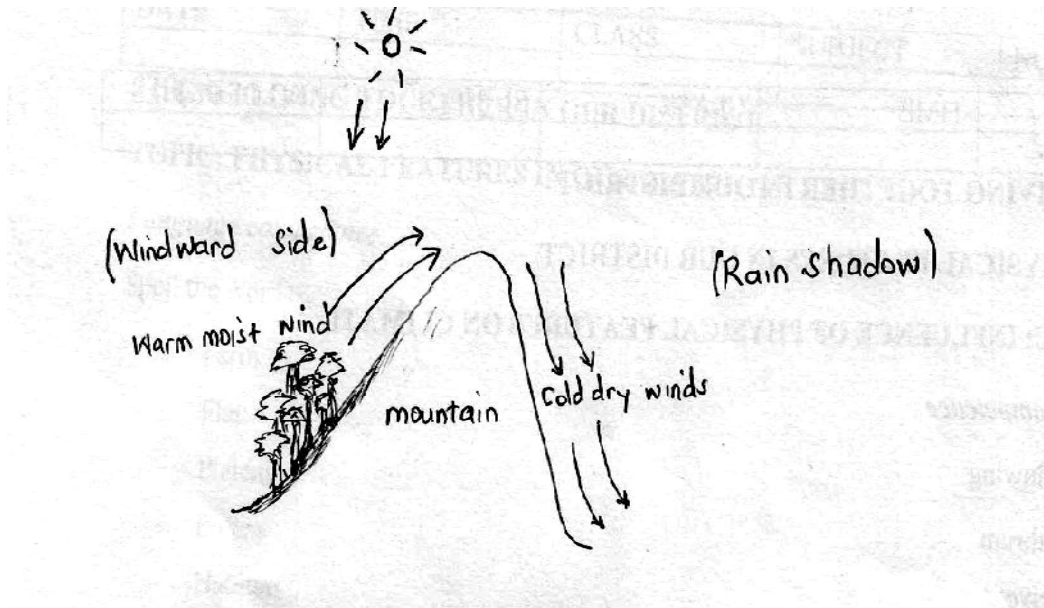
A mountain has two sides namely

- i) Wind ward side
  - ii) Lee ward side (rain shadow side)
- The wind ward receives rainfall while the lee ward side receives little or no rainfall
  - Lee ward side is also called the rain shadow

### Crops grown on mountains

- Arabica coffee
- Bananas
- Sorghum
- Tea
- Irish potatoes
- Carrots
- Pyrethrum

The diagram showing the formation of relief rainfall



### DISTRICTS WHICH RECEIVE RELIEF RAINFALL

- |          |            |
|----------|------------|
| - Mbale  | - Bududa   |
| - Kasese | - Sironko  |
| - Kisoro | - Bushenyi |

### Exercise

1. What is relief rainfall
2. Give two sides of a mountain
3. Name the side of a mountain good for farming
4. Why is the lee ward side called rain shadow side
5. Mention any two crops grown on slopes of mountains

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: PHYSICAL FEATURES IN OUR DISTRICT**

**SUB TOPIC: FORMATION OF CONVECTIONAL RAINFALL**

*Language competence*

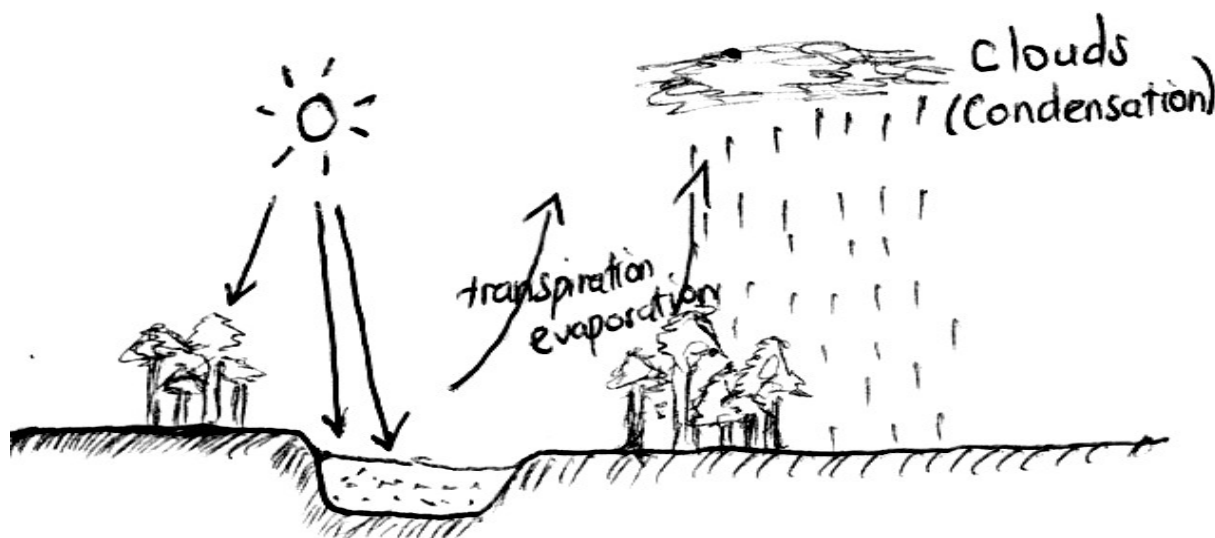
Meaning of the following

- Convectional rainfall
- Cyclonic rainfall
- Vapour

When the sun rays heat water bodies, water rises in form of water vapour

The water vapour cools and form heavy droplets later the drop lets fall as rain

**DIAGRAM SHOWING FORMATION OF CONVECTIONAL RAIN FALL**



N.B Convectional rainfall is a type of rainfall received in areas near water bodies and forests

