

PRIMARYTHREE

LITERACY I

TERM THREE

SAFE MEANS OF MOVEMENT IN O UR DIVISION

In our division, people move from one place to another along paths, roads, water, railways or in air.

PATHS

For more lesson notes, visit www.freshteacheruganda.com

1. What is a path?

- A path is away across a piece of land where people can walk.

- A path is a narrow way through which people can walk.

2. A number of people in our division walk along roads than through paths.

3. Mention any two means of transport used by people along paths.

- Bicycles
- Motorcycles

4. Why are bicycles and motorcycles used along paths and not cars?

- Paths are very narrow.

For more lesson notes, visit *www.freshteacheruganda.com*

5. Difference between a path and a road

- A Road is wider than a path.

6. Name any four problems people face when they move along paths.

- There are dangerous animals like snakes.
- There are thorns that prick people.
- Bad people who can kidnap rape or even defile children are found along paths.
- There are holes in which people can fall and break their legs. (fractures)

7. **Paths are mostly found in villages and not in towns because**;

- Towns already have planned roads.
- There are pathways in towns for pedestrians.
- Some buildings are close to one another without leaving space for paths.
- Trespassing through some people's land is restricted or not allowed in towns.
- Most land in towns is fenced.
- Peoples in villages don't have money to construct roads.
- Paths in villages act as feeder roads.
- Villages don't have proper planning systems for development compared to towns.

ROADS

1. The commonest type of transport in our area is roads transport.

Types of roads

- Murram roads
- Tarmac roads

2. What are tarmac roads?
   These are roads that are constructed using tar on their surfaces.

3. What are murram roads?
   These are roads that aren't tarmacked.

4. Why are many roads in Uganda not tarmacked?
   - Roads are very expensive to tarmac.
   - Lack of machinery to tarmac the roads
   - Some areas are not safe because of wars.

5. What is a feeder road?
   A feeder road is a road that joins a village to the main road/highway.

6. A main road can be a tarmac or a murram road

7. **Means used on roads include the following**:-
   - Cars
   - Buses
   - Lorries
   - Bicycles
   - Motor cycle
   - Vans
   - Wheel barrows

For more lesson notes, visit *www.freshteacheruganda.com*

- Animals

8. Examples of animals used in road transport

- Donkeys
- Camels
- Horses
- Oxen

9. **Camels are used in deserts because**;

- They have flat hooves.
- They have long eye lashes that prevent dust from entering their eyes.
- Camels can take too long without drinking water.

8. Donkeys are used in hilly/mountainous areas because they carry heavy loads.

ROADS SIGNS

1. What are road signs?

Road signs are symbols placed along the roads to guide road users.

Importance of road signs

- Road signs help road users to move safely on the road.
- They guide road users to know what to do while on the road.
- They reduce traffic accidents.

For more lesson notes, visit *www.freshteacheruganda.com*

2. Common road signs include the following:-

Zebra crossing	Cross roads
Turn right	Turn left
Double bend ahead	Children crossing
Danger ahead	Humps ahead

For more lesson notes, visit *www.freshteacheruganda.com*

Round about ahead	Cattle crossing ahead
Parking	No parking
No entry	Railway crossing

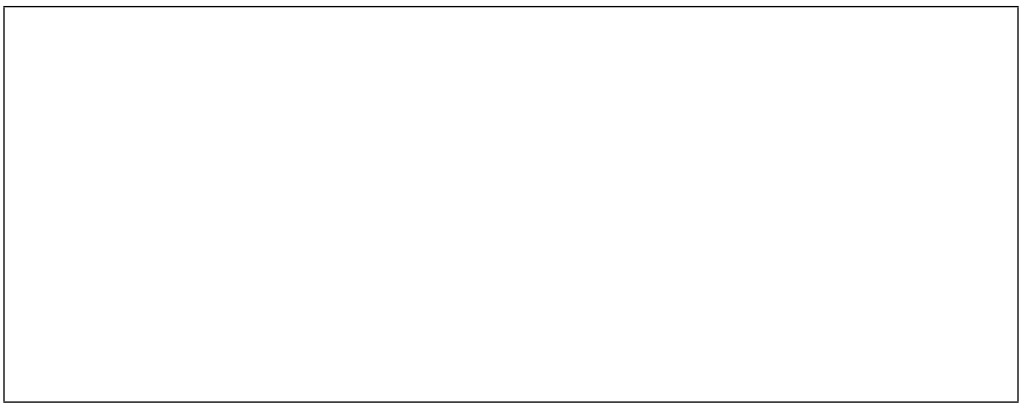
Traffic lights

1. They are commonly found in big towns with a lot of traffic
2. Traffic lights have three colours namely;
    - Red
    - Orange(amber)
    - Green
3. The red light tells all road users to stop.
4. The orange light tells all road users to get ready.

