

ASBAT EDUCATIONAL CONSULT



CRE
LESSON NOTES TERM 1 2024
0780243415/0705225627

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LESSON I WK 1

THEME 1: CHRISTIANS ON THE WAY

SUB THEME: GOD CREATED ME

Understanding and appreciating myself as a unique person

Meaning of uniqueness

Uniqueness refers to the differences in appearance and character among people.

Forms of uniqueness

- Physical uniqueness
- Social uniqueness

Physical uniqueness

- These are visible appearances and characters a person has.

Examples of physical uniqueness

- Difference in height. Some people are short while others are tall.
- Differences in size. Some people are big while others are small.
- Difference in skin colour. Some people are light skinned while others are dark skinned.
- Difference in facial appearance. Some people have got long faces while others have round ones.

Social uniqueness

- These are different ways how people relate with others.

Examples of social uniqueness

- Some people are talkative while others are reserved.

- Some people are cheerful all the time while others are moody
- Some people are easily loved by many people while others are hated by many people.
- Some people easily make friends while others have difficulties in making friends.

NB: Unique: means different.

Activity

1. What is uniqueness?
2. Identify any two ways in which people are different from each other
3. State any two forms of uniqueness
4. Give any four examples of physical uniqueness
5. Write down any four examples of social uniqueness
6. Describe your physical uniqueness

LESSON 2 WK 1:

TALENTS

What is a talent?

A talent is a natural ability to do something well or better

Characteristics of talents

- i) Talents are natural
- ii) Talents are inherited from parents
- iii) Talents are received from conception
- iv) Talents can be developed or left idle, used well or misused.
- v) Individuals with in-born talents are strong in abilities
- vi) Talents are used generally in the world.

How talents make us unique

Psalms 139:13 – 16

The above states that God made each individual unique because of his hand work

Examples of talents

- i) Dancing
- ii) Playing foot ball
- iii) Leadership
- iv) Singing
- v) Artistic work
- vi) Debating
- vii) Story telling

Ways of identifying talents

- Through practice
- Through the guidance of other people
- Through praying

How people use their talents to benefit others

- By creating jobs for others
- By entertaining others
- By helping those in need

Human weaknesses and strengths

a) Weaknesses

These are areas an individual doesn't have strength to excel

NB: life is a balance of talents and weaknesses.

Examples of weaknesses

- i) A good footballer may not excel in class.
- ii) A talented singer may be poor at dancing skills
- iii) A good leader may be poor at debates
- iv) A fine artists may lack skills in weaving baskets
- v) A talented mathematician science could be a poor leader.

Activity

1. What is a talent
2. State any four examples of talents
3. Point out any four characteristics of talents
4. State any four examples of human weaknesses and strengths.
5. With the help of your teacher, tell classmates your talents and how so you use it to serve the school.

LESSON 3 WK I

ADOLESCENCE, GROWHT AND DEVELOPMENT

Adolescence:

A word which comes from Latin word Adolescere which means to grow up

Meaning of adolescence

Adolescence is a stage between childhood and adulthood.

An adolescent is a person between childhood and adulthood

Another name for adolescence is teenager

GROWTH

This is an increase in size, weight and height of individual

DEVELOPMENT

This is an increase in the quality of the body, mind and behavior of an individual

Forms of growth and development

- Physical growth and development
- Social growth and development
- Intellectual or mental growth and development.

Characteristics of adolescents

Boys	Girls
Physical x-tics	Physical x-tics
<ul style="list-style-type: none"> • Body becomes muscular • Voice deepens, Adam's apple appears • They grow taller and bigger, shoulders widens • Beards, pubic hair, hair in the armpits, legs, arms start to grow • Genitals become bigger • They start producing semen 	<ul style="list-style-type: none"> • Body becomes smooth and shapely. • The voice becomes soft and attractive • They grow wider hips, breasts develop • Pubic hair, hair in the armpits start to grow • Reproductive organs become mature • They start monthly menstruation
Social x-tics	Social x-tics
<ul style="list-style-type: none"> • They develop strong feelings towards opposite sex • Help become sensitive and socially active • They change life style such as encouraging in risky aggressive behavior face storm and stress in life's social matters 	<ul style="list-style-type: none"> • they develop sexual feeling • Feelings and desires become strong. • They form or join peer groups, close associates, they face storm and stress that comes with social matters
Mental x-tics	Mental x-tics
<ul style="list-style-type: none"> • They start to think independently • Reasoning capacity and ability to argue out issues develop 	<ul style="list-style-type: none"> • They start to think logically • They begin to reason discriminatively about what they hear or see.

Activity:

1. Explain the meaning of a adolescence
2. Write down any form physical differences between an adolescent boy and girl.
3. State the meaning of the following terms

- a) Growth
 - b) Development
4. Point out any two instinctual differences between adolescent boys and girls

LESSON 1 WK 2

How to relate with others with consideration and respect

Family level

A family is the smallest unit of the community

Types of family

- Nuclear family
- Extended family
- Institutional family
- Foster family

a) Nuclear family

This is a type of family where we find parents and their biological children

b) Extended family

This is a type of family where we find parents, biological children and their relatives

c) Foster family

This is a type of family composed of adopted children

Members that make up the African family

- Father
- Mother
- Brothers
- Sisters
- Grand parents

- Adopted person
- Cousins
- Nephews

How to relate with servants

- Respect them
- Do not burden them with work
- Treat them mistakes
- Give them what they need to use
- Pay their wages in time
- Pay them the money they deserve
- Give them medical care
- Do not expose them to harm

How to behave before adults

- Respect up them
- Obeying them
- Being trust worthy
- Being able to share ideas and things
- Helping them
- Forgiving one another
- Being honest
- Being hand working
- Loving them

NB A guardian is a person who is responsible for the care of a child in the absence of parents.

Roles of parents to their children

- To provide basic needs

- To protect the children from harm and danger
- To treat children fairly
- To introduce them to God and religions values
- To train them to respect adults
- To teach them the basic values and norms
- To train them to acquire basic life skills
- To discipline them as a way of teaching right from wrong.

LESSON 2 WK 2

School level

Important people at school

- Head teacher
- Deputy H/T
- Bursar
- Teacher
- Watch man
- Visitors
- Secretaries
- Matrons
- Cooks
- Compound cleaners

Roles of children at school

- Respecting teachers and other members of the community.
- Greeting teachers, visitors and those we meet at school.
- Obeying school authorities
- Following regulations
- Expressing love, kindness to fellow pupils who need care
- Taking care of school properties

- Respecting other pupils property
- Using the washroom well
- Keeping the compound clean
- Observing person hygiene
- Working hard in school to pass high with flying colours.
- Using good and non abusive language while talking to other people.
- Sharing ideas, knowledge when asked by teacher, friends.

Community level

- Respect the property
- Greet people in the community
- Help people in danger e.g. in case of accident
- Clean the area in the community
- Share with community members responsibly

LESSON 3: WK 2

WORK

- Work is the use of physical or mental strength to do something
- Work is any useful or productive activity which involves use of energy.

Reasons why people work

- To get food
- To get money
- To build shelter
- To develop natural talents
- To serve God
- To help the needy
- To express oneself in creative ways

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