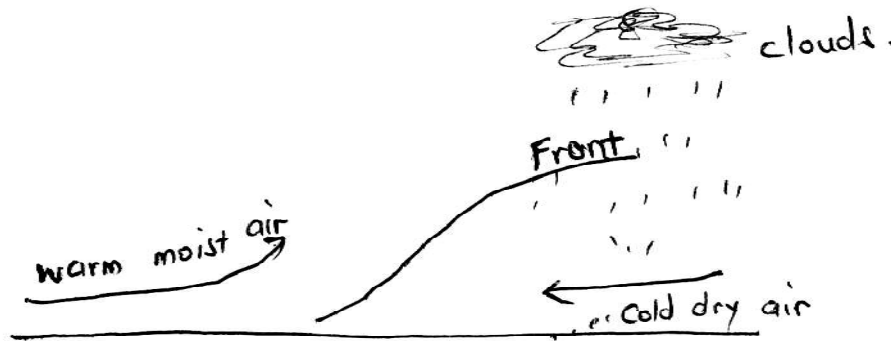
**EXAMPLES OF DISTRICTS WHICH RECEIVE CONVECTIONAL RAINFALL**

- |          |             |
|----------|-------------|
| - Mukono | - Kampala   |
| - Mayuge | - Kalangala |
| - Kamuli | - Kamwenge  |
| - Hoima  |             |

## CYCLONIC RAINFALL OR FRONTAL RAINFALL

- Cyclonic rainfall is a type of rainfall received in flat areas
- It is formed when two air masses meet at a frontline. Warm moist air rises and condenses and forms clouds which bring rainfall

### DIAGRAM OF CYCLONIC RAINFALL (MK. Book 4 old curr.)



### EXAMPLES OF DISTRICTS WITH CYCLONIC RAINFALL

- Moroto
- Kotido
- Nakapiripiriti
- Kaabong
- Napak

### Exercise

1. Give two types of rainfall
2. Briefly explain the formation of convectional rainfall
3. What type of rainfall is received in Mukono District
4. Identity two district which receive frontal rainfall
5. State any two processes involved in rainfall cycle.

DATE	TIME	CLASS	SUBJECT	NO OF PUPILS

**THEME: LIVING TOGETHER IN OUR DISTRICT**

**TOPIC: PHYSICAL FEATURES IN OUR DISTRICT**

**SUB TOPIC: END OF TOPIC TEST**

### **Exercise**

1. Define the term physical features
2. Mention any three examples of physical features you know
3. What are relief features
4. Give any two examples of relief features
5. Mention any two ways in which people in hilly areas control soil erosion
6. Identify any two importances of mountains to people
7. How are sukuru hills useful to the people
8. What are lakes
9. Give three examples of lakes found in Uganda
10. Identify any three examples of activities carried out on lakes and rivers
11. What are wetlands
12. State two reasons why people clear away swamp today
13. What type of rainfall is received in our districts
14. Give two districts which receive relief rainfall
15. Which side of a mountain receives heavy rainfall?
16. Why do people in Kigezi terrace their land?

### **Revision work about weather (Social studies)**

- Weather is the state of the atmosphere recorded for a short period of time.
- Meteorology is the scientific study of weather.
- The scientists who study and record weather changes are called meteorologists.
- Weather conditions are studied and recorded at the weather station.
- Entebbe meteorological centre is the biggest weather station in Uganda. it is found in Wakiso district.

### **Elements of weather**

- Sunshine

- Rainfall
- Cloud cover
- Wind
- Humidity
- Air pressure
- Atmospheric temperature

### **Activity**

1. a) Name the instrument used to measure the intensity of sunshine at the weather station.  
b) State two dangers of sunshine to man.  
In which one way is the sun important in rain formation?
2. a) Apart from Rainy weather, give two examples of weather conditions.  
b) Which type of clouds bring us steady rainfall?  
c) How is rainfall important to farmers in our district?  
d) Give one danger of too much rainfall on the environment.
3. State the uses of these instruments at the weather station
  - a) Wind vane
  - b) Six's thermometer

### **Weather instruments**

1. Write down two delicate instruments kept in a Stevenson screen
2. Why is the Stevenson screen painted white?
3. Give the importance of a weather station to P.4 pupils.
4. State the reason why a rain gauge is placed 30cm above the ground.
5. In which district is Entebbe weather station found?
6. What is the use of a wind sock at a weather station?