For more lesson notes, visit *www.freshteacheruganda.com*

5 Green tells all road users to start moving/ to go.

6. Draw, name and colours the traffic lights.



9. Importance of traffic lights

- They help to control traffic flow.
- They prevent road accidents.

8. Why are traffic light placed only on roads in cities but not villages?

- There are very many cars in towns than in villages.
- Accidents are very common in towns than in villages.

9. What is meant by the term traffic?
Traffic are vehicles moving on the road/highway at a given time.

TRAFFIC RULES

1. What are traffic rules?

These are regulations/principles put in place to control the movement of all road users.

2. Examples of road users are;

- Drivers/motorists
- Cyclists
- Motorcyclist
- pedestrians

3. Importance of traffic rules

- They help to control the movement of both people and vehicles.
- They help people to move safely on the road.
- The traffic department uses traffic rules to enforce law and order.

Traffic rules for pedestrians

4. Who is a pedestrian?

A pedestrian is a person who walks on foot.

5. While on the road, the following are the rules that pedestrians should follow:

- Pedestrians should walk along the right hand side of the road.
- Pedestrians cross busy roads at the zebra a crossing.
- Before crossing the road, look right, left, then right and if there's no vehicle (s) coming, then cross.
- Don't cross the road while running.
- Avoid playing games on the road.

For more lesson notes, visit *www.freshteacheruganda.com*

6. Why should pedestrians always walk on the right hand side of the road?

- To see whatever is coming a head of them.
- To see the oncoming traffic.

7. Traffic rules for drivers, motorists and cyclists

- Drive, ride or cycle on the left hand side of the road.
- Don't drive while drunk with alcohol.
- Don't over speed.
- Don't over load.
- Stop at the zebra crossing when people are crossing.
- Obey traffic lights and traffic police instructions.
- Observe road signs.

ACCIDENTS

1. What is an accident?

An accident is unexpected danger that results into an injury or death.

2. Accidents normally occur to people as they move on the roads, on water, on railways and in air.

Causes of road –traffic accidents

- Overloading of vehicles
- Overspeeding
- Drunken drivers
- Failure to observe road signs.

For more lesson notes, visit *www.freshteacheruganda.com*

- Over taking in sharp corners.
- Driving vehicles in dangerous mechanical condition (DMC)
- Bad weather conditions especially during rainy seasons.
- Driving/riding from the wrong side (the right hand side) of the road.
- Bad roads with pot holes.
- Untrained drivers
- Careless driving.

Draw, name and colour one cause of road accidents.

How to prevent road accidents

- Control overspeeding.
- Avoid overloading.
- Observe road signs.
- Discouraging vehicles in bad mechanical conditions.
- Repairing roads with pot holes.
- Training drivers how to drive safely.
- Putting road signs along the roads.

- Putting speed governors in vehicles.

Causes of accidents on water

- Strong winds and storms.
- Old boats and ships.
- Overloading of boats and ships.
- Drunken sailors.
- Water weeds on lakes and rivers e.g. the water hyacinth.
- Rocks and dangerous aquatic animals such as crocodiles and hippos.

Draw, name and colours one cause of accidents on water.

How to prevent water accidents

- Sailors should move when the water body is calm.
- Use boats and ships in good condition.
- Sailors should not drink alcohol when they are going to move on water.
- Avoid overloading boats and ships.
- Use machines to remove the water weeds.

For more lesson notes, visit *www.freshteacheruganda.com*

- Wear life jackets when sailing or swimming.

Causes of accidents in air

- Aero planes in bad mechanical conditions.
- Bad weather conditions.
- Careless pilots.
- Old planes.
- Flying birds and high mountain peaks.

