

PURSUIT
QUALITY LITERACY ONE
PUPIL'S BOOK TWO

A DETAILED COURSE
BASED ON THEMATIC CURRICULUM
FOR PRIMARY TWO
TERM I, II & III

(COVERING SOCIAL STUDIES AND SCIENCE IN THEMES)

AUTHOR

SSEBAGALA SADAT

© Ssebagala Sadat
Tel: 0789522801/ 0751522801
ssebagalasadat@gmail.com

Note: This book is protected by copyright law

Published by:
Pursuit Of Excellence
0783 871 072 / 0704871 072
ssebagalasadat@gmail.com

© Ssebagala Sadat
First edition 2023

All rights reserved. No publication, copy or transmission of this publication may be made without written permission.

No paragraph of this publication may be reproduced, copied or transmitted save with the written permission or in accordance with the provision of the Copyright, and Neighboring Rights Act 2006, or under the term of license permitting limited copying issued by the licensing agency in Uganda.

Any person who does any unauthorized act in relation to this publication may be liable to criminal prosecution and civil claims for damage.

Special acknowledgements

I wish to acknowledge the contribution of the following towards the success of this piece of work;

1. Etoi Toms
2. Ikiring Deborah
3. Musisi Michael
4. Yoksan Ediri
5. All other teachers who have helped me in my research, guidance and courage me to accomplish this task
6. All pupils, parents and teachers who have used **Pursuit Quality Literacy Pupil's Books** and recommended them to others, thanks so much for your contribution.

PREFERENCE

Pursuit Quality Literacy One Pupils Book for Primary Two, has been developed in a detailed form in order to bring out the exact core of the subject a learner should acquire intended and to overcome the challenge of inadequate reference book for Literacy in Uganda and East Africa to equip learners with relevant ideas to cop up with the new Thematic curriculum

It covers the all the content required for Primary Two pupil in the academic year for **Term One, Term Two, and Term three** without skipping and generalizing the **New Revised Curriculum**.

It's the best book to use by teachers, parents and pupils as simple and precise English is used with appropriate and accurate content in details and also adequate and well researched and relevant activities after every theme.

It is full of clear diagrams and illustrations which can be analyzed and interpreted by learners hence enabling them to acquire manipulative skills and instill the principle of reading and writing in them.

It has self-testing end of theme activity at the end of each theme to check on learner's competence achieved in each theme.

This book is in a series of three books and it is the first one, others are

- a) Pursuit Quality Literacy One Pupil's Book for Primary One.
- b) Pursuit Quality Literacy One Pupil's Book for Primary Three.



TABLE OF CONTENTS

TERM ONE

THEME 1: OUR SCHOOL AND NEIGHBOURHOOD.....	6
THEME 2: OUR HOME AND COMMUNITY.....	16
THEME 3: HUMAN BODY AND HEALTH.....	26
THEME 4: FOOD AND NUTRITION.....	37

TERM TWO

THEME 5: OUR ENVIRONENT.....	47
THEME 6: THINGS WE MAKE.....	62
THEME 7: TRANSPORT IN OUR COMMUNITY.....	67
THEME 8: ACCIDENTS AND SAFETY.....	75

TERM THREE

THEME 9: PEACE AND SECURITY	82
THEME 10: CHILD PROTECTION.....	89
THEME 11: MEASURES.....	96
THEME 12: RECREATION, FESTIVAL AND HOLIDAYS.....	108

1 OUR SCHOOL AND NEIGHBOURHOOD

As you learnt in primary one about our school, you know that a school is a place where we go to learn.

What is the name of your school?



The picture above shows a school. There are classrooms where we learn. There is a staffroom and offices where teachers work from. There is a kitchen where food is prepared. There is a play round where we play during break and games time.

Sub theme 1.1: Location, symbols and benefits of our school.

Can you tell us where your school is found?

Tell us about the neighbours of your school.

a) Things that show where our school is.

- | | |
|--------------|----------------------|
| i) Sign post | iv) Hills |
| ii) Roads | v) School neighbours |
| iii) Trees | vi) Petro stations |

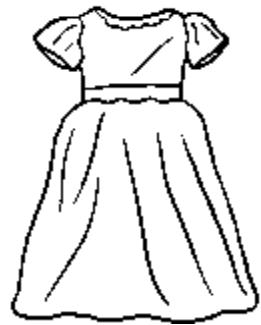
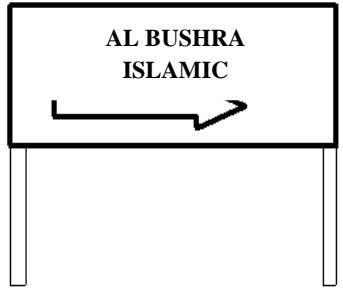
b) Symbols of our school and their importance

School symbols are things that make the school different from schools.

They help in easy identification of our school. These are as follows.

- | | |
|--------------------|-------------------|
| i) School name | iv) School prayer |
| ii) School motto | v) School flag |
| iii) School anthem | |

Other school symbols are:

School uniform	School badge	School sign post
		

i) School motto

A school motto are words that encourages learner to work hard.

A school motto is mainly found on our school badge, and sign post.

Write down your school motto.

ii) School anthem

A school anthem is a special song for a school.

A school anthem has encouraging words with a good rhythm.

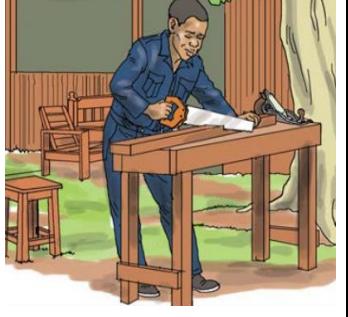
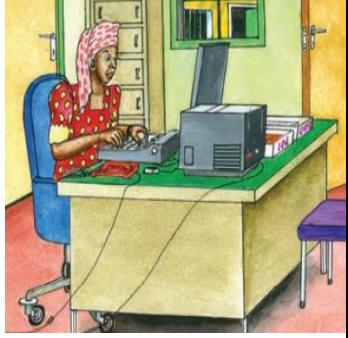
When singing the school anthem, one must stand upright and attentive to show respect to it

When do we sing the school anthem?

- On the concert day.
- At the beginning of the school debate.
- During assembly

- On sports day.

Jobs given to people in neighbourhood by the school

Teaching	Security	Making uniforms
		
Building	Making furniture	Cooking
		
Driving school van	Typing exams	Treating pupils
		

a) People who get jobs from school and their roles.

Head teacher	School nurse	Teacher
		
Gate keeper	Cook	Secretary
		

Their roles

- i) Head teacher heads the school
- ii) Guards guard the school
- iii) Builders builds buildings in the school
- iv) Secretaries type school work
- v) Nurses care for the sick children
- vi) Accountants take care of the school money
- vii) Carpenters make furniture
- viii) Cooks cook food

In primary one you learnt about our home. Remember a home is a place where we live.

A community is a group of people living and working together.

Types of communities

- i) Market community
- ii) Church community
- iii) School community
- iv) Mosque community
- v) Home community

Sub theme 2.1: Relationship among family members

A family

A family is a group of people related by blood, marriage or adoption.

Types of families

There are two types of families.

- a) Nuclear family
- b) Extended family

(i) Members of extended family

Sister	Cousin	Uncle
Aunt	Nephew	Grandfather
Mother	Father	Brother

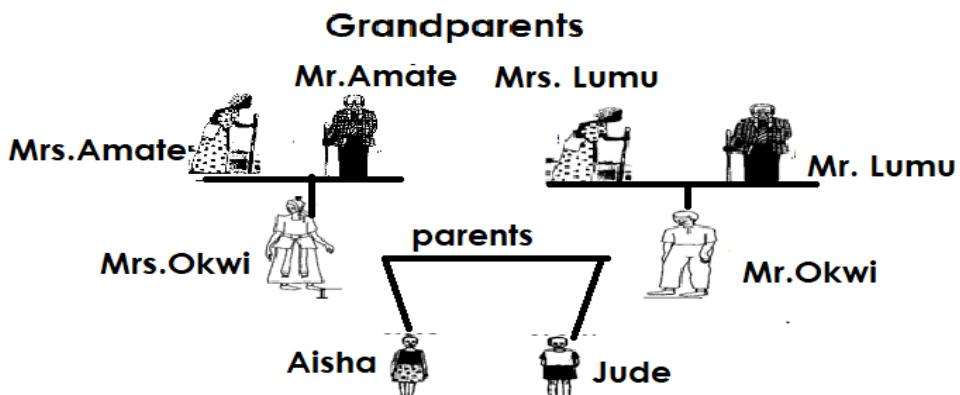


(ii) Relatives in an extended family

- **Grandmother** is mother to your father or mother
- **Grandfather** is a father to your father or mother
- **Cousin** is a child to your aunt/uncle.
- **Nephew** is a son to your brother or sister
- **Aunt** is to your mother or father.
- **Niece** is daughter to your brother or sister
- **Uncle** is a brother to your mother or father

(ii) Family tree

Study the family tree and answer the questions.

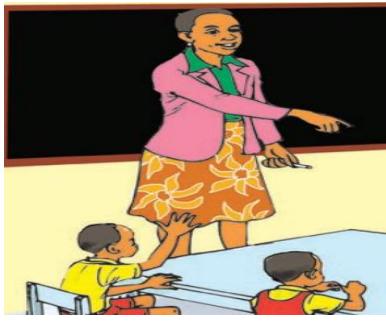
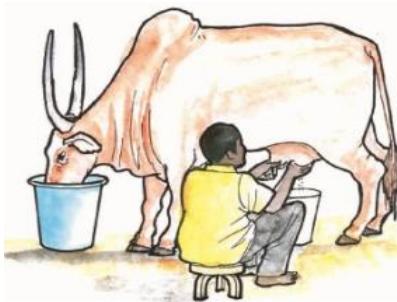


Questions:

1. Who is Aisha's brother?
2. Who is Jude's father?
3. Who is Mr. Okwi's mother?
4. How does Jude call Mr. Amate?
5. How does Mrs. Amate call Aisha?

Sub theme 2.2: Roles of different people in our community

a) Naming people in our community by titles

Teacher	Doctor	Police man
		
Milk man	Carpenter	Priest
		
Barber	Mechanic	Farmers
		
Shop keeper	Cobla	Seamstress
		

Can you mention any other people found in the community?

Give two people found in the mosque and in the church community.

b) People in our community and their places of work

c) Roles of people in our community, their work and things they use.

	People	Their work	Things they use
1.	Teacher	Teaches children	Chalk, book
2.	Farmer	Grows crops and keeps animals	Hoe, panga, axe
3.	Doctor	Treats sick people	Syringe, medicine
4.	Driver	Transports people	Car, buses
5.	Tailor	Sew clothes	Sewing machines
6.	Dentist	Treats teeth	Medicine
7.	Pilot	Flies an aero plane	aero plane
8.	Religious leader	Preaches the word of God	Bible, Quran
9.	Cobbler	Mends shoes	Threads, mending needle
10.	Builder	Builds houses	Bricks, sand,
11.	Shop keeper	Sells goods in a shop	Things in a shop
12.	Carpenter	Makes furniture	Nails, hammer

d) Roles of leaders in our community

A leader is a person who guides and leads others.

Leaders can be religious or political.

e) Roles of religious leaders in our community

Religious leaders are leaders who guides people others on religions.

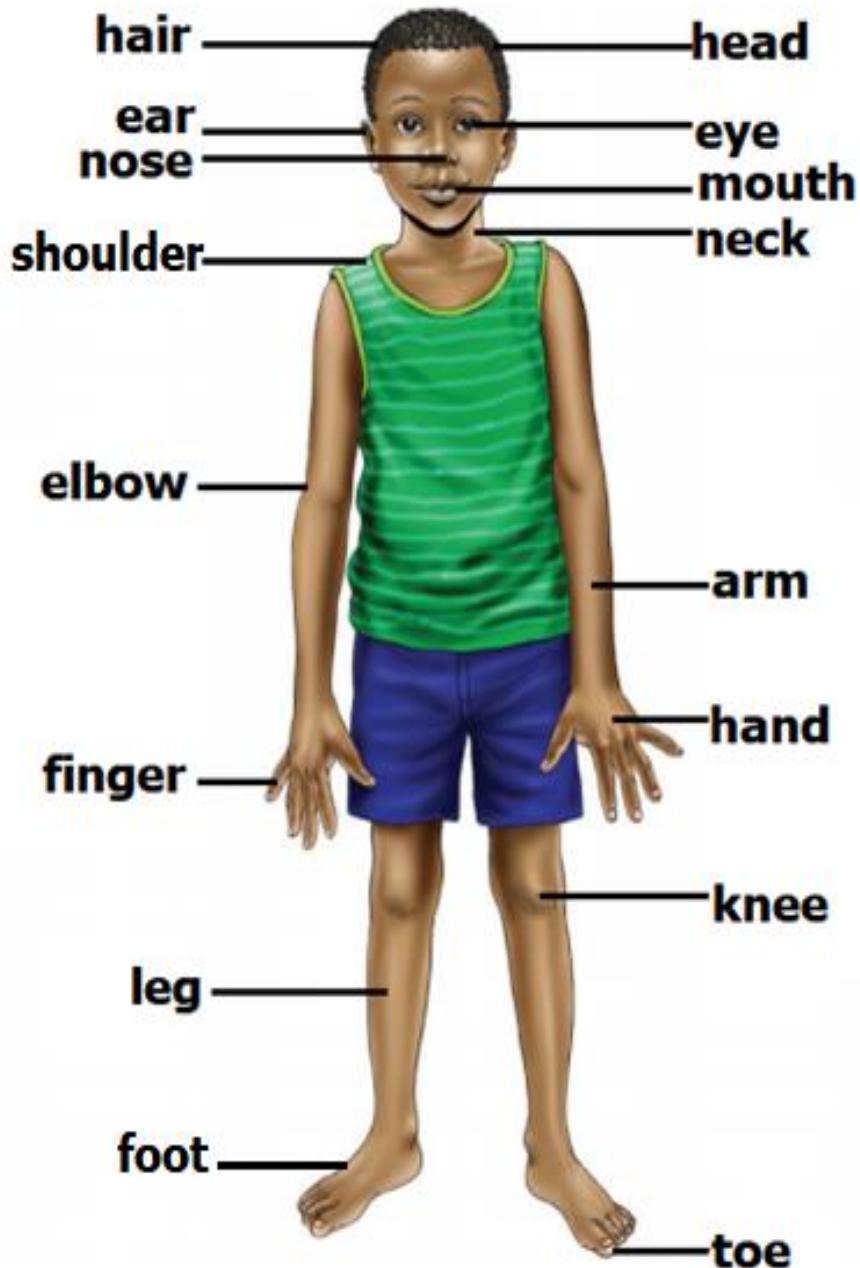
They lead people in prayers.

