

# SURE KEY SST P.4

Leaving No Stone Unturned in  
Primary Four Social Studies

A PRODUCT OF HORIZON JUNIOR SCHOOL – NSAGGU



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## **PREAMBLE**

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### **SOCIAL STUDIES (PRIMARY FOUR) TERM ONE**

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#### **INTRODUCTION**

It's in Primary Four where our learners are introduced to a subject called Social Studies. This therefore implies that as teachers we have to present this subject to them in a friendly, simple and summarized style in order not to leave any learner behind.

This booklet has been developed by well experienced teachers in the field of Social Studies. It has an approach of friendly, simple and summarized content which can be clearly understood by a learner even with minimal explanation and where teachers who are to use this booklet go an extra mile to give concrete explanation to learners, we believe those learners will find Social Studies a walk over till they finish their Primary Level.

In order to leave no stone unturned, this booklet comes with classroom exercises got from each lesson, also there are learner's activities which are to be done with the guidance of a teacher and lastly every topic has a Topical Test at the end which is out of 100%. Teachers are advised to assess their learners with those tests in order to gauge their learners' competence(s).

This booklet can be used by learners in both Wakiso and Kampala districts due to the fact that the content presented herein suits well with these areas. We believe this is the first booklet of social studies which comes with A map of Wakiso District most of the books on market only provide Kampala map which makes it difficult for learners in Wakiso District to understand the location of their district.

This booklet is unique due to the fact that it introduces learners well to this subject of Social Studies, many books on market begin with Topic One of SST, however this booklet begins with defining Social Studies and goes an extra mile to give the importance of SST and why we teach/learn SST

**NOTE: THIS BOOKLET IS NOT FOR SALE THEREFORE IT CAN BE SHARED ELECTRONICALLY OR PRINTED OUT BY ANYONE AT NO COST.**

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## **TOPIC ONE: LOCATION OF OUR DISTRICT IN UGANDA**

- Maps and pictures
- Elements of a map
- How to locate places
- Locating places using lines of longitude and lines of latitude
- Location of our district in Uganda
- Regions that form Uganda
- Kampala district
- The history of our district
- Important places in our district

## **TOPIC TWO: PHYSICAL FEATURES OF UGANDA**

- Definition of Physical Features
- Mountains and Hills in our district
- Valleys and the Rift Valley
- Plateaus and plains
- Lakes in our district
- Rivers in our district
- General importance of Physical Features

## **SOCIAL STUDIES**

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- Social Studies is the study of man and his surroundings
- Man in Social Studies means men, women and children
- Surroundings means things around us
- Social Studies in short is (**SST**)
- In Social Studies we are going to learn about everything around us.

### **Reasons why we study Social Studies**

1. To pass exams
2. To know more about things of the past
3. To get knowledge
4. To become important people in the future
5. To know more about our country
6. To know more about things around us

### **Importance of Social Studies**

- Social Studies helps us to pass exams
- Social Studies helps us to get knowledge
- Social Studies helps us to become important people

### **What we may become if we pass Social Studies**

1. SST Teachers
2. Archeologists
3. Pilots
4. Lawyers
5. Presidents

### **Question**

What do you want to be when you grow up?

NB: Allow learners to tell you stories about what they want to be in future, guide them on what it takes to become what they want.

### **EXERCISE**

1. What is Social Studies
2. Write SST in full
3. List down three reasons why we study Social Studies
4. Give any two importance of Social Studies
5. List down four jobs people can do if they pass Social Studies
6. Who is the President of Uganda
7. Draw and Shade the President of Uganda

## LOCATION OF OUR DISTRICT IN UGANDA UG

### MAPS AND PICTURES

- A map is a representation of an object as seen and drawn from above.
- A picture is a representation of an object as seen and drawn from aside
- We live in Wakiso district
- A district is headed by a Chairperson LC V
- The current Chairperson of Wakiso District is Mr. Matia Lwanga Bwanika
- Wakiso district is found in the Central Part of Uganda.

### Maps and Pictures of objects

<u>WORD</u>	<u>PICTURE</u>	<u>MAP</u>
Forest		
House		
Hill		
Mountain		
Lake		

### Similarities between maps and Pictures

- Both are drawings
- Both represent objects

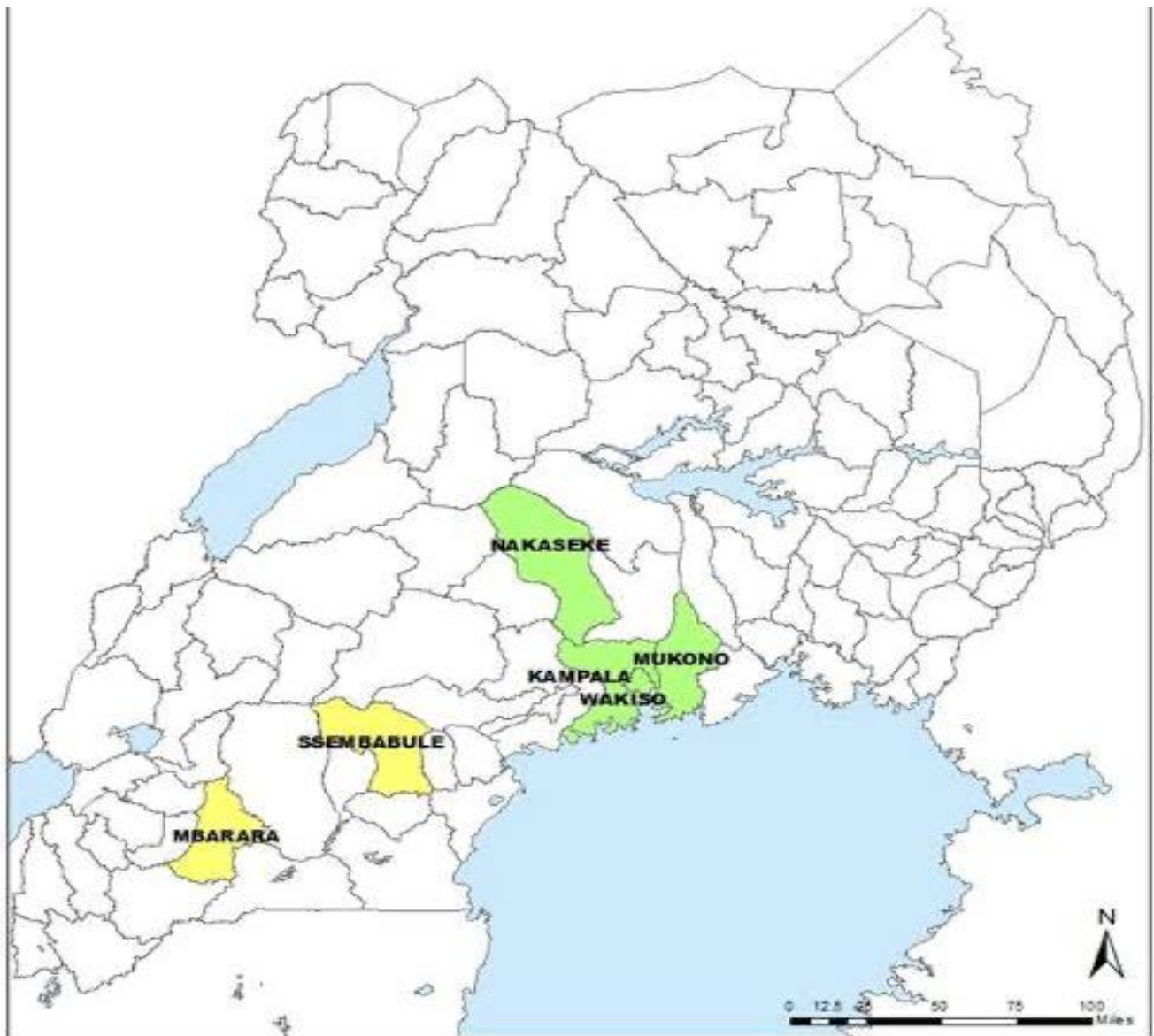
### Differences between maps and Pictures

- Maps are drawn from above and pictures are drawn from aside
- Maps are more detailed while pictures are not.

### **EXERCISE**

1. What is a map?
2. Define the term picture?
3. What title is given to the head of a district?
4. In which administrative area is your school found?
5. Why is Mr. Matia Lwanga Beanika important to the people of Wakiso?
6. Draw a map and picture of a tree
7. Write one difference between maps and pictures
8. Give one similarity between maps and pictures
9. In which country is your home found.
10. Where is Wakiso district located on the map of Uganda?

## THE MAP OF UGANDA SHOWING THE LOCATION OF WAKISO DISTRICT



### Districts neighboring Wakiso District

1. Kampala District
2. Mpigi District
3. Mukono District
4. Jinja District
5. Masaka District

### **Learner's Activity**

As a Primary Four learner identify any district of your choice on the map of Uganda, name it, draw its sketch and take it to your parents to explain more about the history of that district.