How to prevent accident in air

- Use safety belts.
- Travel when the weather is good.
- Repairing aero planes.
- Train good pilots.

Causes of railway accidents

- Floods which submerge railway lines.
- Placing of objects like nails along railway lines.
- Failure for drivers to observe road sign for a railway crossing.
- Grazing of animals along railway lines.
- People who play games along railway lines.

Draw, name and colour any one cause of accidents along railways lines.

For more lesson notes, visit *www.freshteacheruganda.com*

How to prevent accidents on railways

- Control flooding.
- Discouraging people from placing objects along railways lines.
- Drivers should observe road signs especially for railway crossing.
- Discouraging people from playing along railway lines.
- People should be discouraged from grazing animals along railway lines.

Helping an accident victim

1. Accidents in our sub-county do happen every day.

2. Who is a victim/casualty?
   A victim / casualty is a person who has got an accident.

3. People involved in accidents should be cared for immediately in the following ways;

- Report the accident to the police .If there telephone, call 999 or 112 to inform the police where the accident has happened.
- Call an ambulance or any other person for help.
- Remove the victim from the place where the accident has happened.
- Give first aid.
- Take the victim to the hospitals, clinic or dispensary.

First aid

1. What is first aid?

First aid is the first help given to an accident victim.

2. Why do give first aid?

- To save life.
- Promote quick recovery.
- Stop the condition from worsening.
- Reduce pain.

Fractures

3. What is a fracture?

A fracture is a broken bone in the body.

4. Fractured bones should be tied together with splints to keep the bones in position.

5. Broken limbs are supported with an arm sling or a crutch.

6. Diagrams

For more lesson notes, visit *www.freshteacheruganda.com*

Splints tied on a fractured leg	An arm sling	A crutch

Snake bites

7. If one is bitten by a poisonous snake,
   - Tie slightly above the bitten part.
   - Use a black stone to suck out the poison.
   - Take the casualty to the hospital/clinic.

8. Why do we tie above the bitten part?
   - To prevent venom / poison from flowing to the heart.

Near drowning

9. What is near drowning?

Near drowning is a situation/condition when a person falls into the water and the lungs are filled with water but when she/he is still alive.

How to save a near drowning person

- Shout for help from people nearby.
- Pull the casualty from the water.

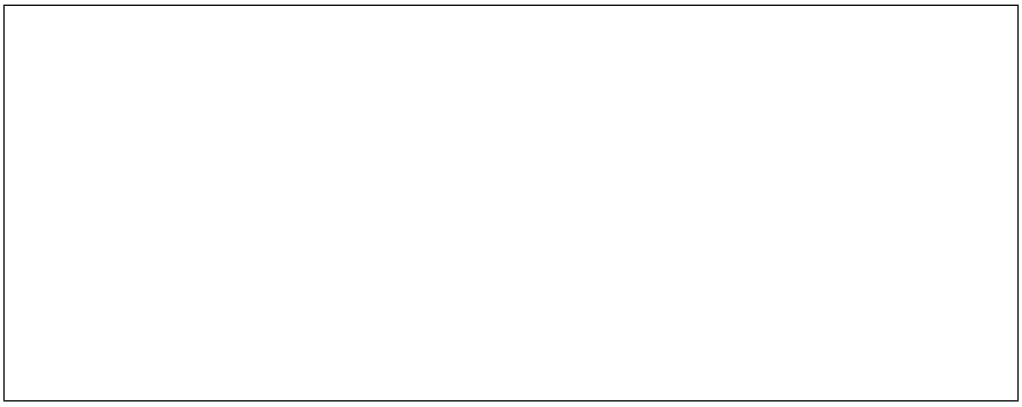
For more lesson notes, visit *www.freshteacheruganda.com*

- Lay the casualty on his /her back with the head lower than the body.
- Carry out the ABC (Airway , Breathing and Circulation)
- Check for normal breathing and apply “a kiss of life.”(mouth to mouth breathing)

9. Why is a near drowned person’s head put lower than the body?
    - This helps to keep breathing passages open to allow out water.