- ❖ **Priest** leads prayers in a church.
- ❖ **Imam** leads prayers in a mosque.
- ❖ **Grandfather** prays for people in a shrine.

3

HUMAN BODY AND HEALTH

Sub theme 3.1: Parts of the body and their functions

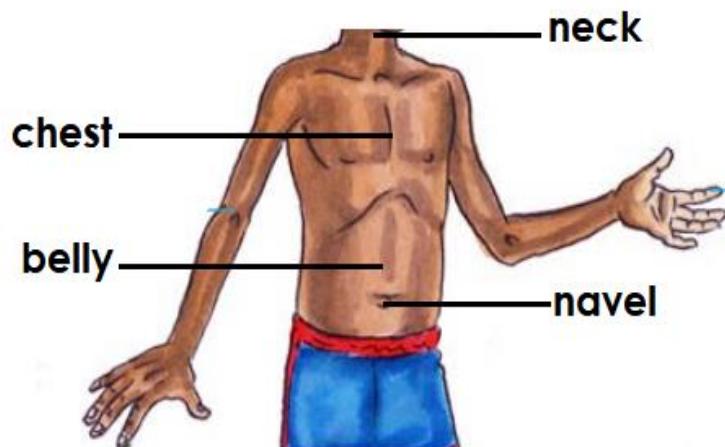


a) Parts of the head and their uses

	Part	Diagram	Function
1.	Eyes		For seeing
2.	Nose		For smelling
3.	Teeth		For chewing food
4.	Tongue		For tasting
5.	Ears		For hearing

b) Parts of the trunk

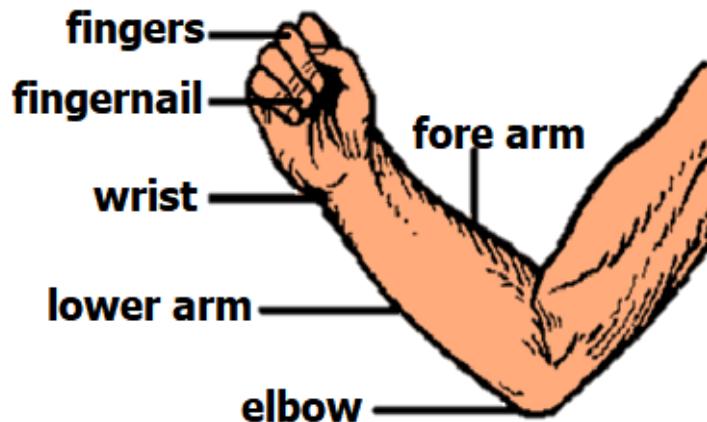
These are body parts between the head and legs.



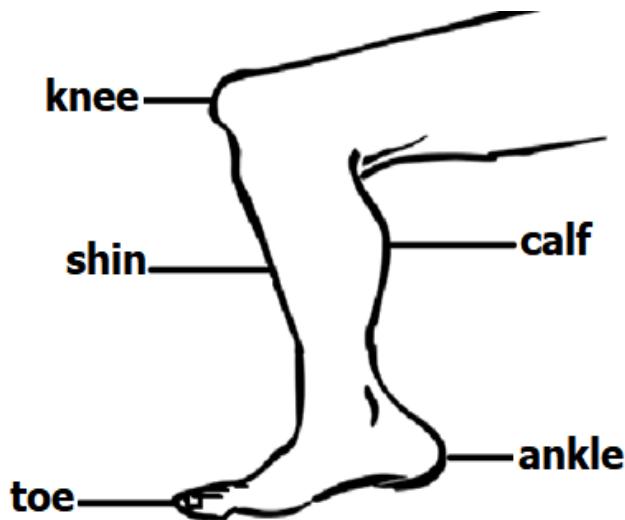
c) Parts of the limbs

Limbs are hands and legs.

i) Parts of a hand



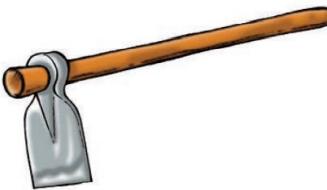
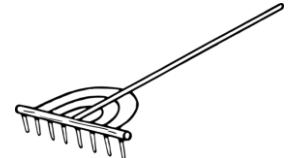
ii) Parts of a leg



d) Uses of other parts of the body.

1. **Legs:** for walking.
2. **Fingers:** for protection, touching.
3. **Hands:** for protection.
4. **Neck:** for supporting the head.
5. **Skin:** for feeling.

a) Materials used in maintaining sanitation and their uses

	Name	Diagram	Uses
1 .	Hoe		<ul style="list-style-type: none"> For digging around the compound
2 .	Water		<ul style="list-style-type: none"> For removing dirt
3 .	Dust bin		<ul style="list-style-type: none"> For putting in rubbish
4 .	Broom		<ul style="list-style-type: none"> For sweeping
5 .	Rag		<ul style="list-style-type: none"> For mopping
6 .	Rake		<ul style="list-style-type: none"> For collecting rubbish

**Can you tell other things you use to clean your school?
What activities do you do to keep the school clean?**

Sub theme 3.3: Personal hygiene

Personal hygiene is the way of keeping our bodies clean and things we use to clean it.

The parts of the body that should be cleaned with care are:

Teeth	Hands
Legs	Face
Head	Nose

a) Things we use in personal hygiene and their uses

b) Ways of maintaining personal hygiene

1. By bathing every day.
2. By trimming hair.
3. Cutting finger nails.
4. By brushing teeth.
5. Combing hair
6. Washing clothes
7. Washing face

c) Things we use to clean our body parts

1. **Eyes**; Water, face towel, soap, Vaseline
2. **Ears**; Ear buds, water, soap, towel
3. **Hands**; Water, soap, towel, sanitizer
4. **Legs**; Water, soap, brush, pumice stone
5. **Hair**; Comb, soap, water, shaving machine

d) Why we wash our hands after visiting latrine/toilet

1. To remove germs.
2. To promote health.
3. To control the spread of diarrheal diseases.

e) Why we wash and iron our clothes.

4

FOOD AND NUTRITION

Food is something good to eat or drink.

Nutrition is the taking in and using food by the body.

Nutrients are food values we get from food.

Uses of food in the body

- i) Food makes us strong.
- ii) Food helps us to grow.
- iii) Food makes us healthy.
- iv) Food gives us energy.

a) **Reasons for eating food**

- To be happy
- To satisfy hunger
- To be healthy
- For hospitality
- It is a habit

Sub theme 4.1: Classification of food

Food is classified according to the nutrients we get from it.

We get nutrients which help our body to get energy, be healthy and to grow well.

b) **Classes of food**

1. Carbohydrates (Go food)
2. Proteins (Grow food)
3. Vitamins (Glow food)
4. Mineral salts
5. Fats and oils

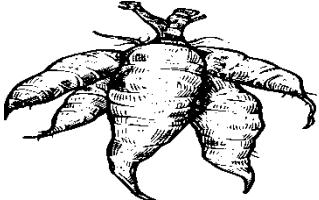
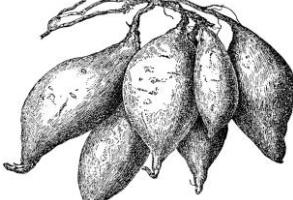
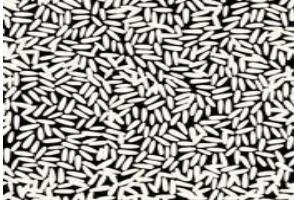
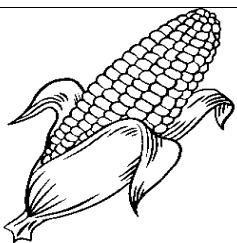
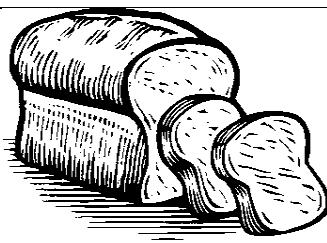
1. Carbohydrates (Go food)

Carbohydrates are food that gives us energy when eaten.

They are also called **energy giving food** or **Go food**.

Carbohydrates are needed by the body in large amounts because the body needs energy to do everything.

Examples of food that is rich in carbohydrates

Cassava	Sweet potatoes	Rice
		
Maize	Bread	Millet
		

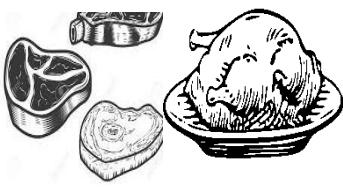
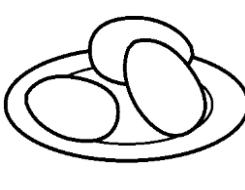
2. Proteins

Proteins are the foods that build our body when eaten.

They are also called **body building food** or **Grow food**

Proteins repair body cells.

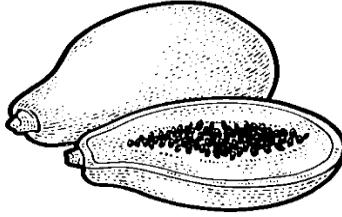
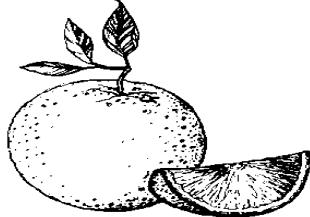
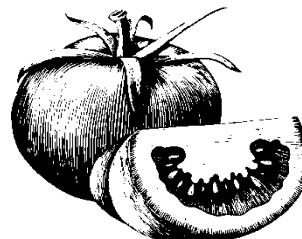
Examples of food rich in proteins

Meat	Milk	Eggs
		

Types of vitamins

- a) Vitamin A
- b) Vitamin B (B1, B2, B12)
- c) Vitamin E
- d) Vitamin C
- e) Vitamin D

Examples of food rich in vitamins

Pineapple	Pawpaw	Orange
		
Cabbage	Carrot	Tomatoes
		

3. Mineral salts

Mineral salts are also health giving foods. They make our bones grow strong, keep our internal body parts healthy.

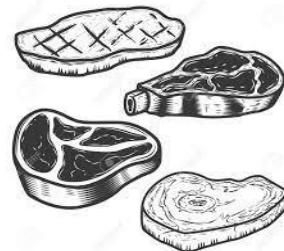
Examples mineral salts

4. Fats and oils.

Fats and oils are also energy giving food. They are used by our body to make energy in absence of carbohydrates.

Examples of food rich in fats and oils

- a) Milk
- b) Meat
- c) Margarine
- d) Cooking oil
- e) Ghee
- f) Butter



Sub theme 4.2: Good feeding

Good feeding is the eating food which has the entire food nutrient.

The nutrients should be well balanced in their right amounts.

Such meal is called a balanced diet

a) A balanced diet

A balanced diet is a meal containing all food values in their right amount.

Sub theme 4.3: Effects of poor feeding

When one does not feed well, he/she gets problems and complications and this is called malnutrition.

One can get diseases caused by poor feeding. Such diseases are called deficiency diseases.

Causes of poor feeding

- a) Lack of right amount of food in the body.
- b) Lack of right type of food to feed on
- c) Ignorance
- d) Poverty



Signs of poor feeding

- a) Loss of appetite

Deficiency diseases

Deficiency diseases are diseases caused due to poor feeding.

Examples of deficiency diseases

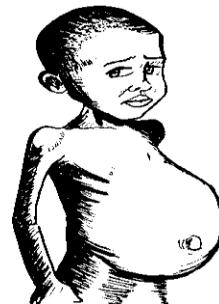
- | | |
|----------------|------------|
| 1. Kwashiorkor | 4. Rickets |
| 2. Marasmus | 5. Scurvy |
| 3. Beriberi | |

1. Kwashiorkor

Kwashiorkor is a disease caused due to lack of proteins in the body. It can be prevented by feeding on food rich in proteins.

Signs and symptoms of kwashiorkor

- a) A swollen face
- b) Little brown hair.
- c) A swollen stomach full of air.

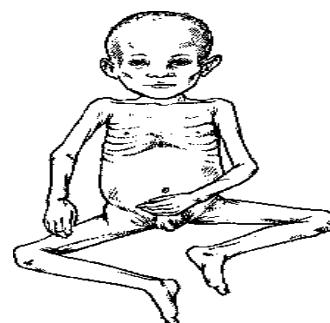


2. Marasmus

Marasmus is a deficiency disease caused by lack of enough carbohydrates in the body. It can be prevented by eating food rich in carbohydrates.

