P.4 SST LESSON NOTES FOR TERM III

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Our leaders in our District

SUB-TOPIC: Leaders in our district

INTRODUCTION: The lesson will be introduced by discussing some of the leaders in our

school.

COMPETENCES: Learners should be able to read, write, and spell correctly.

• Leader

• Administration

• Decentralization

Disability

CONTENT: LEADERS

A leader is a person who manages and controls something/ person given authority to control / direct others.

Administration is the act of managing and controlling an organization.

Decentralization is the transfer of power from central government to local government.

Types of leaders in our district

- Political leaders
- These are leaders of areas.

Examples of leaders

- LCI LC5
- RDC Resident District Commissioner
- LC Local Council

Local Council V system

- The district council is made up of the following
- Chair person
- Councilors elected to represent district sub-county / divisions and towns
- Two councilors elected to represent the youth
- Two councilors with disabilities

The Local Council Structure

- LCV District
- LC IV County/ Municipality
- LC III Sub County / division
- LC II Parish Executive
- LC I Village executive

Exercise

- 1. Who is a leader?
- 2. Mention any two types of leaders.
- 3. Give any three examples of political leaders
- 4. State the political heads of the following areas
 - a. Country
 - b. District
 - c. Country
- 5. How are leaders important in a community?
- 6. How do civic leaders came into power?
- 7. Write LC in full.

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Leaders in our district

SUB – TOPIC: Members of the LC Executive

INTRODUCTION: The lesson will be introduced by

COMPETENCES: Learners should be able to read, write, and spell correctly.

Resident

Chairperson

Commissioner

Disabilities

• Finance

CONTENT: MEMBERS OF LC EXECUTIVE

Chairperson – He chairs meetings

Vice chairperson – Helps the chairperson

He is in charge of children

General Secretary – Records minutes

Secretary for defence – Responsible for security matters

Secretary for finance – In charge of money

Secretary for information – In charge of delivering messages / mobilization

Secretary for production and environment – To care for the environment

Secretary for youth – Responsible for youth affairs.

Secretary for women affairs – Responsible for women

Secretary for disabilities – Responsible for the disabled

Secretary for elders. - Responsible for the elders.

There are ten members who make the LCI executive

RDC

RDC in full is Resident District Commissioner

Roles of the RDC

- He heads a district.
- He is appointed by the president
- He advises the chairperson.
- He carries out any other function assigned by the president.

CIVIL LEADERS

Civil leaders are

Example of civil leaders

- DEO
- DFO

Exercise

- 1. Write LC in full.
- 2. How many members make up LC committee?
- 3. Who is responsible for children affairs in LC
- 4. Write RDC in full.
- 5. Outline any three roles of RDC in a district.
- 6. Mention any one role of the CAO in a district.

Date Class	Subject	No. of pupils	Time
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P.4

TOPIC: Leaders in our district

SUB-TOPIC: The duties of the district leaders

INTRODUCTION:

COMPETENCES: Learners should be able to read, write, and spell correctly.

Co-ordinates

• Marriage

• Agriculture

Commander

CONTENT: Duties of the District leaders

District chairperson

- He is the political head of the district.
- He is directly elected by adults.

Roles of a chairperson

- He monitors the general administration of the district.
- He co-ordinates the activities of the local government.
- He supervise the work of all other officers in the district.

Chief Administrative Officer (CAO)

• He is the chief accounting officer of the district.

Duties of CAO

- He is the highest civil servant in the district.
- He officiates legal marriage on behalf of the district.
- He is responsible for payment of civil servants in a district.

District Agriculture Officer (DAO)

- He advises farmers on better farming methods.
- He ensures food security in the district.
- He helps farmers to improve on their income

District Police Commander (DPC)

- He controls the police force of the district.
- He makes sure that all people keep law and order in the district.
- He gives permission before public rallies take place.

- He is in charge of conserving forests.
- He encourages tree planting and controls the felling down of trees.

Exercise

- 1. Name the political head of a district.
- 2. Mention the top civil servant in the district.
- 3. Write the following abbreviations in full.
 - a) DEO
 - b) CAO
 - c) DPC
- 4. State the role of the DPC in the country

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Our leaders in our district

SUB – TOPIC: Civic leaders in our district

INTRODUCTION: The lesson will be introduced by reviewing the previous lesson

CONTENT: DISTRICT DIRECTOR OF HEALTH SERVICES (DDHS)

He was formerly known as District Medical Officer.

- He is responsible for medical programmes and departments in the district.
- He supervises all medical workers in the district.
- He controls epidemic diseases in the district.

District Veterinary Officer (DVO)

- He advises farmers on how to look after their livestock.
- He teaches people how to improve on the quality of their live stock.
- He supervises the veterinary works in the district.

District Fisheries Officer (DFO)

- He is in charge of fisheries in the district.
- He controls over fishing and catching of young fish.
- He teaches people proper methods of fishing.

District Speaker

- The district speaker presides over council meeting
- He controls council meetings

The District Planner (DP)

- He plans development in the district.
- He discourages unplanned building in the district.

Exercise

- 1. Write the following in full.
 - a) DFO
 - b) DVO
 - c) DDHS
- 2. State the role of a District Fisheries Officer
- 3. Give the importance of a veterinary doctor in our community.
- 4. What role is played by the District planner in a district?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC:

Our leaders in our district

SUB-TOPIC:

Religious Leaders

INTRODUCTION:

COMPETENCES: Learners should be able to read, write, and spell correctly.

- Bishop
- Priest
- Reverend
- Sheikhs
- **Pastors**
- Mufti

CONTENT:

RELIGIOUS LEADERS

These are leaders of different religions

Examples of Religious Leaders

- Bishops
- Priest
- Reverends
- Sheikhs
- Pastors
- Mufti

- A pope leads catholic in the world
- Arch Bishop leads Anglicans in a country
- A mufti heads Moslems in a country.

Roles of religion towards development

- Religion helps to shape the morals of people
- It has built worshiping places.
- It has built schools
- It has built hospitals
- It has provided employment

Voluntary leaders

Voluntary leaders are people who willingly offer free services to people.

Examples of voluntary leaders

- Scouts and guides
- Leaders of non government organizations

Roles played by scouts and guides

- They help the injured people during accidents
- Non governmental organization
- These are organizations which offer free service to people and do not belong to government

Examples of NGOs

- UWESO Uganda Women's Effort to Save Orphans
- TASO The AIDS Support Organization (NGO's)
- ADRA Adventist Development Relief Agency
- CARE Carry American Relief Every Where

Roles of UWESO

- It cares for orphans
- It cares for widows
- The founder of UWESO was Janet Museveni

TASO

- It cares for AIDS victims
- It gives guidance and counseling

Roles of the Red Cross

- It cares for war victims
- It donates blood

Roles of ADRA

It builds and facilitates schools

- It caters for people hit by disasters
- It builds medical centres
- It builds safe water sources

Islamic Relief Agency

- It builds and facilitates schools
- It caters for people hit by disasters

World Vision

- It supports orphans
- It promotes welfare of the peasants
- It provides safe water sources to people

Uganda Red Cross

- It caters for the wounded in wars.
- It provides food and medicine to the war prisoners

Exercise

- 1. Outline any four religious leaders.
- 2. State two voluntary leaders you know.
- 3. Write in full
 - a) UWESO
 - b) TASO
 - c) ADRA
 - d) CARE

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Leaders in our district

SUB-TOPIC: Choosing leaders in our district

INTRODUCTION: The lesson will be introduced by

COMPETENCES: Learners should be able to read, write, and spell correctly.

- Election
- Appointment
- In-heritance
- Volunteer
- Presiding officer

- A polling agent
- A polling assistant

CONTENT: HOW LEADERS ARE CHOSEN

A person can become a leader

- By election
- By appointment
- Through in heritance
- By volunteering

Elections

- Elections in an activity through which leaders are chosen
- An election is a democratic way of choosing leaders.

Why people hold elections.

- To elect leaders on their own.
- It promotes peace
- It promotes democracy
- Election are held for a place known as a polling station
- A presiding officer is a person who heads a poling station
- A polling agent is a person who represents a candidate at the polling stations
- A polling assistant is a person who helps a presiding officer

Qualities of a good leader

- A good leader should be kind.
- A good leader should respect others
- A good leader should have knowledge
- A good leader should be approachable
- He should be tolerant
- He should be careful
- He should be co-operative

Uses of elections

They promote democracy

- They help people to elect leaders of their choice
- The promote unity

Exercise

- 1. Outline any two ways a person can become a leader
- 2. What are elections
- 3. Outline any four qualities of a good leader.
- 4. Which body in Uganda organizes elections?
- 5. What is a bye election?
- 6. Who is a candidate?
- 7. Who heads a school?
- 8. Why is it good for a leader to be co-operative?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Our leaders in our district

SUB – TOPIC: Law and Order in our district

INTRODUCTION: The lesson will be introduced by asking learners some of the rules in our

class

COMPETENCES: Learners should be able to read, write, and spell correctly.

A bill

• Bye-law

• Act

Ordinance

CONTENT: LAW AND ORDER

LAW

A law is an official rule of a country or state

A bye - law - is a law made by local authorities.

A bill – is a proposed law to be discussed in the parliament

An act - is a law that has been proposed by the president to start working.