### **EXERCISE**

1. What is the capital city of Uganda.
2. Mention any three districts neighboring your dis

## **ELEMENTS OF A GOOD MAP**

### **NOTE:**

- Elements of a map mean important things which must not miss on a map.
- There are five major elements of a map and these are
  1. Title
  2. Key
  3. Scale
  4. Compass Direction
  5. Frame

### **Importance of the elements of a good map**

1. **TITLE:** It shows what the map is all about
2. **KEY:** It interpretes symbols on a map
3. **SCALE:** It tells the actual ground distance on a map
4. **FRAME:** It encloses the map
5. **COMPASS DIRECTION:** It shows direction to a map reader

### **Challenges a map reader May face without using elements of a map**

1. Without a title, one will not know what the map is all about
2. Without a key, one will not know the meaning of symbols on a map
3. Without a frame, one will not know the extent covered by the map
4. Without scale, one will fail to calculate the actual ground diagram
5. Without a compass direction, one will fail to know direction of places.

### **EXERCISE**

1. How many elements make up a good map?
2. Mention any three elements of a good map?
3. Give the importance of the following map elements
  - a. Scale
  - b. Frame
  - c. Compass Direction
4. Mukasa is a map reader, one day he used a map without a title, a scale and a key. Give three challenges Mukasa faced.

### **MAP SYMBOLS.**

These are features that are used to represent real objects on a map.

#### **Why symbols are used on maps.**

- ❖ To avoid congestion on the map.
- ❖ To make map reading easy.
- ❖ To ensure neatness of the map.

## Examples of common map symbols

<i>A rift valley</i>	<i>waterfall</i>	<i>A dam</i>	<i>A canal</i>	<i>A swamp</i>
<i>A quarry</i>	<i>A hill</i>	<i>airport</i>	<i>contours</i>	<i>a factory</i>
<i>Railway line</i>	<i>A port</i>	<i>hospital</i>	<i>mountain peak</i>	<i>permanent lake</i>
<i>Seasonal lake</i>	<i>church</i>	<i>A bridge</i>	<i>Seasonal river</i>	<i>Compass direction</i>

## USING A COMPASS.

- A compass is an instrument used to show direction of places.
- A compass direction is the symbol used to show direction of places on a map.
- A compass needle always points to the North when a compass is at rest.
- The determinant point of a compass is North.
- A compass rose is a drawn compass.
- Cardinal points are the four major points of a compass. Cardinal points of a compass include;
  1. North Direction
  2. South Direction
  3. West Direction
  4. East Direction

## EXERCISE

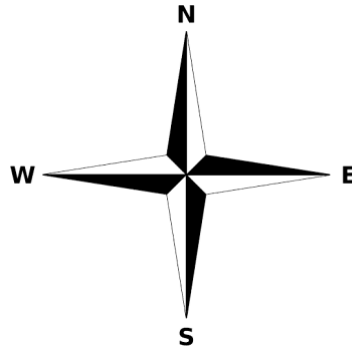
1. Give any two reasons why symbols are used on a map
2. Draw a symbol of swamp below
3. What name is given to the four main points of a compass direction?
4. Write down any five groups of people who use a compass direction
5. In which direction does a compass direction point while at rest?



## CARDINAL POINTS OF A COMPASS DIRECTION

- There are four cardinal points of a compass direction, that is North, South, East and West
- North is the major direction on a compass.

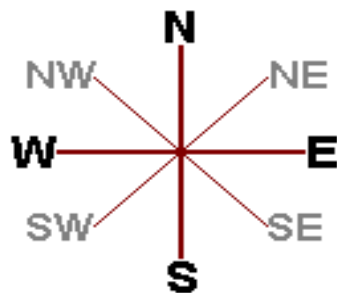
Diagram of a Compass Direction showing cardinal points



## SEMI CARDINAL POINTS OF A COMPASS DIRECTION

- These are points which are between the cardinal points
- They are  $45^\circ$  from the cardinal points
- These points are called semi cardinal points or ordinal points.
- These points are
  - a. North East (NE)
  - b. South East (SE)
  - c. South West (SW)
  - d. North West (NW)

Diagram of a compass direction showing ordinal points



## EXERCISE

1. How many points make up cardinal points on a compass direction?
2. Give another word to mean semi cardinal points
3. Write in full
  - a. N.E
  - b. S.W
4. How many degrees from the cardinal point to the semi cardinal point?
5. Musa is a pilot, what tool will he use to find direction?

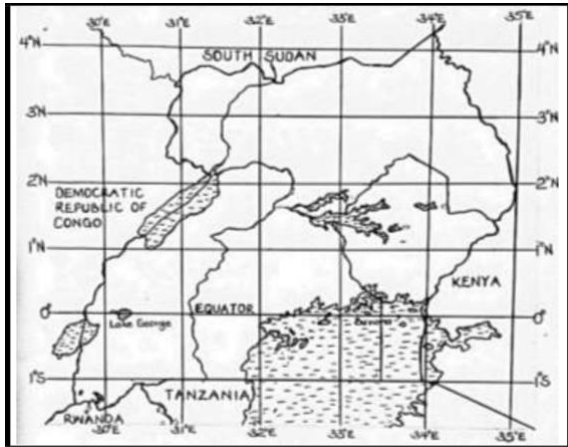
## **LOCATING PLACES USING LINES OF LATITUDE AND LINES OF LONGITUDE**

- Latitudes are imaginary lines on a map from East to West
- Longitudes are imaginary lines on a map from North to South

NOTE: 📌

- Locating places using latitudes and longitudes is called grid reference
- A grid reference is the meeting point of a latitude and longitude

Illustration of a grid reference



Major lines of latitude.

- The Equator (0°)
- Tropic of Cancer
- Tropic of Capricorn
- Arctic circle
- Antarctic circle

Districts crossed by the Equator in Uganda

- Ibanda
- Kasese
- Mpigi
- Mukono
- Ibanda

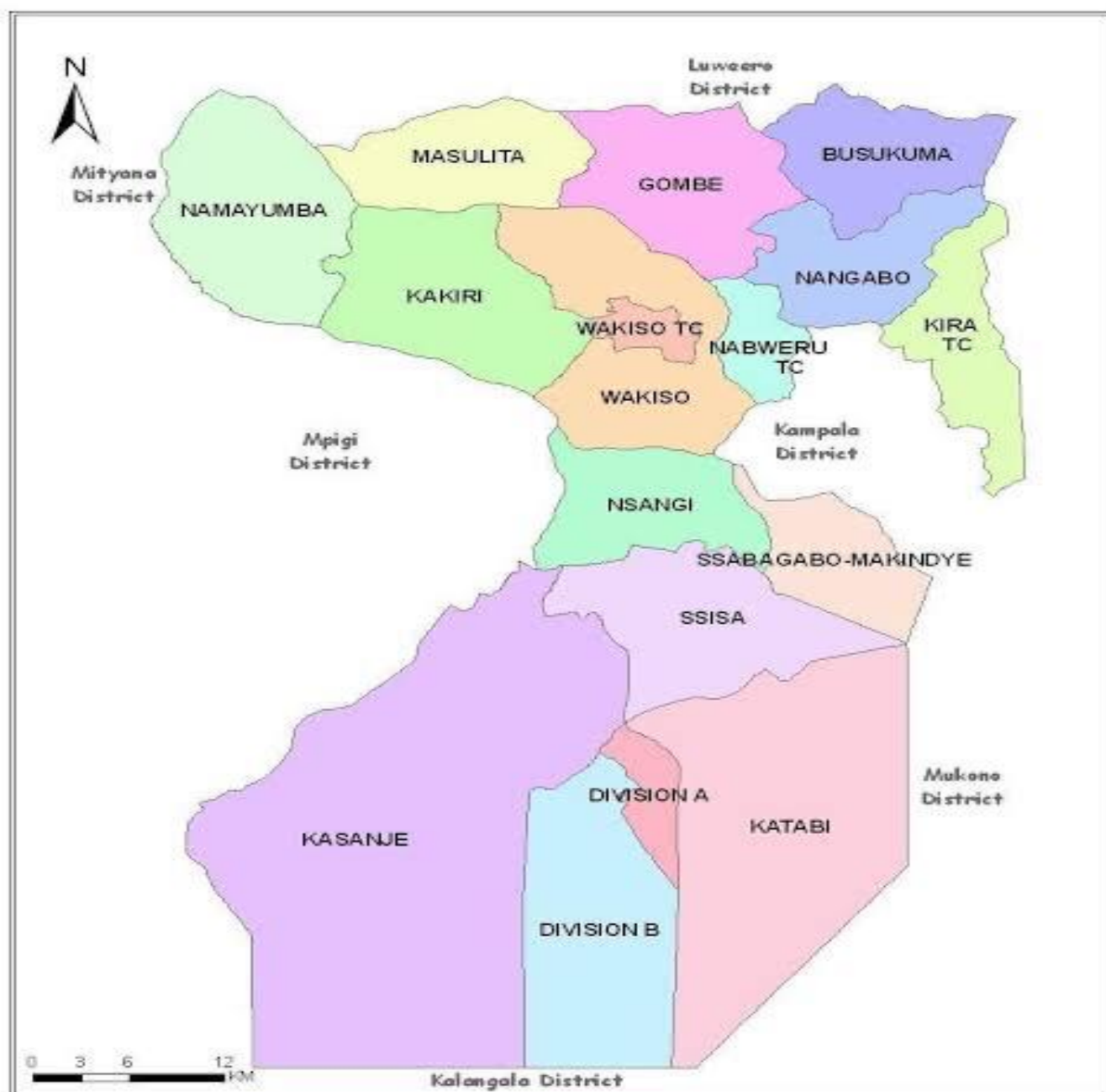
### **EXERCISE**

1. What are latitudes?
2. Define the term longitudes.
3. Apart from using a compass direction, give any other two ways of locating places on a map.
4. Name the line of latitude marked 0°.
5. List down any three districts crossed by the equator.
6. How do we call the use of latitudes and longitudes in locating places?
7. Apart from the equator, mention four other lines of latitude.