Signs and symptoms of marasmus

- a) The eyes turn very bright.
- b) A child is always hungry.
- c) One becomes very thin.
- d) The face looks like that of an old man.



3. Beriberi

Beriberi is a disease caused by lack of enough vitamin B1.

Beriberi can be prevented by eating food rich in vitamins.

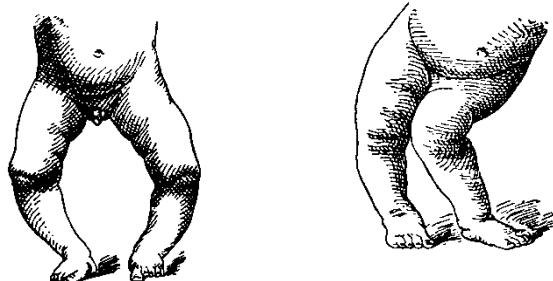
Signs and symptoms of beriberi

4. Rickets

When a child lacking vitamin D. It can be prevented by eating food rich in vitamin D like milk, ground nuts, fish, egg yolk etc and sun bathing in morning sunlight.

Signs and symptoms of Rickets

- a) The child has bent legs.



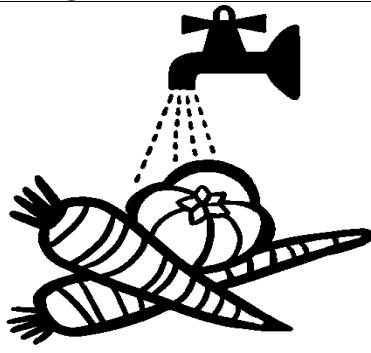
5. Scurvy

Scurvy is caused by lack of enough vitamin C in the body.

We can prevent scurvy by eating fruits like oranges, mangoes

Keeping of food safe

a) Way of keeping food safe

Wash hands before eating	Wash vegetable before eating
	
Cover cooked food.	Serving food in clean utensils

b) Food preparation

Food preparation is the way of making food ready to eat.

Ways of making food ready to eat

5

OUR ENVIRONMENT

Environment means the surroundings man.

Components and importance of things in the environment

Our environment is made up of things which have life and those which do not have life.

Things which have life are called living things and those without life is called non-living things.

Living things are things which have life. Examples of living things are animals, plants, and insects.

Non-living things are things which do not have life. Examples of non-living things are stones, air, soil, water and very many others.

Sub theme 5.1: Common animals and birds

a) **Common animals**

In our environment, there are three types of animals namely;

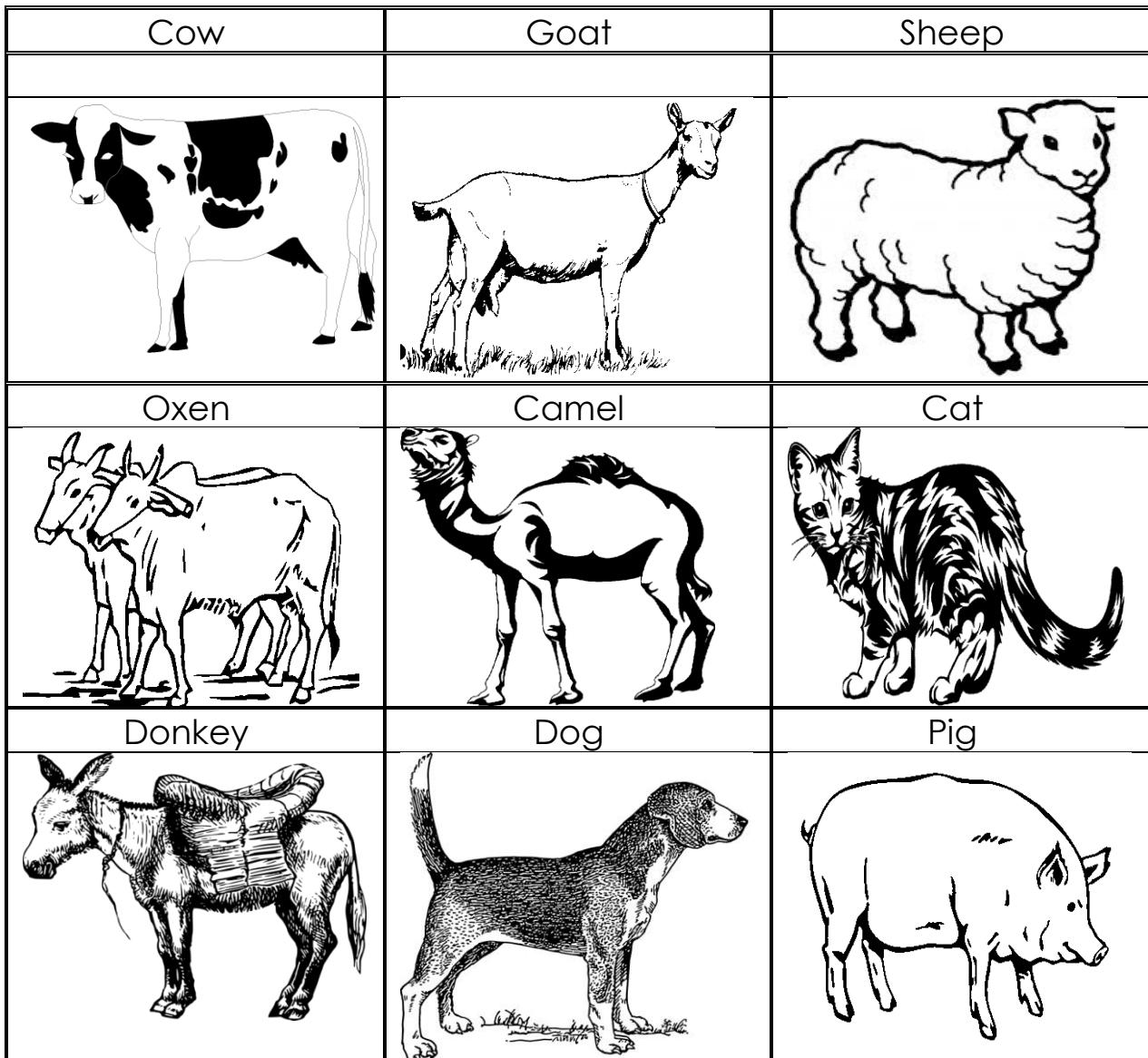
1. Domestic animals
2. Wild animals
3. Aquatic animals

1. **Domestic animals**

Domestic animals are animals which are kept at home.

These animals are kept by man and are cared for in order to get different products.

Examples of domestic animals



Uses of domestic animals

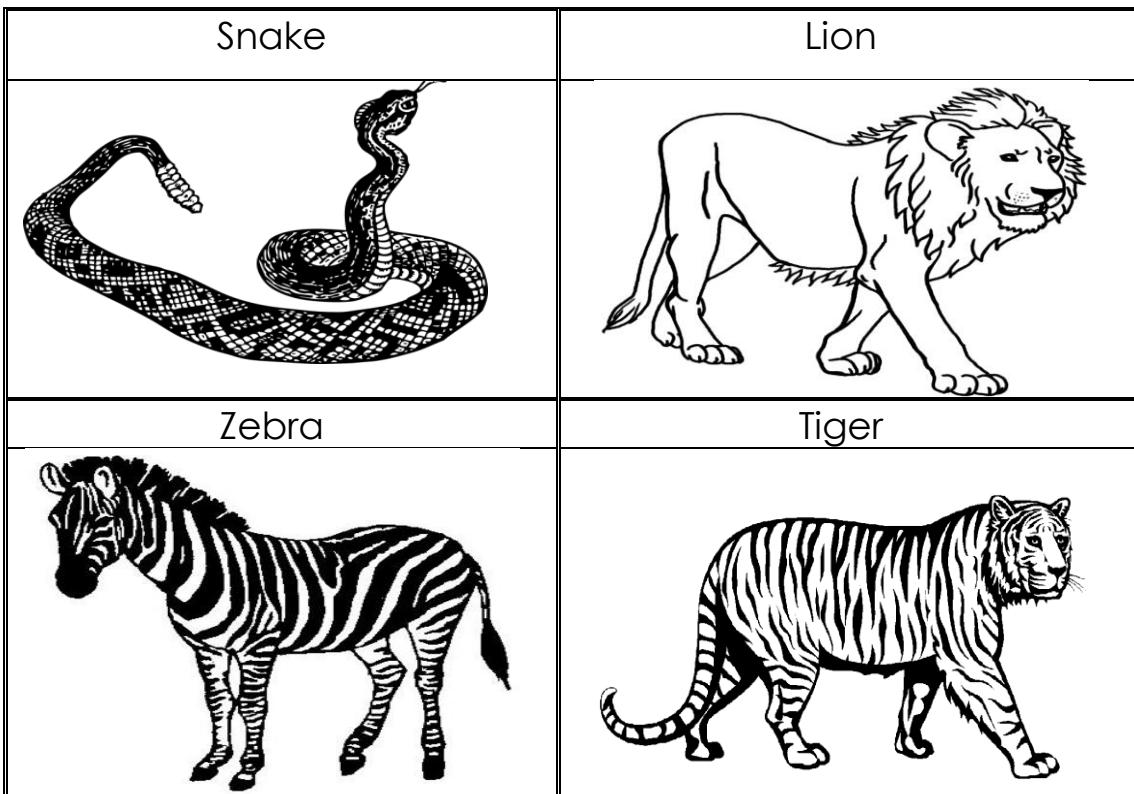
- i) Cow gives us milk and meat.
- ii) A cat chases away rats.
- iii) Dogs guard our home.
- iv) Oxen used for transport.
- v) Pigs give us pork.
- vi) Camels are used for transport.
- vii) Donkeys are used for transport.

3.	Sheep	Lamb
4.	Cat	Kitten
5.	Rabbit	Bunny
6.	Cow	Calf
7.	Hen	Chick
8.	Goat	Kid

2. Wild animals

Wild animals are animals that live in bush. Such animal care for themselves

Examples of wild animals



Importance of wild animals

- a) They give us skin and hides.
- b) Some give us meat.
- c) They are tourist attractions

Dangers of wild animals

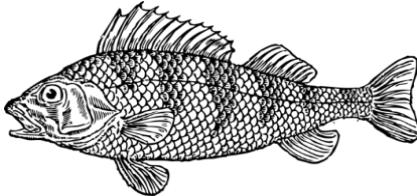
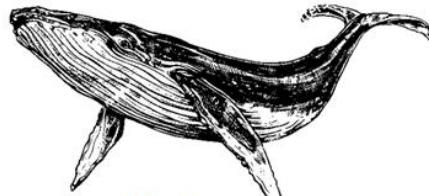
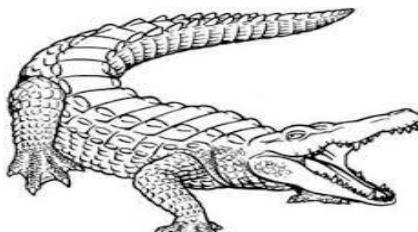
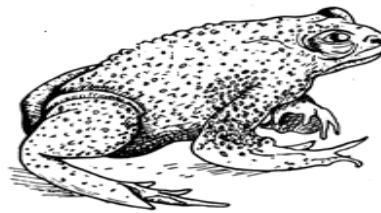
- a) They destroy crops.
- b) They can bite us.
- c) They kill people.

3. Aquatic animals

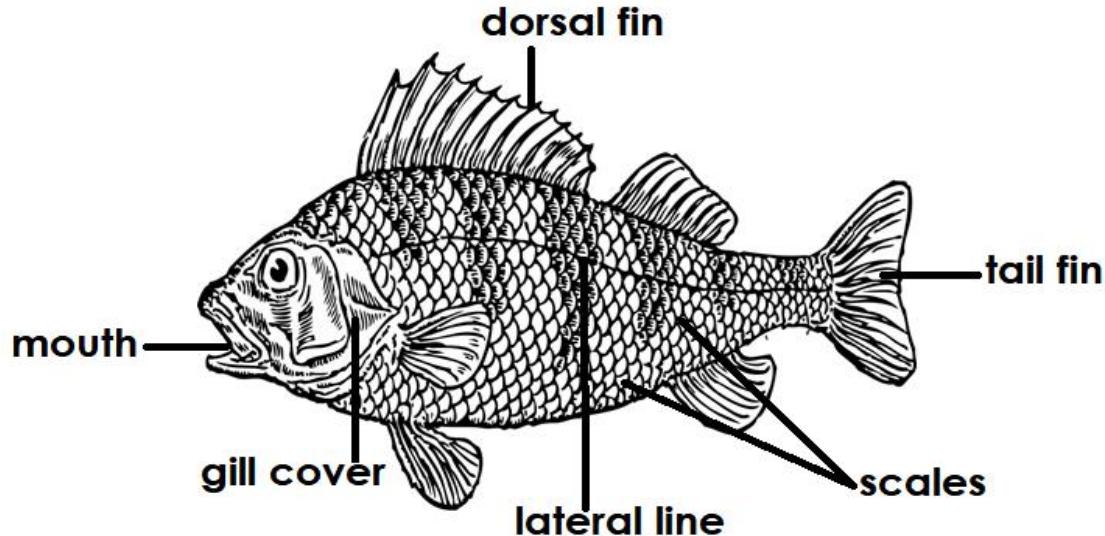
Aquatic animals are animals that live in water.

