

## THEME 1: PEACE AND SECURITY

### LESSON ONE

#### People who keep peace and security

a) At school

1. Guards
2. Teachers
3. Administrators
4. Children
5. None teaching staff

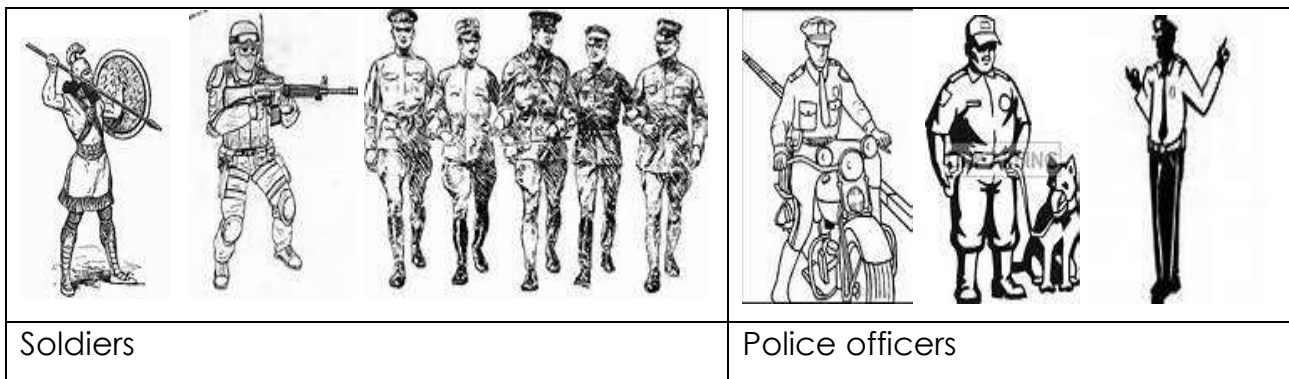
b) At home

1. Parents i.e. father or mother
2. Guards
3. Maids
4. Children

c) In the community

1. The police
2. The soldier
3. The guards
4. The L.Cs
5. The religious leaders

#### Name these peace and security keeping people



#### Activity

1. Mention two people who provide security.
2. Move around school to see the security guards.

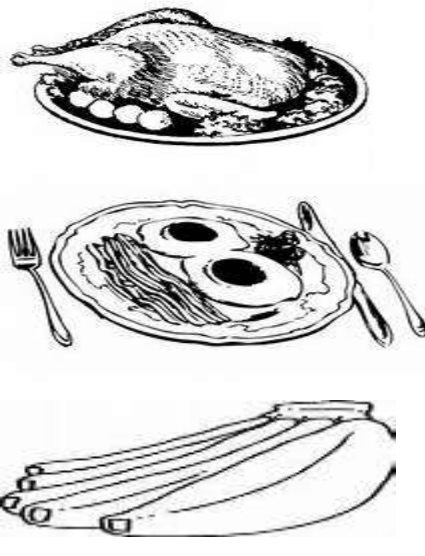

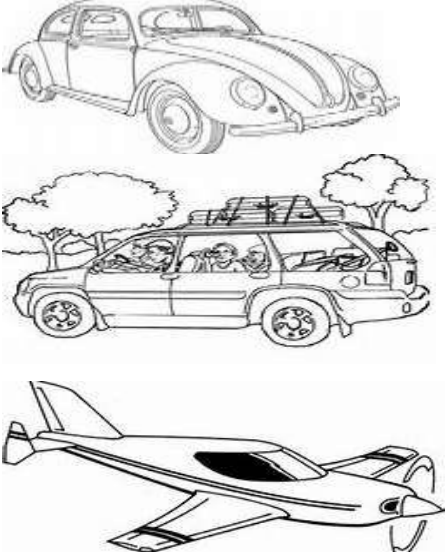
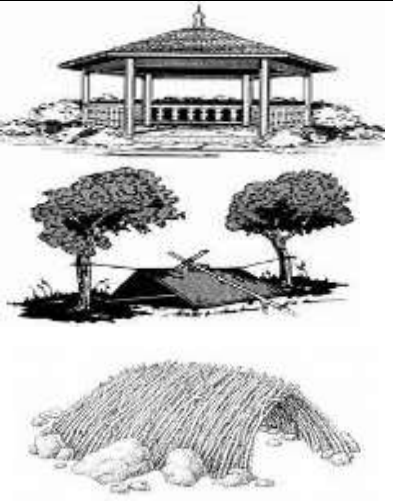
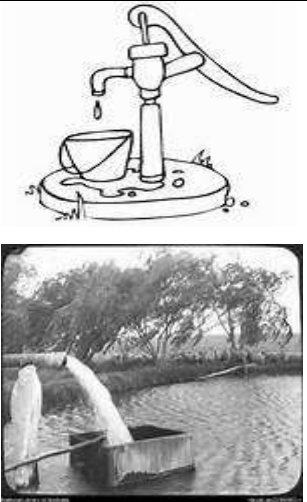
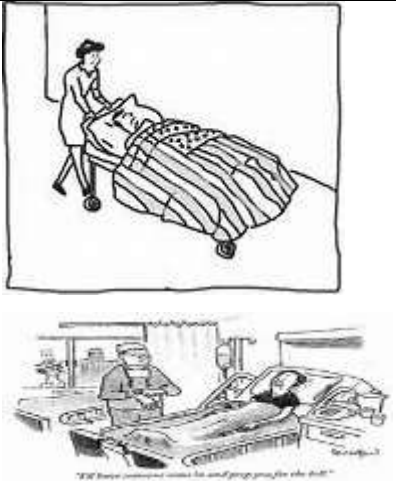
## LESSON TWO

### Roles of the people who keep peace and security

#### 1. The parents

- They provide security in their homes i.e.
  - a) By hiring guards
  - b) By putting fences around their homes.
  - c) By guiding their children.
  - d) By reporting wrong doers to the police.
- They provide basic needs. E.g. food, water, clothes, shelter

#### Draw, name and colour these basic needs

		
food	Clothes	transport
		

shelter	Water	Medical care
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**b) Teacher**

- They help the children use the school rules and regulations.

**Examples of school rules**

1. Put on proper school uniform.
2. No fighting at school.
3. No using abusive language.
4. Bring to school only what's necessary e.g. toys are not allowed
5. Follow the school timings.