## **LOCATION OF OUR DISTRICT IN UGANDA**

- Uganda is our country
- Wakiso district is in Uganda
- The political head of a district is **Chairperson LC V**
- The current chairperson of Wakiso District is **Mr. Matia Lwanga Bwanika**
- Wakiso is made up of 17 Sub – Counties.
- The biggest Sub – County in Wakiso District is **Kasanje Sub – County**

### **A MAP OF WAKISO DISTRICT**



### **EXERCISE**

1. Who is the current chairperson LC V of Wakiso District
2. How many Sub – Counties are in Wakiso District.
3. In which Sub – County is your school found?

### **DISTRICTS OF UGANDA**

- There are 135 districts in Uganda
- Each district has a headquarter (offices) in the major town of that district.
- Kampala is the capital city of Uganda
- Wakiso is the biggest district in Uganda
- Kampala is the smallest district in Uganda.
- Uganda has highland districts and island districts

### Highland Districts of Uganda

- Highland districts are districts with many mountains and hills
- Highland districts are always on a high altitude
- Altitude is the height above sea level

### Examples of highland districts

1. Kasese
2. Mbale
3. Kabale
4. Kisoro
5. Bundibugyo

### Major mountains in some highland districts

<u>District</u>	<u>Mountain</u>
Kasese	Mountain Rwenzori
Mbale	Mountain Elgon
Kisoro	Mountain Mufumbiro

### ISLAND DISTRICTS IN UGANDA

- An island is an area surrounded by a water body
- There are two island districts in Uganda, these are
  1. Kalangala District
  2. Buvuma District

### Reasons why Uganda is divided up into districts

- a. For easy administration
- b. To extend social services nearer to people
- c. To create employment opportunities

### **EXERCISE**

1. Name the capital city of Ugand
2. Define the term altitude
3. Mention any two highland districts in Uganda
4. Which mountain is found in Mbale district?
5. Write down any two island districts in Uganda

### **ECONOMIC ACTIVITIES IN OUR DISTRICTS**

- Economic activities are activities done by people to get money.

## Examples of economic activities done in our district

1. Brick making
2. Teaching
3. Tailoring
4. Shop keeping
5. Vending



*A man carrying out brick making.*



*Women carrying out street vending*

Note:

- The main economic activity done in island districts is **fishing**
- The main economic activity done in highland districts is **tourism**

## Reasons why people work

1. To be successful in life
2. To get money
3. To avoid being idle
4. To get basic needs of life
5. To be happy

## People's titles according to their economic activity

Group of People	Title
People who treat us	doctors
People who make furniture	carpenters
People who repair shoes	cobblers
People who work in a library	librarians
People who keep law and order	police officers
People who fly aero planes	pilots
People who represent us in court	lawyers
People who write books	authors
People who read news on TV	journalists



### **EXERCISE**

1. What are economic activities?
2. State the major economic activity done in Kalangala district
3. Write down any four examples of economic activities
4. Give two reasons why people work
5. State the economic activity of your parents.

### **KAMPALA AS A CAPITAL CITY OF UGANDA**

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- Kampala is the capital city of Uganda
- Kampala got her name from an animal called **Impala** because these animals were staying on the hills of Kampala



*Picture of an Impala*

- Kampala had seven (7) hills
- The political head of Kampala is the **Lord Mayor**.
- The current Lord Mayor is **Erias Lukwago**
- Kampala is governed by **KCCA** and KCCA in full is Kampala Capital City Authority.
- KCCA cleans the city and collects taxes from people
- Kampala is divided up into five divisions, these include
  1. Central Division
  2. Makindye Division
  3. Nakawa Division
  4. Rubaga Division
  5. Kawempe Division

## A MAP OF KAMPALA CAPITAL CITY



### EXERCISE

1. How did Kampala attain its name?
2. Who is the political head of Kampala currently?
3. Write KCCA in full
4. State any two roles of KCCA
5. What title is given to the political head of Kampala?
6. How many divisions make up Kampala?
7. Write down any three divisions of Kampala

## IMPORTANT PLACES IN OUR DISTRICT

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- ✓ There are many important places in our district.
- ✓ These include:-
  - a. Schools
  - b. Markets
  - c. Hospitals
  - d. Banks
  - e. Television stations
  - f. Radio stations
  - g. Stadiums
  - h. Hotels
  - i. State house
  - j. Parliament
  - k. Museum
  - l. Mosque and churches

### SCHOOLS

- ✓ A school is a place where people go to learn.
- ✓ Learning takes places in stages
- ✓ There are four stages of learning
  1. Nursery
  2. Primary
  3. Secondary
  4. University
- ✓ There are two types of schools
  1. Private Schools: Which are governed by any person
  2. Public Schools: Which are governed by government
- ✓ In Public schools it's where we find **UPE – Universal Primary Education**
- ✓ In learning, there are two types of education.
  1. Formal Education: Which is conducted at school by teachers
  2. Informal Education: Which is conducted at home by elders.

### EXERCISE

1. Which type of education is got from;-
  - a. Home. \_\_\_\_\_
  - b. School. \_\_\_\_\_
2. Write UPE in full
3. Give two types of schools in Uganda

### DEBATE TIME:

“Formal Education is Far Better Than Informal Education”

### BANKS



- A bank is a financial institution
- There are two types of banks
  1. Central Bank
  2. Commercial Banks
- The main role of the bank is to keep people's money safely

### The Central Bank

- The Central bank is the **Bank of Uganda (BoU)**
- The Bank of Uganda is headed by The governor
- The Central bank is always one bank in a country.

### Duties/Roles of the Central bank

1. To print new currency
2. To control commercial banks
3. To give license to new banks
4. To lend money to other banks

### Commercial banks

- There are many commercial banks in our district
- These include
  1. Centenary Bank
  2. Stanbic bank
  3. Equity bank
  4. Opportunity bank
  5. DFCU bank

### Importance of commercial banks

1. Commercial banks keep peoples' money safely
2. Commercial banks keep peoples' documents
3. Commercial banks give people loans
4. Commercial banks give people jobs

### **EXERCISE**

1. Give one word to mean "a financial institution"
2. Write BOU in full
3. Why is a governor important to us?
4. Mention any three duties of the central bank
5. State any two roles of commercial banks
6. Why is it good to keep money in a bank?
7. Apart from money, what else is kept in banks?
8. Write down four examples of commercial banks.
9. Which bank gives license to other banks?

HORIZON JUNIOR SCHOOL – NSAGGU  
TOPICAL TEST FOR TERM ONE

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**TOPIC: LOCATION OF OUR DISTRICT IN UGANDA**

**Section A**

*Each Mark Carries Two Marks*

1. Give one element of a good map  
\_\_\_\_\_
2. What title is given to the head of a district  
\_\_\_\_\_
3. Name the type of clouds that usually bring rain  
\_\_\_\_\_
4. What does the map symbol below represent?  
\_\_\_\_\_



5. Give one reason why people work  
\_\_\_\_\_
6. How do we call people who read news on TV?  
\_\_\_\_\_
7. Write KCCA in full  
\_\_\_\_\_
8. Mention one symbol of a school  
\_\_\_\_\_
9. How do we call the use of latitudes and longitudes in locating places?  
\_\_\_\_\_
10. In which Sub – County is your school found  
\_\_\_\_\_
11. In which district is your school found?  
\_\_\_\_\_
12. How many divisions make up Kampala  
\_\_\_\_\_
13. Name the smallest district in Uganda  
\_\_\_\_\_
14. Give one similarity between maps and pictures  
\_\_\_\_\_
15. Why do school children put on uniforms  
\_\_\_\_\_

- 
16. Name one example of a highland district in Uganda
- 
17. Give one example of a basic need
- 
18. Why do we study about Mr. Matia Lwanga Bwanika in Social Studies?
- 
19. Apart from teachers, name one group of people found at school
- 
20. Name one district in Uganda crossed by the equator
- 
21. Why are librarians important in our district?
- 
22. In which highland district is Mountain Rwenzori found?
- 
23. Why is a scale important on a map?
- 
24. Apart from money, what else is kept in banks?
- 
25. What is the largest Sub – County in Wakiso district?
- 

### **SECTION B**

26. a) What is a map?