Such animals use water as their habitat.

Examples of aquatic animals

Fish	whale
	
Crocodile	Dolphin
	

Parts of a fish



Uses of each part of a fish

- a) Mouth for eating and allowing in food into the lungs.
- b) Scales used to cover the body of a fish.

Uses of fins to a fish

a) For movement

;

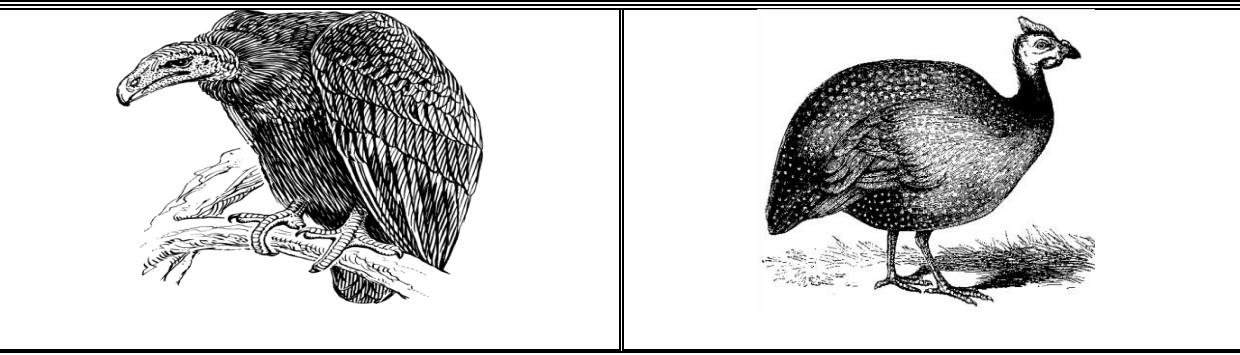
- i) Domestic birds
- ii) Wild birds

i) Domestic birds

Domestic birds are birds that are kept at home.

Domestic birds give us eggs, meat and feathers.

Vulture	Guinea fowl

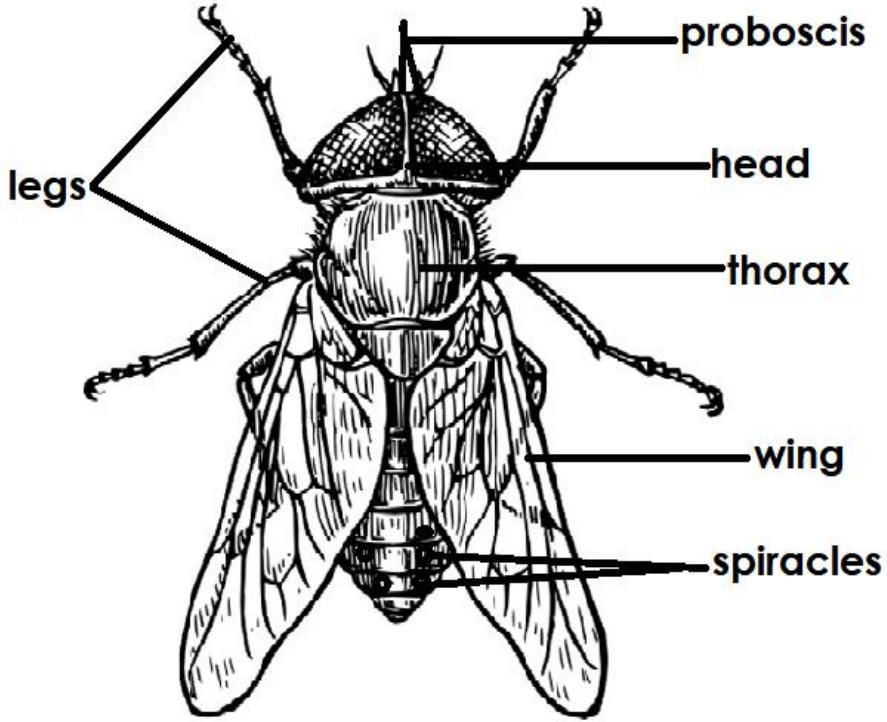


S

ub theme 5.2: Common insects

An insect is a living thing that has three main body parts and six legs. The three main body parts of an insect are head, thorax and abdomen.

Parts of an insect



Uses of each part of an insect

- a) **Head**; it is where the compound eyes, feelers and proboscis and mandibles.

Compound eyes are used for seeing.

Feelers/ antenna are used for tasting and feeling.

Proboscis is used for sucking food and water.

- b) **Thorax**; it is where the wings and legs are attached.

Wings are used for flying.

Legs are used for walking.

- c) **Abdomen**; it is where we find the spiracles.

Spiracles are used for breathing.

Characteristics of an insect

- i) It has three main body parts.
- ii) It has six legs (three pairs)
- iii) It breathes through spiracles.
- iv) It has jointed legs.

Why are spider/tick/ flea not regarded as an insect?

- i) It has two main body parts.
- ii) It has eight legs

Groups of insects

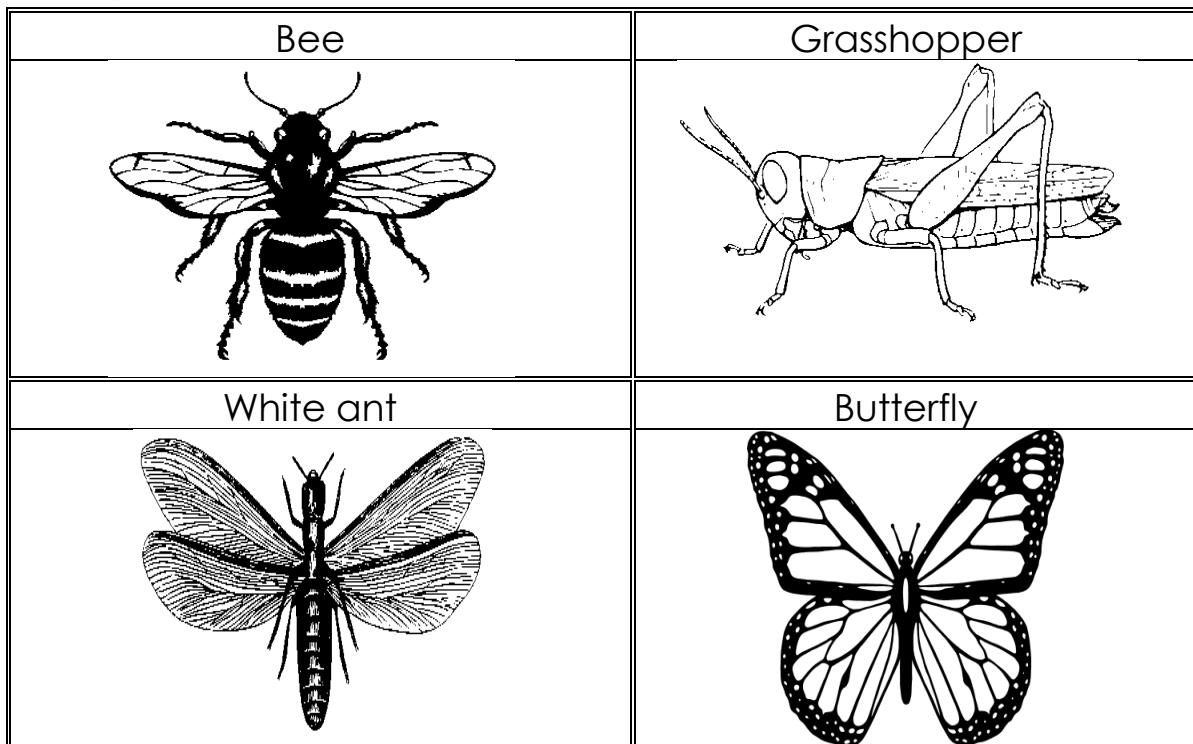
Insects are grouped according to the way they behave. These include;

- a) Useful insects
- b) Harmful insect

a) Useful insects

These are insects that give good products to man. Some can be eaten and others give us honey.

Examples of useful insects



How are the following insects useful to man?

i) Bees:

- They give us honey
- They give us wax
- They pollinate flowers on farmer's crops.

ii) White ants: They are eaten

iii) Butterfly: They pollinate flowers on farmer's crops.

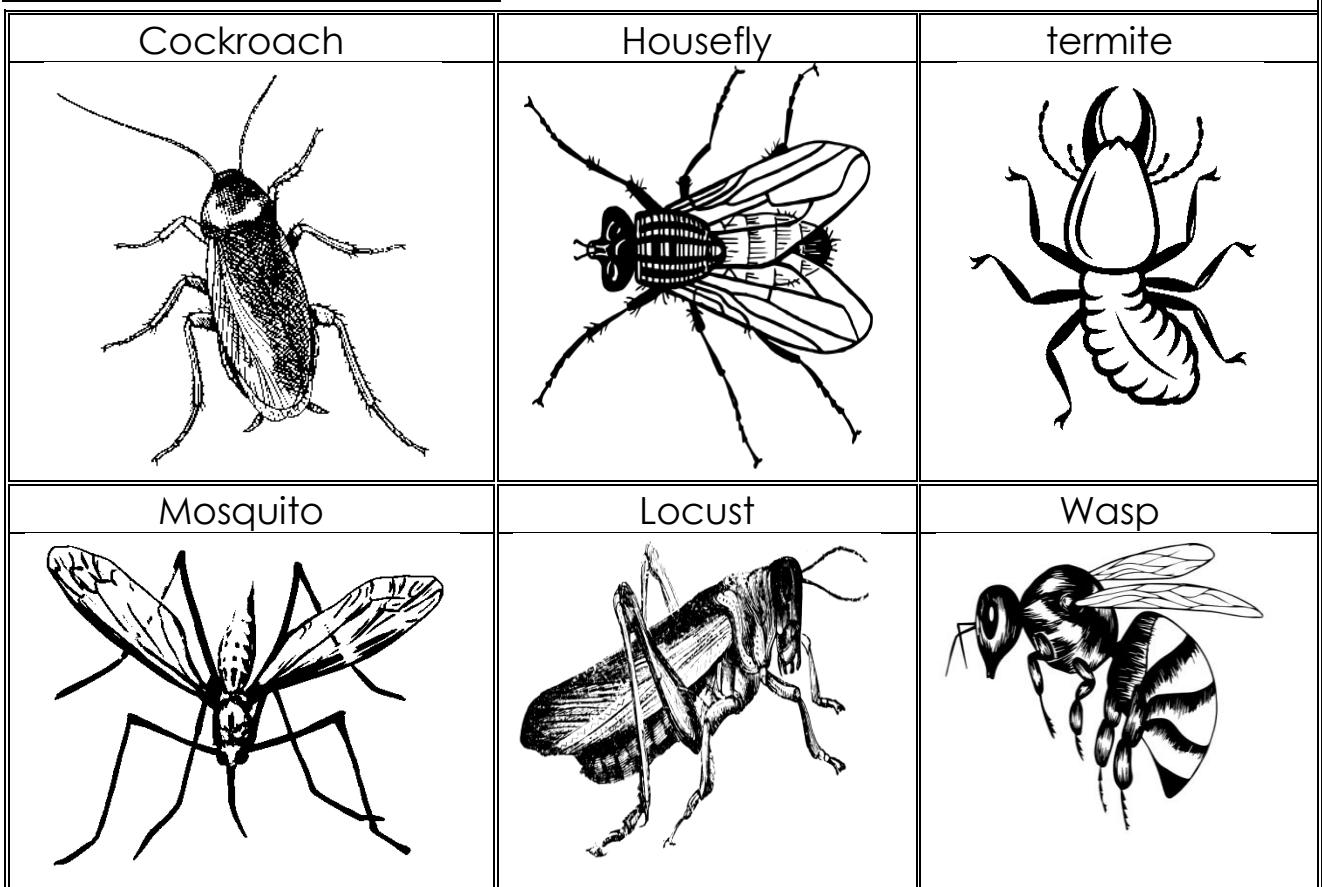
iv) Grasshoppers: They are eaten.

b) Harmful insects

These are insects that are dangerous to man.

They spread disease germs, they can bite and others destroy farmers crops.

Examples of harmful insects



How are the following insects dangerous to man?

i) Cockroaches:

- They spread disease germs.
- They destroy our books and clothes.

ii) Termites:

- They destroy farmer's crops
- They bite us

iii) Housefly:

- They spread disease germs.
- They make our food go bad.

iv) Mosquitoes:

- They spread disease germs.
- They bite us.

Social insects

Social insects are insects that live, move and work together.

Examples of social insects

- | | |
|--------------|-----------------|
| i) bees | iii) White ants |
| ii) red ants | |

Solitary insects

Solitary insects are insects which do not live, move and work together.

Examples of solitary insects

- | | |
|---------------|---------------|
| i) Housefly | iii) Locust |
| ii) Cockroach | iv) Butterfly |

Insect habitat

A habitat is a home of a living thing. Insects live in different places as shown below.

- Insects live in soil, like termites, red ants and white ants.
- Insects live on plant like butterfly, moth.

6

THINGS WE MAKE

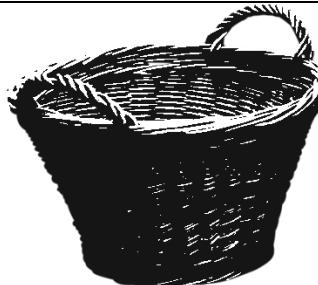
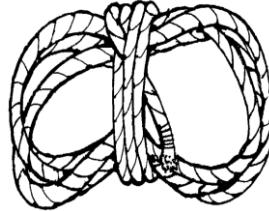
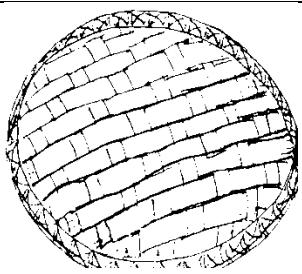
Sub theme 6.1: Things we make in the community.