School rules and regulations

- Be silent in class.
- Respect teachers and elders.

- Learn to greet one another
- Learn to welcome visitors
- Have respect to one another
- Learn to say sorry to each other
- Complete work in good handwriting

People who enforce law and order at school

- Teachers
- Head teachers
- Prefects
- Class monitors

Importance of school rules and regulations

- They promote peace.
- They guide leaders on what to do.
- They spell out the do's and don'ts.

Security inour district

• Security is a state of being in peace.

People who provide security in our district.

- The police
- Army
- Prison

- LDUs
- Internal Security Organization
- Administrative Force

Exercise

- 1. What are by e laws?
- 2. Form sentences using the following words
 - a) Bill
 - b) Act
 - c) Security
- 3. Why should a school have rules and regulation
- 4. State any four people who maintain law and order in the school.
- 5. State any two groups of people who provide security.
- 6. Why is it good for school children to respect rules and regulations?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Leaders in Our district

SUB – TOPIC: The police

INTRODUCTION: The lesson will be introduced by reviewing the previous lesson

COMPETENCES: Learners should be able to read, write, and spell correctly.

- Police
- Department
- Ministry
- Investigating
- Pass port
- Traffic
- Fire brigade
- Patrol

CONTENT: THE POLICE

Ways the police enforces law and order.

The main duty of the police is to enforce law and order.

The police operate through sections called departments

Ways the police maintains law and order

- By arresting traffic
- By investigating criminal cases
- By fighting fire
- By guarding people and important places
- The head of the police is (IGP) Inspector General of Police

Sections of the police force

- Criminal Investigation and intelligence Department (CIID)
- Dog section
- Fire Brigade section
- Traffic section
- Patrol section
- General duty section
- Radio and signal section
- Air force
- Passport section

The police is under the ministry of internal affairs. The top most person in the police is the inspector general of police. The current IGP of Uganda is Major. General Kare Kaihura

Exercise

- 1. State the main duty of the police.
- 2. Outline any three ways the police maintains law and order.
- 3. List any four departments of the police in Uganda.
- 4. Write IGP in full.
- 5. How can one become an IGP?
- 6. Why do traffic officers wear uniforms?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Our leaders in our district

SUB-TOPIC: Law and Order in our district

INTRODUCTION: The lesson will be introduced by reviewing the previous lesson

CONTENT: DEPARTMENTS OF THE POLICE

Criminal Investigation and Intelligence Department (CIID)

It investigates cases

Dog Department

It is responsible for training and looking after police dogs.

- Police dogs are used both in investigating and keeping law and order.
- Fire brigade department
- It put our fires.
- It is called when one is in danger o helpless situation

General Duty Section

This section is not specialized. It receives any kind of compliant from public. The complains
are then forwarded to the relevant department.

The Traffic Department

- This handles matters on roads.
- It teaches people proper way of handling transport facilities

Passport Department

• This department is in charge f handling passports and other travel documents

- The radio and signal department
- This department is responsible for communication with radio and signals in the police.
- In case of emergency, one is advised to ring the police 999 on fixed phones 112 on mobile phones.

The Patrol Section

- The people working in this section either work on foot or in motor vehicles. This is called patrolling.
- As they move from one place to another, they sometimes find law breakers and they arrest them.
- The general functions of the Uganda police.
- The major responsibility of the police is to keep law and order
- It carries out investigation on criminal cases.
- It makes sure that traffic laws are followed.
- It issues travel documents to people who intend to travel.
- It puts out fire

Exercise

- 1. Name any three departments of the police.
- 2. Which department of the police puts out fire?
- 3. a) What is mob justice?
 - a) Give any two dangers of mob justice?
- 4. Which police section investigates cases?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC:

Leaders in our district

SUB-TOPIC:

The Army

INTRODUCTION:

COMPETENCES: Learners should be able to read, write, and spell correctly.

- Defence
- Lieutenant
- Cabinet

Sergeant

CONTENT: THE ARMY DEFENDS THE COUNTRY AGAINST ENEMIES

The name given to Uganda's army is Uganda People's Defence Force.

Ranks in the army

- Captain
- Sergeant
- Lieutenant
- General
- Colonel
- Major
- The army is under the ministry of Defence

The prisons

- The Uganda prison is not part of the police but works hand in hand with the police in order to maintain security.
- The main duty of the prisons is to transform law breakers into law abiding citizens
- The prison is under the ministry of Internal Affairs

General functions of the Uganda prisons

- To look after prisoners.
- To take suspects for trial in court
- To help prisoners become responsible citizen by quipping them with vocational skills like carpentry, and poultry keeping
- The most top person in the Uganda prisons is the commissioner of prisons

LDU

- LDU in full is local defence unit
- LDU helps to maintain the security of an area.

Exercise

- 1. Write UPDF in full
- 2. What is the main duty of the army in Uganda
- 3. Under which ministry is the Uganda prisons
- 4. Where are the law breakers kept to transform.

- 5. How is a police station important in a community?
- 6. How is a community important to police?
- 7. Write down any two ranks in army.

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Our leaders in our district

SUB – TOPIC: Rights and responsibilities of people in our district

INTRODUCTION: The lesson will be introduced with a discussion

COMPETENCES: Learners should be able to read, write, and spell correctly.

- Press
- Security
- Taxes
- Movement

CONTENT: RIGHTS OF PEOPLE

Rights are natural freedoms people enjoy should have.

Examples of Rights

- A right to life
- A right to good security.
- A right to medical care
- A right to press.
- A right to press.
- A right to religion
- A right to movement

Constitutional rights

Responsibilities of people in our district

Obeying laws.

- Caring for the sick
- Educating children
- Paying taxes
- Going to school
- Participating in elections

Topical Questions

- 1. Who is a leader?
- 2. What is decentralizations?
- 3. State two types of leaders in our district
- 4. Write the following in full.
 - a) DEO
 - b) RDC
 - c) DFO
- 5. Who heads a district on behalf of the president?
- 6. What title is given to the leader of the police in Uganda?
- 7. Outline four ways police maintains law and order.
- 8. State three responsibilities of people in our country.
- 9. Write CIID in full.
- 10. Where are law breakers kept in our district
- 11. State the main duty of the police

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Law and Order in our district

SUB – TOPIC: Children's rights

INTRODUCTION: The lesson will be introduced with a discussing how children should be treated.

COMPETENCES: Learners should be able to read, write, and spell correctly.

- Rights
- Freedom
- Natural
- Battering

- Defilement
- Child labour

CONTENT: CHILDREN'S RIGHTS

Children's rights are natural freedoms which every child should enjoy.

Example of children's rights

- A right to medical care
- A right to education
- Aright to have clothes
- A right to a name
- A right to have shelter
- A right to belong to a family

Forms of children's rights

- Survival rights –(food, shelter, medical care, clothing)
- Protection rights
- Right to parents
- Participation rights to play
- Rights to educating
- Right to education
- Right to election
- Right to worship
- Right to speech

Child Abuse

Child abuse is the denial of children their rights

Forms of child abuse

- Denying children Education
- Denying children medical care
- Denying children food
- Denying children shelter
- Defilement

- Raping
- Child labour
- Child sacrifice
- Child battering

Causes of child abuse / Why people carry out child abuse

- Poverty
- Alcoholism
- Ignorance
- Death of parents
- Broken families

People who practice child abuse

- Step mothers
- Elder people
- teachers

Exercise

- 1. What are children's rights?
- 2. List three examples f children's rights.
- 3. Define child abuse?
- 4. Outline any four forms of child abuse.
- 5. State three causes of child abuse.
- 6. How can we prevent child abuse in our home?

Word bank

Care	Voluntary	Patrolling	Reverends	Immigration
Bolas	Volunteering	Councilors	Archbishops	Migrant
Roasting	Appointment	Administration	Planner	Oxban

Executive	Colonel	Battering	Civic	Rural
Committee	Commissioner	Sacrifice	Circumcision	Village
Local	Resident	Denial	Ethnic	Traffic
Council	Chief	Denying	Nilotics	Byelaws
Department	Administrative	Orphans	Stone	Bye-elections
Directorate	Veterinary	Relief	Age	Skinning
Election	Doctor	Governmental	Tattooing	Twirling
Electoral	Lieutenant	Non	Material	Trapping
Polling station	Inspector	Agency	Wedding	Period
Leader	Intelligence	Affairs	Taboos	Rules
regulations	tolerant	decentralization	Defilement	Freedom
Property	Kind	Commission	Presiding	Secretary
Abuse	Mufti	Chairperson	Officer	
Rights	Bishop	Violation	Returning officer	

Topical test

- 1. Who is a leader?
- 2. Name the highest civil servant in the following;
 - a. Municipality
 - b. District
 - c. Ministry
- 3. Name the local council official in charge of children's welfare.

- 4. State two importance of leaders in our community.
- 5. How do the following people get authority?
 - a. RDC
 - b. Chairman L.C.V
- 6. a) What is an election?
 - b) Why are elections carried out?
- 7. a) What is the main work of the police?
 - b)In two ways show how the police keeps law and order.
- 8. Write the following in full
 - a. CIID
 - b. CAO
 - c. RDC
- 9. a) Which ministry is in charge of the army?
 - b) How is the army important to our country?
 - c)State any two weapons of defense for the police?
- 10. a) What are children's rights?
 - b)State any two examples of children's rights.
 - c)How are children's rights violated in our district?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Our leaders in our District

SUB – TOPIC: Leaders in our district

INTRODUCTION: The lesson will be introduced by discussing some of the leaders in our

school.

