Lesson 1

Topic: length, mass and capacity

Sub-Topic: Length

Content: Estimating and measuring using m/cm

Estimate and measure the following

Item	Estimate in	Actual in	Actual in
	cm	cm	m
Length of an exercise			
book			
Length of a new pencil			
Length of a table			
Length of the			
chalkboard			
Height of a pupil			

Lesson 2:

Topic: length, mass and capacity

Subtopic: Conversion of units of length.

Content: Converting big units to smaller units

Stating relationship between the units of length.

Km	Hm	Dm	M	dm	cm	mm
1	0	0	0	0	0	0
	1	0	0	0	0	0
		1	0	0	0	0
			1	0	0	0
				1	0	0
					1	0

Examples:

a) Change 6 cm to mm.

$$6 \text{ cm} = (10 \times 6) \text{ mm}$$

b) $4\frac{1}{2}$ cm

$$1 cm = 10 mm$$

$$\frac{9}{2}$$
 cm = $(10^{5} \times \frac{9}{2})$ mm

$$=5 \times 9 \text{ mm}$$

Lesson 3

Subtopic: Conversion of units of length.

Evaluation activity

Change the following as instructed

- 1. 5 km to metres
- 2.3 Hm to metres
- 3. 4.5 Dm to metres
- 4.5m to dm
- 5. $8\frac{1}{2}$ m to cm
- 6.7m to mm
- 7. 10dm to cm
- 8.7dm to mm
- 9.9cm to mm
- 10. 6km to Hm

Content: Converting smaller units to bigger units.

Examples

a) 450 milli metres t0 centimetres

$$10 \text{ mm} = 1 \text{ cm}$$

1 mm =
$$(\frac{1}{10})$$
 cm

450 mm =
$$(\frac{1}{100} \times 450)$$
 cm

$$=45$$
 cm

b) 32 mm

$$10 \text{ mm} = 1 \text{ cm}$$

1 mm =
$$(\frac{1}{10})$$
 cm

c) 300 cm

$$100 \text{ cm} = 1 \text{ m}$$

1 cm =
$$(\frac{1}{100})$$
 m

$$300 \text{ cm} = (\frac{1}{1000} \times 300)$$
$$= 3m$$

$$100 \text{ cm} = 1 \text{ m}$$

1 cm =
$$\frac{1}{100}$$

460 cm =
$$\frac{1}{100}$$
 × 460

$$= 4.6 m$$

$$=\frac{32}{10}$$

= 3.2 cm **Ev**e

Evaluation activity

Evaluation activity

Change the following as instructed

- (f) 5m to cm
- (g) 30 mm to cm
- (h) 45m to mm

- (a) 50km to m
- (b) 300 Hm to Dm
- (c) 400m to cm
- (d) 300m to mm
- (e) 500mm to cm

Lesson 4: Comparing units of lengths using <,> or =

Identifying the relationship between units of length.

Changing units of lengths to similar units.

Using < ,> ,or = to complete the given statements correctly.

Examples

2 m __ 100 cm

1 m = 100 cm

 $2 m = 2 \times 100$

= 200 cm

2 m > 100 cm

Evaluation activity

a) 3 mm ____ 50 cm

b) 1/m _____ 50 cm

c) 2.3 km ____ 230 m

d) 0.2 m _____ 200 mm

e) 5.5 m ____ 500cm

f) 1.5km ____ 200 m

g) 300 m ____ 300 mm

LESSON 5 ADDITION AND SUBTRACTION OF UNITS.

Examples:

Kg g

1. 3
$$6^{\frac{1}{7}9}$$

+ 2 239

5 918

Evaluation activity

- a) Add 34kg + 350g
- b) Add 16kg + 230g
- c) Add 256kg + 370g
- d) Subtract 12kg 340g
- e) Subtract 19kg 450g
- f) Subtract 230kg 390g
- g) Subtract 210kg 220g

LESSON 6: Finding perimeter

T/ learning activities

Defining perimeter.

Recognizing the shapes given.

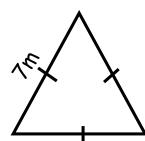
Identifying the formula for that gives the perimeter of different figures.

Finding perimeter

Perimeter is the total distance round a given shape.