10. A stretcher is used for carrying casualties.

Diagram of a stretcher



Topical test

1. What is a path?
2. What is the commonest type of transport used in your area?
3. Name any four means of transport used;
    a) On roads

For more lesson notes, visit *www.freshteacheruganda.com*

b) On water
c) In air

4. Why is air transport used by few people in your area?
5. Give any two means of transport used along foot paths.
6. Identify any two problems you can face in foot paths.
7. What are road signs?
8. Suggest any two importances of road signs to road users.
9. Draw, name and colour any four road signs you know.
10. Name the three colours of the traffic light and what each means.
11. Who is a pedestrian?
12. Give any traffic rules for drivers.
13. Give any two causes of accidents;
    a) On the roads.
    b) In air.
    c) On water.
    d) On railway lines.
14. Suggest two ways how road accidents can be controlled.

CHILDREN'S RIGHTS

1. Who is a child?
   A child is anybody who is below eighteen (18) years of age.

2. What are children's rights?
   - These are natural freedoms of children.
   - These are freedoms that all children are entitled to enjoy.

3. These rights must be respected by parents and all adults

4. Examples of children's rights

- A right to education.
- A right to life.
- A right to medical care.
- A right to equal treatment.
- A right to belong to a clan/family.
- A right to be loved.
- A right to talk freely but with respect.
- A right to food, shelter and clothing.
- A right to have a name.
- A right to know one's parents.

5. Draw, name and colour three examples of children's rights.

For more lesson notes, visit *www.freshteacheruganda.com*

6. Examples of people who help to protect children's rights;
- Police
- Judges/lawyers
- Local council members
- Parents

7. Which LC 1 member is in charge of children's rights?
- The Vice chairperson

8. The role of the **N**ational **C**ouncil for **C**hildren (NCC) is to oversee that children's rights are observed in Uganda.

Importance of children's rights

- They protect children's interests.
- They help children to grow healthy i.e. physically and mentally.
- They protect children from any danger.
- They also help them to grow responsibly and confidently.
- They are used as references to pass judgment in case of violation.

Child abuse

1. What is child abuse?
    - Child abuse is the violation of children's rights.
    - Child abuse is the denying of children their rights.

Common forms of child abuse

- Burning children
- Child labour
- Defilement
- Child battering
- Bullying
- Denial of education
- Starving of children(denial of food)
- Kidnap and sacrifice of children
- Forced early marriage
- Child harassment
- Intimidation (threatening) of children

People who abuse children's rights

- Some teachers
- Some parents
- Some relatives
- witch doctors
- peers and siblings
- maids
- Mentally disturbed people e.g. drug addicts.

For more lesson notes, visit *www.freshteacheruganda.com*

Draw; name and colour any two forms of child abuse practices.

Causes of child abuse

1. **poverty;**
   When there is no money in the family, children are not provided with basic needs.
2. **Alcoholism**;
   Some drunken parents abuse children's rights through burning, beating and locking them outside.
3. **Broken/divorced families;**
   When parents are separated, children are at times mistreated by step parents.
4. **Death of both parents** ;
   When parents die, children are left as orphans without any one to take care of them.
5. **Wars**;
   When parents die in wars, children end up on the streets for survival.

For more lesson notes, visit *www.freshteacheruganda.com*

6. **Indiscipline among children**;
   Some children misbehave and they end up being punished. Later they end up running from their homes to streets.
7. **Ignorance**;
   Some people mistreat children because they are not aware of children's rights and responsibilities.

Ways of controlling child abuse

- Parents should avoid alcoholism.
- Adults should be taught about children's rights.
- Children should be taught about their rights and responsibilities.
- Parents should work hard to meet their children's needs.
- Emphasizing good morals/ discipline in society.
- The government should imprison people who abuse rights of children.
- Discouraging divorce.(separation of parents)
- Setting up resettlement areas for orphans and street children.

NB: Children who commit offences are taken to **juvenile courts** for advice.

Children's responsibilities/duties /obligations

a) **In a family/home**;

- Children should obey their parents.
- Fetching water.
- Washing utensils and clothes.
- Mopping the house.

- Sweeping the compound
- Collecting fire wood
- Cooking food.
- Respecting their parents.
- Protecting their families.
- Children should support their parents when they grow up.
- Taking care of family property.
- Contributing to the economic development of the families.

b) **At school**;

- Respecting prefects, teachers and fellow pupils.
- Obeying school rules and regulations.
- Cleaning the class.
- Cleaning the compound.
- Caring for school property.
- Participating in class and school activities.
- Electing leaders like prefects monitors etc.

c) **In the country**;

- Respecting the laws of the country.
- Having love for one's country (patriotism)
- Contributing to the development of one's country.
- Respecting the leaders.