COMPETENCES: Learners should be able to read, write, and spell correctly.

- Leader
- Administration
- Decentralization
- Disability

CONTENT: LEADERS

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The Local Council Structure

- LCV District
- LC IV County/ Municipality
- LC III Sub County / division
- LC II Parish Executive
- LC I Village executive

Exercise

- 8. Who is a leader?
- 9. Mention any two types of leaders.
- 10. Give any three examples of political leaders
- 11. State the political heads of the following areas
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 - b. District
 - c. Country
- 12. How are leaders important in a community?
- 13. How do civic leaders came into power?
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Date	Class	Subject	No. of pupils	Time
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TOPIC: Leaders in our district

SUB-TOPIC: Members of the LC Executive

INTRODUCTION: The lesson will be introduced by

COMPETENCES: Learners should be able to read, write, and spell correctly.

Resident

• Chairperson

• Commissioner

Disabilities

Finance

CONTENT: MEMBERS OF LC EXECUTIVE

Chairperson – He chairs meetings

Vice chairperson – Helps the chairperson

He is in charge of children

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Secretary for defence – Responsible for security matters

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Secretary for information – In charge of delivering messages / mobilization

Secretary for production and environment – To care for the environment

Secretary for youth — Responsible for youth affairs.

Secretary for women affairs – Responsible for women

Secretary for disabilities – Responsible for the disabled

There are ten members who make the LCI executive

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Roles of the RDC

- He heads a district.
- He is appointed by the president
- He advises the chairperson.
- He carries out any other function assigned by the president.

CIVIL LEADERS

Civil leaders are

Example of civil leaders

- DEO
- **DFO**

Exercise

- 7. Write LC in full.
- 8. How many members make up LC committee?
- 9. Who is responsible for children affairs in LC
- 10. Write RDC in full.
- 11. Outline any three roles of RDC in a district.
- 12. Mention any one role of the CAO in a district.

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC:

Leaders in our district

SUB-TOPIC:

The duties of the district leaders

INTRODUCTION:

COMPETENCES: Learners should be able to read, write, and spell correctly.

- **Co-ordinates**
- Marriage
- Agriculture
- Commander

CONTENT:

Duties of the District leaders

District chairperson

- He is the political head of the district.
- He is directly elected by adults.

Roles of a chairperson

- He monitors the general administration of the district.
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- He supervise the work of all other officers in the district.

Chief Administrative Officer (CAO)

• He is the chief accounting officer of the district.

Duties of CAO

- He is the highest civil servant in the district.
- He officiates legal marriage on behalf of the district.
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- He advises farmers on better farming methods.
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- He controls the police force of the district.
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District Forest Officer (DFO)

- He is in charge of conserving forests.
- He encourages tree planting and controls the felling down of trees.

Exercise

- 5. Name the political head of a district.
- 6. Mention the top civil servant in the district.
- 7. Write the following abbreviations in full.
 - d) DEO
 - e) CAO
 - f) DPC
- 8. State the role of the DPC in the country

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- He teaches people how to improve on the quality of their live stock.
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- He is in charge of fisheries in the district.
- He controls over fishing and catching of young fish.
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District Speaker

- The district speaker presides over council meeting
- He controls council meetings

The District Planner (DP)

- He plans development in the district.
- He discourages unplanned building in the district.

Exercise

- 5. Write the following in full.
 - d) DFO
 - e) DVO
 - f) DDHS
- 6. State the role of a District Fisheries Officer
- 7. Give the importance of a veterinary doctor in our community.
- 8. What role is played by the District planner in a district?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Our leaders in our district

SUB – TOPIC: Religious Leaders

INTRODUCTION:

COMPETENCES: Learners should be able to read, write, and spell correctly.

- Bishop
- Priest
- Reverend
- Sheikhs
- Pastors
- Mufti

CONTENT: RELIGIOUS LEADERS

These are leaders of different religions

Examples of Religious Leaders

- Bishops
- Priest
- Reverends
- Sheikhs
- Pastors
- Mufti
- A pope leads catholic in the world
- Arch Bishop leads Anglicans in a country
- A mufti heads Moslems in a country.

Roles of religion towards development

- Religion helps to shape the morals of people
- It has built worshiping places.
- It has built schools
- It has built hospitals
- It has provided employment

Voluntary leaders

Voluntary leaders are people who willingly offer free services to people.

Examples of voluntary leaders

- Scouts and guides
- Leaders of non government organizations

Roles played by scouts and guides

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- Non governmental organization
- These are organizations which offer free service to people and do not belong to government

Examples of NGOs

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- TASO The AIDS Support Organization (NGO's)
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- It cares for orphans
- It cares for widows
- The founder of UWESO was Janet Museveni

TASO

- It cares for AIDS victims
- It gives guidance and counseling

Roles of the Red Cross

- It cares for war victims
- It donates blood

Roles of ADRA

- It builds and facilitates schools
- It caters for people hit by disasters
- It builds medical centres
- It builds safe water sources

Islamic Relief Agency

- It builds and facilitates schools
- It caters for people hit by disasters

World Vision

- It supports orphans
- It promotes welfare of the peasants
- It provides safe water sources to people

Uganda Red Cross

- It caters for the wounded in wars.
- It provides food and medicine to the war prisoners

Exercise

- 4. Outline any four religious leaders.
- 5. State two voluntary leaders you know.
- 6. Write in full
 - e) UWESO

- f) TASO
- g) ADRA
- h) CARE

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Leaders in our district

SUB -TOPIC: Choosing leaders in our district

INTRODUCTION: The lesson will be introduced by

COMPETENCES: Learners should be able to read, write, and spell correctly.

- Election
- Appointment
- In-heritance
- Volunteer
- Presiding officer
- A polling agent
- A polling assistant

CONTENT: HOW LEADERS ARE CHOSEN

A person can become a leader

- By election
- By appointment
- Through in heritance
- By volunteering

Elections

- Elections in an activity through which leaders are chosen
- An election is a democratic way of choosing leaders.

Why people hold elections.

- To elect leaders on their own.
- It promotes peace
- It promotes democracy
- Election are held for a place known as a polling station
- A presiding officer is a person who heads a poling station

- A polling agent is a person who represents a candidate at the polling stations
- A polling assistant is a person who helps a presiding officer

Qualities of a good leader

- A good leader should be kind.
- A good leader should respect others
- A good leader should have knowledge
- A good leader should be approachable
- He should be tolerant
- He should be careful
- He should be co-operative

Uses of elections

- They promote democracy
- They help people to elect leaders of their choice
- The promote unity

Exercise

- 9. Outline any two ways a person can become a leader
- 10. What are elections
- 11. Outline any four qualities of a good leader.
- 12. Which body in Uganda organizes elections?
- 13. What is a bye election?
- 14. Who is a candidate?
- 15. Who heads a school?
- 16. Why is it good for a leader to be co-operative?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Our leaders in our district

SUB-TOPIC: Law and Order in our district

INTRODUCTION: The lesson will be introduced by asking learners some of the rules in our

class

COMPETENCES: Learners should be able to read, write, and spell correctly.

A bill

Bye- law

Act

Ordinance

LAW AND ORDER **CONTENT:**

LAW

A law is an official rule of a country or state

A bye - law - is a law made by local authorities.

A bill – is a proposed law to be discussed in the parliament

An act - is a law that has been proposed by the president to start working.

School rules and regulations

- Be silent in class.
- Respect teachers and elders.
- Learn to greet one another
- Learn to welcome visitors
- Have respect to one another
- Learn to say sorry to each other
- Complete work in good handwriting

People who enforce law and order at school

- **Teachers**
- Head teachers
- **Prefects**
- Class monitors

Importance of school rules and regulations

- They promote peace.
- They guide leaders on what to do.
- They spell out the do's and don'ts.

Security inour district

Security is a state of being in peace.

People who provide security in our district.

The police

LDUs

Prison

Army

Internal Security Organization

Administrative Force

Exercise

- 7. What are by e laws?
- 8. Form sentences using the following words
 - d) Bill
 - e) Act
 - f) Security
- 9. Why should a school have rules and regulation
- 10. State any four people who maintain law and order in the school.
- 11. State any two groups of people who provide security.
- 12. Why is it good for school children to respect rules and regulations?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Leaders in Our district

SUB – TOPIC: The police

INTRODUCTION: The lesson will be introduced by reviewing the previous lesson

COMPETENCES: Learners should be able to read, write, and spell correctly.

- Police
- Department
- Ministry
- Investigating
- Pass port
- Traffic
- Fire brigade
- Patrol

CONTENT: THE POLICE

Ways the police enforces law and order.

The main duty of the police is to enforce law and order.