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b) Give two differences between maps and pictures.

i. \_\_\_\_\_

ii. \_\_\_\_\_

c) Mention any two elements of a good map.

i. \_\_\_\_\_

ii. \_\_\_\_\_

27. a) What is Social Studies

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b) Give two things you study about in Social Studies

i. \_\_\_\_\_

ii. \_\_\_\_\_

c) State two reasons why you study Social Studies

- i. \_\_\_\_\_  
ii. \_\_\_\_\_
28. a) How many degrees are from the cardinal point to the ordinal point?  
\_\_\_\_\_  
b) Mention two groups of people who use a compass direction  
i. \_\_\_\_\_  
ii. \_\_\_\_\_  
c) What challenge will Tracy face if she reads a map without a compass direction?  
\_\_\_\_\_  
d) How many cardinal points are found on a compass direction?  
\_\_\_\_\_
29. **Study the picture below and answer the questions about it.**



- a) Which economic activity is taking place in the picture?  
\_\_\_\_\_
- b) How do we call people who sell fish?  
\_\_\_\_\_
- c) Mention two places where the above economic activity is carried out.  
i. \_\_\_\_\_  
ii. \_\_\_\_\_
- d) Name one district in Uganda where the above activity is mostly done.  
\_\_\_\_\_
30. a) Write UPE in full  
\_\_\_\_\_  
b) Which type of education is got from home?  
\_\_\_\_\_

c) State the type of education got at school.

d) Name one example of a public school in your district.

e) Why do we go to school everyday?

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## TOPIC TWO

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### PHYSICAL FEATURES IN OUR DISTRICT

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- Physical features are landforms of the earth that give it shape.

#### Types of physical features

- Drainage features
- Relief features

#### Relief features:

- Relief features are landforms that are identified according to their altitude.
- Relief is the physical appearance of an area
- Altitude is the height of land above the sea level

#### Examples of relief features

- Mountains
- Valleys
- Hills

#### Drainage features:

- Drainage features are landforms that contain water
  - Drainage is the ground water system of an area
- Rift valley
  - Plateaus
  - Plains

#### Examples of drainage features.

- Oceans.
- Rivers
- Lakes.
- Streams
- Seas

### EXERCISE

1. Give the meaning of the term Physical features.
2. Mention the two types of physical features.
3. Mention any two examples of drainage features.
4. Give the meaning of the term Relief.
5. Mention any two examples of relief physical features.
6. Which physical feature covers the largest part of your district.

## MOUNTAINS IN OUR DISTRICT

- There are many mountains in our district
- A mountain is a large highland feature bigger than a hill
- The top part on a mountain is called a peak
- The map symbol of a hill and a mountain

<b>Map symbol is a mountain</b>	<b>Map symbol of a hill</b>

### Examples of mountains in Uganda

- Mountain Rwenzori.
- Mountain Zulia.
- Mountain Elgon.
- Mountain Mufumbiro.
- Mountain Napak.
- Mountain Kadam.
- Mountain Moroto.

### **Note:**

- ❖ Mountain Rwenzori is the highest mountain in Uganda
- ❖ Mountain Rwenzori is snow capped throughout the year because it crosses the snow line.

### Mountain Peaks

<b>Mountain</b>	<b>Peak</b>
Mt. Rwenzori	Margherita
Mt. Elgon	Wagagai
Mt. Mufumbiro	Muhavura
Mt. Moroto	Sokdek

### EXERCISE

1. How do we call the top part of a mountain?
2. List down any three examples of mountains in Uganda
3. Name one mountain in Uganda which is snow capped
4. Draw a map symbol of a hill
5. What is the highest mountain in Uganda
6. In which district are the following mountains found
  - a. Kasese \_\_\_\_\_

b. Mbale \_\_\_\_\_

c. Kisoro \_\_\_\_\_

7. Name the mountain peak of these mountains

a. Mt. Rwenzori \_\_\_\_\_

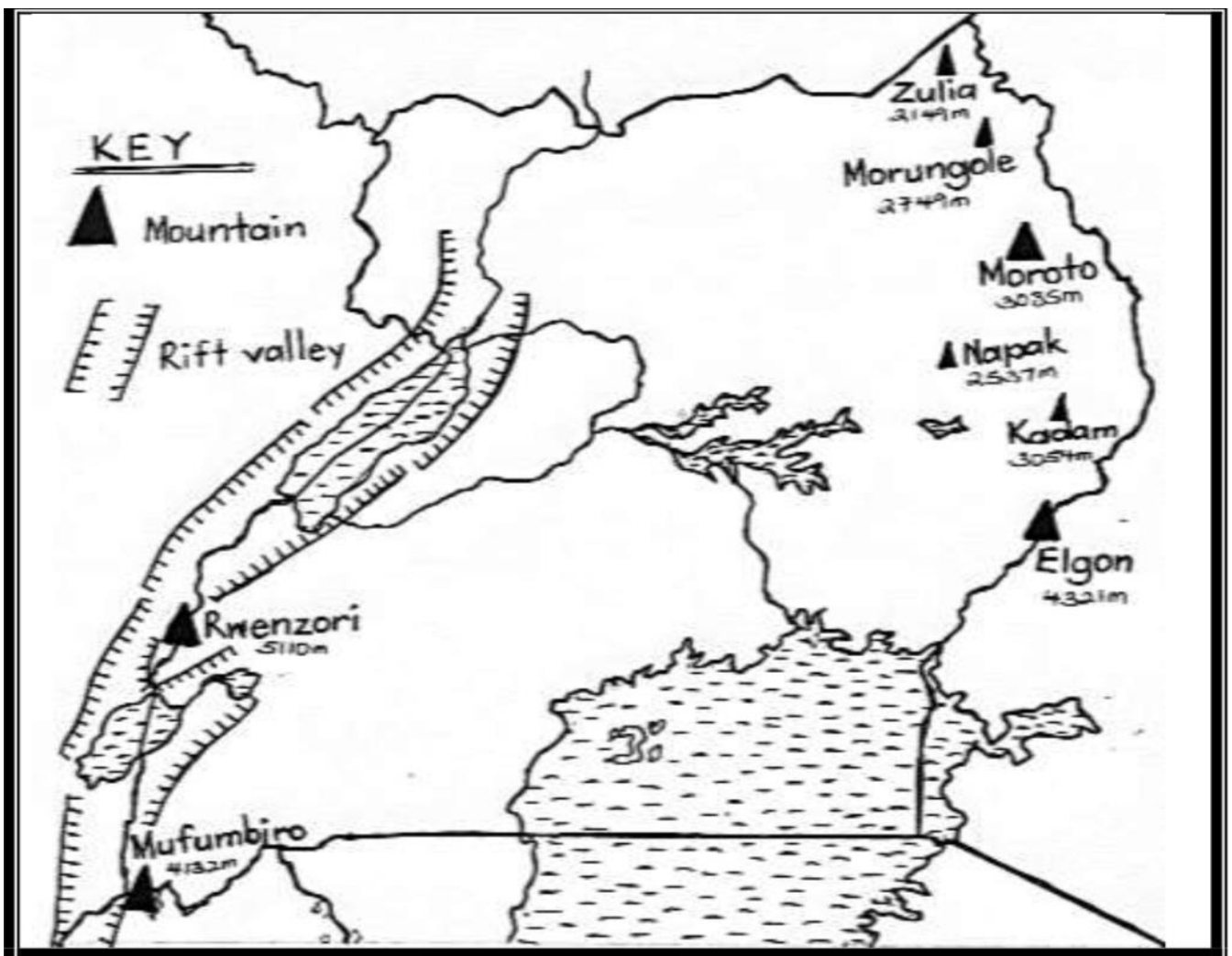
b. Mt. Moroto \_\_\_\_\_

c. Mt. Elgon \_\_\_\_\_

### Learner's Activity

Take a tour around the school and write about different hills around your school. Ask people of the area the name of the hill, ask them how long that hill has been in your area and lastly ask them about the importance of hills.

### A MAP OF UGANDA SHOWING THE LOCATION OF MOUNTAINS



### Importance of Mountains and hills

- ❖ They help in formation of Relief rainfall.
- ❖ They have fertile soils which support crop cultivation.
- ❖ They attract tourists who bring in income.
- ❖ They are used by telecommunication companies to place on masts.
- ❖ Some mountains are a source of rivers.

- ❖ Some mountains are a source of minerals eg. Osukuru hills in Tororo which provide limestone.
- ❖ They provide building materials like stones
- ❖ Some mountains form natural boundaries between places/ districts.