Things we make from local materials are called crafts.

a) Ways of making crafts

- i) By modeling
- ii) By sewing
- iii) By kneading
- iv) By weaving

b) Common things we make from plant materials

Mat	Basket	Rope
		
Winnower	dolls	Mortar and Pestle
		

- Mat is made from papyrus and palm leaves
- Dolls are made from banana fibre
- Ropes are made from sisal
- Winnower is made from papyrus and palm leaves.
- Motor and pestle is made from wood.

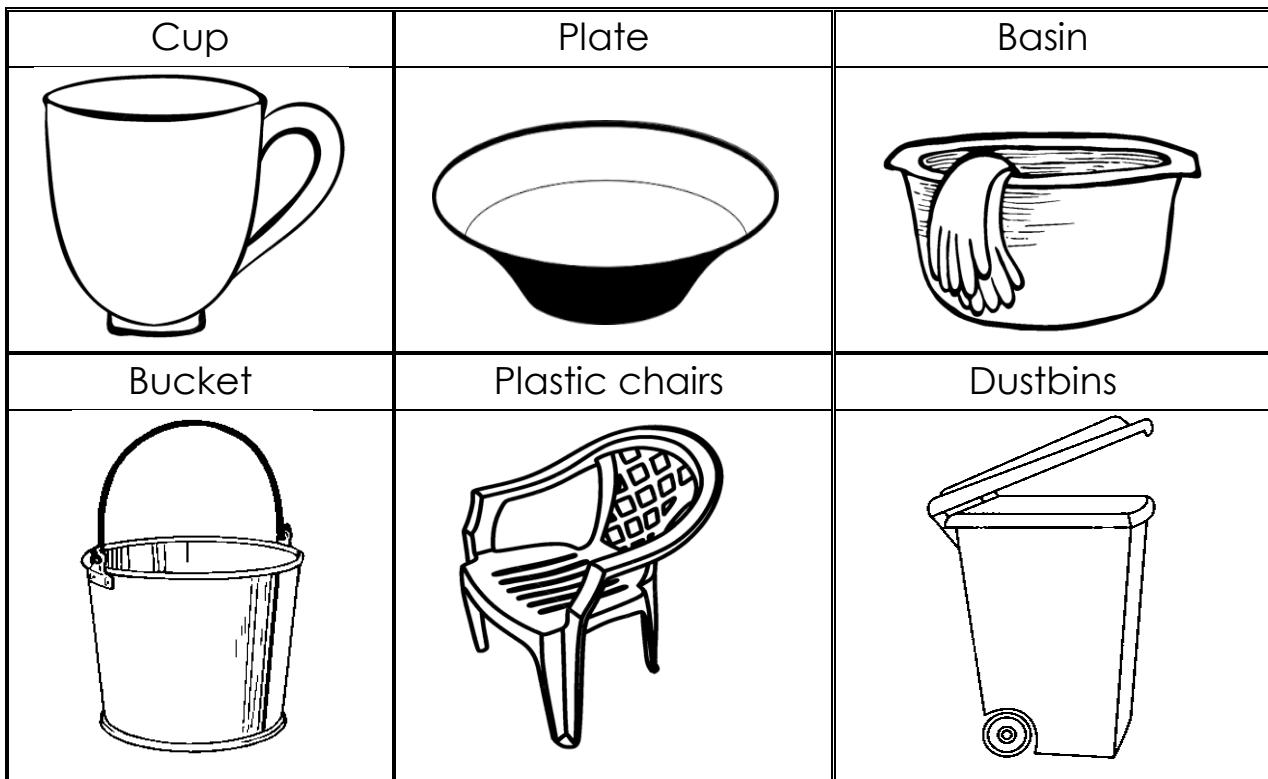
c) Things we make by modeling.

Modeling is the shaping of an object using clay or wax.

Pot	Flower vessel	Bricks
-----	---------------	--------

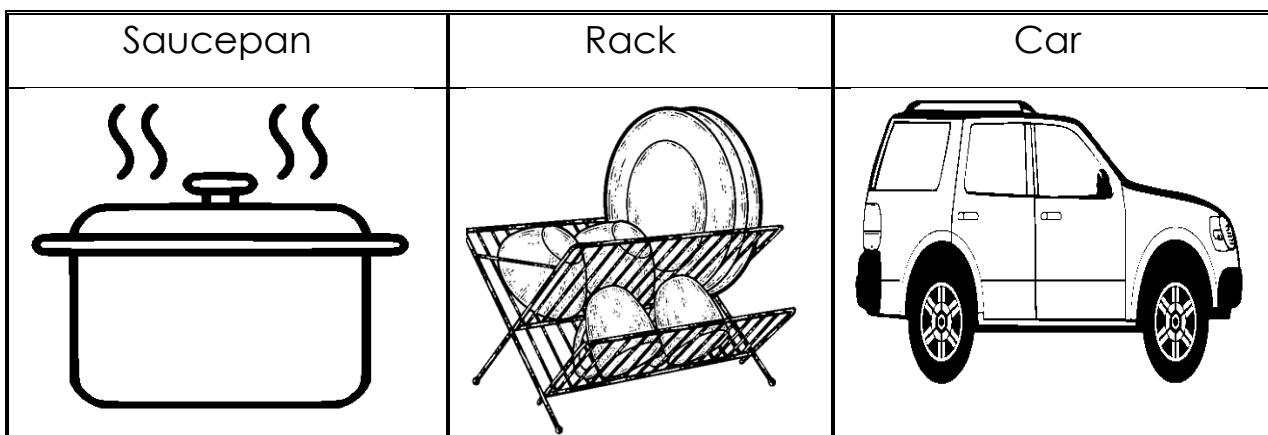
d) Things we make from plastic.

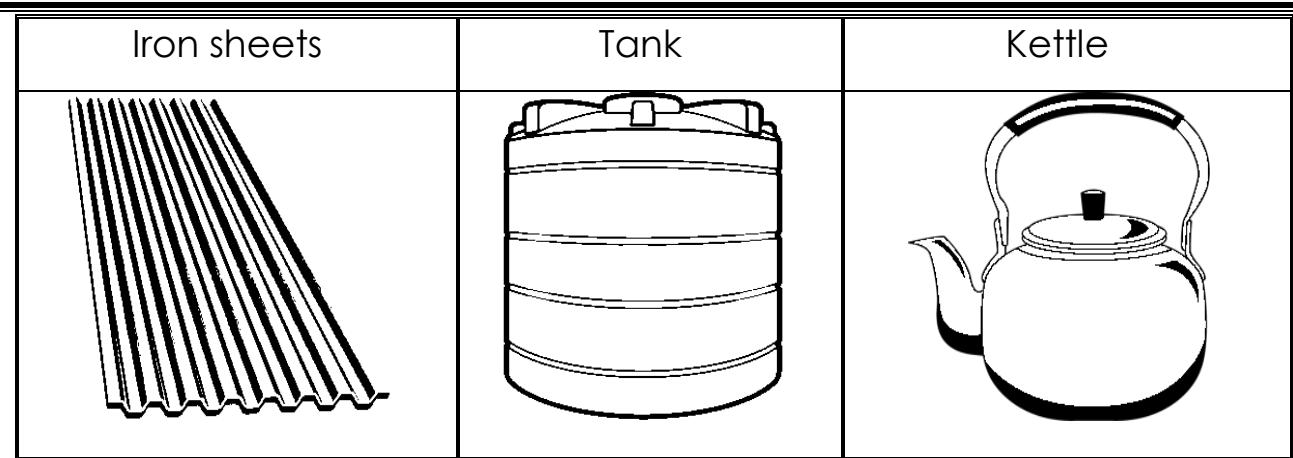
Things we make from plastic are made from factories by melting plastic and remolding them into different shapes.



e) Things we make from metals

Metals are got from under the soil. They are melted and turned into different things.





Sub theme 6.3: Materials used and their sources

a) **Materials we use to make things**

- | | |
|------------------|-------------|
| i) Clay | vi) Stone |
| ii) Bottle tops | vii) Thread |
| iii) Palm leaves | viii) Sisal |
| iv) Straws | ix) Rafia |
| v) Sisal | |

Sub theme 6.3: Importance of things we make

	Thing	Use
1.	Pot	For keeping water
2.	Flower vessels	For putting in flowers
3.	Table mat	For decoration
4.	Mortar and pestle	For pounding things
5.	Hat	For selling and get money

7

TRANSPORT IN OUR COMMUNITY

Transport is the movement of people and goods from one place to another.

Sub-Theme 7.1: Means of transport in our community

a) Types of transport

There are four main types of transport namely

Road transport	Air transport
	
Railway transport	Water transport
	

a) Road transport

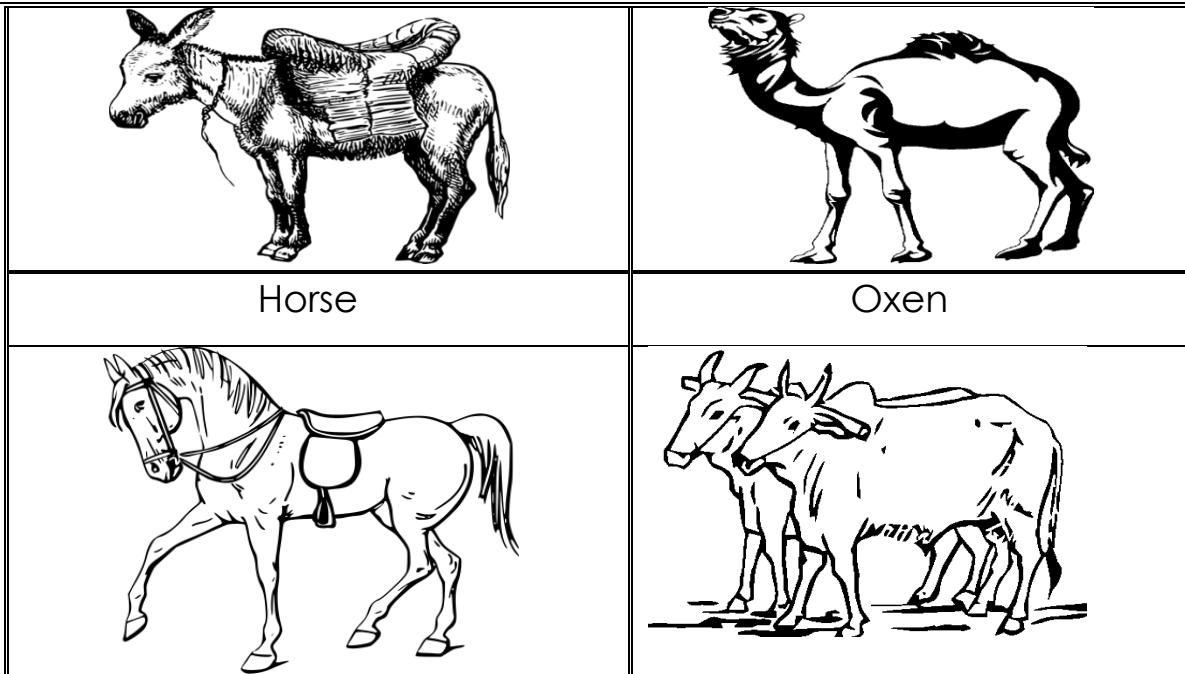
We use roads every day, and we see the following vehicles and these are called means.

Road transport is commonly used in our area because it is cheap

Animals used in transport

There are some animals used for transport and carrying things.

Donkey	Camel
--------	-------



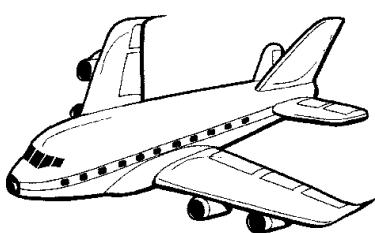
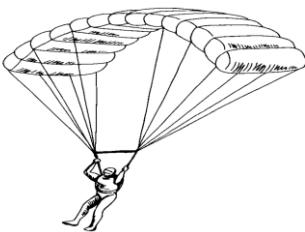
b) Air transport

This is the quickest type of transport.

It is not commonly used because it is expensive.

Air transport can be used to transport perishable things like fruits, glass. Air transport is used in areas with air ports and air strip

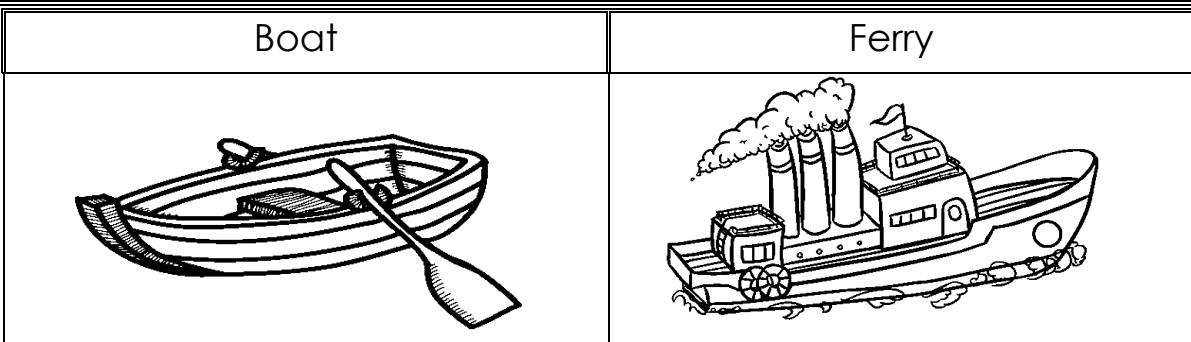
Means used in air transport.