The police operate through sections called departments

Ways the police maintains law and order

- By arresting traffic
- By investigating criminal cases
- By fighting fire

- By guarding people and important places
- The head of the police is (IGP) Inspector General of Police

Sections of the police force

- Criminal Investigation and intelligence Department (CIID)
- Dog section
- Fire Brigade section
- Traffic section
- Patrol section
- General duty section
- Radio and signal section
- Air force
- Passport section

The police is under the ministry of internal affairs. The top most person in the police is the inspector general of police. The current IGP of Uganda is Major. General Kare Kaihura

Exercise

- 7. State the main duty of the police.
- 8. Outline any three ways the police maintains law and order.
- 9. List any four departments of the police in Uganda.
- 10. Write IGP in full.
- 11. How can one become an IGP?
- 12. Why do traffic officers wear uniforms?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Our leaders in our district

SUB –TOPIC: Law and Order in our district

INTRODUCTION: The lesson will be introduced by reviewing the previous lesson

CONTENT: DEPARTMENTS OF THE POLICE

Criminal Investigation and Intelligence Department (CIID)

It investigates cases

Dog Department

It is responsible for training and looking after police dogs.

- Police dogs are used both in investigating and keeping law and order.
- Fire brigade department
- It put our fires.
- It is called when one is in danger o helpless situation

General Duty Section

This section is not specialized. It receives any kind of compliant from public. The complains
are then forwarded to the relevant department.

The Traffic Department

- This handles matters on roads.
- It teaches people proper way of handling transport facilities

Passport Department

- This department is in charge f handling passports and other travel documents
- The radio and signal department
- This department is responsible for communication with radio and signals in the police.
- In case of emergency, one is advised to ring the police 999 on fixed phones 112 on mobile phones.

The Patrol Section

- The people working in this section either work on foot or in motor vehicles. This is called patrolling.
- As they move from one place to another, they sometimes find law breakers and they arrest them.
- The general functions of the Uganda police.
- The major responsibility of the police is to keep law and order
- It carries out investigation on criminal cases.
- It makes sure that traffic laws are followed.
- It issues travel documents to people who intend to travel.
- It puts out fire

Exercise

- 5. Name any three departments of the police.
- 6. Which department of the police puts out fire?

- 7. a) What is mob justice?
 - b) Give any two dangers of mob justice?
- 8. Which police section investigates cases?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Leaders in our district

SUB – TOPIC: The Army

INTRODUCTION:

COMPETENCES: Learners should be able to read, write, and spell correctly.

- Defence
- Lieutenant
- Cabinet
- Sergeant

CONTENT: THE ARMY DEFENDS THE COUNTRY AGAINST ENEMIES

The name given to Uganda's army is Uganda People's Defence Force.

Ranks in the army

- Captain
- Sergeant
- Lieutenant
- General
- Colonel
- Major
- The army is under the ministry of Defence

The prisons

- The Uganda prison is not part of the police but works hand in hand with the police in order to maintain security.
- The main duty of the prisons is to transform law breakers into law abiding citizens
- The prison is under the ministry of Internal Affairs

General functions of the Uganda prisons

- To look after prisoners.
- To take suspects for trial in court
- To help prisoners become responsible citizen by quipping them with vocational skills like carpentry, and poultry keeping
- The most top person in the Uganda prisons is the commissioner of prisons

LDU

- LDU in full is local defence unit
- LDU helps to maintain the security of an area.

Exercise

- 8. Write UPDF in full
- 9. What is the main duty of the army in Uganda
- 10. Under which ministry is the Uganda prisons
- 11. Where are the law breakers kept to transform.
- 12. How is a police station important in a community?
- 13. How is a community important to police?
- 14. Write down any two ranks in army.

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Our leaders in our district

SUB – TOPIC: Rights and responsibilities of people in our district

INTRODUCTION: The lesson will be introduced with a discussion

COMPETENCES: Learners should be able to read, write, and spell correctly.

- Press
- Security
- Taxes
- Movement

CONTENT: RIGHTS OF PEOPLE

Rights are natural freedoms people enjoy should have.

Examples of Rights

- A right to life
- A right to good security.
- A right to medical care
- A right to press.
- A right to press.
- A right to religion
- A right to movement

Constitutional rights

Responsibilities of people in our district

- Obeying laws.
- Caring for the sick
- Educating children
- Paying taxes
- Going to school
- Participating in elections

Topical Questions

- 12. Who is a leader?
- 13. What is decentralizations?
- 14. State two types of leaders in our district
- 15. Write the following in full.
 - d) DEO
 - e) RDC
 - f) DFO
- 16. Who heads a district on behalf of the president?
- 17. What title is given to the leader of the police in Uganda?
- 18. Outline four ways police maintains law and order.
- 19. State three responsibilities of people in our country.
- 20. Write CIID in full.

- 21. Where are law breakers kept in our district
- 22. State the main duty of the police

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: Law and Order in our district

SUB-TOPIC: Children's rights

INTRODUCTION: The lesson will be introduced with a discussing how children should be

treated.

COMPETENCES: Learners should be able to read, write, and spell correctly.

Rights

• Freedom

Natural

• Battering

• Defilement

• Child labour

CONTENT: CHILDREN'S RIGHTS

Children's rights are natural freedoms which every child should enjoy.

Example of children's rights

- A right to medical care
- A right to education
- Aright to have clothes
- A right to a name
- A right to have shelter
- A right to belong to a family

Forms of children's rights

- Survival rights –(food, shelter, medical care, clothing)
- Protection rights
- Right to parents
- Participation rights to play
- Rights to educating

- Right to education
- Right to election
- Right to worship
- Right to speech

Child Abuse

Child abuse is the denial of children their rights

Forms of child abuse

- Denying children Education
- Denying children medical care
- Denying children food
- Denying children shelter
- Defilement
- Raping
- Child labour
- Child sacrifice
- Child battering

Causes of child abuse / Why people carry out child abuse

- Poverty
- Alcoholism
- Ignorance
- Death of parents
- Broken families

People who practice child abuse

- Step mothers
- Elder people
- teachers

Exercise

7. What are children's rights?

- 8. List three examples f children's rights.
- 9. Define child abuse?
- 10. Outline any four forms of child abuse.
- 11. State three causes of child abuse.
- 12. How can we prevent child abuse in our home?

Word bank

Care	Voluntary	Patrolling	Reverends	Immigration
Bolas	Volunteering	Councilors	Archbishops	Migrant
Roasting	Appointment	Administration	Planner	Oxban
Executive	Colonel	Battering	Civic	Rural
Committee	Commissioner	Sacrifice	Circumcision	Village
Local	Resident	Denial	Ethnic	Traffic
Council	Chief	Denying	Nilotics	Byelaws
Department	Administrative	Orphans	Stone	Bye-elections
Directorate	Veterinary	Relief	Age	Skinning
Election	Doctor	Governmental	Tattooing	Twirling
Electoral	Lieutenant	Non	Material	Trapping
Polling station	Inspector	Agency	Wedding	Period
Leader	Intelligence	Affairs	Taboos	Rules
regulations	tolerant	decentralization	Defilement	Freedom

Property	Kind	Commission	Presiding	Secretary
Abuse	Mufti	Chairperson	Officer	
Rights	Bishop	Violation	Returning officer	

Topical test

- 11. Who is a leader?
- 12. Name the highest civil servant in the following;
 - a. Municipality
 - b. District
 - c. Ministry
- 13. Name the local council official in charge of children's welfare.
- 14. State two importance of leaders in our community.
- 15. How do the following people get authority?
 - a. RDC
 - b. Chairman L.C.V
- 16. a) What is an election?
 - b) Why are elections carried out?
- 17. a) What is the main work of the police?
 - b)In two ways show how the police keeps law and order.
- 18. Write the following in full
 - a. CIID
 - b. CAO
 - c. RDC
- 19. a) which ministry is in charge of the army?
 - b) How is the army important to our country?
 - c)State any two weapons of defense for the police?
- 20. a) What are children's rights?
 - b)State any two examples of children's rights.
 - c)How are children's rights violated in our district?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How people meet the needs

SUB-TOPIC: Social services

COMPETENCES: Learners should be able to read, write, and spell correctly.

• Institution

Knowledge

• Social

Services

• Government

Organization

CONTENT:

SOCIAL SERVICES

What are social services?

These are services that are provided to the people by the government and Non Governmental` Organizations

Examples/ types of Social services

- Education services
- Security services
- Transport services
- Health services
- Housing services
- Electricity services
- Road maintaince services
- Banking services

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB -TOPIC: Health services

COMPETENCES: The learner reads, writes, and spells words correctly.

- Health
- Healthy
- Hospital
- Clinic
- Dispensaries

CONTENT:

Health Services

Health services are got from places likes:-

- > hospitals
- > clinics
- dispensaries

Examples of people who offer health services

- Doctors treat sick people
- Nurses cares for sick people
- Mid wives help women to produce
- Dentists treat our teeth

Examples of hospitals in our district

- Naggalama hospital
- Mukono Health Centre IV

The biggest government hospital in our country is **Mulago hospital**.

It is the national referral hospital.

Hospitals and health centres belong to the ministry of health.

The importance of health services

- Treat sick people
- Create employment for the people
- Improve on people's standard of living
- Enables people to do work when in good health

How the government supports the health sector

- Builds hospitals
- *Trains and employs health workers.*
- *Provides drugs for use in the health centres*
- Sensitizes the public in good health, maintenance practices

The problems affecting the provision of medical services

- Shortage of funds
- Corruption
- Embezzlement of funds
- Shortage of Medical personnel

Solutions to the problems affecting the provision of medical services

- Getting loans for easy provision of health services
- Enforcing strict laws against corruption
- Paying attractive salaries to medical personnel
- Recruiting more medical personnel like doctors.