How do children contribute to the economic development of their families?

For more lesson notes, visit *www.freshteacheruganda.com*

- Children sell in shops.
- Some children hawk goods.
- Some children serve as maids in homes.

Topical test

1. What are children's rights?
2. Identify any four examples of children's rights.
3. Suggest one importance of children's rights.
4. Who is responsible for children's rights on the Local Council committee?
5. Name the place where children who commit offences are taken for advice.
6. What is child abuse?
7. Write down any two causes of child abuse.
8. Mention three examples of child abuse practices.
9. Suggest two ways of controlling child abuse.
10. Identify two responsibilities of children ;
    a) At home
    b) At school
    c) In the country/community

LEGENDS

1. What are legends?
   - Legends are stories told by people of long ago.
   - Legends are stories o f long ago.

2. Examples of legends

- The legend of Kintu and Nambi
- Kintu and his three sons

For more lesson notes, visit *www.freshteacheruganda.com*

- Isaza and the king of hell
- The spear and the bead
- The first people in Bugisu

The legend of Kintu and Nambi

1. Which tribe tells the story of Kintu and Nambi?

- The Baganda

2. Who is believed to be the first Muganda man on earth?

- Kintu

3. Who was Kintu's friend before he married Nambi?

- The cow was Kintu's friend.

4. What type of food did Kintu get from his cow?

- Urine and cow dung

5. Who was Nambi's father?

- Gulu was Nambi's fathe.

6. Who was the king of heaven?

- Gulu was the king of heaven.

7. Name the two brothers of Nambi.

- Walumbe
- Kaikuzi

8. What did Nambi and her brothers use to come on earth?

For more lesson notes, visit *www.freshteacheruganda.com*

- They came on a rainbow.

9. How many tasks where given to Kintu before marrying Nambi

- Kintu was given four tasks.

10. Write down the tasks that Kintu performed before he could marry Nambi

1st – To eat a hundred baskets of food and drink two gourds of beer

2nd – To fetch water in a basket.

3rd – To split a rock using an axe.

4th – To look for his from Gulu's cattle.

10. What helped Kintu to pass / overcome each of the above tasks?

1st – A hole in the hut

2nd – A spider web

3rd – Thunder

4th – A bee

11. What does the name Walumbe mean?

- The name Walumbe means death.

12. How was Walumbe bad to Kintu and Nambi?

- Walumbe killed the children of Kintu and Nambi.

13. Where did Walumbe hide from Kaikuzi?

- Walumbe hid in a hole called Tanda.

14. Mention any two reasons why the Baganda tell the legend of kintu and Nambi.

- To tell how death came to earth.
- To tell how the Baganda people came into existence.

The legend of the spear and the bead

1. Which people tell the legend of the spear and the bead?

- The Acholi
- The Japadhola
- The Alur
- The Jaluo

2. What language is spoken by the above tribes?

- Luo is spoken by the above tribes.

3. Where did the luo (the Nilotics) people come from?

- The luo people came from Bahr-el Ghazel.

4. Give any three reasons why they migrated from their cradle land

- They wanted to dodge civil wars.
- They were avoiding outbreak of diseases.
- They also wanted to escape from their enemies.
- Some had love for adventure.

5. Where did the luo people first settle when they arrived in Uganda?

- They first settled at Pubungu.

6. Who were the leaders of the luo?
   The two leaders of the luo were:
   - Gipiir
   - Labong

7. Who was the father of Gipiir and Labong?

- Orum was their Father.

8. What animal were found eating Gipiir's crops?

- An elephant was found eating Gipiir's crops.

9. Who helped Gipiir to find Labong's spear?

- Lubanga the spirit

10. What caused Gipiir and labong to separate?

- The **spear** and the **bead** caused the separation.

11. Draw and name the things the separation of the two brothers.

For more lesson notes, visit *www.freshteacheruganda.com*

12. Give any two lessons you learn from the storyof Gipiir and along?

- Not to revenge.
- To always ask for something before using it.
- To always forgive one another.