- They guide and talk to the children about their security.
- They guard children against bad people.

**On assembly children are counselled and guided against bad people.**


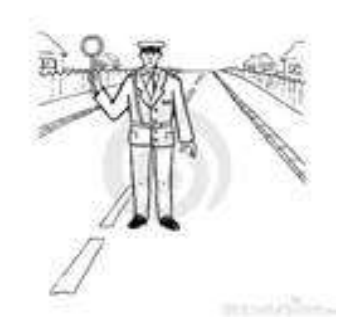



**c) Children**

- They obey rules and regulations.
- Listen to the teachers' / parents' instructions.
- Report strange people and things.
- Respect the school and home property.

**d) Policewomen / men**


- Keep law and order. – They control traffic on the road.
- Protect people and their property. – They put out fire.
- Arrest bad people. Or wrong doers. – They investigate crimes.
- Provide guidance and counseling.

		
Protecting people	Officer on duty	Fire fighting

What is happening in the pictures above?

e) **Religious leaders**

- Preach the word of God to the people.
- Provide guidance and counseling.
- Encourage people to live in harmony.
- Pray for the people and the country.

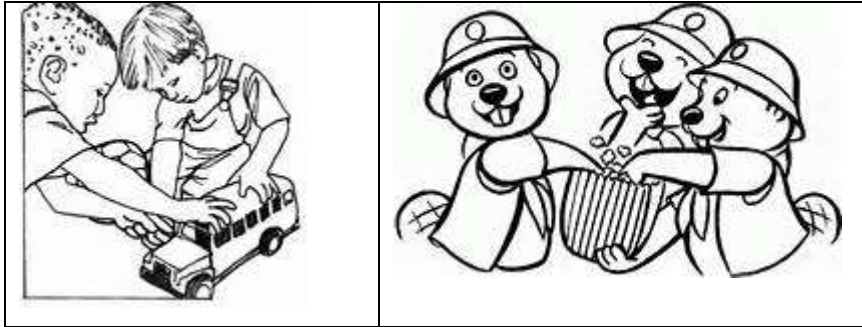
	
Preaching	Praying for people

**LESSON THREE**

**Ways of promoting peace and security**

- Counseling and guidance.
- Following rules and regulations.
- Listening and obeying instructions.
- Practicing religious norms.
- Praying for yourself and others.
- Forgiving people who have hurt you.

## Sharing with others



### Why is it good to keep peace and security.

- For safety.
- For respecting each other.
- Free movement of people, their goods and services.
- For freedom of speech.
- To carry out trade well.
- To protect people's property.
- For Cooperation
- For love

### What happens if there is no security

- People can die.
- There is hunger.
- There will be loss of property.
- Movement will be difficult for people and their goods.
- People will be homeless.
- There will be child abuse.

### **A building destroyed during war.**



## Things we can use to keep peace and security

1. Dogs
2. Cameras
3. Cats
4. Parrots

### **Lesson four**

#### **TOPICAL QUESTIONS**

1. Write down any two people who keep peace and security.  
a) At home    a) parents                      b) maids  
b) At school    a) teachers                      b) guards
2. How useful are these people under peace and security in a community.  
a) Reverend; preaches the word of God.  
b) Soldiers; to keep peace and security in the country.  
c) L.C chairman; to keep peace and security in the village.
3. Draw and name any two ways of keeping the security of a home.


### **Lesson five**

#### **THEME: CHILD PROTECTION**

Is to keep children safe from dangers

#### **Ways of child protection.**

- Bad people should be reported to police.
- Guidance and counseling lesson should be given to children.
- Educate the children about their rights.
- Children should report to their parents the bad things done to them.
- Children should make an alarm for help.

- Children should be encouraged to move in groups.
- Avoid dark corners.
- Children should be taken for education.

How can children protect themselves?

**SUB THEME: CHILD ABUSE**

**What is child abuse?**

This is a way children are mistreated by an adult.

**People who can mistreat/ abuse children**

- Parents
- Witch doctors
- Strangers
- Drug users
- Teachers
- Relatives e.g. older brothers and sisters. Aunties Uncles, grandparents

Activity



1. What is child protection?
2. How do we call the way children are mistreated by adults?


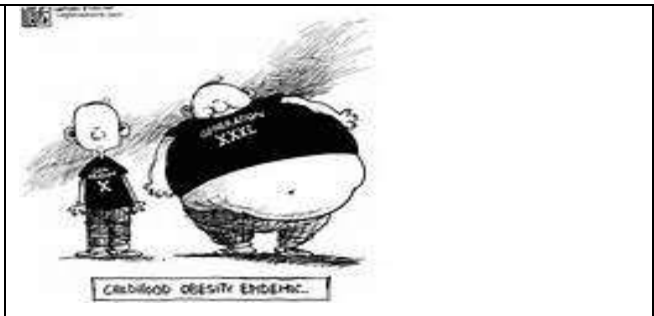
**Lesson six**

**Forms of child abuse**

- Child labour.
- Denial of basic needs
- Child sacrifice.
- Child neglect.
- Child abduction / kidnapping.
- Bad language
- Beating the child
- Burning the child.
- Threatening the child.
- Harassing the child.

**Name these forms of child abuse.**

	
<p><b>Beating a child</b></p>	<p><b>Child labour</b></p>

	
<p><b>Kidnapping</b></p>	<p><b>Denying a child food</b></p>

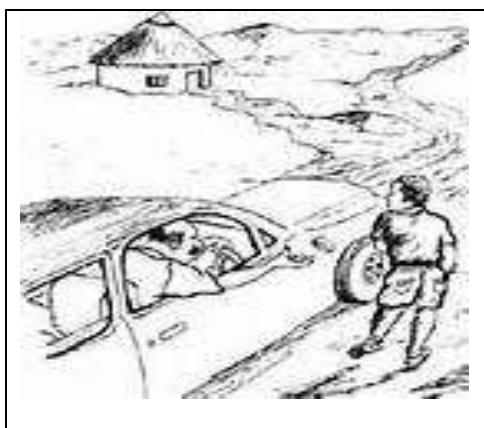
**Lesson seven**

**Effects/results of child abuse**

**What happens if there is child abuse in the society / family/ community?**

- Death
- Hunger
- Fear
- School dropouts
- disability
- Loneliness
- pain
- Shame
- Hatred
- Sadness
- 

**One can be kidnapped while moving in lonely places.**





## **Lesson eight**

### **TOPICAL QUESTIONS**

1. Write down any four forms of child abuse.
  1. Burning children
  2. Harassing children
  3. Denying children food
  4. Beating children
2. Who are the people most likely to do child abuse?
  1. Parents
  2. Teachers
  3. Maids
  4. Relatives
3. What is child abuse?