Aero plane	Parachute
	
Helicopter	Rocket

c) Water transport

Water transport is commonly used in places with water bodies.

Means of water transport



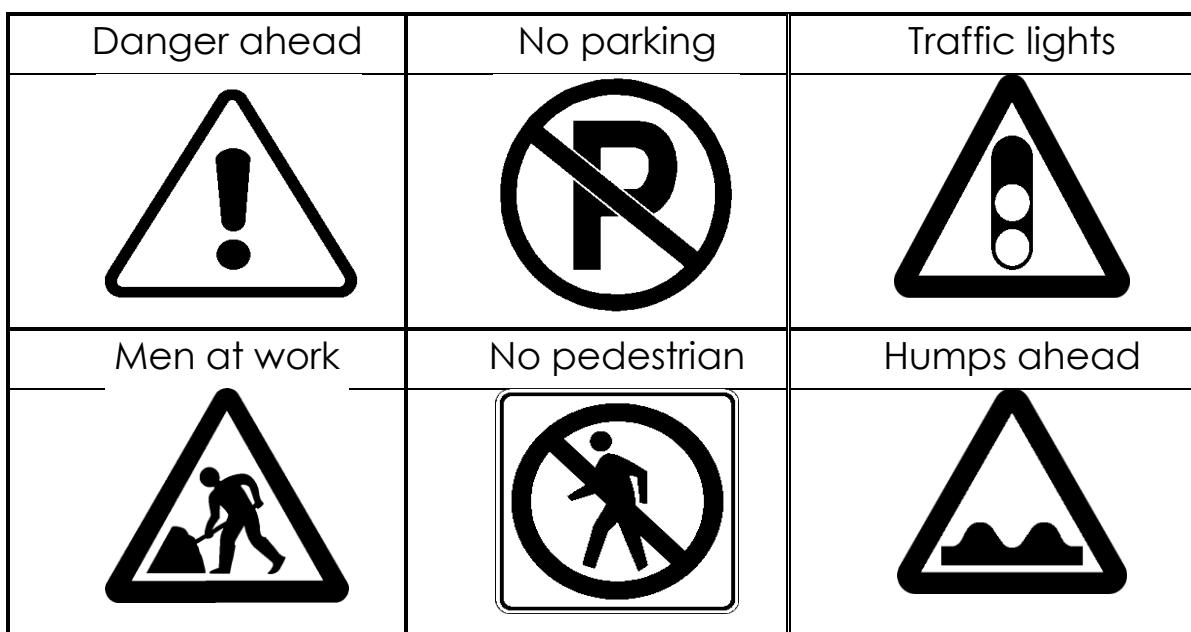
a) How to cross the road safely

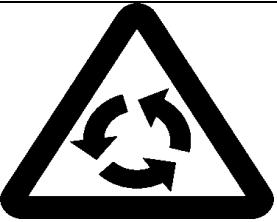
1. Stand on the side of the road,
2. Look right,
3. Then look left,
4. Look right again,
5. When the road gets clear, walk to cross the road but don't run.

Who are the road users?

1. drivers
2. cyclists
3. motorists
4. pedestrians
5. passengers

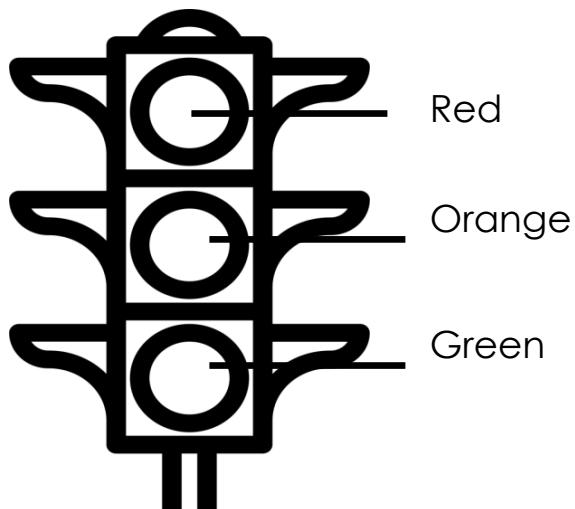
Examples of road signs



Round about	Children crossing	Slippery road
		

b) Traffic lights

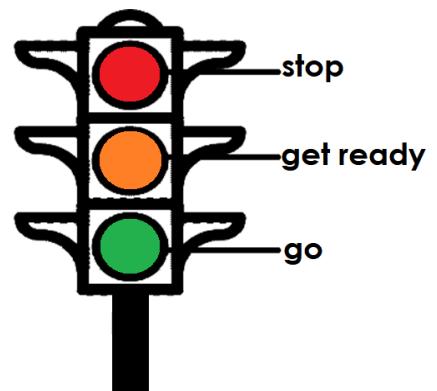
Traffic lights are mainly found on busy roads in towns
They are used to stop cars.



c) Meaning of traffic lights

They tell the user to do the following:

2. **Red:** to stop.
3. **Orange:** to get ready.
4. **Green:** to go.



8

ACCIDENTS AND SAFETY

An accident is a sudden happening that can cause injury or death.

Accidents hurt the body causing pain, lameness, sickness, blindness, worry, deafness and even death.

Sub theme 8.1: Accidents and safety in the community.

a) Common accidents in the community

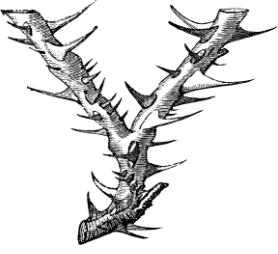
Near drowning	Dog bites	Stings
		
Nose bleeding	Burns	Electric shock
		
Cuts	Fracture	Pierces

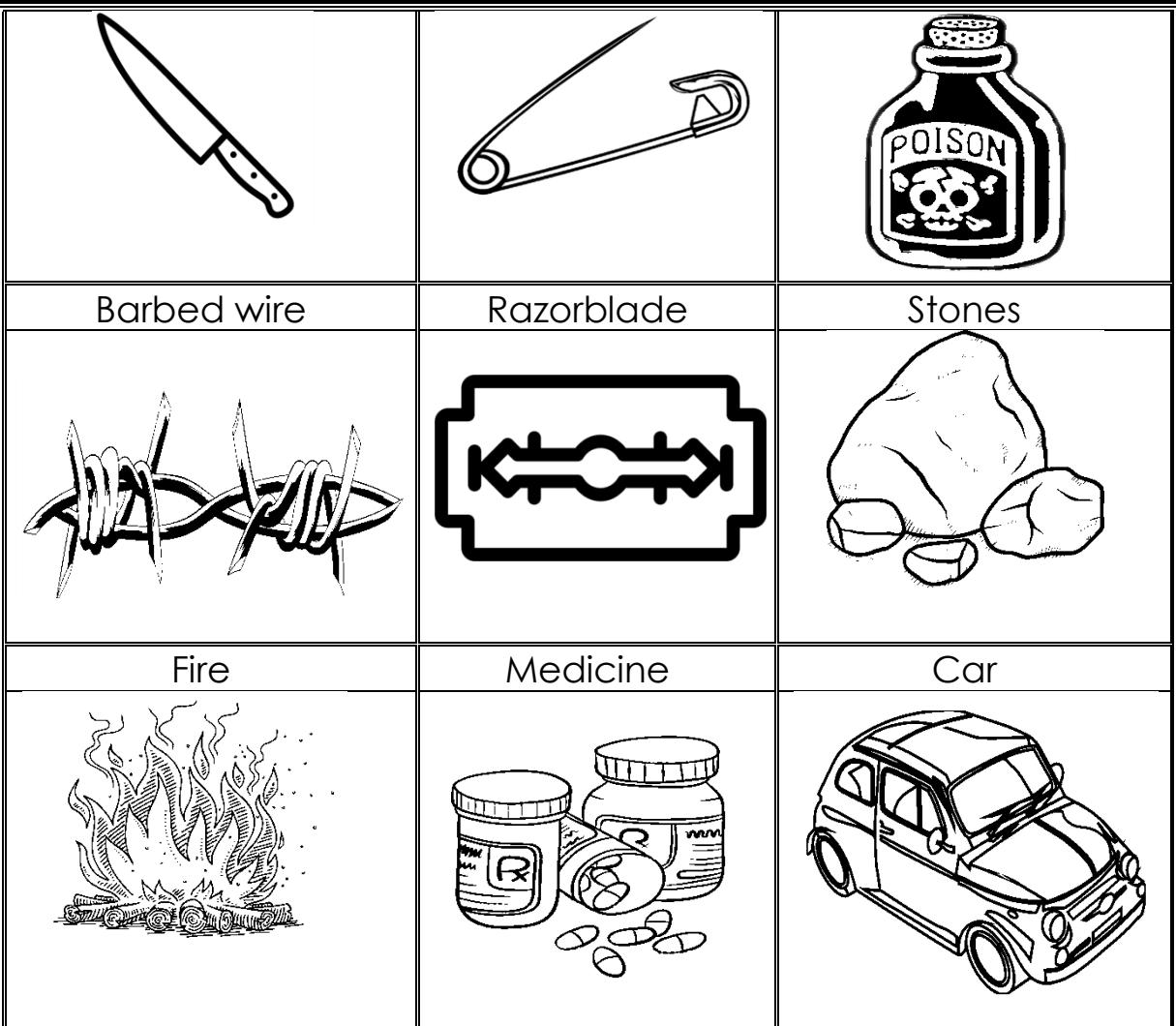
b)

c)

d) Dangerous objects in the community that can cause accidents.

These are things that cause accidents in the community.

Thorns	Broken bottles	Needle
		
Knife	Safety pin	Poison

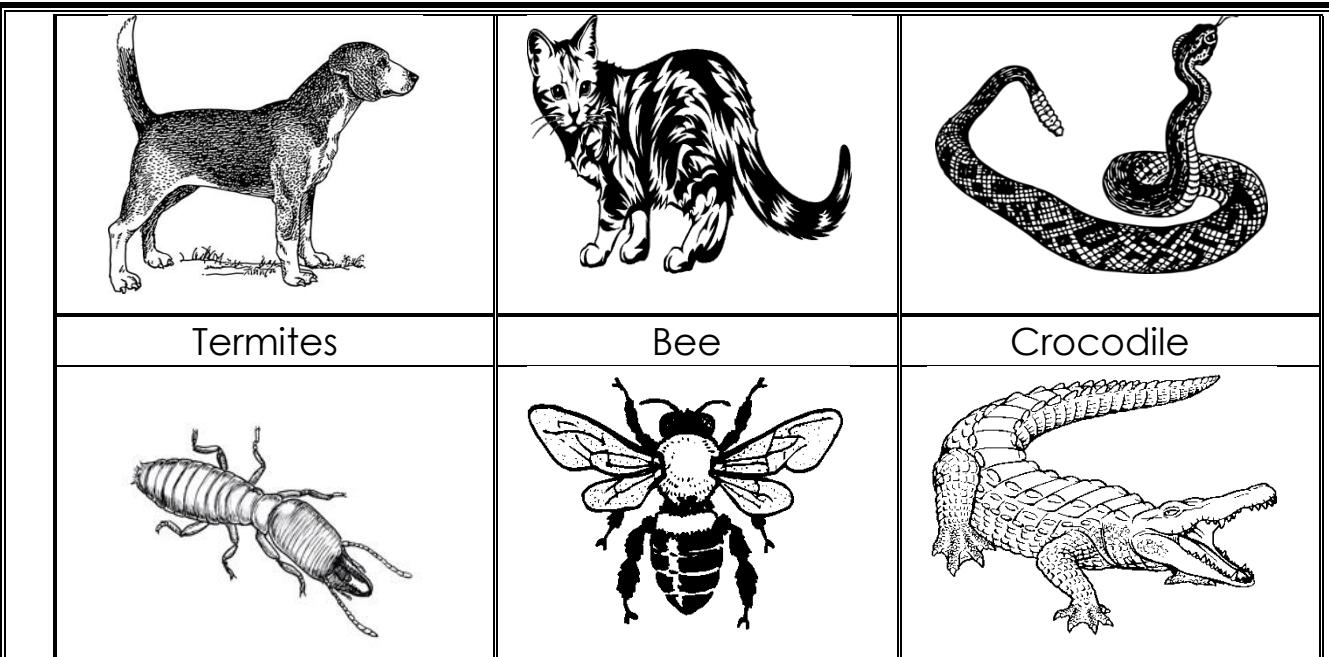


Can you name any other three dangerous objects at home?

e) Dangerous animal in our community

These are animals that can bite or sting us.