Perimeter = sum of all sides

Examples 1: Find the perimeter of the figure below

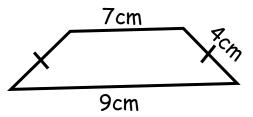


Perimeter = sum of all sides

Perimeter = 7m + 7m + 7m

Perimeter = 21m

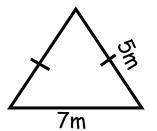
Example: Find the perimeter of the figures below



Perimeter = sum of all sides

Perimeter = 9cm+4cm+7cm+4cm

Perimeter = 24cm



Perimeter = sum of all sides

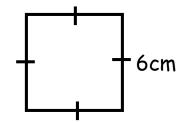
Perimeter = 7m + 5m + 5m

Perimeter = 17m

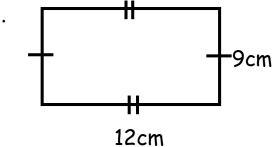
Evaluation activity

Find the perimeter of the following

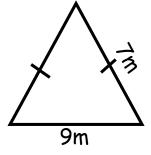
1.



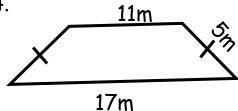
2.



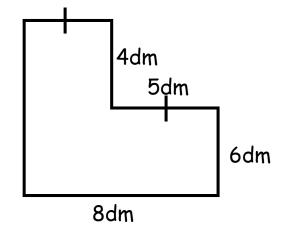
3.



4.



5.



6.

Lesson 7: Application of perimeter of different shapes.

Sub topic: finding sides of regular polygons using perimeter

Examples;

1. The perimeter of a square is 12cm. What is the length of each side?

A square has 4 sides

$$S + S + S + S = p$$

$$45 = 12cm$$

$$\frac{4s}{4} = \frac{12}{4} Cm$$

$$S = 3cm$$

Each side = 3cm

2. The perimeter of a regular triangle is 42cm. Find the length of each side

A triangle has 3 sides

$$S + s + s = p$$

$$3s = 42cm$$

$$\frac{3s}{3} = \frac{42cm}{3}$$

Each side is 14cm.

3. The perimeter of a regular pentagon is 20cm. How long is one of its sides?

A pentagon has 5 sides

$$P = s + s + s + s + s$$

$$\frac{20cm}{5} = \frac{5s}{5}$$

$$4cm = s$$

- 1. The perimeter of a square is 16m. What is the length of each side?
- 2. The perimeter of a regular triangle is 36cm. Find the length of each side
- 3. The perimeter of a regular triangle is 45dm. Find the length of each side
- 4. The perimeter of a square is 20m. What is the length of each side?
- 5. The perimeter of a regular pentagon is 50cm. How long is one of its sides?

LESSON 8

SUB TOPIC: FINDING ONE SIDE OF A RECTANGLE USING PERIMETER

Examples

1. The perimeter of a rectangle is 22cm and its length is 7cm find its width.

$$P = 2(1 + w)$$
 22 - 14 = 14 - 14 + 2w

$$22=2(7+w)$$
 8 = 0 + 2w

$$8 = 0 + 2w$$

$$22 = 14 + 2w \qquad \frac{8}{2} = \frac{2W}{2}$$

$$w = 4cm$$

2. The perimeter of a rectangle is 40m if its width is 9m find its

length

$$P = I + w + I + w$$

$$40m = 2l + 18m$$

$$40 \text{ m} - 18 \text{m} = 2 \text{l} + 18 \text{m} - 18 \text{m}$$

METHOD II

$$2(L+W)=P$$

$$2(L + 9m) = 40m$$

$$2xL + 2x9m = 40m$$

$$2L = 22m$$

$$\frac{2L}{2}=\frac{22m}{2}$$

$$22m = 21$$

$$\frac{22m}{2} = \frac{2L}{2}$$

Length =11m

- 1. The perimeter of a rectangle is 42m and its length is 14m find its width
- 2. The perimeter of a rectangle is 56dm and its length is 20dm find its width
- 3. The perimeter of a rectangle is 30m if its width is 7m find its length
- 4. The perimeter of a rectangle is 60cm if its width is 10cm find its length
- 5. The perimeter of a rectangle is 70m if its width is 15m find its length
- 6. The perimeter of a rectangle is 44cm if its width is 6m find its length

Lesson 9: Area of a rectangle.