#### Mountains which create boundaries

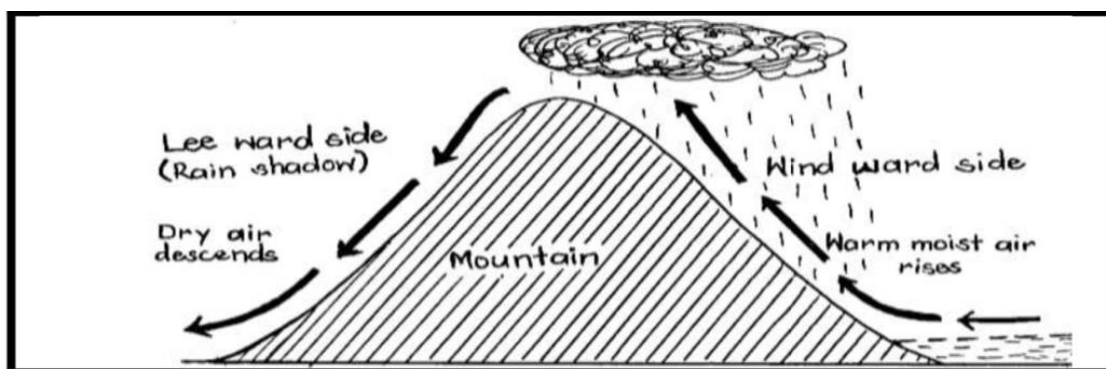
1. Mountain Rwenzori creates a natural boundary between Uganda and DRC
2. Mountain Elgon creates a natural boundary between Uganda and Kenya.
3. Mountain Mufumbiro creates a natural boundary between Uganda and Rwanda.

### **EXERCISE**

1. In which district is Mt. Elgon found?
2. Which type of rainfall is received in Kasese district?
3. Why does Kisoro district receive relief rainfall?
4. In which district are Osukuru hills found?
5. How are mountains important to telecommunication companies?
6. Which mineral is mined around Osukuru hills
7. How is Mt. Elgon politically important to Uganda and Kenya?
8. Which mountain forms a border between Uganda and Rwanda?
9. Suggest any two importance of mountains in an area
10. How are mountains important to farmers?

### **RELIEF RAINFALL**

- ❖ Relief is the physical appearance of an area
- ❖ Relief rainfall is received around mountains
- ❖ Another word to mean relief rainfall is Orographic rainfall



Note 📌

- ❖ The wind ward side of a mountain receives plenty of rainfall because it receives moist winds.
- ❖ The lee ward side of a mountain receives very little rainfall because it receives dry winds.
- ❖ The wind ward side is suitable for crop growing because it receives plenty of rainfall.



### Disadvantages of mountains.

- ❖ They hinder agricultural mechanisation.
- ❖ They make road and railway construction difficult.
- ❖ Some mountains erupt and destroy property.
- ❖ They have steep slopes which promote soil erosion.
- ❖ They are greatly affected by landslides. and soil erosion.

### Problems faced by people living on slopes of mountains.

- ❖ Severe soil erosion.
- ❖ Volcanic eruptions.
- ❖ Landslides eg.in Bududa district.
- ❖ Poor road network.
- ❖ Much coldness.
- ❖ Attacks from wild animals.
- ❖ Poor agricultural mechanisation.

### Possible solutions to the problems faced by people living in mountainous areas.

- ❖ By rearing donkeys for transport
- ❖ By terracing the land to reduce soil erosion.
- ❖ By planting trees to control landslides.
- ❖ By contour ploughing to reduce soil erosion.
- ❖ By resettling people to safe plains.
- ❖ By constructing winding roads.

### How to control soil erosion in highland areas.

- ❖ By terracing.
- ❖ By contour ploughing.
- ❖ By strip cropping

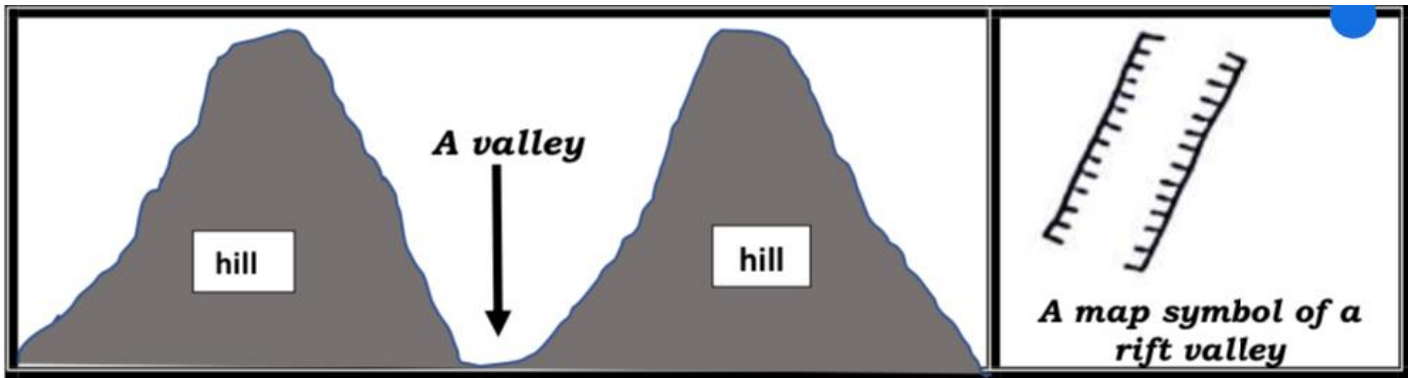
## **EXERCISE**

1. Define the term relief.
2. Name the two sides of a mountain
3. Give two dangers of mountains
4. Which district is affected by landslides in Uganda?
5. In which one way do mountains hinder infrastructure development
6. In which three ways can soil erosion be controlled in mountainous areas?
7. Which animal is commonly used for transport in mountainous areas?
8. Give one cause of landslides in mountainous areas.

## **VALLEYS AND RIFT VALLEY IN OUR DISTRICT**

- 
- A valley is a low land between two close hills.
  - A rift valley is a long wide depression on the earth's surface with steep sides.

## Illustrations



### Economic activities carried out around valleys

- Crop growing
- Mining
- Fishing
- Tourism

### Problems faced by people living in valleys/ rift valley areas.

- Poor transport and communication
- Floods.
- Hightemperatures.

### Importance of rift valleys

- ❖ They are source of income through tourism
- ❖ It promotes wild life conservation
- ❖ They form natural boundaries between places
- ❖ They are a source of lakes and rivers
- ❖ They provide land for crop growing.

### **EXERCISE**

1. What is a Valley?
2. What name is given to the steep sides of a rift valley?
3. State any two problems faced by people living in valleys.
4. Mention any two economic activities that are commonly carried out in valleys.
5. What term refers to a low land between highlands?
6. Draw a map symbol of the rift valley in the space provided below.
7. Give two ways valleys are useful to people in your community.

### **THE PLATEAU AND PLAINS IN OUR DISTRICT**

- A plateau is a raised flat topped piece of land
- A plain is a large flat area
- The plateau covers the largest part of Uganda

### Features found on a plateau

- Lakes

- Streams
- Rivers
- Hills
- Valleys

#### Economic activities carried out in plateau areas.

- Industrialisation.
- Cropcultivation
- Tourism
- Fishing
- Mining
- Animal rearing
- Lumbering.

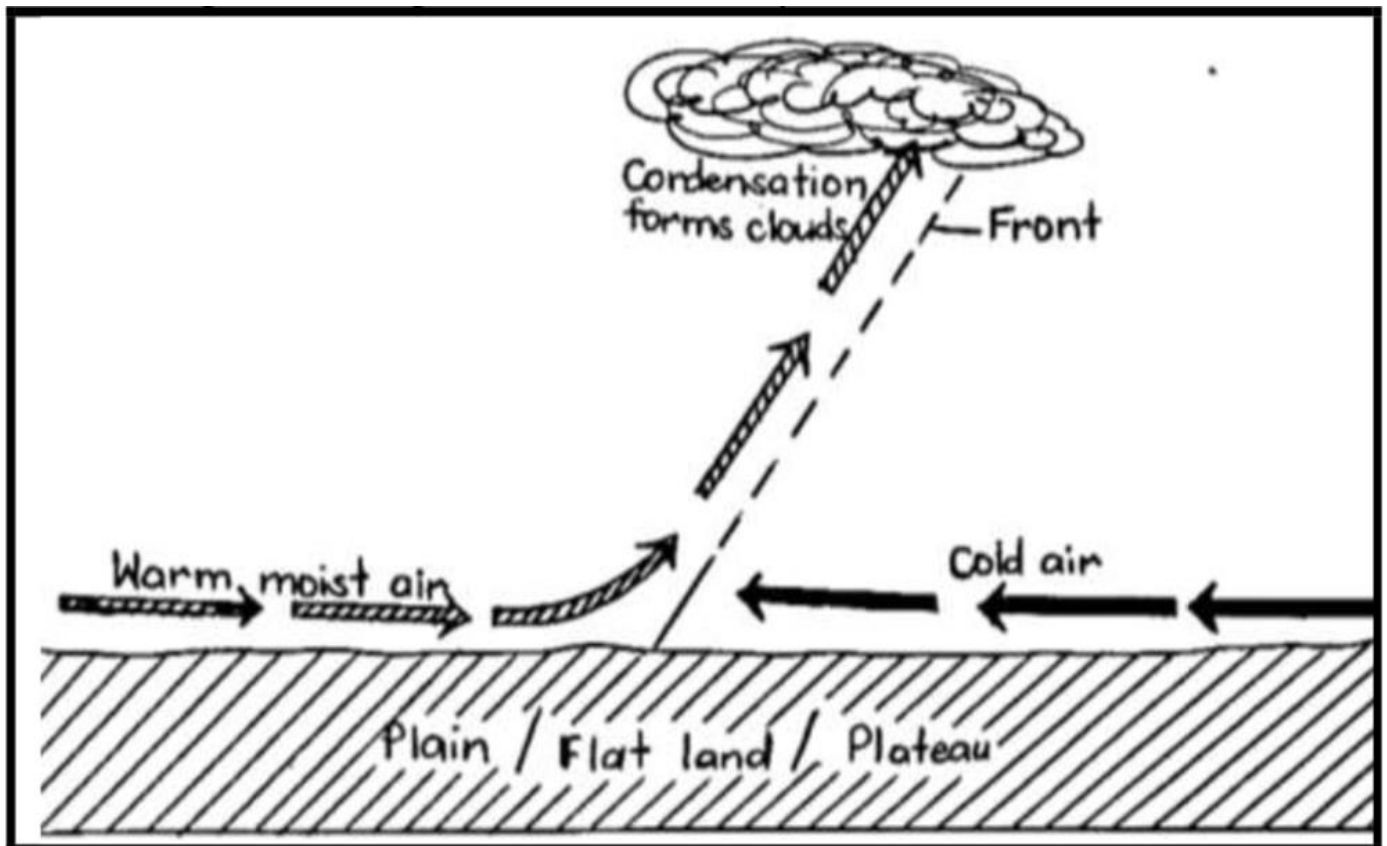
#### Importance of plateaus.