Is away children are mistreated by adults.
4. What can children do when one wants to kidnap them?

By making an alarm / running away / reporting to an adult.
5. List down 4 things which may happen if there is child abuse.
  1. Death
  2. School dropout
  3. Fear
  4. Hatred

## **Lesson nine**

### **SUB THEME: MEASURES**

#### **Weather**



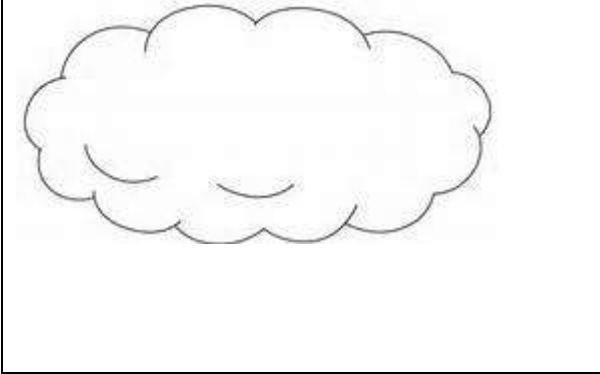
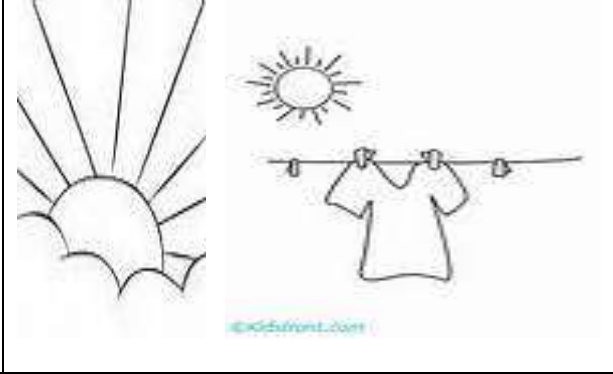
What is weather?

Weather is the state of atmosphere of a place for a short period of time.

#### **Elements/ factors / components/ aspects of weather**

- Rainfall
- wind
- Temperature
- Sunshine
- cloud cover

## Name these types /conditions of weather

	
Rainfall	wind
	
Cloud	sunshine

### Types of weather

1. Rainy weather
2. Sunny weather
3. Cloudy weather
4. Windy weather

### **Lesson ten**

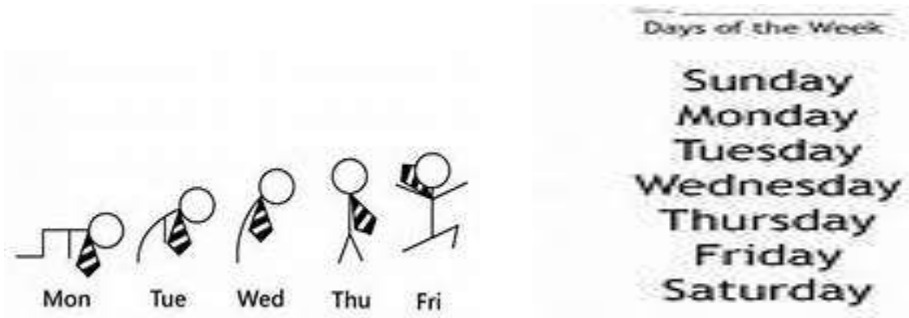
#### SUB THEME: Time

#### **Telling the time of the day**

7:00 am, 5:00 pm, 1:00 pm

#### **a) The days of the week**

- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday



b) What is the last day of the week?

Saturday is the last day of the week.

ii) Which day of the week comes after Tuesday?

Wednesday comes after Tuesday.

iii) Sunday is the **first** day of the week.

iv) On which two days don't we come to school?

a) Saturday

b) Sunday

v) Write in full.

a) Sun. - Sunday

b) Wed. - Wednesday

c) Sat. - Saturday

## Lesson eleven

### The calendar

1. There are twelve months in a year.
2. A common year has 365 days.
3. A leap year has 366 days.
4. A leap year comes every after 4 years.
5. It becomes a leap year when February has 29 days instead of 28 days.

**(Teacher and the learners try to count the last and next leap year)**

#### Months

#### Days

1. January

31 days



- |     |           |         |
|-----|-----------|---------|
| 2.  | February  | _____   |
| 3.  | March     | _____   |
| 4.  | April     | _____   |
| 5.  | May       | _____   |
| 6.  | June      | _____   |
| 7.  | July      | 31 days |
| 8.  | August    | _____   |
| 9.  | September | 30 days |
| 10. | October   | _____   |
| 11. | November  | _____   |
| 12. | December  | _____   |

(Tr. will teach the children how to count the days and month of the year on their hands.)

- What is the fifth month of the year?  
May
- Which month has the fewest days?  
February
- December** is the last month of the year.
- Name any two months with 31 days.