Teaching / learning activities.

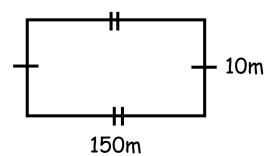
Identifying the formula to find the area of a rectangle.

Using the formula to find the area.

Examples

1. A rectangular garden measures 150 m by 10 m.

Find its area.

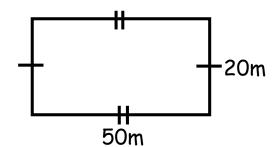


Area = length x width

Area = $150m \times 10m$

Area = 1500m²

2. A rectangular garden measures 50 m by 20 m. Find its area.



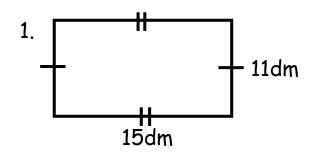
Area = side x side

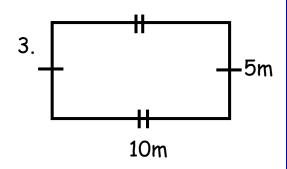
Area = $50m \times 20m$

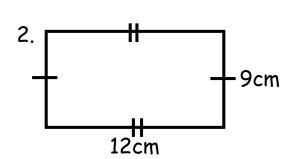
Area = 1000m^2

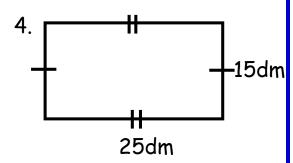
Evaluation activity

Find the area of the following figures;









- 5. A rectangular garden measures 50m by 45m. Find its area.
- 6. A rectangular garden measures 70dm by 50dm. Workout its area.

LESSON 10

Application of area.

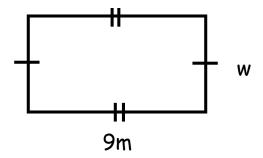
a) Rectangle

Teaching / learning activities.

Interpreting the given information.

Finding the missing side given area of a rectangle.

Example



The area of a rectangle above is 36m². Find the width of the garden given its lengths as 9 m.

Area of a rectangle = length x width

$$L \times w = 36m^2$$

$$9 \text{ m x w} = 36 \text{ m}^2$$

$$\frac{9m \times w}{9m} = \frac{36m \times m}{9m}$$

$$W = 4 m$$

Evaluation activity

- 1. The area of a rectangle is 42cm^2 . Find the width of the garden given its lengths as 9 cm.
- 2. The area of a rectangle above is $56m^2$. Find the width of the garden given its lengths as 8m.
- 3. The area of a rectangle above is $80m^2$. Find the length of the garden given its width as 8m.
- 4. The area of a rectangle above is 64cm^{2.} Find the width of the garden given its lengths as 16 m.
- 5. The area of a rectangle above is $36m^2$. Find the width of the garden given its lengths as 9m.

Lesson 11: Area of a square.

Teaching / learning activities.

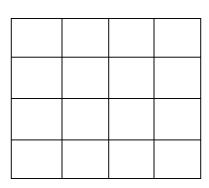
Defining area.

Finding area of a square.

1. Find the area of the figure below

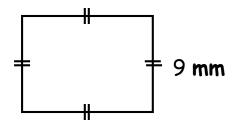
Area =
$$4$$
squres \times 4 squares

Area = 16 square units

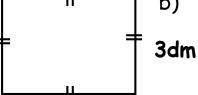


2. Find the area of the squares below.





b)



Area = side x side

Area = side x side

Area = $9mm \times 9mm$

Area = $3 dm \times 3 dm$

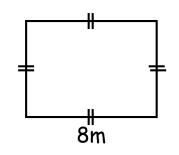
 $Area = 81mm^2$

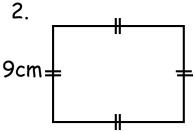
Area = $9dm^2$

Evaluation activity

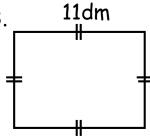
Find the area of the figures below;

1.

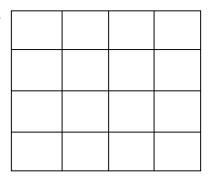




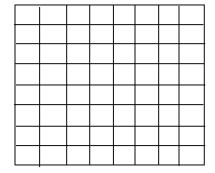
3.