- They have fertile soils for crop growing.
- They are used for building industries.
- They are used for human settlement.
- They promote wildlife conservation.
- Plateaus have plenty of pasture for animal rearing.
- They promote tourism.
- They help in formation of cyclonic rainfall.

#### Formation of Cyclonic rainfall.

- Cyclonic rainfall is formed when cold dry winds meet the warm moist winds.
- The stronger wind (cold dry wind) pushes the weaker one (warm moist winds) forcing it to rise and condense forming clouds
- This rainfall is always very light in form of drizzles and lasts for a short period of time.
- The meeting point of the two winds is called a front
- Cyclonic rainfall is also called frontal rainfall

## Diagram showing the formation of cyclonic rainfall

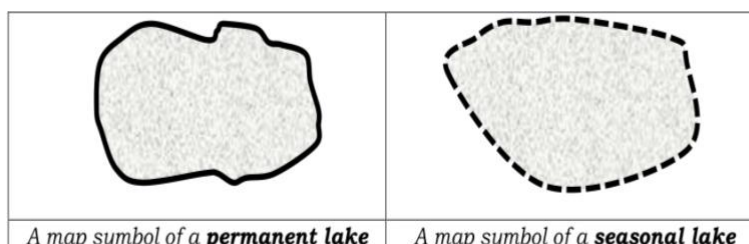


### EXERCISE

1. What is a Plateau?
2. Which physical feature covers the largest part of your district?
3. Mention any three economic activities commonly carried out on a plateau.
4. Mention any two physical features that are found on a plateau in your district.
5. Which type of rainfall is mostly received in plains?
6. What name is given to the meeting point of the warm moist winds and dry winds during the formation of the above type of rainfall?
7. Give any three ways a plateau is useful to people in your locality.

### LAKES IN OUR DISTRICT

- A lake is a large area of water that is surrounded by land.
- There are three types of lakes
  1. Permanent lakes
  2. Seasonal lakes.
  3. Man – made lakes eg. Kabaka's lake



A map symbol of a **permanent lake**

A map symbol of a **seasonal lake**

- ❖ Lake Victoria.
- ❖ Lake Albert.
- ❖ Lake Bunyonyi.
- ❖ Lake Katwe.
- ❖ Lake Kyoga.
- ❖ Lake Edward.

[illegible]

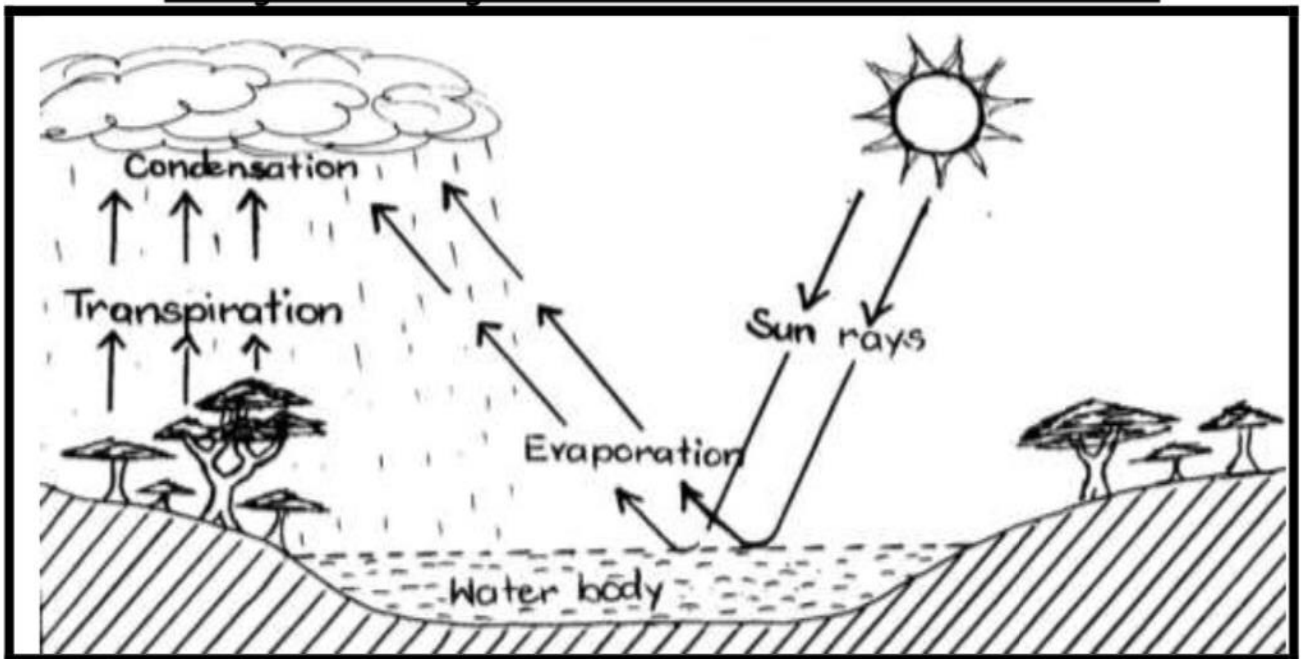
- ❖ They help in formation of convectional rainfall
- ❖ They act as fishing grounds.
- ❖ They attract tourists who bring in income.
- ❖ They are homes for some animals. eg.fish, crocodiles.
- ❖ They form natural boundaries between places like Lake Albert

❖ They provide water for irrigation, domestic and industrial use.

### Formation of Convectional rainfall

- Convectional rainfall is formed as a result of evaporation, transpiration, condensation and precipitation
- High temperatures over water bodies cause evaporation.
- When sun rays heat the plants such as trees then it causes transpiration
- The water vapour from water bodies and plants go to the atmosphere and condense to form nimbus clouds
- Due to heaviness, the nimbus clouds break and fall on earth as rain.

### **A diagram showing the formation of convectional rainfall**



### Processes involved in the formation of convectional rainfall

- Evaporation
- Condensation
- Transpiration

### Economic activities carried out near lakes.

- Fishing
- Cropgrowing
- Tourism
- Transportation
- Mining

### Resources/ important things obtained from lakes.

- Sand
- Fish
- Salt
- Soda ash
- Water

**Note:** 

- **In Uganda Salt is mined from Lake Katwe**
- **Crude oil was discovered at Lake Albert**
- **The feature which joins lakes Edward and George is called Kazinga Channel**
- **Kazinga Channel is famous for hippopotamuses**

Dangers of lakes.

- ❖ Drowning
- ❖ They cause flooding
- ❖ They harbour dangerous aquatic animals like snakes
- ❖ They harbour disease vectors.
- ❖ Lakes hinder road and railway construction.

Problems facing lakes and rivers

- ❖ Silting. This reduces the depth of water bodies.
- ❖ Overuse of water from lakes for irrigation.
- ❖ Drought which lowers the water level.
- ❖ Dumping of wastes into water bodies.
- ❖ Over fishing

Caring for lakes.

- ❖ By using proper fishing methods.
- ❖ By planting trees around lakes.
- ❖ By treating industrial wastes before dumping them in lakes.
- ❖ By teaching people about the importance of lakes.