January / March / May/ July / August / October / December

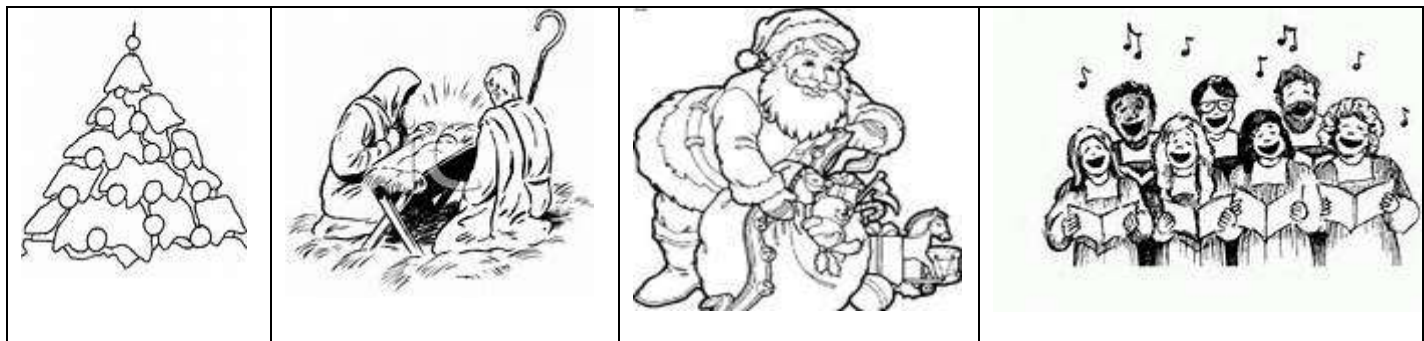
## **Lesson twelve**

### **Important events in the year**

- |    | <b><u>Event</u></b> | <b><u>Date</u></b>    |
|----|---------------------|-----------------------|
| 1. | New year's day      | 1 <sup>st</sup> Jan   |
| 2. | Liberation day      | 26 <sup>th</sup> Jan  |
| 3. | Women's day         | 8 <sup>th</sup> March |

- |     |                  |                           |
|-----|------------------|---------------------------|
| 4.  | Good Friday      | March / April             |
| 5.  | Easter day       | “                         |
| 6.  | Easter Monday    | “                         |
| 7.  | Labour day       | 1 <sup>st</sup> May       |
| 8.  | Martyrs day      | 3 <sup>rd</sup> June      |
| 9.  | Heroes' day      | 9 <sup>th</sup> June      |
| 10. | Independence day | 9 <sup>th</sup> October   |
| 11. | Christmas day    | 25 <sup>th</sup> December |
| 12. | Boxing day       | 26 <sup>th</sup> December |

### **Christmas day celebrations**



### **Activity**

1. What do we remember on these days as we celebrate them;
  - a. Good Friday
  - b. Easter Sunday
  - c. Martyrs day
  - d. Christmas day
  - e. Heroes day

### **Lesson thirteen**

#### **SUB THEME; Seasons**

We have two seasons

1. Wet season

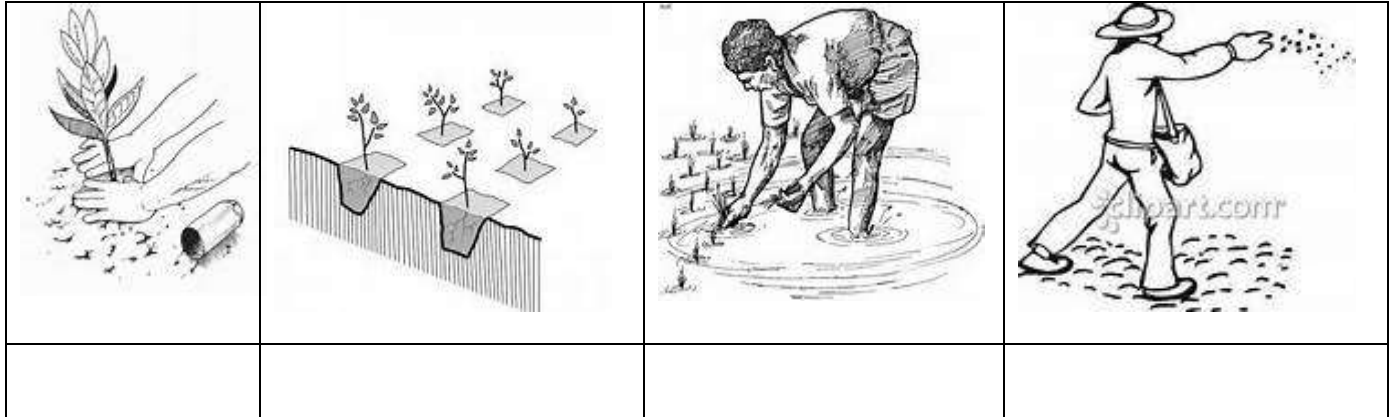
## 2. Dry season

### Activities done in the wet season

- Planting
- Weeding
- Pruning
- Thinning
- Transplanting

#### a) What is planting?

Planting is the putting of seeds in the ground.

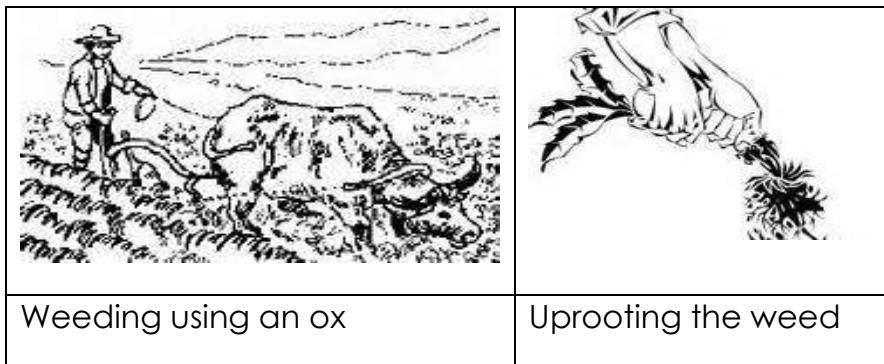


#### b) What is weeding?

Weeding is the removal of unwanted plants from the garden.

**N.B: Unwanted plants are called weeds.**

#### People weeding the garden

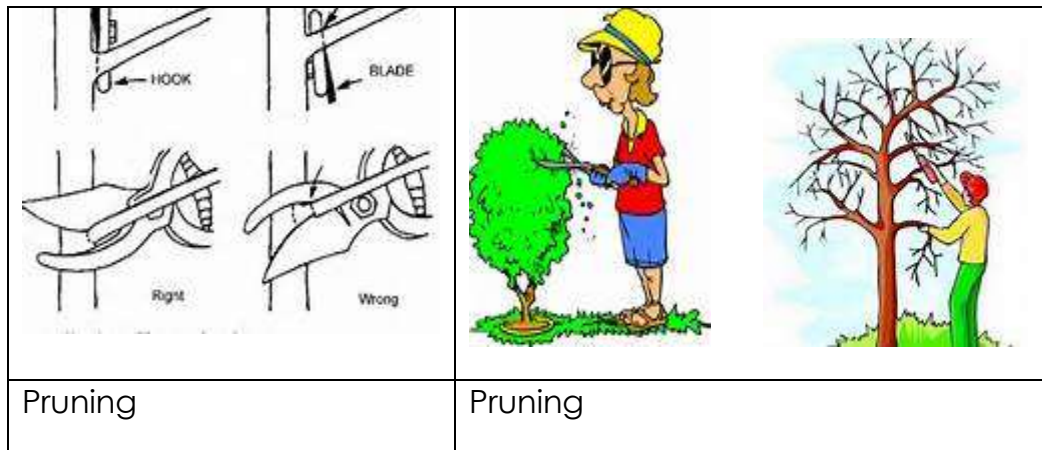


Wanted plants in the garden are called crops.