Activity

- 1. Name two groups of people who provide Medical Care services.
- 2. How are mid-wives important in our community?
- 3. Identify one Medical Care Social Service Centre.
- 4. Give one way people care for Health Social Service Centres.
- 5. Why do some areas in Uganda have poor health services?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB – TOPIC: Security Services

COMPETENCES: The learner reads, writes, and spells words correctly.

- Security
- Police
- Army
- Defence
- Commander
- Commissioner
- Resident
- Intelligence

CONTENT:

Security Services

• Security is the state of keeping people and their property safe.

• *It is the state of proving safety for people and their property.*

Examples of people who offer security services

- Police
- Army
- Prisons
- Intelligence departments eg. GISO, DISO

The district forms the District Security committee which is headed by the RDC.

The composition of the District Security Committee

- The Resident District Commissioner
- The *police* Commander
- The Secretary for Security
- The District Internal Security Officer
- The District Police Commander

Examples of security services

- Intelligence services
- Guarding important places
- Patrolling areas and roads to make sure that there is no danger
- Arresting suspected sad people
- Keeping prisoners
- *Protecting the Country*

Importance of Security Services

- Protects people against wrong doers
- Encourages trade in the district
- People are able to carry out development projects
- Encourages people to live a settled life

Problems faced in providing security services

- Security personnel lack enough vehicles to move in the whole district
- Corruption among the security workers
- Bad feeder roads in the security vehicles to patrol

Solutions

- The government should give the police vehicles
- Training more police officers
- The government should strengthen strict laws against corruption in the security department

Activity

- 1. Give the major role of each of the following:
 - a. Army
 - b. Police
- 2. Under what Ministry do the following lie?
 - a. The Police
 - b. The Army
- 3. Give any one difference between the police and army in terms of their duties.
- 4. Give any two departments of police
- 5. How doses security promote development in a district?
- 6. How is the Uganda's National Army called?
- 7. Give one way good Security services promote development in an area.
- 8. What title is given to the head of the Uganda police force?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC:

How to meet people's needs

SUB-TOPIC:

Amenities

COMPETENCES:

The learner reads, writes, and spells words correctly.

- Amenities
- Entertainment
- Transmit
- Electricity
- Thermal
- Solar
- Geo-thermal
- Hydro

CONTENT: AMENITIES

Amenities are services and facilities which make life easier and better.

They are also majorly provides by the government.

Examples of amenities

Electricity

- *safe* water
- Petroleum products

Electricity

Types of electricity and their sources

- hydro electricity running water
- solar electricity sun
- thermal electricity burning fuels
- bio gas wastes
- geo-thermalHot springs

Hydro - electricity

This is the type of electricity got from running water

Examples of dams which generate Hydro – electricity

- Nalubaale power station
- Kiira power station
- Bujagali

They are both in Jinja district

- The body which sells electricity to Uganda is UMEME.
- Hydro electricity is distributed by Uganda Electricity Distribution Company Limited.
 (UEDCL)

Solar electricity

This is the type of electricity got from the sun

Uses of electricity

- Electricity is used to control traffic lights.
- Electricity is used for lighting .
- Electricity is used for domestic work. e.g. *Cooking and ironing clothes*.
- It is used in industries to run machines

Some dangers of electricity.

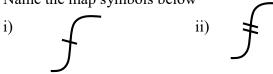
- Electricity can spark off fire in our houses
- It can shock and kill people
- It can destroy our electrical appliances

Advantages of HEP over other types

- Easier to use compared to other sources of energy
- Does many things in a simplified way unlike others
- Does not pollute the environment

Activity

- 1. What are amenities?
- 2. State three examples of amenities
- 3. Name two types of electricity
- 4. How do we call electricity from running water?
- 5. Give one feature on a river that helps to generate hydro electric power.
- 6. Name the map symbols below



- 7. Write in full: HEP
- 8. In which way is electricity important to industries?
- 9. Apart from electricity mention two examples of public amenities.
- 10. What type of electricity is generated from burning fuels?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB – TOPIC: Piped water

COMPETENCES: The learner reads, writes, and spells words correctly.

- Chemical
- Lubricant
- Friction
- Garage
- Piped
- Sewerage
- Cooperation
- Chemical
- Corporation
- Rural

CONTENT: PIPED WATER / WATER SERVICES

- Water can reach our homes through pipes. This is called piped water
- Water is treated with chemicals before it reaches our homes.
- These chemicals kill germs that would spread diseases

Examples of chemicals used to kill germs

Chlorine

Bodies that distribute water in our district.

- National Water and Sewerage Corporation (NWSC)
- The District Local Councils
- NGOs i.e UNICEF, RUWASA

Problems faced in providing water

- Water in some areas is not safe
- Scarcity of water in some areas
- Providing water is expensive

Solutions

- Constructing valley dams bore holes, protected springs.
- Treating dirty water.

Activity

- 1. State one way water can reach our homes.
- 2. Give two economic importance of water to people.
- 3. How is the National Water and Sewerage corporation important to school children?
- 4. Give one factor that leads to scarcity of water in an area.
- 5. Mention any two natural sources of water
- 6. How do people misuse water sources?
- 7. Write in full:
 - a. RUWASA
 - b. NW & SC

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB – TOPIC: Transport and Communication

COMPETENCES: The learner reads, writes, and spells words correctly.

• Movement

- Tarmac
- Murram
- Transport
- Feeder
- Railway
- Maintenance
- Pipeline
- Airport

CONTENT:

Transport

Transport is the movement of *people*, goods and services from one place to another

Types of Transport

- Railway transport
- Water transport
- Road transport
- Air transport
- Pipeline transport

Road transport

• This is the movement *on land*.

Means of road transport

- cars
- buses
- bicycles
- lorries
- taxis
- animals

The most common type of transport in our district is road transport

Advantages of road transport

- It is common.
- It does not follow a fixed time table
- It offers door to door services

Disadvantages of road transports

- It is slow for long distances.
- Roads need regular maintenance
- Murram roads are slippery during rain season

Types of roads

- Murram roads
- Tarmac roads

Feeder roads

• These are small roads joining the main roads.

Activity

- 1. How do we call the movement of people, goods and services from one place to another?
- 2. Give two types of transport.
- 3. List any four means of road transport
- 4. State two disadvantage of road transport

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB-TOPIC: Water transport

COMPETENCES: The learner reads, writes, and spells words correctly.

- Yacht
- Canoes
- A port
- Weather
- Shallow
- Sailing
- Navigation
- Flexible
- Traffic

CONTENT:

Water Transport

Water transport is the movement across water bodies.

- Water transport is the cheapest type of transport but not common.
- Water transport is carried out on lakes, rivers, oceans, seas.
- Some rivers cannot be used for transport because of waterfalls and rapids
- The movement of people on water is called <u>navigation</u>.

Means of water transport

- Ferries
- Ships
- Boats
- Canoes

Reasons why some rivers are not navigable

- There are water falls on some rivers
- Some rivers have rocks in them
- Some rivers are narrow and shallow
- Some rivers have floating vegetation (Sudds)
- Some rivers have dams.

Advantages of water transport

- It is the cheapest of all.
- It carries more bulky goods
- There is no traffic congestion
- It is suitable for carrying fragile goods eg. glasses, car screens hence not good for perishable goods.

Disadvantages of water transport

- It is slow hence not good for perishable goods.
- It is affected by floating vegetations
- Some lakes and rivers are shallow
- It is affected by bad weather
- It is not flexible

Places where boats load and offload their cargo is called a port.

Examples of ports on different lakes

Lake Victoria

- Portbell
- Jinja port

Bukakata

Lake Albert

Port Butiaba

Causes of road accidents

- Over loading vehicles
- Over speeding vehicles
- Poor roads
- Driving under the influence of alcohol
- Indiscipline of some drivers etc.

Solutions

- Drivers should stop over loading vehicles
- Installing speed governors in vehicles
- Maintaining roads regularly etc.

Road signs and their drawings (symbols)

Sign	Symbols
No parking	B
Parking	P
Sharp bend	\sim Z

Traffic lights

- Red stop
- Orange get ready
- Green go



Ministry that controls major roads

Ministry of works and transport

Body that maintains major roads

Uganda National Roads Authority.

Activity

- 1. What is transport?
- 2. Outline any two means of water transport
- 3. Why is navigation not possible on some rivers? Give two.
- 4. Give two advantages of water over road transport.
- 5. Write in full: UNRA
- 6. Give two dangers of water transport to people
- 7. List down any two means of water transport
- 8. What type of transport is promoted by Port Bell?
- 9. Why is water transport not good for carrying perishable goods?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB-TOPIC: Air transport

COMPETENCES: The learner reads, writes, and spells words correctly.

- Internal
- Parachutes
- Air field
- Air strip
- Air port
- Helicopters
- Aeroplanes
- Rockets
- International
- Pilot

CONTENT:

Air transport - This the movement above water and land.

Air transport is the quickest type of transport.

It is also the most expensive type of transport.

It is the best type of transport for perishable goods like flowers.

Means of air transport

- Aeroplanes
- Rockets
- Helicopters

A person who flies an aeroplane is called a <u>pilot</u>.