Reasons why lake shores and river banks are densely populated.

- ❖ They have fertile soils for crop growing.
- ❖ They receive reliable rainfall.
- ❖ They have a lot of employment/job opportunities.

### **EXERCISE**

1. Of what importance is Lake Katwe to the people in Uganda?
2. Which type of rainfall is received around water bodies?
3. Name the largest lake in Uganda
4. What is the main economic activity carried out around lakes?
5. Name the features that joins Lake Edward to Lake George
6. What is Kazinga Channel famous for?
7. Give one reason why lake shores are densely populated.

### **RIVERS IN OUR DISTRICT**

- 
- A river is a mass of flowing water on the earth's surface.

- Rivers flow from areas of high altitude to areas of low altitude.
- Rivers continuously get their water from rainfall, melting snow from high mountains or underground springs.
- Some rivers originate from highlands because such areas receive plenty of water which is a source of water to rivers.

#### Examples of major rivers in Uganda.

- ✓ River Nile
- ✓ River Kafu
- ✓ River Mayanja
- ✓ River Kagera
- ✓ River Mpologoma

#### Terms related to rivers.

- ✓ A river source is a point where a river begins to flow.
- ✓ A river mouth is a point where a river ends its flow.
- ✓ A tributary is a small river that joins the main river.
- ✓ A distributary is a small river that branches away from the main river.
- ✓ A river confluence is a place where two or more rivers meet.
- ✓ An estuary is a wide part of a river as it ends its flow.
- ✓ A delta is the place where a river forms several streams as it ends its flow eg. The Nile delta.

Note: 

- ✓ Deltas have rich fertile soil for crop growing.
- ✓ They also attract tourists who bring in income.
- ✓ A waterfall is a steep flow of a river.

Note: 

- ✓ Waterfalls attract tourists who bring in income, and also help in generation of hydro electricity.
- ✓ A Cataract is a series of waterfalls on a river.
- ✓ waterfalls may cause water accidents and also block water transport.,

#### Examples of waterfalls in Uganda.

- ✓ ▪ Karuma falls
- ✓ ▪ Sipi falls
- ✓ ▪ Itanda falls
- ✓ ▪ Murchison falls
- ✓ Sezibwa falls

### **EXERCISE**

1. Give one reason why rivers originate from highlands
2. Name the longest river in Uganda



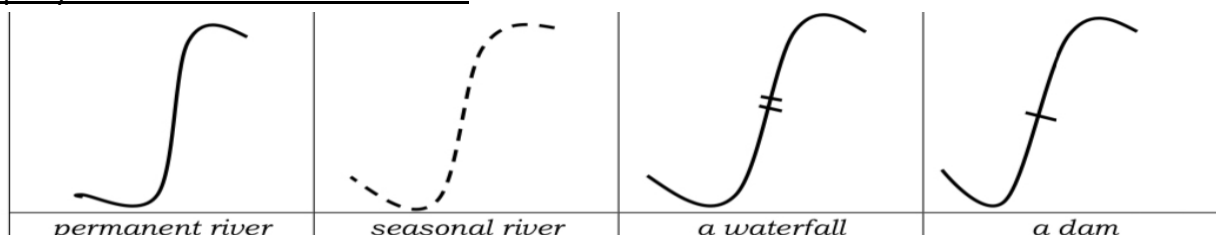
3. How do we call the ending point of a river?
4. Define the term distributary
5. Give any two dangers of waterfalls
6. Write HEP in full.
7. Name one place in Uganda where electricity is generated.
8. Write down any two waterfalls in Uganda

### **TYPES OF RIVERS**

✓ There are two types of rivers

1. Permanent rivers
2. Seasonal rivers

#### Map symbols related to rivers

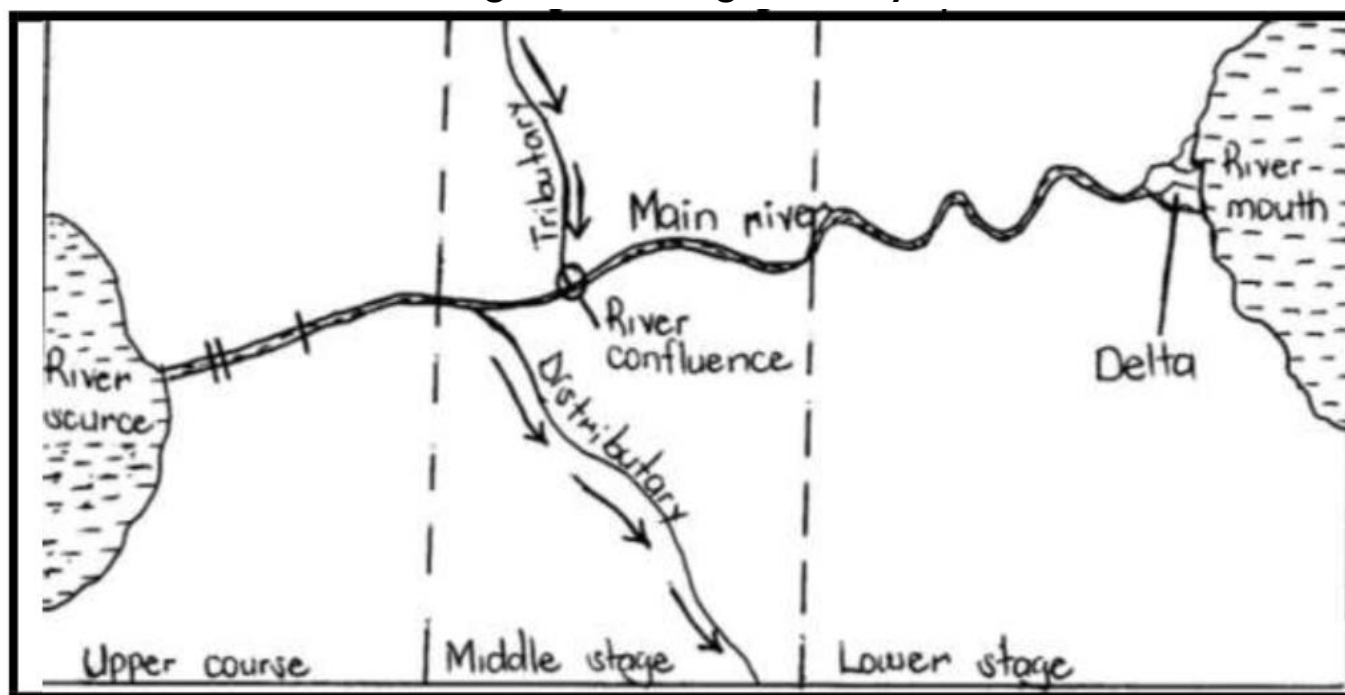


#### Stages of River development

A river has three main stages/ courses. These are;

- The Youth stage/Upper course
- The Mature stage/ Middle stage
- The Old stage/ Lower stage (Senile)

#### **A diagram showing a river system.**



#### Importance of rivers.

- ❖ They are a source of fish.
- ❖ They help in the formation of convectional rainfall.

- ❖ They are source of income through tourism.
- ❖ They provide water for domestic use.
- ❖ Rivers help in the generation of Hydro Electric Power.
- ❖ They act as recreation centres.

Problems caused by rivers in an area.

- ❖ Drowning
- ❖ Flooding
- ❖ Rivers are breeding places for disease vectors.

Major economic activities carried out on and around rivers.

- ✓ Fishing
- ✓ Transportation
- ✓ Mining
- ✓ Tourism
- ✓ Crop farming

### **EXERCISE**

1. Draw a map symbol of
  - a. Dam
  - b. Waterfall
  - c. River
  - d. Seasonal river
2. Which type of rainfall is received around rivers
3. Write HEP in full
4. Mention any four rivers in Uganda
5. Write down any three importance of rivers in Uganda
6. How do we call the middle stage of a river?
7. Which type of electricity is got from fast flowing water?
8. How many stages of development does a river undergo?

HORIZON JUNIOR SCHOOL – NSAGGU  
TOPICAL TEST FOR TERM ONE  
SOCIAL STUDIES P.4

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**TOPIC: PHYSICAL FEATURES IN OUR DISTRICT**

## **Section A**

*Each Mark Carries Two Marks*

1. Which physical feature covers the largest part of our district?

---

2. Give one economic activity done around mountains

---

3. Name the largest lake in Uganda

---

4. Why is it good to wear clean uniforms?

---

5. Mention one man – made lake in Uganda

---

6. Name the peak of Mt. Rwenzori

---

7. Draw a map symbol of a waterfall

8. Why is Mt. Rwenzori snow – capped throughout the year?

---

9. Give one use of charts in the classroom

---

10. Why is sharing with one another good at school?

---

11. Write H.E.P in full

---

12. Which type of rainfall is received around mountains?

---

13. Name the feature that joins lakes Edward and George

---

14. Apart from R. Nile, mention any one river you know

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15. How do we call a place between two hills?