#### c) What is pruning?

Pruning is the cutting off of unwanted branches and old parts of a plant.

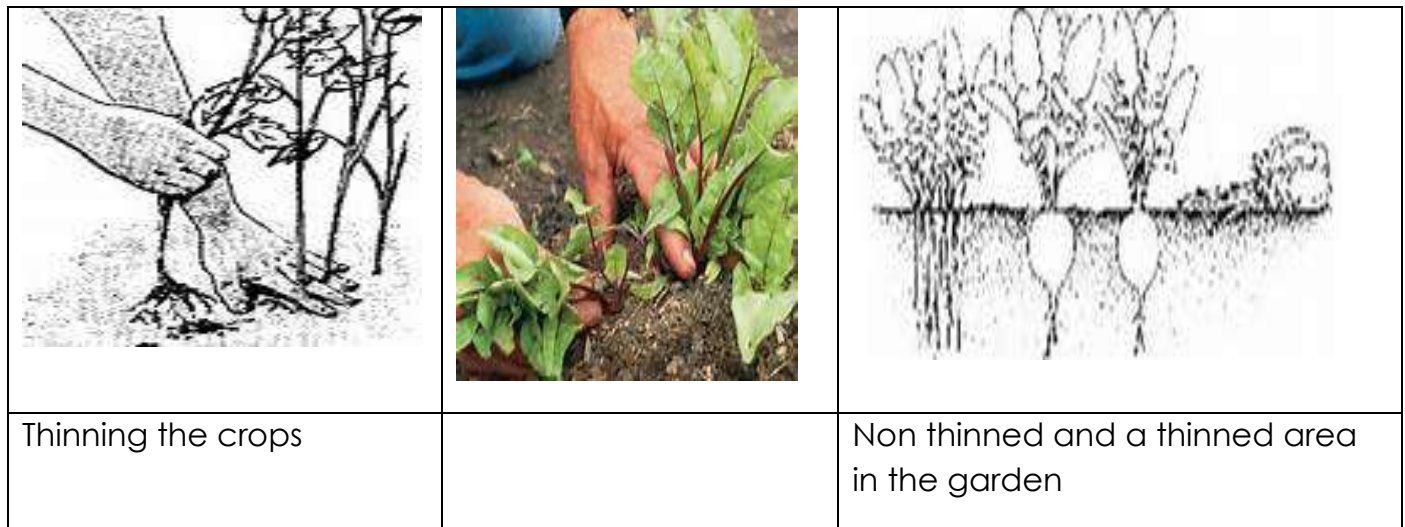
Someone pruning the crops



**d) What is thinning?**

Thinning is the removal of some plants to give space to the others to grow well.

Someone thinning the crops



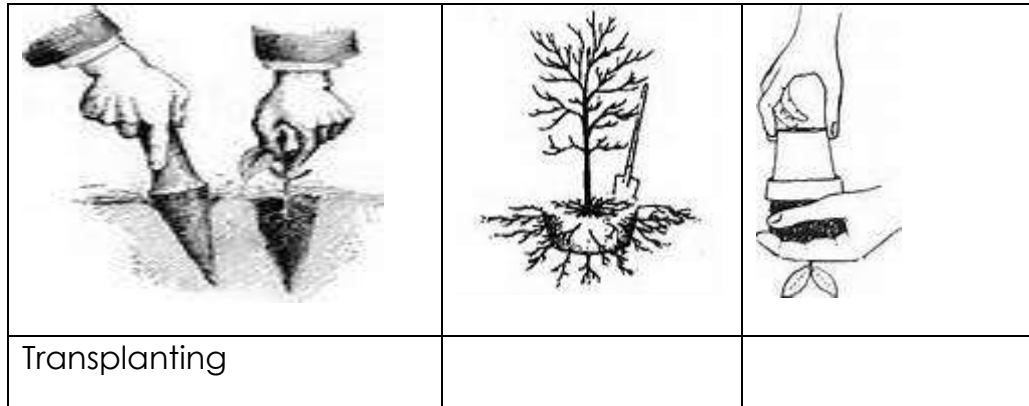
**Lesson fourteen**

**e) What is transplanting?**

This is the transfer of seedling from the nursery bed to the main garden.

A nursery bed is a small piece of land where tiny seeds are first planted . e.g cabbage seeds.

Someone transplanting crops



**The dry season**

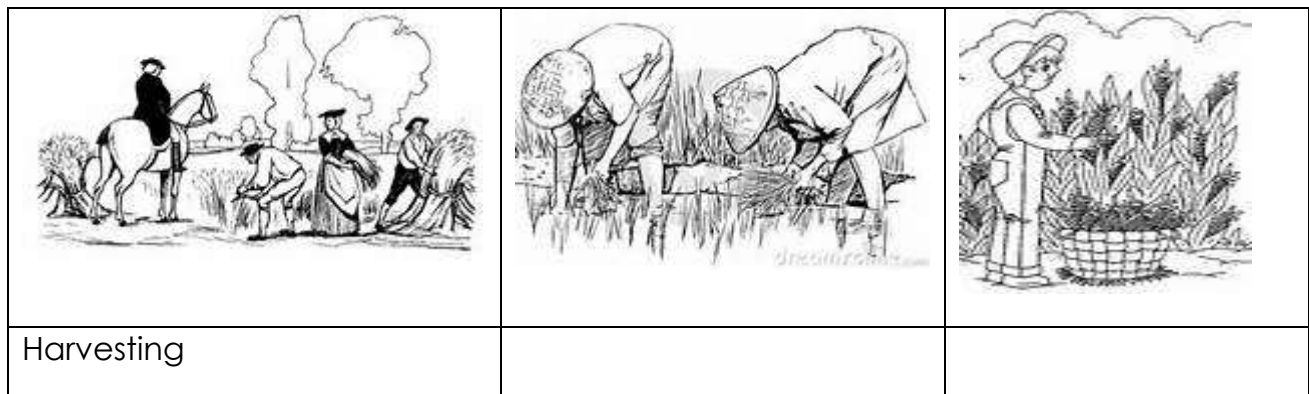
Activities done in the dry season

- Watering plants
- Sheltering crops
- clearing land
- Drying seeds
- Harvesting

**f) What is harvesting?**

This is the removal of ready crops from the garden.