4.



5.



- 6. Find the area of the square whose side is 3.5 m
- 7. Find the area of the square whose side is 9.5 dm
- 8. Find the area of the square whose side is 10.2 cm

LESSON 12

Application of area of a square

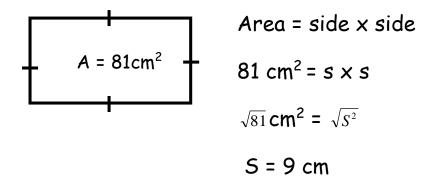
Teaching / learning activities

Interpreting given information in relation to area of a square.

Finding missing side given area of a square.

Example

The area of a square is 81cm². Find the length of each side.



Evaluation activity

- 1. Given the area of the square is 9 mm². Find the length of each side.
- 2. The square garden measures garden measures x cm by x cm.

If its area is 25 cm 2 . Find the value of x.

- 3. The area of a square room is 144 dm². Find the length of each side.
- 4. The area of a square is 100 mm². Find the length of one side.
- 5. The area of a square garden is 196m². Find the length of each side.
- 6. Find the side of a square whose area is 121dm²

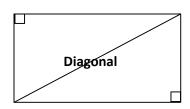
LESSON 13: Finding area of a triangle.

T / learning activities.

Deriving formula for finding the area of a triangle.

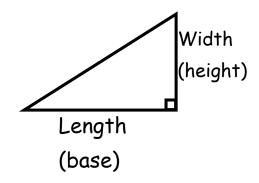
Finding the area of a triangle.

Example



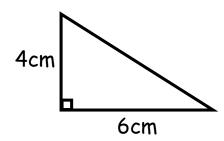
Area = length + width
$$\frac{1}{2}$$
 of length x width

but length is base width becomes height of the triangle formed.



Area of triangle becomes = $\frac{1}{2}$ x base x height

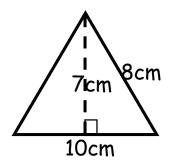
1. Find the area of the triangular shapes below.



Area of triangle is
$$=\frac{1}{2}bh$$

Area =
$$\frac{1}{2} \times \overset{3}{6} \text{ cm} \times 4 \text{ cm}$$

Area =
$$12 \text{ cm}^2$$

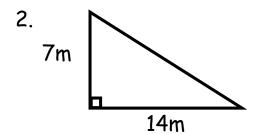


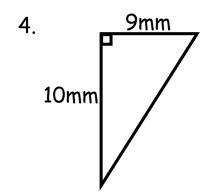
Area =
$$\frac{1}{2}$$
 x base x height

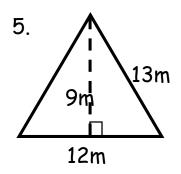
Area =
$$\frac{1}{2}$$
 x 10 cm x 7 cm

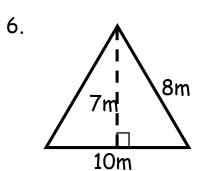
Area =
$$35 \text{ cm}^2$$

Find the area of the triangular shapes below;









Lesson 14: Application of area of a triangle

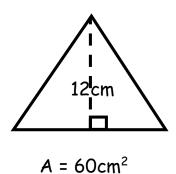
T / learning activities.

Interpreting given information in relation to area of side.

Using the area and side given to find the missing side.

Example

Find the base of a triangle whose area is 60 cm^2 and height is 12 cm.



Area of a triangle is
$$\frac{1}{2}b$$
 h

$$60 \text{cm} \times \text{em} = \frac{1}{2} \times b \times \frac{6}{12} \text{cm}$$

$$\frac{60cm}{8} = \frac{8b}{8}$$

- 1. Find the base of a triangle whose area is 60 cm^2 and height is 10 cm.
- 2. Find the base of a triangle whose area is $36m^2$ and height is 12m.
- 3. Find the base of a triangle whose area is $70m^2$ and height is $20m^2$.
- 4. Find the height of a triangle whose area is 70 cm^2 and base is 14cm.
- 5. Find the height of a triangle whose area is 120 cm^2 and base is 30 cm.

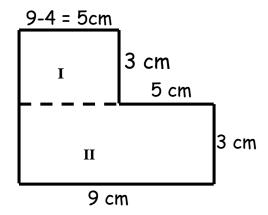
Lesson 15: Finding area of combined shapes.