---

16. Of what use is a timetable in a classroom?

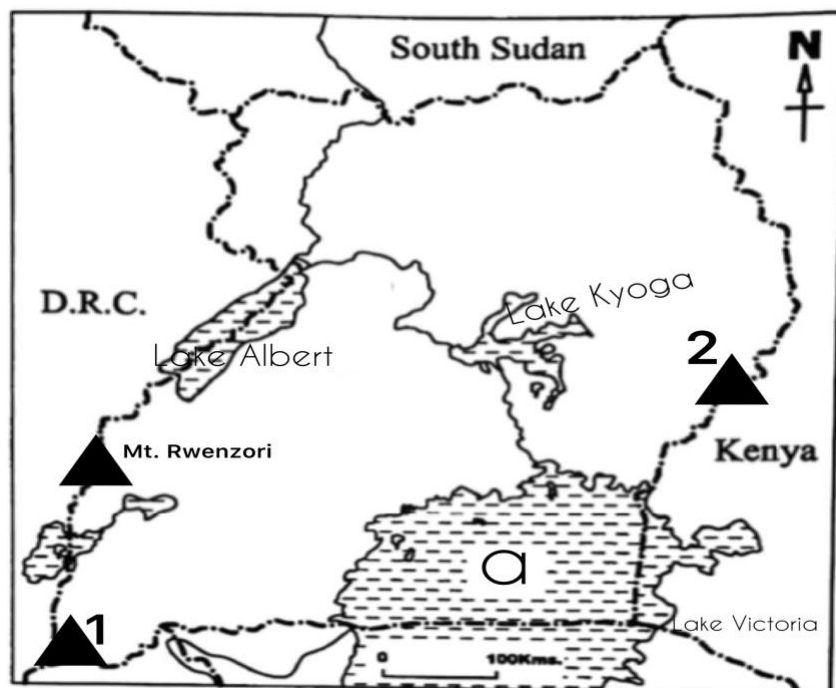
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17. How are nimbus clouds important to farmers

- 
18. Give the importance of a school bag to a P.4 child
- 
19. Suggest one reason why lake shores are densely populated.
- 
20. Name the mineral got from Lake Albert
- 
21. How is Mt. Elgon politically important to Uganda
- 
22. Give one example of a drainage feature
- 
23. Give one role of a class monitor at school
- 
24. In which one way do mountains modify climate?
- 
25. What name is give to the steep sides of a Rift Valley?
- 

### SECTION B

26. Study the map of Uganda below and then answer questions about it



a. Name mountains marked **1** and **2**

- i. \_\_\_\_\_
- ii. \_\_\_\_\_

b. Which district is located in area marked **a**?

c. Write down any two importance of mountains marked **1** and **2**

- i. \_\_\_\_\_
- ii. \_\_\_\_\_

27. a. What are Physical Features?

b. List down any two example of a physical feature in our district

- i. \_\_\_\_\_
- ii. \_\_\_\_\_

c. Give any two types of physical features

- i. \_\_\_\_\_
- ii. \_\_\_\_\_

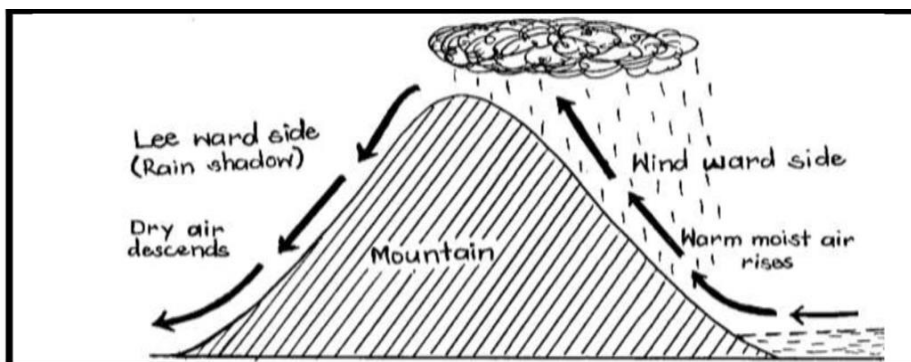
28. a. How do we call people who drive cars?

b. Give any three uses of cars.

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_

c. Mention any one danger of cars.

29. **Study the diagram below and then answer questions about it**



a. Which type of rainfall is shown in the diagram?

b. Why does the Lee ward side receive very little rainfall?

c. Give one district which received the above type of rainfall

d. Suggest any two dangers of too much rainfall

- i. \_\_\_\_\_
- ii. \_\_\_\_\_

30. Write a short story in the space below about Physical Features in your district

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(5 Marks)

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## ABOUT THE AUTHOR

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The author is a teacher and a writer. He mainly handles English and Social Studies subjects at Primary Level. He has a wide experience in those two subjects and he has done extensive research in regards to English and Social Studies.

Currently he is an administrator at Horizon Junior School situated in Nsaggu along Nakawuka Road. The author is a visiting teacher in numerous schools where he shares with other teachers his experience and knowledge of Social Studies and English.

The author guides other teachers on the best way to handle learners and lays workable strategies on how learners can score distinction one from Primary Four till Primary Seven in English and Social Studies

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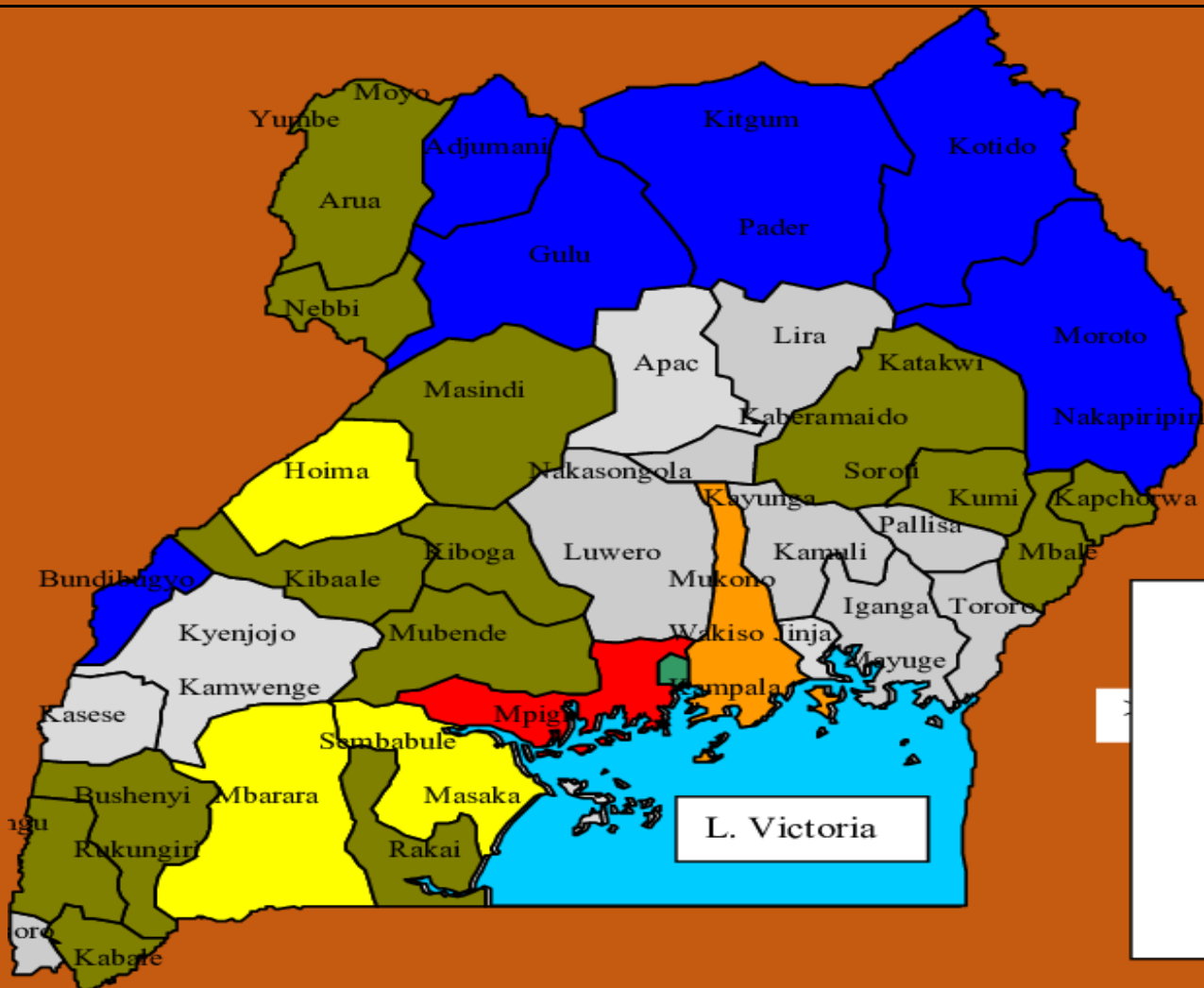
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# SURE KEY SST P.4

## Leaving No Stone Unturned in Primary Four Social Studies

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SOCIAL STUDIES IS A  
SURE DISTICTION