13. Mention the tribes that came out of:

a) Labong

- Acholi
- Japadhola
- Jaluo

b) Gipiir

- Alur
- Lugbara

The legend of Mundu and Sera

1. Which people tell the legend of Mundu and Sera?

- The Bagishu people tell the legend of Mundu and Sera.

2. Where is Mundu and Sera believed to have come from?
   - They are believed to have come from a hole on top of mountain Elgon.

3. Who were the sons of Mundu and Sera?
   - Kundu
   - Masaba

4. Who was Kundu's wife?
   - Namboozo was Kundu's wife.

5. Who was Masaba's eldest son?
   - Mwambu was Masaba's eldest son.

6. Which people stole Masaba's cattle?
   - The Masai thieves stole Masaba's cattle.

7. What does the word 'Ingishu'means?
   - Ingishu means a cow.

8. What was Mwambu's work?
   - Mwambu was a cattle keeper/pastoralist.

9. What name did Masaba give to his son Mwamba after bringing him more cattle?

- He gave him the name " Mugishu."

The Legend of King Isaza and King Nyamiyonga

1. Which three tribes tell the legend of king Isaza and king Nyamiyonga?

- Batooro
- Banyoro
- Banyankole

2. Who was the king of the earth?
- Isaza was the king of the earth.

3. Who was the king of the underworld/the dead or darkness?
- Nyamiyonga was king of the underworld.

4. Give another word to mean "glimpse"
- The word glimpse also means light.

5. Who was Nyamiyonga's daughter?
- Nyamiyonga's daughter was Nyamata.

6. Why did king Nyamiyonga send Nyamata to come to King Isaza?
- He sent Nyamata to come to king Isaza and find out the most precious thing of Isaza.

7. Who were Isimbwa's parents?

Nyamata and Isaza were Isimbwa's parents.

8. Who was king Isaza's gate keeper?
   - Bukuku was Isaza's gatekeeper.

9. How did Bukuku became the king?
   - Bakuku became the king because king Isaza never came back to earth.

10. Who was Bukuku's daughter?
   - Bukuku's daughter was Nyinamwiru.

11. Who was Isimbwa's father-in-law?
   - Bukuku was Isimbwa's father-in-law.

12. Who was Ndahura's father?
   - Ndahura's father was Isimbwa.

13. Who was Ndahura's mother?
   - Ndahura's mother was Nyinamwiru.

14. Who picked Ndahura from the swamp.
   - Rubumbi the potter picked Ndahura from the swamp.

15. Who was the first king of the Abachwezi?
   - The first king of the Abachwezi was Ndahura.

16. What great thing did Ndahura do to become a king?
   - He killed Bukuku the cruel king.

For more lesson notes, visit *www.freshteacheruganda.com*

16. Who was the last king of the batembuzi?
- The last king of the Batembuzi was Isaza.

17. Who was the last king of Bachwezi?
- Wamala the last king of the Bachwezi.

The legend of the three sons of Kintu

1. What general name was given to the three sons of Kintu?
- The general name was Kano.

2. Which tribes tell the story of the 3 sons of Kintu?
- Batooro
- Banyankole
- Banyoro

3. Who helped Kintu to name his sons?
- Ruhanga helped Kintu to name his sons.

4. What does the word Ruhanga mean?
- Ruhanga means God

5. What test did Kintu give to his sons so as to give them names?
- It was to hold pots of milk until morning.

6. What name was given to?
a. Youngest son –**Kakama**
b. Middle son – **Kahima**.

For more lesson notes, visit *www.freshteacheruganda.com*

c. Eldest son - **Kairu**

7. What does each of the following names mean?
   a. **Kairu** -servant/slave
   b. **Kahiima** –herdsman/pastoralist.
   c. **Kakama** –king/ruler.

8. Draw and show the milk pots of the three children.

PEOPLE OF LONG AGO

1. People of long ago were called **early men or Stone Age men**.
2. Why was early man called a Stone Age man?
Early man used tools made of stones.
3. Where did early man live?