Dog	Cat	Snake
-----	-----	-------



Sub theme 8.2: Management of accidents

a) Causes of accidents in our community

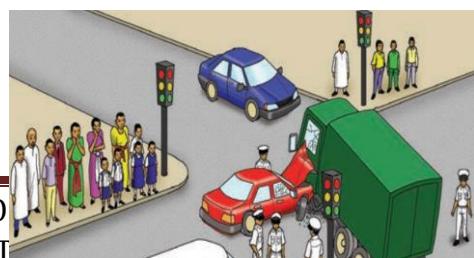
1. Playing with fire.
2. Playing with dogs.
3. Playing in bush.
4. Climbing trees
5. Playing with sharp objects.
6. Fighting.

b) How to prevent accidents in our community

1. Avoid playing with sharp objects.
2. Avoid playing near fire.
3. Avoid playing with animals.
4. Avoid playing rough games like kicking.
5. Avoid throwing stones.

c) Causes of accidents on the way/road

1. Playing on the road.
2. Over speeding cars.
3. Overloading cars.



People who can help us to avoid accidents on the way

- i) Traffic officers
- ii) Parents
- iii) Teachers
- iv) Elder brother and sister
- v) Lollipop man



How to help people who have got an accident

1. Giving the first aid.
2. Taking them to hospitals.

Sub theme 8.3: First Aid concept

First Aid is the first help given to a person who has got an accident.

a) First Aid box

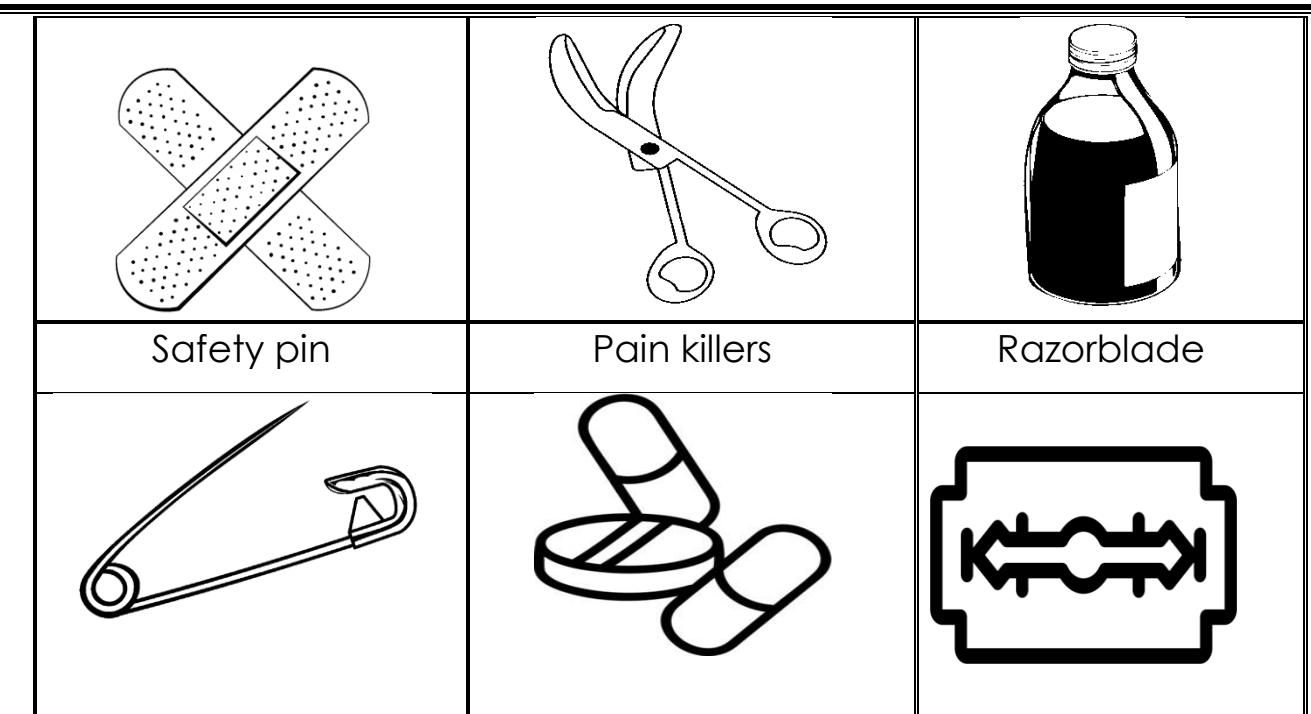
First Aid box is a container where we keep things used in giving first aid.

b) Things used in giving first aid

These are called first aid kit

Examples of first aid kit

Bandage	Cotton wool	Gloves
An illustration showing a roll of white bandage with a roll of white tape and a pair of sharp scissors next to it.	An illustration showing several pieces of white cotton wool, some of which are labeled "COTTON".	An illustration of a white glove with fingers spread out.
Plaster	Pair of scissors	Spirit



c) **Why we give first aid**

1. To reduce pain.
2. To stop bleeding.
3. To prevent infections.
4. To prevent more injury.

9

PEACE AND SECURITY

Peace is the state of living in a friendly and calm atmosphere with one another.

Security is the state of being free from danger.

People who keep peace and security in our community

- | | |
|-------------|--------------------|
| a) Parents | e) Security guards |
| b) Teachers | f) Children |

- c) The police
- d) The soldier
- g) The local council
- h) The religious leaders

Sub theme 9.1: Roles of the people who keep peace and security

a) Parents

Parents are the people who produce children and care for them. The parents are found at home and these are father and mother.

Roles of parents in keeping peace and security

- Providing basic needs to children.
- Hiring guards to guard our homes.
- Putting fences around their homes.
- Guiding their children.
- Reporting wrong doers to the police.

b) Children

A child is a person below 18 years of age. A child stays with the parents or relatives.

Roles of children in keeping peace and security

- Obeying rules and regulations.
- Listening to the teachers/ parents instructions.
- Reporting strange people and things
- Respecting the school and home property

Sub theme 9.3: Importance of promoting peace and security

Importance of school rules and regulations

- They promote discipline among school children.
- They reduce on accidents at school
- They bring unity among pupils.

Importance of keeping peace and security

- a) It promotes safety in a community.

- b) It promoted development.
- c) It improves on people's standard of living.
- d) It promotes tourism in a community.
- e) It promotes order and discipline.
- f) It promotes security of property
- g) They promote peace among pupils.
- h) They promote good relationship among people.
- i) They promote love and care.

Insecurity

Insecurity is the state of not being free from danger.

Causes of insecurity in our community

- ❖ Poverty
- ❖ Diseases
- ❖ Violence / fights / wars
- ❖ Lack of respect
- ❖ Lack of food
- ❖ Laziness and not being helpful
- ❖ Defilement

10

CHILD PROTECTION

According to Ugandan law, a child is a person who is below the age of 18 years.

Child protection way of keeping children safe and free from dangers

Sub theme 10.1: Child work and child abuse

a) Child work

A child should help parents at home. This can be done through doing different work.

Examples of work a child can do

- i) Fetching water
- ii) Washing utensils
- iii) Sweeping compound
- iv) cooking tea
- v) Carrying baby
- vi) Mopping house.
- vii) Looking after animals

Effects of child abuse

- a) Results into pain to a child
- b) Results into death
- c) Results into school drop out
- d) Results into lameness of a child
- e) Results into fear.
- f) Results into hunger.
- g) Results into disability

Sub topic 10.3; Ways of child protection

Children responsibilities are things a child must do

Examples of children responsibility

- i) Respecting parents, elders and teachers.
- ii) Avoid misusing their rights.
- iii) Promote interest of their country.
- iv) Being obedient to their superiors
- vi) Promote law and order

Activities done at school and in community and their effects

- a) Beating of a child causes pain.
- b) Carrying heavy loads makes a child lame and tired.
- c) Looking after animals can result into accidents to a child.
- d) Digging for long hours makes a child tired.

Bad acts done to children and their negative effect

- a) **Forced marriage** makes a child produce when she is still young.
- b) **Denying food** to a child makes a child feel hungry and can die.
- c) **Child labour** can make a child gets accidents and pain.
- d) **Over beating** causes pain to a child.

e) **Defilement**

Defilement is the engaging a child into sexual activities.

Negative effects of defilement

- i) A child can get pregnant.
- ii) A child can get HIV/AIDS
- iii) A child feels pain.
- i) A child can get damage to his/her private part
- ii) A child can die.

f) **Denying education to a child**

This is the refusing a child to go to school.

Ways of child protection.

- i) By guidance and counseling children.

- ii) By educating the children about their rights.
- iii) By providing basic needs to children.
- iv) By pushing people who mistreat children.
- v) By encouraging children to report bad things done to them.
- vi) By encouraging children move in groups.

Basic needs

These are things needed by people to live.

Examples of basic needs

- a) Food
- b) Clothes
- c) Security
- d) Medicine
- e) Shelter

i) Food

- Gives us energy
- Makes us look healthy
- Helps us grow well

How people meet the needs of food

- i) We get food from gardens
- ii) We buy food from shops
- iii) We buy food from markets
- iv) We get food from farm / bush
- v) We get food from water bodies.

ii) Water

- a) For washing utensils and clothes
- b) For cleaning our environment
- c) For cooking food
- d) For drinking

Where do we get water from?

Rain, the rain is the natural source of water.

Water bodies like lakes and rivers, taps, borehole, wells e.t.c

iii) Shelter

- a) Protects us from wild animals
- b) Protects us from bad weather

How we get shelter

- a)** We build house
- b) We buy them
- c)** We rent them

11

MEASUREMENTS

Sub theme 11.1; Time

a) Days of the week

There are seven days in a week namely;

- Sunday is the first day of the week
- Monday is the second day of the week.
- Tuesday is the third day of the week.

- Wednesday is the fourth day of the week.
- Thursday is the fifth day of the week.
- Friday is the sixths day of the week.
- Saturday is the seventh and the last day of the week.

b) **Months of the year**

There are twelve months in a year namely;

- January is the first month of the year
- February is the second month of the year
- March is the third month of the year.
- April is the fourth month of the year.
- May is the fifth month of the year.
- June is the sixth month of the year
- July is the seventh month of the year.
- August is the eight months of the year.
- September is the ninth month of the year.
- October is the tenth month of the year.
- November is the eleventh month of the year.
- December is the twelfth and last month of the year.

c) **Days in each month**

	Month	Days
1.	January	31
2.	February	28/29
3.	March	31
4.	April	30
5.	May	31
6.	June	30
7.	July	31
8.	August	31
9.	September	30

10.	October	31
11.	November	30
12.	December	31

d) **The calendar**

A calendar is a chart or series of pages showing the days, weeks and months of a particular year.

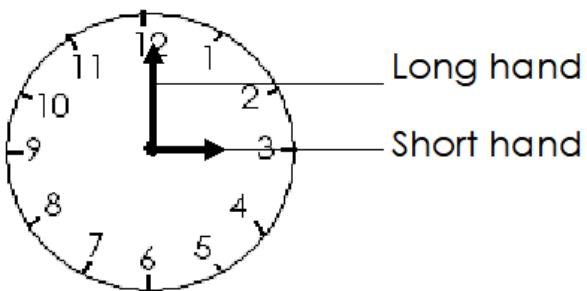
A calendar shows days a month starts and ends