Teaching/learning activities.

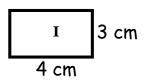
Identifying the different shapes that form the combined figures.

Finding area of the combined shape.

Example



Area of figure I

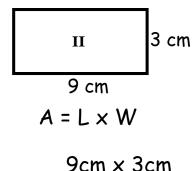


$$A = L \times W$$

$$4cm \times 3cm$$

12cm²

Area of figure II



JULI X JULI

27cm²

Area of combined

Figure = Area of I + Area

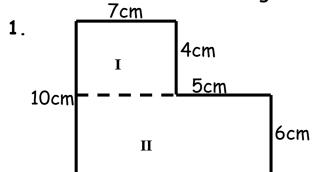
of II

 $12cm^2 + 27cm^2$

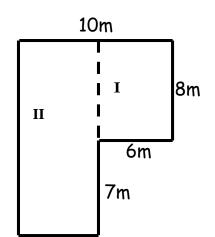
 $= 39 cm^2$.

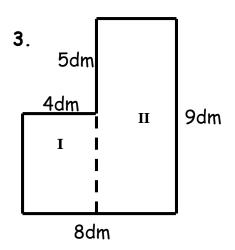
Evaluation activity

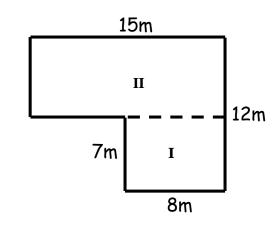
Find the area of the figures below;



2.







4.

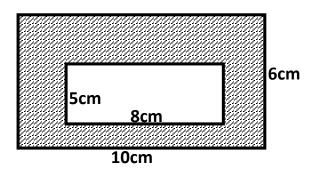
Lesson 16: Difference in area.

Teaching/learning area

- -studying the shapes given.
- -finding area of the shapes.
- -subtracting area.

Example

Find the area of the shaded point.



Area of the big rectangle.

$$A = L \times W$$

- $= 10 \text{cm} \times 6 \text{cm}$
- $= 160 cm^2$

Area of the smaller rectangle

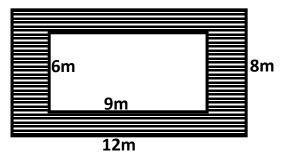
Area =
$$L \times W$$

$$= 40 cm^2$$

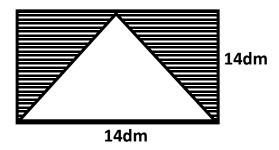
Area of shaded part

Find the area of the shaded regions in the figures below;

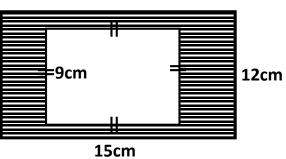
1.



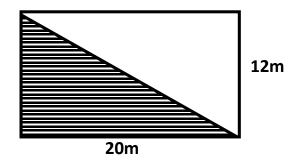
3.



2.



4.



LESSON 17: COMPARING LITRES, HALF LITRES AND QUARTER LITRES

Comparing units of capacity using <, > or =

Identifying the relationship between units of capacity.

Using <,>, or = to complete the given statements correctly.

Examples

2 litres __ 100 milli litres

1 | = 1000 milli litres

 $2 I = 2 \times 1000$

= 2000 milli litres

2 1 > 100 milli litres

- i) 3 l ____ 50 milli litres
- ii) 400ml 2000ml

- iii)
- 2.3 l ____ 2300 ml
- iv)
- 0.2 l ____ 2000 ml
- v)
- 5.5 l ____ 5000 ml
- vi)
- 1.5 l ____ 2000 ml
- ۷٠,
- vii) 300 l ____ 3000 ml

Lesson 18: Mass in kg and grams

Teaching/learning activities.

- -Identifying units of mass
- -Identifying the relationship between kg and grams.
- -changing kg to grams.

Examples

1. Change 2kg to grams

1kg = 1000g.