- In caves
- Under trees

4. How did early man get food?
   - Hunting
   - Gathering i.e. fruits roots and wild honey.
   - Fishing

5. Early man used to wear leaves, animal skins and hides.

6. Weapons used by early man

- Spears
- Bows and spears
- Chisels
- Cleavers
- Hand axes
- Bolases

6. Major discoveries of early man in the stages of development

a) **In the early Stone Age period**;
- Discovery of stone tools.

b) **In the middle Stone Age period**;
- Discovery of fire.

c) **In the late/ new stone age period**;
- Farming i.e. growing of crops and rearing of animals.

d) **In the Iron Age period**;
- Discovery of iron working
- Mining
- Trade

7. What marked the end of Stone Age?
The discovery of iron

8. Name the first animal to be tamed by early man.
A dog

9. Of what use was a dog to early man?
- A dog was used for hunting
- It was for company
- A dog was also for protection/security.

10. Of what use was fire to early man?
- Warming him/her.
- Roosting meat.
- Scaring away dangerous wild animals.
- For communication

11. Why do we study about early man?
- To know the origin of mankind.

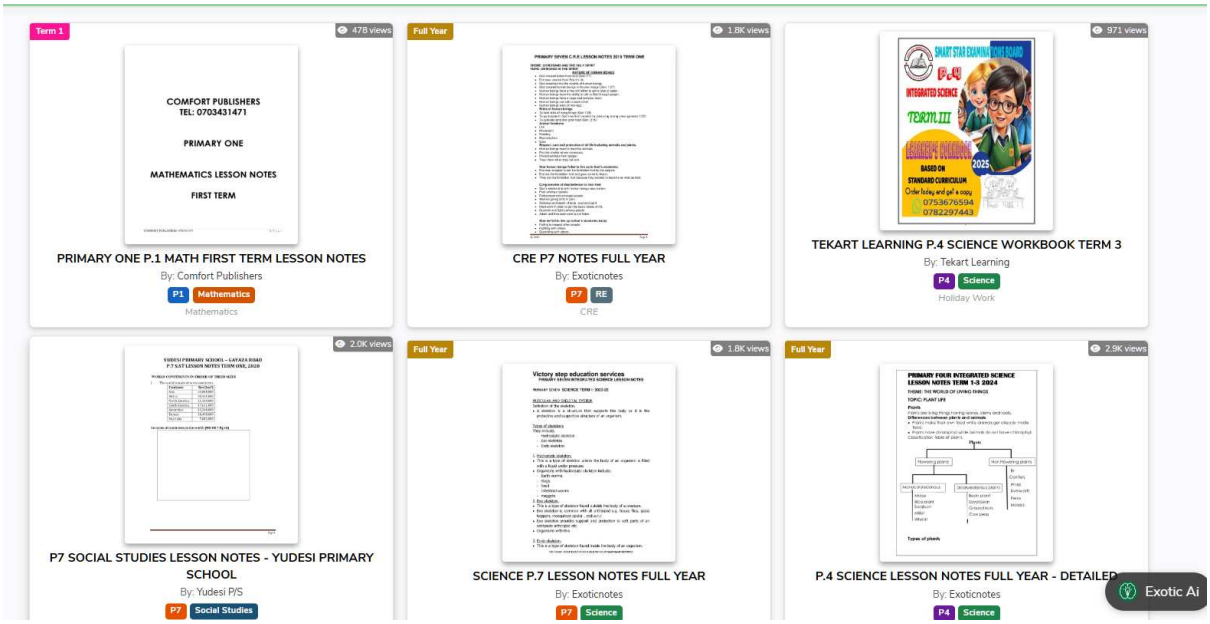
For more lesson notes, visit *www.freshteacheruganda.com*

- To compare life today(modern life) with life of long ago.(ancient life)
- To appreciate the changes/developments man has done.

THE END

For more lesson notes, visit *www.freshteacheruganda.com*

This document was downloaded from https://exoticnotes.com



Do you need more LESSON NOTES for Primary (All classes)?

Click
https://exoticnotes.com/notes/primary/

If you need LESSON NOTES for SCIENCE (P.1 – P.7)
Click
https://exoticnotes.com/notes/primary/science/

If you need LESSON NOTES for English (P.1 – P.7)
Click
https://exoticnotes.com/notes/primary/english/

If you need LESSON NOTES for Mathematics (P.1 – P.7)
Click
https://exoticnotes.com/notes/primary/mathematics/