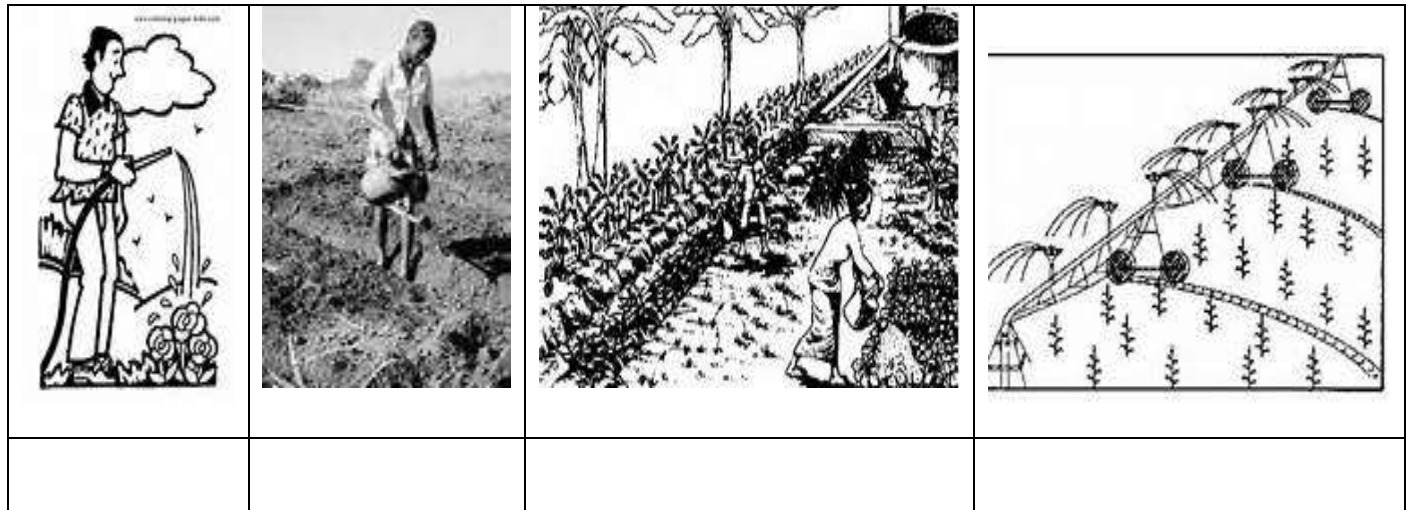
Someone harvesting



**g) What is watering plants?**

- This is the way of adding more water to the soil in a dry season.
- This is the spraying of water onto the plants during the dry season.

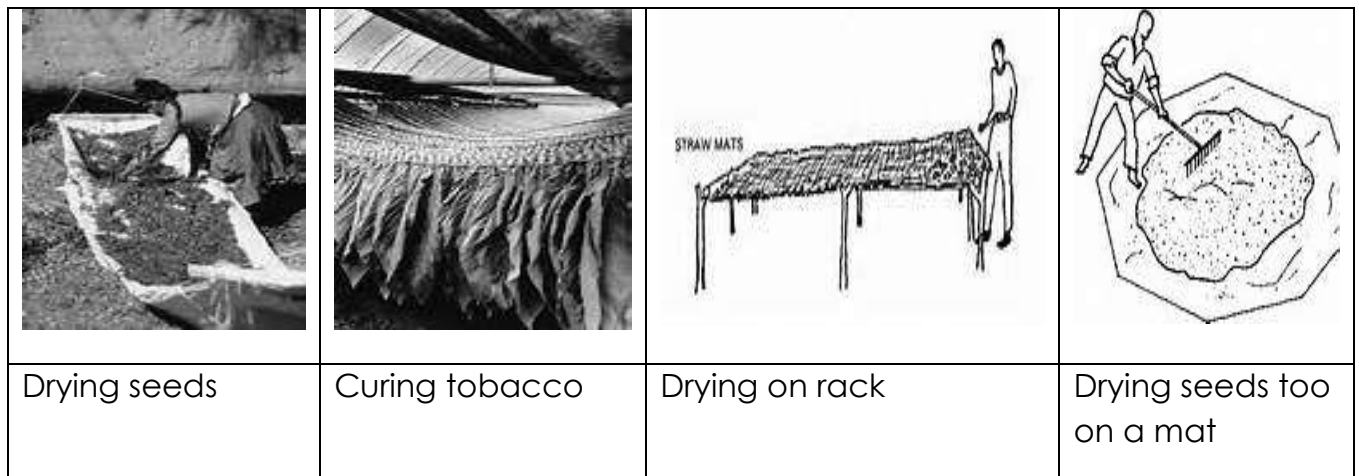




### c) Drying seeds

This is when seeds are put out under sunshine to dry.