 $2kg = (1000 \times 2) g$

2kg = 2000g.

c) 7.5kg

1kg = 1000g

7.5kg= (1000 x

7.5)

= 1000 $\times \frac{75}{10}$

= 7500gramm

Evaluation activity

Change the following as instructed

- (i) 5kg to g
- (ii) 30 kg to g
- (iii) 45kg to g

- (iv) 5.5kg to g
- (v) 3.6 kg to g
- (vi) 5.25 kg to g
- (vii) 5.15kg to g

Lesson 19: Changing grams to kg.

Teaching/learning activities.

- -writing relationship between grams and kg.
- -changing grams to kg.

Example

Change 5000 grams to kg.

$$1000$$
grams = 1 kg

$$1g = \left(\frac{1}{1000}\right) kg$$

$$5000g = \frac{1}{1000} \times 5000$$

Evaluation activity

Change the following as instructed

- (i) 3000g to kg
- (ii) 15000g to kg
- (iii) 45000g to kg

- (iv) 5500g to kg
- (v) 3600g to kg
- (vi) 52500g to kg
- (vii) 51500g to kg

Lesson 20: Application of mass

Teaching/learning activities

Changing kg to grams

Example

1. How many 200g packets can be obtained from a 2kg bag?

1kg = 1000g

 $2kg = 2 \times 1000g$

Number of packets =
$$\frac{2000}{200}$$

=10 packets.

Evaluation activity

- 1. Kiyuba had 5kg of sugar and packed them in packets of 250g each. How many packets did he get?
- 2. Boda boda carried wheat flour packed in packets of 500 grams each. If he carried 300 packets. How many kg did he carry?
- 3. How many $\frac{2}{5}$ kg packets can be got from 60000g?
- 4. How many $\frac{1}{4}$ kg packets can be got from 25kg?
- 5. How many half kilograms in a 20kg bag?

Lesson 21: capacity.

Changing litres to milliliters.

Teaching /learning activities.

- -comparing containers.
- -Identifying units of capacity.
- -Writing relationship of units of capacity.
- changing litres to milliliters.

Examples

Change a) 3 litre to milliliters.

$$3 \text{ litres} = (1000 \times 3) \text{ ml}$$

$$= 3000 \, \text{ml}.$$

b) 0.8 litre

$$0.8 = 1000 \times \frac{8}{10}$$
.

= 800 ml

c). 4
$$\frac{1}{2}$$
 litres to milli litres.

$$4\frac{1}{2}$$
 = (4 × 1000) + $\frac{1}{2}$ × 1000)

Evaluation activity

Change the following as instructed

- (i) 31 to ml
- (ii) 151 to ml
- (iii) 45l to ml

(iv).3 $\frac{1}{2}$ litres to milli litres.

- (v) 9 $\frac{1}{2}$ litres to milli litres.
- (vi).10 $\frac{1}{2}$ litres to milli litres.
- (vii). $7\frac{1}{2}$ litres to milli litres.

Lesson 22: Changing milliliters to litres

Examples

Change 900 ml to litres.

1000ml = 1 litre,

1 ml =
$$\left(\frac{1}{1000}\right)$$
 litres.

900ml =
$$\left(\frac{1}{1000} \times 900\right)$$
 litres

$$\frac{9}{10}$$
.

= 0.9 litres.

Evaluation activity

Change the following as instructed

- (i) 300 ml to l
- (ii) 1500 ml to l
- (iii) 45000 ml to l

- (iv).60000 ml to litres.
- (v) 8500 ml to litres.
- (vi).150 ml to litres.
- (vii).70 ml to litres.

LESSON 23

Application of conversion of units of capacity.

Teaching /learning activities.

- -applying conversion of units in solving mathematical tasks in real life situations.
- -identifying the relationship between units of capacity.

Example

1. How many containers of type A will fill container type B.



200 milli litres



1.8 litres

1 litre = 1000 ml

1.8 litres =
$$(1000 \times 1.8)$$
 ml

1000
$$\times \frac{18}{16}$$
.

= 1800 ml

Container B ÷ container A

$$\frac{1800}{200}$$
.

9 containers.

Evaluation activity

- 1. How many half litre cups can fill a bucket of 15 litres?
- 2. How many pails of 250 ml. can fill a container of 50 litres.
- 3. If I use a mag of 300mls, fill a jerrycan of 1200ml. How many such mugs can be used?
- 4. How many packets of milk of 500ml/ each can be got from 1 litre of milk?
- 5. How many jerrycan of 20 litres can be used to fill a tank of 800 litres?