Types of aeroplanes

- Cargo plane carry goods
- Passenger planes carry people

Advantages of air transport

- It is the quickest type of transport
- It allows international trade
- It is not affected by physical features

Disadvantages of air transport

- It is very expensive
- It is not flexible
- It is affected by bad weather
- It requires a flat land to construct an air port

The place where aeroplanes land and take off is called an airport.

Uganda's international air port is Entebbe International Airport

Air fields

• There are some small airfields in Uganda which facilitate internal flights

Examples of airfields in Uganda

- Kololo air strip
- Soroti air strip
- Jinja air strip
- Kabale air strip
- Tororo

- Mbarara
- Arua

Railway transport

- This involves the use of trains to transport people and goods.
- Railway transport in Uganda is run by the Uganda Railways corporation.

Advantages of using railway transport.

- It is suitable for bulky goods
- It is not affected by bad weather
- Accidents are not common
- There is no traffic jam

Disadvantages of railway transport

- Railway links are expensive to construct
- It is not good for perishable goods
- Trains have fixed routes to follow and stop over i.e not flexible.

Activity

- 1. Give two advantages of railway transport.
- 2. Name the only mean of railway transport
- 3. Outline two disadvantages of railway transport.
- 4. State the main reason why some people use air transport.
- 5. Why is air transport the best for transporting perishable goods?
- 6. Give two examples of perishable goods you know.

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB-TOPIC: Communication

COMPETENCES: The learner reads, writes, and spells words correctly.

- Messages
- Whistling
- Signal
- Mass media
- Traditional

- Modern
- Information
- Broad cast

CONTENT:

COMMUNICATION

Communication is the sending and receiving of messages

Types of communication

- *Traditional* means of communication
- Modern means of communication

Traditional means of communication

These were used longtime ago.

Examples of traditional means of communication

- Drums
- Horn

Using

- smoke
- Bells
- Whistles
- Mouth to mouth
- Gestures

Modern means of communication

- Radios broadcasting
- Television broadcasting
- *Use of* Telephones
- Telex
- Telefax
- News papers
- Letters

Letters

 Some letters are posted at post office to reach their neighbours. Letters are ever put in envelopes.

Advantages of letter writing

- They are cheaper than telephones
- They contain detailed information
- They act as records for future use.

Disadvantage of letter writing

- Not good for sending urgent information
- Replies delay

Modern means of communication

Mass media

 These are means of communication which can be used to convey messages to a group of people at the same time.

Examples of mass media

Television

Newspapers

Radios

Magazines

Activity

- 1. What term is used to refer to the sending and receiving of messages.
- 2. State two types of communication
- 3. Outline two examples of local means of communication
- 4. Give two examples of modern means of communication
- 5. State one role of a post office to people
- 6. What is the fastest means of communication?
- 7. Give examples of television stations you know.
- 8. How are radius important in our daily lives?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB-TOPIC: Radios

COMPETENCES: The learner reads, writes, and spells words correctly.

Radio

- Television
- Deaf
- Capital
- Convey
- Audio -visual
- Announcements
- Publish
- Illiteracy
- Literacy

CONTENT:

Mass Media

Mass media is a means of communication which conveys messages to many people at the same time.

Radio

Examples of radio stations in Uganda

- Capital Fm
- Radio star
- Prime radio
- Radio Sanyu
- DUNAMIS fm

FM in full is frequency modulation

Advantages of radio

- A radio is cheap
- A radio is widely used
- It can be used by the blind.
- It is used for entertainments
- It is good for the illiterate
- It helps business people to advertise their goods
- It is used for announcements.

Disadvantages of radio communication

- They do not favour the deaf.
- They need regular buying of cells
- Languages used are limited to certain tribes

Radios don't store information

Televisions

- Televisions are not widely used in rural areas. this is because they require power to operate
- Televisions receive sound and pictures from a transmitting station

Examples of TV stations in Uganda

- Wavah Broad casting Service (WBS) television
- Uganda Broad casting corporation (UBC)
- Top TV, NBS.

Advantages of Televisions

- TV programs serve both illiterate and literate because they broadcast in different languages
- Messages are seen immediately they are sent.
- Pictures are impressive to the viewers
- It kills the boredom
- It can be used as mass media

Disadvantages of television

- They are expensive
- They need electricity to operate
- Sometime they do not reach rural areas
- Commercial progrommes are very expensive
- They expose pornographic materials to young ones

News papers

 Newspapers are printed media on which news, pictures and other printed information is published.

Example of newspapers in our area

- The new vision
- Daily monitor
- Bukedde

- Eddoboozi
- The Red pepper
- Observer
- Onion news paper
- Sunrise
- Rupiny
- Etop

Examples of newspapers in local language

Bukedde
 Etop
 Orumuri
 Edoboozi

They are all published by the new vision

Advantages of news papers

Kamunye

- They can be used for future reference
- They contain pictures to illustrate
- They favour the deaf
- They educate and entertain people
- They are produced in different languages

Disadvantages of newspapers

- They cannot be used by the illiterate
- They are expensive
- The do not favor the blind.
- They sometimes do not reach rural areas
- They do not cater for the illiterate

Activity

- 1. Define mass media
- 2. List two examples of mass media
- 3. Write FM in full.
- 4. Outline any two radio stations in Uganda today.

- 5. In which two ways do radio stations promote development in an area?
- 6. Why are news papers not used by most people in Uganda?
- 7. Mention the official government owned news paper.

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB -TOPIC: Communication

COMPETENCES: The learner reads, writes, and spells words correctly.

- Telephone
- Mobile phone
- Companies
- Mobile
- Network
- Corruption
- Telecom
- Quickest
- Cellular
- Messages
- Expensive

CONTENT:

Telephone Communication

Telephones are also widely used in Uganda. Now days, cellular phones have been introduced. These are mobile phones which people move with.

Telephones are one of the quickest means of communication.

Types of telephone

- Fixed telephones
- Mobile telephone

Afixed telephone is fixed on wires in one place.

This is provided by post office.

A mobile telephone does not have wire and can be carried everywhere.

There are companies which offer mobile phone services

Examples of telecommunication *Companies*

- MTN Mobile Telephone Network
- Airtel
- K2
- Africell
- Uganda Telecom
- Smart telecom

Advantages of telephone

- They are very fast
- Gives immediate replies
- They are able to receive both verbal and written messages.

Disadvantages of telephones

- The charges are very high
- Some districts don't have network

Problems faced in meeting people's needs

- Shortage of funds
- Laziness
- Ignorance
- Rapid population growth
- Alcoholism
- Poor transport and communication

- Corruption
- Poverty
- Theft
- Poor attitude towards work
- *High population.*

Solutions to the problems

- Controlling population growth
- Fighting alcoholism
- Employing honest civil servants
- Constructing better roads and railways.
- Creating employment opportunities especially for the youth.
- Educating people on how to produce more quality food.
- Providing medical services.

Exercise

1. Name any two example of telecommunication companies

- 2. Outline two problems faced when meeting people's needs.
- 3. State two solutions to the problems
- 4. Give advantages of using mobile phones.
- 5. Write ICT in full.
- 6. State the roles of
 - a. RDC
 - b. LCV Chairperson

Topical test on social services

- 1. Name two social services Mukono district provides to her people.
- 2. Which district official in charge of education at a district level?
- 3. Write LDU in full
- 4. Why do very few people in Uganda able to use air transport?
- 5. State one advantage of road transport over air transport.
- 6. Give one cause of road accidents in our district.
- 7. What is the cheapest type of transport?
- 8. Name one commercial bank in Uganda.
- 9. What do we call the system of communication using compass?
- 10. State the roles of the following security departments.
 - a. Police force
 - b. Army
- 11. How are veterinary officers important in your community?
- 12. Write in full: UPDF
- 13. Name the current commissioner of the Uganda prisons.
- 14. State two problems facing the delivery of social services in our district.
- 15. Give two examples of social services

Topical test

- 1. What is communication?
- 2. Mention the two types of communication
- 3. Give any two means of modern communication
- 4. State any one advantage of modern communication over traditional communication
- 5. Mention the quickest means of modern communication.

- 6. State any one way in which communication promotes trade.
- 7. Mention any one radio station found in your district.
- 8. Give any three traditional means of communication
- 9. What is mass media communication?
- 10. Mention any two means of mass media communication
- 11. Write UCC in full.
- 12. Give any two reasons why News papers are used by few people in our district
- 13. Write down any two television station in your district.
- 14. What name is given to the government's television station in Uganda?
- 15. Write in full
 - a. UBC
 - b. NTV
 - c. NBS

Topical test

- 1. What is transport?
- 2. State any two forms of transport
- 3. Mention the commonest type of transport
- 4. State any four means of transport
- 5. Mention the quickest form of transport
- 6. Give any two advantages of road transport over air transport
- 7. State any two disadvantages of road transport over air transport.
- 8. Mention the best types of transport for the goods below
 - a. Bulky goods
 - b. Perishable goods
 - c. Fragile goods
 - d. Liquid goods
- 9. Name the cheapest form of transport.
- 10. Why is water transport not possible on some rivers?
- 11. In the space below, draw a picture of a car.
- 12. Give any two differences between water and air transport.
- 13. Mention the means of railway transport
- 14. Write down any one inland port found on lakes.
- 15. Name the two types of roads we have in our district.