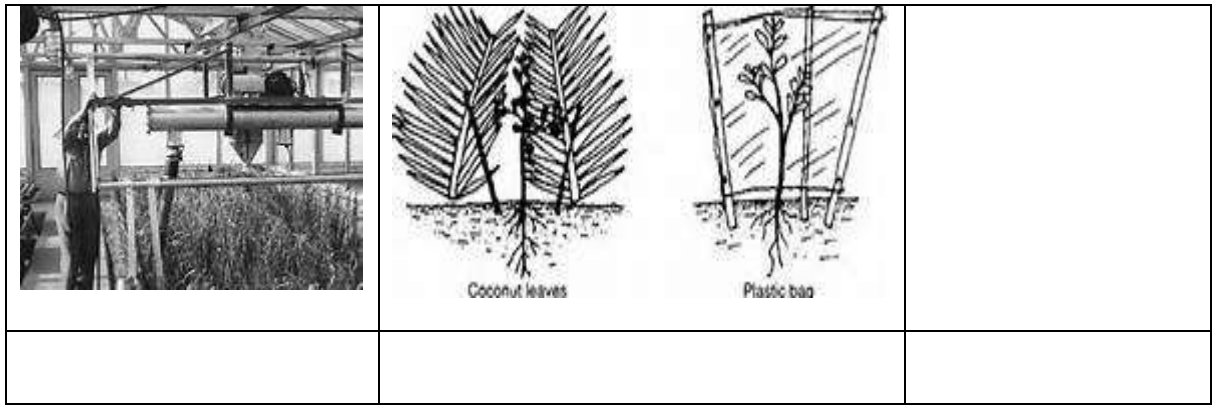
Drying seeds



### d) Sheltering crops

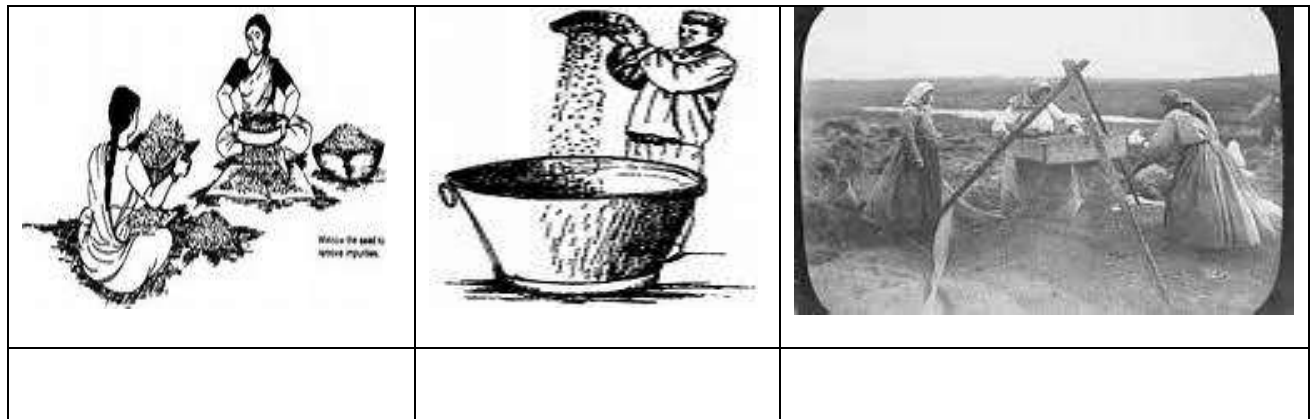
This is when you cover top of a nursery bed to protect the seedling from bad weather, animals/pests.

Sheltering crops



### e) Winnowing

The removal of husks from the seeds using wind



## Lesson fifteen and sixteen

### Practical lesson

**Planting, watering, sheltering, thinning**

## Lesson seventeen

### TOPICAL QUESTIONS

- Name any two activities done in the wet season.  
Ploughing / planting / weeding / thinning / pruning / transplanting
- What are weeds?  
Weeds are unwanted plants in the garden.

3. **Transplanting** is the transfer of seedlings from a nursery bed to the main garden.
4. What is a nursery bed?  
Is a small piece of land where tiny seeds are first planted?
5. List down any three activities in the dry season.
  1. Harvesting
  2. Drying seeds
  3. Watering plants
6. Why are plants sheltered?  
To prevent direct sunshine
7. Why do we water plants?  
To keep them healthy

## MID TERM EXAMINATIONS

### Lesson eighteen

#### SUB THEME: Height

#### What is height?

Height is how tall or short something is.

Height is measured in metres and centimetres.

#### Examples of things we measure in height

- People
- Buildings
- Hills
- Furniture e.g. tables, chairs, doors
- \_ Plants
- \_ Mountains

## **Things we use to measure height**

- Thread
- Sticks
- Rolls
- Rulers
- Strings
- Metre rulers

## **Lesson nineteen**

### **Practical lesson**

Measuring heights of things in the class

e.g tables, chairs, the students, teachers

### **Make records of the things measured**

- a) I am \_\_\_\_\_ metre and \_\_\_\_\_ cm.
- b) The tallest student is \_\_\_\_\_ m \_\_\_\_\_ cm.
- c) The shortest student is \_\_\_\_\_ m \_\_\_\_\_ cm.
- d) My table is \_\_\_\_\_ m \_\_\_\_\_ cm.
- e) My chair is \_\_\_\_\_ m \_\_\_\_\_ cm.
- f) Tr. \_\_\_\_\_ is \_\_\_\_\_ m and \_\_\_\_\_ cm.
- g) Tr. \_\_\_\_\_ is \_\_\_\_\_ m and \_\_\_\_\_ cm.

## **lesson twenty**

**THEME: Recreation, festival and holidays**

**Sub theme: Recreation**

What is recreation?

Recreation is the way of spending ones leisure (free) time.

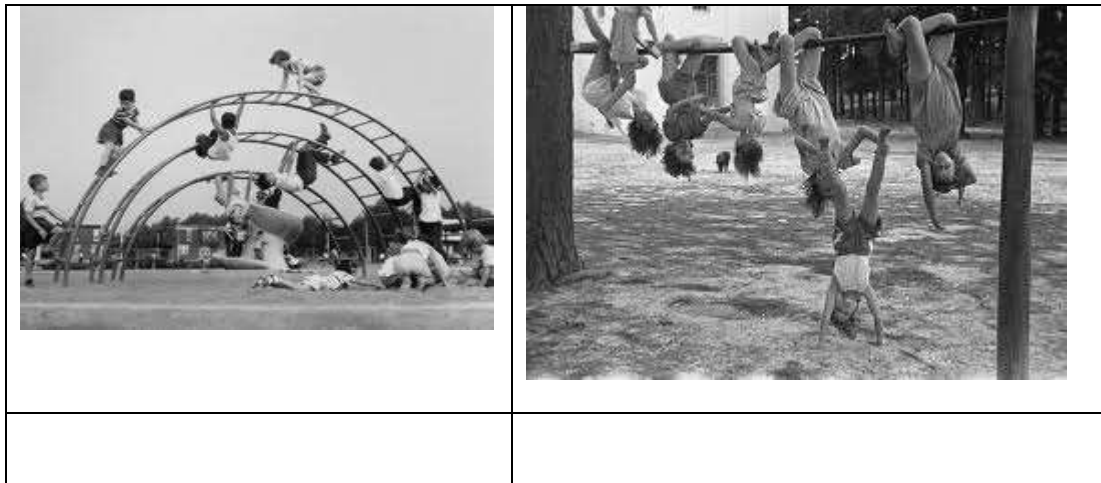
Recreation makes our mind and body relax.