January	February	March	April																																																																																																																																																																																						
<table border="1"> <thead> <tr> <th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th><th>Su</th></tr> </thead> <tbody> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </tbody> </table>	Mo	Tu	We	Th	Fr	Sa	Su	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<table border="1"> <thead> <tr> <th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th><th>Su</th></tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> </tbody> </table>	Mo	Tu	We	Th	Fr	Sa	Su	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	<table border="1"> <thead> <tr> <th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th><th>Su</th></tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	Mo	Tu	We	Th	Fr	Sa	Su	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<table border="1"> <thead> <tr> <th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th><th>Su</th></tr> </thead> <tbody> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </tbody> </table>	Mo	Tu	We	Th	Fr	Sa	Su	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																																				
Mo	Tu	We	Th	Fr	Sa	Su																																																																																																																																																																																			
4	5	6	7	8	9	10																																																																																																																																																																																			
11	12	13	14	15	16	17																																																																																																																																																																																			
18	19	20	21	22	23	24																																																																																																																																																																																			
25	26	27	28	29	30	31																																																																																																																																																																																			
Mo	Tu	We	Th	Fr	Sa	Su																																																																																																																																																																																			
1	2	3	4	5	6	7																																																																																																																																																																																			
8	9	10	11	12	13	14																																																																																																																																																																																			
15	16	17	18	19	20	21																																																																																																																																																																																			
22	23	24	25	26	27	28																																																																																																																																																																																			
Mo	Tu	We	Th	Fr	Sa	Su																																																																																																																																																																																			
1	2	3	4	5	6	7																																																																																																																																																																																			
8	9	10	11	12	13	14																																																																																																																																																																																			
15	16	17	18	19	20	21																																																																																																																																																																																			
22	23	24	25	26	27	28																																																																																																																																																																																			
29	30	31																																																																																																																																																																																							
Mo	Tu	We	Th	Fr	Sa	Su																																																																																																																																																																																			
5	6	7	8	9	10	11																																																																																																																																																																																			
12	13	14	15	16	17	18																																																																																																																																																																																			
19	20	21	22	23	24	25																																																																																																																																																																																			
26	27	28	29	30	31																																																																																																																																																																																				
May	June	July	August																																																																																																																																																																																						
<table border="1"> <thead> <tr> <th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th><th>Su</th></tr> </thead> <tbody> <tr><td>1</td><td>2</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	Mo	Tu	We	Th	Fr	Sa	Su	1	2						3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<table border="1"> <thead> <tr> <th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th><th>Su</th></tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	Mo	Tu	We	Th	Fr	Sa	Su	1	2	3	4	5	6	7	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					<table border="1"> <thead> <tr> <th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th><th>Su</th></tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </tbody> </table>	Mo	Tu	We	Th	Fr	Sa	Su	1	2	3	4	5	6	7	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<table border="1"> <thead> <tr> <th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th><th>Su</th></tr> </thead> <tbody> <tr><td>1</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	Mo	Tu	We	Th	Fr	Sa	Su	1							2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
Mo	Tu	We	Th	Fr	Sa	Su																																																																																																																																																																																			
1	2																																																																																																																																																																																								
3	4	5	6	7	8	9																																																																																																																																																																																			
10	11	12	13	14	15	16																																																																																																																																																																																			
17	18	19	20	21	22	23																																																																																																																																																																																			
24	25	26	27	28	29	30																																																																																																																																																																																			
31																																																																																																																																																																																									
Mo	Tu	We	Th	Fr	Sa	Su																																																																																																																																																																																			
1	2	3	4	5	6	7																																																																																																																																																																																			
7	8	9	10	11	12	13																																																																																																																																																																																			
14	15	16	17	18	19	20																																																																																																																																																																																			
21	22	23	24	25	26	27																																																																																																																																																																																			
28	29	30																																																																																																																																																																																							
Mo	Tu	We	Th	Fr	Sa	Su																																																																																																																																																																																			
1	2	3	4	5	6	7																																																																																																																																																																																			
5	6	7	8	9	10	11																																																																																																																																																																																			
12	13	14	15	16	17	18																																																																																																																																																																																			
19	20	21	22	23	24	25																																																																																																																																																																																			
26	27	28	29	30	31																																																																																																																																																																																				
Mo	Tu	We	Th	Fr	Sa	Su																																																																																																																																																																																			
1																																																																																																																																																																																									
2	3	4	5	6	7	8																																																																																																																																																																																			
9	10	11	12	13	14	15																																																																																																																																																																																			
16	17	18	19	20	21	22																																																																																																																																																																																			
23	24	25	26	27	28	29																																																																																																																																																																																			
30	31																																																																																																																																																																																								
September	October	November	December																																																																																																																																																																																						
<table border="1"> <thead> <tr> <th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th><th>Su</th></tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </tbody> </table>	Mo	Tu	We	Th	Fr	Sa	Su	1	2	3	4	5			6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				<table border="1"> <thead> <tr> <th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th><th>Su</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </tbody> </table>	Mo	Tu	We	Th	Fr	Sa	Su					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<table border="1"> <thead> <tr> <th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th><th>Su</th></tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	Mo	Tu	We	Th	Fr	Sa	Su	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						<table border="1"> <thead> <tr> <th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th><th>Su</th></tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </tbody> </table>	Mo	Tu	We	Th	Fr	Sa	Su	1	2	3	4	5	6	7	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																
Mo	Tu	We	Th	Fr	Sa	Su																																																																																																																																																																																			
1	2	3	4	5																																																																																																																																																																																					
6	7	8	9	10	11	12																																																																																																																																																																																			
13	14	15	16	17	18	19																																																																																																																																																																																			
20	21	22	23	24	25	26																																																																																																																																																																																			
27	28	29	30																																																																																																																																																																																						
Mo	Tu	We	Th	Fr	Sa	Su																																																																																																																																																																																			
				1	2	3																																																																																																																																																																																			
4	5	6	7	8	9	10																																																																																																																																																																																			
11	12	13	14	15	16	17																																																																																																																																																																																			
18	19	20	21	22	23	24																																																																																																																																																																																			
25	26	27	28	29	30	31																																																																																																																																																																																			
Mo	Tu	We	Th	Fr	Sa	Su																																																																																																																																																																																			
1	2	3	4	5	6	7																																																																																																																																																																																			
8	9	10	11	12	13	14																																																																																																																																																																																			
15	16	17	18	19	20	21																																																																																																																																																																																			
22	23	24	25	26	27	28																																																																																																																																																																																			
29	30																																																																																																																																																																																								
Mo	Tu	We	Th	Fr	Sa	Su																																																																																																																																																																																			
1	2	3	4	5	6	7																																																																																																																																																																																			
6	7	8	9	10	11	12																																																																																																																																																																																			
13	14	15	16	17	18	19																																																																																																																																																																																			
20	21	22	23	24	25	26																																																																																																																																																																																			
27	28	29	30	31																																																																																																																																																																																					

e) **Telling time**

- i) We tell time in hours, minutes and seconds.
- ii) Sixty second make one minute.
- iii) Sixty minutes make one hour.
- iv) Twenty-four hours make a day.
- v) Time in the morning is measured in am while afternoon and evening are measured in pm.
- vi) A day start at 12:00 midnight to 11:59 at night.
- vii) When telling time using a clock face, a short hand shows hours and a long hand shows minutes while the moving hand showing seconds.

Parts of an analogue clock face.



Show the given time on the clock faces below.

Telling time on analogue watch

An analogue watch has two parts of numbers separated by colon (:). The digits on the right-hand side show hours and those on the left-hand side show minutes.

	Time on watch	Meaning
1.	1:00	<ul style="list-style-type: none">• It is 1 o'clock
2.	2:25	<ul style="list-style-type: none">• It is 25 minutes past 2 o'clock
3.	6:50	<ul style="list-style-type: none">• It is 10 minutes to 7 o'clock

Sub theme 11.2: Units of measures

a) **Measuring time**

Time is measured in hours and minutes.

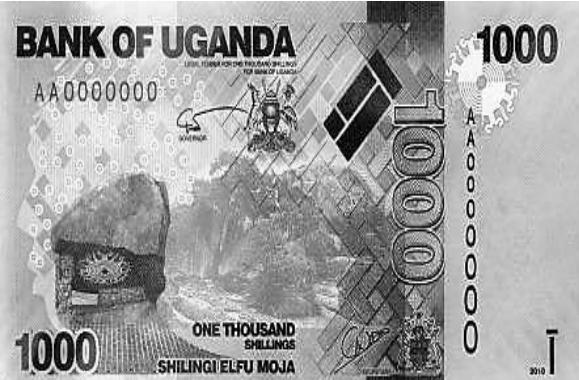
In the morning the time is measured in am and in the evening, time is measured in pm.

A month has 30/31 days except February with 28/29 days.

A year has 365 day and these make up twelve months.

A week is measured in days as one week has seven days.

A month is measured in weeks and days as a month has four weeks that can give us 28 to 30 days.

Sh. 1,000 note	Sh. 2,000 note
	
Sh. 5,000 note	Sh. 10,000
	
Sh. 20,000 note	Sh. 50,000 note
	

Coin

Metallic money is called coin. These are sh.50, sh.100, and sh.500
A coin has two parts for example a head and a tail.

On sh.50, it has a head of a kob and a coat of arm with words.

On sh.100, it has a cow in front and a coat of arm at the back

A coin of sh. 500, it has a head of a crested crane in front and a coat of arm at the back.



b) Measuring height and length

Height is the tallness or shortness of anything.

Height is measured in centimeters, meters and inches.

Height can be measured in tallness or shortness.

The materials used to measure length are strings, ropes, rulers, path and many others.

Things we can measure their height and length are walls, trees, tables and many more.

Get a chalkboard ruler and measure the height of your desk

c) **Measuring weight and capacity**

Weight is how heavy or light something is. It is the heaviness or lightness of something.

Weight is measured in grams, kilograms, heavy or light.

Sugar, meat, flour, salt is measured in kilograms.

We use a weighing scale to measure weight of things.

Water, cooking oil, milk, and paraffin are measured in liters.

Practice this with your friend

Go to your school playground and play on a see saw with your friend to balance your weight.

The side of the one who is heavier will be down and the size of the light person will go up.

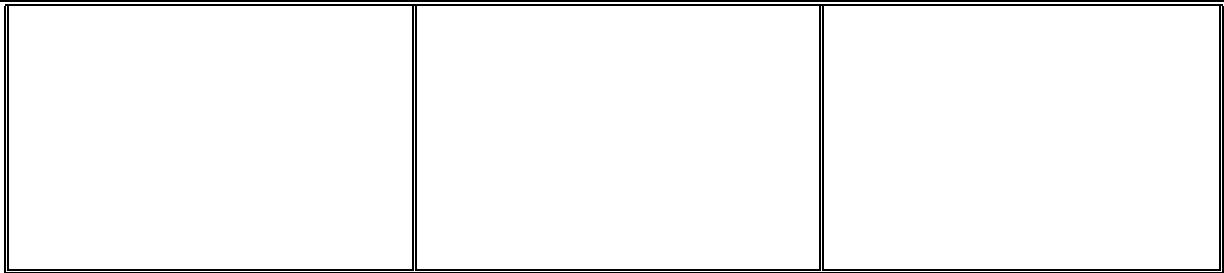
Sub theme: Shapes and solids

Two dimensional shapes

These are shapes with flat sides.

Read and draw the following shapes

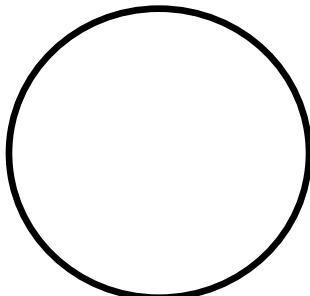
Circle	Triangle	Square
Rectangle	Trapezium	Kite



i) **Circle**

A circle has a round shape. It is made up of curved lines.

A circle has no corners and it has two sides that is the front side and the back one.



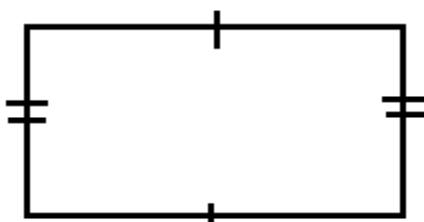
Things with a circular shape are pancake, chapatti, car tyre and many more.

ii) **A rectangle**

A rectangle has two opposite sides equal. The short sides have the same length and the longest sides also have the length.

A rectangle has four sides and the shortest sides are called width while the longest sides are called width/breadth.

Examples of things with a rectangular shape are blackboard, door, television screen, mattress and many more



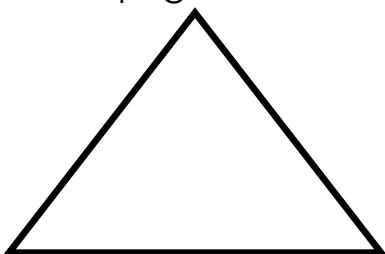
iii) Triangle

A triangle has three sides.

A triangle with all sides equal is called an equilateral triangle.

A triangle with two sides equal is called an isosceles triangle.

A triangle with one side upright and straight is a right-angled triangle.



Examples of things with a triangular shape are samosa some sweets

Read and see the types of triangles below

Equilateral triangle	Right angled triangle	Isosceles triangle
----------------------	-----------------------	--------------------

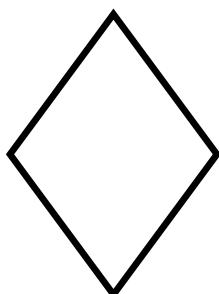
A square

A square has four equal sides. All sides of a square have the same length (tallness)



iii) A kite

A kite is a squeezed square. It has four sides.



12

RECREATION, FESTIVAL AND RECREATION

Recreation is the way of spending one's leisure (free) time.

Recreation is when people have free time for enjoyment after work or studying.

Recreation makes our mind and body relax.

Before people go for recreation, they must first work or study then they go for recreation activities.

At school we can play football, play with swings, rope and many more.

Sub theme 12.1: Recreation activities at home and school

a) Recreation activities done at home

- Playing games
- Watching TV.
- Reading news / story books.
- Listening or telling stories.
- Swimming.
- Listening to music.

- Partying / going for picnic.
- Playing computer games.

b) Recreation activities at school

- Watching videos
- Playing computer games
- Swimming
- Playing games
- Reading story books.
- Dancing

c) Places where people can go to relax their mind

- | | |
|-------------------|-------------------------|
| i) Beaches | vi) Theatre |
| ii) Gym | vii) Stadium |
| iii) Game parks | viii) Cinema halls |
| iv) Zoo | ix) Field / play ground |
| v) Swimming pools | |

d) Importance of recreation

Why do we go for recreation?

- i) To learn new things
- ii) To rest
- iii) To exercise the body
- iv) To entertain
- v) For enjoyment
- vi) For fun
- vii) For good health

Common cultural practices in our societies

- i) Naming of newly born children.
- ii) Marriage.
- iii) Introduction.

- iv) Birth of twins.
- v) Funeral rites
- vi) Initiation
- vii) Circumcision

i) Naming children

Children are named according to the following;

- According to situation.
- According to the position in the family.

Initiation

Initiation is being allowed to become a member of a tribe / family.

Initiation practices

<u>Practices</u>	<u>Tribe</u>
- Circumcision	- Bagisu
- De-toothing	- Alur
- Naming twins	- All tribes
- Tattooing	- Karamajong

- i) Liberation day - 26th Jan
- ii) Women's day - 8th March
- iii) Labour day - 1st May
- iv) Heroes' day - 9th June
- v) Independence Day - 9th October

2. Religious days

Religious days are also public holiday but mainly are for praising God in different religions. They unite people and play in congregation. These religious holidays include the following.

- Easter Sunday - No particular date
- Easter Monday - No particular date
- Martyrs' day - 3rd June
- Christmas day - 25th December

- | | |
|---------------|----------------------|
| ➤ Idd Elfitri | - No particular date |
| ➤ Idd Aduha | - No particular date |
| ➤ Good Friday | - No particular date |

Importance of holidays

- For resting from too much work.
- For helping the parents at home.
- For praying to God.
- For remembering some people and honour them.
- For fulfilling religious rituals.
- For visiting friends and relatives.

© SSEBAGALA SADAT
THIS BOOK IS PROTECTED

**Get a full textbook at only sh.20000. Call or whatsapp
for orders and delivery on
0789522801 / 0751522801**