- 16. What are feeder roads?
- 17. Give any two means of air transport

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB – TOPIC: Economic set up in our district

COMPETENCES: The learner reads, writes, and spells words correctly.

Vending

• Fishing

• Trade

• Industry

A factory

CONTENT:

Economic activities in our district

Examples of economic activities

- farming
- fishing
- mining
- trade
- brick making
- market vending

The major economic activity of our district is farming

Industrial Sector

- An industry is an activity of turning raw-materials into finished goods.
- A factory is a place where goods are turned into finished goods *on large scale*.
- Districts which have many industries are called industrial districts.

Examples of such districts

- Jinja, Kampala and Wakiso
- Kampala is the most industrialized district in Uganda

Types of industries

Processing industries

Manufacturing industries

Processing industries

These are industries which make tinned or packed.

Products like fish, fruits, meat.

Manufacturing industries

These produce goods like clothes, cups, shoes, bags, and iron sheets

Factors considered before setting up an industry

- Land
- Market
- Transport and communication
- Labour
- Capital
- Raw materials These are materials to be turned into finished goods

Exercise

- 1. What are economic activities?
- 2. State two example of economic activities
- 3. Name the major economic activity in your district
- 4. Define an industry
- 5. Name any two industrial districts you know
- 6. Give two types of industries in Uganda.
- 7. What are the things needed before starting an industry.
- 8. Name the most industrial town of Uganda
- 9. State one advantage of living near industries
- 10. Give one danger of living near an industry
- 11. Name two industries in your district.

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB – TOPIC: Economic set up

INTRODUCTION: The lesson will first review the previous lesson

COMPETENCES: Learners should be able to read, write, and spell correctly.

- A bank
- Banking
- Infrastructure
- Mineral
- Financial

CONTENT: INDUSTRIAL SECTOR

Examples of industries in our area

- Mukono bakery
- Rocky industries
- Duke mineral water industry

Advantages of having an industry in an area

- Industries provide employment to people
- They encourage research.
- Industries provide market to agricultural produce as their raw materials
- They lead to development of infrastructure.

Disadvantage of having an industry in an area

- Industries pollute the environment
- They lead to slum development

Small Scale Industries

- These are industries which are small and easy to start.
- They reduce rural urban migration

Banking:

- Banking is the system of keeping and lending out money.
- A bank is an institution that keeps and lends out money

Types of banks

- Commercial banks
- Central bank

Central Bank

The name given to Uganda's central bank is Bank of Uganda. The Governor of central bank is Tumusiime Edward Mutebire

Importance of Bank Of Uganda

- It prints and mints new currency
- It controls money in circulation
- It lends money to other banks

Commercial banks

These are banks which keep and lend out money to people

Examples of commercial banks

- Barclays bank
- Eco bank
- Stanbic bank
- Equity bank
- Centenary bank
- Standard chartered bank
- Crane Bank

Uses of banks to people

- They keep people's money safely
- To keep important documents
- They provide employment to people
- They give advice to business people
- They give out loans to business people

Exercise

- 1. List three examples of industries in our area.
- 2. Give two advantages of having an industry in our area.
- 3. How are small scale industries important in our area?
- 4. What name is given to Uganda's central bank?
- 5. What is minting?
- 6. Who is the current governor of the Central Bank of Uganda?
- 7. What is the national currency of Uganda called?
- 8. What products are got from

- a. Limestone
- b. Sugar cane

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB-TOPIC: Economic activities in our district

COMPETENCES: The learner reads, writes, and spells words correctly.

• Human resources

• Cultural site

• Employment

Specialization

CONTENT:

Tourism

Tourism is an act of travelling to new and interesting places fro pleasure and rest.

People who move to tour are called tourist

Examples of tourist attractions in Uganda

Beautiful vegetation e.g the forests.

 Physical features eg. lakes, rivers, mountains, valleys

Climate

Historical sites e.g stone age sites

• Cultural sites eg. Kasubi tombs

Wild life eg.

Animals and plants

Examples of game parks in Uganda and their tourist attractions.

- Queen Elizabeth NGP Hippoptami
- Lake Mburo NGP-
- Mgahinga NGP *Gorillas*
- Bwindi National Game park Mountain gorillas

Importance of tourism

- It brings income to the country
- It provides employment to the people
- It creates friendship among countries

Activity

- 1. Who is a tourist?
- 2. Why is Mhanginga N.P famous in Uganda?
- 3. Mention any two natural forests in Uganda.
- 4. How do cultural sites promote the tourism industry?
- 5. What is a stone age site?
- 6. Name two land forms that attract tourists to Uganda.
- 7. How do Ugandans benefit from the tourism industry?
- 8. State the importance of game parks to P.4 pupils.

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC:

How to meet people's needs

SUB-TOPIC:

Economic set up in our district

COMPETENCES:

The learner reads, writes, and spells words correctly.

- Economic activities
- Bark cloth
- Pottery
- Fishing
- Freezing

CONTENT:

Traditional economic activities

These are activities people of long ago used to do.

Examples of traditional economic activities

Bark cloth making

Fishing

Pottery

Farming

Bark cloth making

It was introduced by the Chwezi. bark cloth is made from a bark of a tree called Mutuba tree

Fishing

- Fishing is the catching of fish from a water body.
- A person who catches fish is called a fisher man.
- a person who sells fish is called a fishmonger

Methods of catching fish

Local methods

Using hooks

Using fishing spears

Modern methods of catching fish

- Trawling
- Purse- seining.
- Drifting

Types of fish caught

- Tilapia (commonest)
- Mud fish (from swamps)
- Nile perch (largest)
- Lung fish (from swamps)

Ways of preserving fish

- Local method
- By sun drying
- By smoking
- salting

Modern method

- By tinning
- By freezing

Uses of fish to man

- Fish acts as food to people
- Fish is a source of income
- Scales from fish may be used as decoration
- The skins of fish is used to make belts, bags and shoes

Exercise

- 1. What are traditional economic activities
- 2. Give two example of traditional economic activities
- 3. Mention any two traditional methods of fishing.
- 4. Give one disadvantage of fishing by poison
- 5. State two problems faced by the fishing industry.
- 6. What is the commonest type of fish caught in Uganda?
- 7. Which group of people introduced bark cloth making in Uganda?

- Trawling
- Gill netting.

Date	Class	Subject	No. of pupils	Time
	P.4			

How to meet people's needs **TOPIC:**

SUB-TOPIC: Economic set up

COMPETENCES: The learner reads, writes, and spells words correctly.

- Crops
- **Farming**
- **Beverage**
- **Originally**
- **Traditional**
- Non traditional

CONTENT:

Farming

Farming is the growing of crops and rearing of animals

A farmer is a person who grows crops and rears animals

Types of crops

Food crops

Cash crops

Food crops

Food crops are crops grown for eating

Examples of food crops

Banana

Cassava

Millet

Cash crops

Cash crops are crops grown for selling

Types of cash crops

- Traditional cash crops
- Non Traditional cash crops

These were crops which were originally grown as cash crops

73

Beans

Sweet potatoes

Examples of traditional cash crops

coffee

■ tea

cotton

tobacco

Uses of coffee

It is used as drink

Non-traditional cash crops

These were crops which were originally grown as food crops

Examples of non – traditional cash crops

Beans

• G. nuts

Sweet potatoes

Soya beans

Maize

Cassava

Exercise

- 1. Why is farming called an economic activity?
- 2. What is the major economic activity carried out by most people in Uganda?
- 3. What type of activity is subsistence farming?
- 4. State one way farmers benefit from non traditional cash crops.
- 5. What type of cash crop is maize today?
- 6. What is staple food crop grown in your district?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC:

How to meet people's needs

SUB-TOPIC:

Economic set up

COMPETENCES:

The learner reads, writes, and spells words correctly.

- Fertile soil
- Insecticide
- Infertility
- Drought

CONTENT:

Needs of a farmer

Fertile soil

Insecticides

Garden tools

Market

Good climate

Insecticides

Capital

Types of farming

Mixed farming

This is the type of farming where by a farmer grows crops and rears animals on the same piece of land.

Advantages of mixed farming

- A farmer gets double income
- Crops are used to feed animals and animal dungs are used for manure
- The farmer is assured of high yields from the crops.
- In case of prolonged drought, a farmer can depend on animals.
- A farmer gets a balanced diet

Disadvantages of mixed farming

- It is expensive to start and manage
- It requires a lot of skills
- It requires a large piece of land

Subsistence farming

This is the growing of crops and rearing of animals for home consumption and surplus for selling.

Advantages of subsistence farming

- It doesn't require much capital
- It requires a small piece of land

Disadvantages of subsistence farming

- It makes a farmer to remain poor
- It leads to soil infertility

Exercise

- 1. Outline any two needs of a famer
- **2.** Why does a famer need fertile soil?
- 3. Why do most people in our district practice subsistence farming
- **4.** How is mixed farming different from subsistence farming? Give one.
- **5.** Why is subsistence not a good system of farming?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB-TOPIC: Economic set up

COMPETENCES: The learner reads, writes, and spells words correctly.