### **Recreation activities at home**

- Playing games
- Watching TV.

- |                                |                                 |
|--------------------------------|---------------------------------|
| - Reading news / story books.  | _ Listening or telling stories. |
| - Swimming.                    | _ Listening to music.           |
| - Partying / going for picnic. | _ Playing computer games.       |

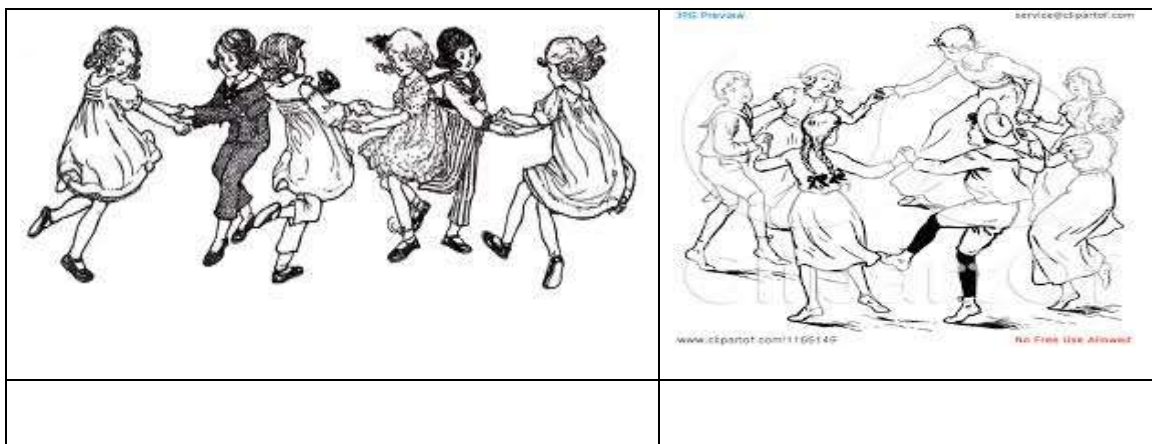
**Some children like playing games.**



**Recreation activities at school**

- |                          |                        |
|--------------------------|------------------------|
| - Resting                | - Listening to music   |
| - Trips                  | - Watching videos      |
| - Playing computer games | - Swimming             |
| - Playing games          | - Reading story books. |
| - Dancing                |                        |

**Dancing is liked and enjoyed by many children.**



## **Draw yourself doing one recreation activity**

### **Places where people can go to relax their mind**

- Beaches
- Gym
- Game parks
- Zoo
- Swimming pools
- Recreation centres e.g Kivatule, Wonder world, Kavumba etc.....
- Theatre
- stadium
- Cinema halls
- Field / play ground

### **Importance of recreation**

Why do we go for recreation?

- To rest
- To entertain
- For fun
- To exercise
- For enjoyment
- For good health

### **SUB THEME: Festivals**





#### **Cultural festivals**

What are cultural festivals?

These are celebrations different tribes do in their cultures.

#### **Common cultural practices in our societies**

- Naming of newly born children.
- Introduction.
- Funeral rites
- Marriage.
- Birth of twins.
- Initiation

		
wedding	burial	baby
		
twins		

### a) Naming children

- They can name according to situation.
- They can name according to the position in the family.

<u>Name</u>	<u>Tribe</u>	<u>meaning</u>
Mugeni	Samya	Fish
Musoke	Baganda	Rain
Natukunda	Banyankole	He loves us
Wasswa	Baganda	Elder twin
Kato	Baganda	Young twin
Kizza	Bagannda	Follower of twins

Kalugyendo	Banyankole	Born on the way
Mukama	Basoga	Small gods
Kafuko	Basoga	Following dead children

### What is the meaning of your name?

.....

### **SUB THEME : Initiation**

Initiation is being allowed to become a member of a tribe / family.

### **Initiation practices**

#### **Practices**

- Circumcision
- De-toothing
- Naming twins
- Tattooing

#### **Tribe**

- Bagisu
- Alur
- All tribes
- Karamajong

### **Why do tribes initiate?**

- a) For recognition
- b) For identification

### **Sub Theme: Holidays**

**A holiday is time when people are off their work.**

### **Types of holidays**

- a) School holidays
- b) National holidays / public holidays
- c) Religious holidays.

#### 1) **School holidays**

- a) First term holiday
- b) 2<sup>nd</sup> term holiday
- c) 3<sup>rd</sup> term holiday

#### 2) **National / public holidays**



These are given by the government to the whole country.

- a) Liberation day - 26<sup>th</sup> Jan
- b) Women's day - 8<sup>th</sup> March
- c) Labour day - 1<sup>st</sup> May
- d) Heroes' day - 9<sup>th</sup> June
- e) Independence day - 9<sup>th</sup> October

### 3) **Religious days**

- a) Easter Sunday - No particular date
- b) Easter Monday - No particular date
- c) Martyrs day - 3<sup>rd</sup> June
- d) Christmas day - 25<sup>th</sup> December
- e) Idd Mubarak - No particular date
- f) Idd Elfitri - No particular date
- g) Good Friday - No particular date

### **Importance of holidays**

- For resting from too much work.
- For helping the parents at home.
- For praying to God.
- For remembering some people and honour them.
- For merry making.
- For visiting friends and relatives.

### **TOPICAL QUESTIONS**

1. Give the meaning of these names;
  - a) Salongo - father of the twins to the Baganda.
  - b) Apio - a twin girl to the Iteso.

- c) Mukisa - blessing to the Baganda.
2. Name any 4 places where people go for recreation.
- a) Beaches    b) zoo    c) Theatres
- d) Hotels    e) cinema halls    f) Swimming pools
3. Which tribe tatoos their foreheads?  
Karamajongs
4. Which tribe practices circumcision of boys as a way of initiation?  
Bagisu
5. List down any two religious holidays celebrated in a year.
- a) Easter holidays    b) Christmas holidays
6. Write down 2 things you do during your holidays.
- a) swimming                                  b) skipping                                  c) playing football
7. **Uganda** got its independence on 9<sup>th</sup> October.
8. What do we call the chart that shows days, dates, weeks and months of the year?  
A calendar