



P.4 SOCIAL STUDIES SELF -STUDY LESSONS SET ONE

USE YOUR SOCIAL STUDIES CLASS WORKBOOK TO WRITE THESE NOTES AND ATTEMPT ALL THE ACTIVITIES GIVEN.

USE THE FOLLOWING REFERENCES FOR FURTHER READING:

- MK Social studies Book 4
- Comprehensive Social studies Book 4.

LESSON 1

TOPIC: PHYSICAL FEATURES IN OUR DISTRICT

CONTENT: TYPES OF PHYSICAL FEATURES IN OUR DISTRICT

By the end of the lesson, you should be able to;

- a. Define physical features and landforms
- b. Give the types of physical features
- c. Mention examples of physical features.

Physical features – are natural landforms found on the earth's surface. **Examples of Physical features include;**

- a. mountains
- b. highlands
- c. rivers
- d. lakes
- e. plateau
- f. great rift valley

g. plains

Types of physical features

The above physical features are categorized into two major types as shown below:-

- a. Relief features
- b. Drainage features

Relief features; Relief features are those landforms found on the surface that do not contain water in them e.g. mountains

Drainage features; Drainage features are landforms on the surface of the earth that contain water in them e.g. lakes

Examples of relief features include;

Mountains; A mountain is a large landform that rises above the surrounding land

A mountain can also be defined as a raised steep piece of land.

Highlands; These are fairly raised pieces of land

A mountain range; This is a group of mountains connected.

A Mountain Peak; Is the highest peak on the mountain.

Examples of mountains

- a. Elgon
- b. Moroto
- c. Rwenzori

d. Mufumbiro

Importance of mountains

- a. Mountains are sources of minerals
- b. The slopes of mountains are used for farming
- c. Mountains are sources of some rivers
- d. They are used for settlement
- e. They are used as a recreation
- f. Mountains help in rainfall formation
- g. They attract tourists
- h. Mountains influence human activities in an area.
 - o To influence means that the presence of mountains in an area can determine many different human activities done by people

These human activities are also called economic activities.

Economic activities – are activities which people do to earn money.

Economic activities carried out in the mountains include;

- a. farming
- b. mining
- c. tourism
- d. recreation activities
- i.

Activity

1. What are physical features?
2. Give any two examples of physical features in your district.

3. How are drainage features different from relief features?
4. Give three ways how mountains useful to man?
5. Write down any three examples of mountains.
6. Match the Mountains to their peaks

Mt. Rwenzori	-	Wagagai
Mt. Elgon	-	Margherita
Mt. Mufumbiro	-	Muhavura
Mt. Moroto	-	Sokdek

LESSON 2

TOPIC: PHYSICAL FEATURES IN OUR DISTRICT

CONTENT: DANGERS OF MOUNTAINS

Mountains are very useful to man but they can also cause problems for the people.

Problems caused by mountains include;

- Mountains cause soil erosion
- They make road construction difficult
- Mountains cause landslides
- They cause a volcanic eruption

Ways of controlling soil erosion in mountainous areas

- a. by digging terraces
- b. by contour ploughing
- c. by planting trees
- d. by practising strip cropping

Exercise

1. Give the meaning of the following terms
 - a) physical features
 - b) mountains
 - c) highlands
2. Give two importance of mountains to people.
3. What are economic activities?
4. Give two activities carried out in mountainous areas

5. How are Osukuru hills useful to cement factories
6. Mention two ways of controlling soil erosion in hilly areas

LESSON 3

TOPIC: PHYSICAL FEATURES IN OUR DISTRICT

CONTENT: LAKES

By the end of the lesson, you should be able to;

1. Name examples of lakes tourism
2. State uses of lakes
- 3.State economic activities on lakes
- 4.States problems faced by people who stay on lake shores

Lakes

- Lakes are large water bodies on the earth's surface

Examples of lakes.

- Lake Victoria
- Lake Katwe
- Lake Kyoga
- Lake Albert
- Lake Edward
- Lake George

Uses of lakes

- a. They are used for fishing
- b. They are used for transport
- c. Lakes attract tourists who bring in income
- d. Some lakes are a source of minerals
- e. Lakes shores have fertile soils for farming
- f. Lakes are a source of water.
- g. Lakes like Lake Katwe provide us with salt.
- h. Lake Albert has crude oil which is a source of fuel

Economic activities carried out on lakes and rivers include:

- a. fishing
- b. farming
- c. mining
- d. tourism

Problems faced by people near lakes and rivers include:

- a. Drowning
- b. Easy spread of diseases
- c. Coldness
- d. Attacks from dangerous aquatic animals

Reasons why most people live near lakes

- The lake provides job opportunities for fishermen.
- Presence of fertile soils
- Lakes receive reliable rainfall

Activity

1. Name the biggest lake in Uganda
2. How are lakes economically useful to farmers?
3. How is Lake Katwe important to people around it?
4. Mention the type of transport that take place on lakes
5. Give any two ways people can care for lakes.
6. Identify the lake in Uganda where crude oil is mined.
7. Mention the major economic activity done by people around lakes.

LESSON 5

TOPIC: PHYSICAL FEATURES IN OUR DISTRICT

CONTENT: RIVERS

By the end of the lesson, you should be able to:

1. Define a river
2. Mention examples of rivers in Uganda.
3. State importance of rivers
4. Give ways of caring for lakes and rivers.
 - **A river** is a large mass of flowing water.
 - The longest river in Uganda is R. Nile

Examples of rivers in Uganda include;

- a. R. Nile
- b. R. Kafu
- c. R. Kagera
- d. R. Katonga
- e. R. Ssezibwa

Importance of rivers

- a. Rivers help to generate Hydro-. Electricity or HEP
- b. Rivers act as fishing grounds
- c. They attract tourists who bring in income
- d. They help in rain formation
- e. Some rivers are used for water transport

Economic activities done around rivers are;

- a. fishing

- b. farming
- c. mining
- d. tourism
- e. water transport

Problems faced by people who live near rivers

- a. Attacks from dangerous aquatic animals
- b. Disease vectors that attack people
- c. Drowning
- d. Floods

Problems faced by rivers

- a. pollution from dumping of waste
- b. overfishing
- c. silting
- d. drought

Reasons why water transport is difficult on some rivers

- a. Some rivers have waterfalls
- b. Some rivers are shallow
- c. Some rivers are narrow
- d. Some rivers have floating vegetation

Waterfalls on rivers

- A waterfall is a steep flow of water on a river.

Rivers like R. Nile have many waterfalls from which HEP is generated

Examples of waterfalls on R. Nile include;

Murchison falls

Importance of waterfalls

- a. They attract tourists
- b. They help to generate HEP
- c. They are used for recreation

Ways of caring for lakes and rivers

- Avoid dumping rubbish in them
- Avoid swamp drainage around river banks
- Removing the water hyacinth from them.

Activity

1. What is a river?
2. How is a river useful to industries?
3. State any two problems faced by rivers.
4. Mention any two dangers of rivers to people.
5. Why is water transport difficult on some rivers?
6. Write HEP in full.
7. Why is swamp drainage dangerous to people?