- Live stock
- Plantation
- Pastoralism
- Ranching
- Aqua-culture
- Apiculture
- Crop rotation

CONTENT:

Types of farming

Horticulture

This is the growing of fruits and vegetables

Floriculture

This is the growing of flowers on a large scale

Uses of flowers

- They are used for decoration
- They are sold to get money

Plantation farming

This is the growing of one perennial crop on a large scale for sale

Examples of crops grown on plantation

coffeesugarcane

■ cocoa ■ sisal

• oil palm

Livestock farming

This is the keeping of domestic animals and birds

Types of livestock farming

- Nomadic Pastoralism
- Dairy farming
- Ranching farming
- Poultry farming

Livestock farming involves keeping of domestic animals like sheep, goats, cattle, horses, camels and donkeys

Nomadic Pastoralism

Nomadic Pastoralism is the movement of people and their animals in search for water and pasture

Question

What is pastoralism?

This is the rearing of large herds of cattle as a cultural or traditional practice.

Examples of pastoral tribes in Uganda

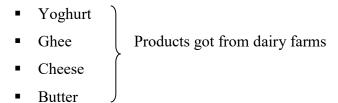
- Bahima of Ankole
- Karamajong of North eastern Uganda

Ranching farming

- This is the keeping of cattle purposely for beef production
- Beef is the main product of a ranch

Dairy farming

This is the keeping of cattle for milk production / produces got from dairy farms



Poultry farming

This is the keeping of domestic birds for a purpose

Examples of domestic birds

- Turkeyshenduck
- Apiculture This is the keeping of bees.

- Monoculture This is the growing of only one type of crop.
- Crop rotation Is the interchanging of crops season after season.
- Aquaculture This is the keeping of fish

Problems facing farmers in Uganda

- Pests and diseases
- Poor transport and communication
- Price fluctuation
- Lack of enough capital

Solutions to the problems

- By employing veterinary doctors
- By constructing good roads.
- By providing loans to farmers

Exercise

- 1. Define the following terms:
 - a) Horticulture
 - b) Floriculture
 - c) Dairy farming
- 2. Outline any four problems facing farmers in Uganda
- 3. Give any two domestics birds kept in our district.
- 4. Mention two social values of domestic birds in our community.
- 5. Give one dairy product bought from super markets.
- 6. How are flowers important to people?
- 7. What is the main product got from ranches?

Topical test on people meet their needs

- 1. What are economic activities?
- 2. Give two major economic activities carried out by people in your district.
- 3. Name one industry you know
- 4. What is tourism?
- 5. Give two examples of tourist attraction in Uganda.
- 6. Which major tourist attraction is found in Kidepo valley game park?
- 7. List down two types of fish caught in Uganda.
- 8. What is the commonest method of preserving fish?

- 9. State two needs of a farmer.
- 10. Identify two problems faced by farmers
- 11. How are the Karimojong similar to the Bahima in terms of occupation?
- 12. a) What is trade?
 - b) Give two items of trade you know.
 - c) Why do people carry out trade?
- 13. Give the roles played by the following:
 - a. Potters
 - b. Carpenters
 - c. Black smith
 - d. Fish mongers

Activity

- 1. What are social services?
- 2. Give two examples of social services
- 3. Which social service do people get from hospitals?
- 4. Give an example of a social service security centre in Mukono district.
- 5. Which social service do drivers provide to travelers?
- 6. How can a P.4 pupil care for their school as a social service centres
- 7. State the roles played by the following in our district.
 - a. Police force
 - b. Prisons department
 - c. Nurses
 - d. Local councilors

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB – TOPIC: Social Service Centres

COMPETENCES: The learner reads, writes, and spells words correctly.

- Respecting
- Mobilizing
- Communities
- Stations

Petrol

CONTENT:

What are social service centres?

These are places where social services are provided.

Examples of social service centres.

- Schools
- Hospitals/ medical centre
- Markets
- Police stations/ posts
- Banks
- •

- Water sources.
- Petrol stations.
- Post offices
- Churches and mosques

Caring for Social Services Centres.

- Respecting people who care for social service centres.
- Cleaning social services centres.
- Mobilizing communities on proper use of social service centres
- Showing love for social service centres.

People who provide social services in our area.

- Local leaders lead local government.
- *Teachers teach children in class*
- *Doctors treat sick people.*
- *Veterinary officers treats sick animals.*
- *Nurses care for patients.*
- *Police officers keep law and order.*
- Farmers growing crops and rear animals.
- *Drivers drive vehicles.*
- *Carpenters make furniture*
- Bankers they work in the bank.
- *Chief leads a county or subcounty.*
- Parents ensure proper upbringing of children.
- Shop keepers selling things in the shop.
- Army officers defends the country
 - -Protects people and property

Problems in meeting people's needs in our district.

• Poverty

Bad weather

Shortage of food

Theft

• Corruption

- *Irresponsibility/ not caring.*
- Laziness
- Idleness
- high population.
- Poor attitude to work.

Solutions to the problems mentioned above.

- Creating employment opportunities especially for young people.
- Providing education on methods of producing more quality food.
- Providing medical services.
- Controlling population growth.
- *Introducing group farming.*

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB-TOPIC: WEATHER

COMPETENCES: The learner reads, writes, and spells words correctly.

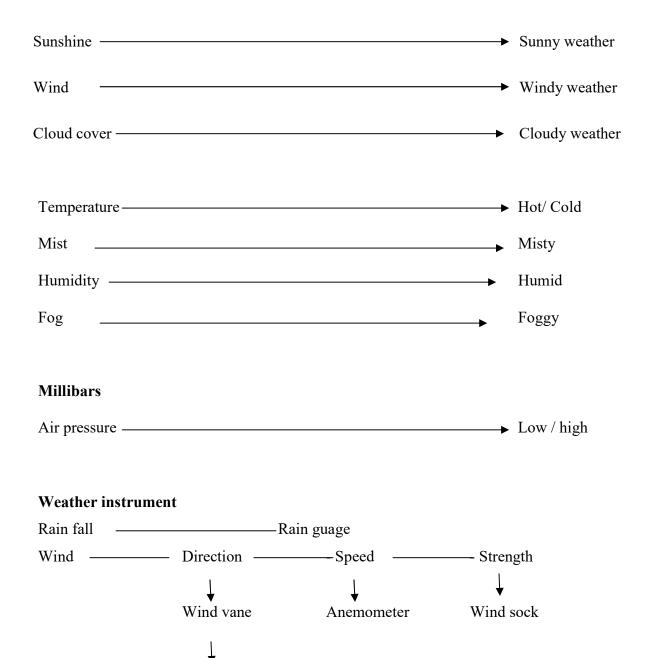
- Windy
- Temperature
- Cloudy
- Thermometer
- Barometer
- Anemometer
- Wind sock

CONDITIONS

Elements / Aspects Types of weather

(mm)

Rain fall → Rainy weather



Sunshine ———Sunshine recorder – Light intensity

Wind rose

Wind cock

Temperature——— Maximum and minimum thermometer – six's thermometer Cloud cover————— ceilometers

Terms associated with weather

- Weather station (meteorological)
- Stevenson screen centre
- Meteorologists

- Climatology
- Weather forecasting
- Climete
- Isoltherms
- Isobars
- Isohytes
- Contours
- 1. Weather station is a place where weather condition s are studies and kept.
- 2. Stevenson's screen is a wooden box where delicate weather instruments are kept.
- 3. Menteorologists People who study weather
- 4. Isohytes Rain fall

Isohels – sunshine

Isonephs – cloud cover

Contours – Altitude

Isotherm – Temperature

Isobars – Atmospheric pressure

- 5. Climatology Study of climate
- 6. Weather forecasting telling of future weather changes.
- 7. Climate Average weather condition of a place recorded from a long period of time.

Environment

Exercise

- 1. What is weather?
- 2. List any two elements of weather?
- 3. How is weather forecasting important to farmers?
- 4. What is meteorology?
- 5. Where in Uganda is the biggest metrological station found?

Date	Class	Subject	No. of pupils	Time
	P.4			

TOPIC: How to meet people's needs

SUB-TOPIC: Weather

COMPETENCES: The learner reads, writes, and spells words correctly.

CONTENT:

Weather instrument

Weather instruments are found at the weather station

A weather station is a place where the elements of weather are measured and recorded.

Meteorology is the scientific study of weather.

A box where delicate weather instruments are kept is called a Stevenson screen

A Stevenson screen is painted white to reflect sunlight.

Word bank

Transport	Hyacinth	Pepper
Communication	Ferry	Bukedee
Murram	Petroleum	Edoboozi
Tarmac	Modern	Industry
Roas	Raditioanal	Agro –based
Railway	Telephone	Factory
Liquids	Whistle	Specialization
Flexible	Feeder	Processing
Train	Fragile	Dairy
Vehicle	Bulky	Subsistence
Port	Canoes	Livestock
Seaport	Bicycles	Ranch
Inland port	Corporal	Vending
Common	Hydro	Raw
Messages	Electricity	Labour
Receive	Amenities	Industrialization
Passenger	Embezzlement	Bakery
Yacht	Corporation	Employment
Boat	Maintenance	Hippopotami
How springs	Aeroplane	Commission
Geo-thermal	Authority	Helicopters
Thermal	Traffic	Jam

Solar	Works	Perishable
Meteorology	International	Strip
Fore casting	Millimeters	Entebbe
Millibars	Climatology	Stevenson