LESSON 19: LESSON 34 ADDITION AND SUBTRACTION OF

UNITS.

Examples:

- i) Add 34 I + 350ml
- ii) Add 16 l + 230ml
- iii) Add 256 I + 370ml
- iv) Add 120 l + 340ml
- v) Add 199 l + 450ml

- (i) Subtract 54 I 380ml
- ii) Subtract 16 I 230ml
- i) Subtract 256 I 370ml
- ii) Subtract 120 I 340ml
- iii) Subtract 199 I 450ml

LESSON 35: MULTIPLICATION OF LITRES AND MILLI LITRES

Examples:

1.
$$\begin{array}{cccc}
 & L & ml \\
 & & 2 & 2 & 2 & 2 \\
 & & & & 679 \\
 & & & & 3 \\
\hline
 & & & & 11 & 037
\end{array}$$

L ml
3.
$$\frac{1}{7}$$
 $\frac{1}{2}$ 20

x 9

64 980

- i) Multiply 51 and 380ml by 4
- ii) Multiply 81 and 230ml by 6
- iii) Multiply 21 l and 370ml by 8
- iv) Multiply 12 I and 340ml by 9
- v) Multiply 19 I and 450ml by 10
- vi) Multiply 23 l and 390 ml by 5

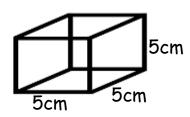
Lesson 36: Volume of cubes and cuboids:

T/learning activities

- differentiating a cube from a cuboid.
- finding volume of cubes and cuboids.

Examples.

Cube

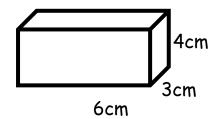


 $V = s \times s \times s$

 $V = 5cm \times 5cm \times 5cm$

 $V = 125 cm^3$

cuboid



 $V= Length \times width \times height$

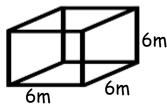
 $V = 6cm \times 3cm \times 4cm$

 $V = 72 cm^3$

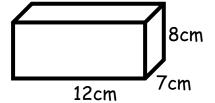
Evaluation activity

Find the volume of the prisms below;

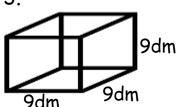
1.



2.



3.





Lesson 6: Finding one side of a cuboid when given the volume Examples

1. Find the missing side of the cuboid given the volume = 50cm^3 .

$$V = I \times w \times h$$

$$60 \text{cm}^3 = 5 \text{cm} \times 3 \text{cm} \times h$$

$$\frac{60 \text{cm}^3}{15} = \frac{15 \text{cm}^2 h}{15 \text{cm}^2}$$

$$5 \text{cm}$$

2. The volume of a box is 60cm^3 . Its height is 5cm and width is 4cm. Find its length.

Let h be height
$$L \times w \times h = \text{volume}$$

$$L \times 4 \text{cm} \times 5 \text{cm} = 60 \text{cm}^3$$

$$L \times 20 \text{cm}^2 = 60 \text{cm}^3$$

$$20 \text{cm}^2 = 20 \text{cm}^2$$

3. The volume of the cuboid is 80cm³. Its length is 8cm and height is 2cm. What is its width?

L = 3cm

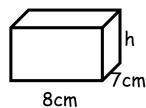
4cm = h

$$L \times w \times h = volume$$

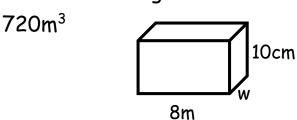
$$8cm \times w \times 2cm = 80cm^3$$

$$\frac{W \times 16em^2}{16cm^2} = \frac{80cm^3}{16em^2}$$
 $W = 5cm$

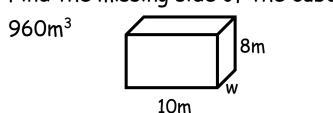
1. Find the missing side of the cuboid given the volume = 336cm^3



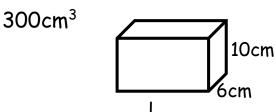
2. Find the missing side of the cuboid given the volume =



3. Find the missing side of the cuboid given the volume =



4. Find the missing side of the cuboid given the volume =



(END OF LENGTH, MASS AND CAPACITY)