



Plot 48 Muwaire Rd (behind IHK Hospital)
P.O.BOX 5337, KAMPALA - UGANDA
Tel: 256783111908
Email:
info@stagnes.co.ug Website:
www.stagnes.co.ug

P.7 SST WEEK 5

Monday

THE NILOTES

The Nilotes are sub-divided into three groups mainly:-

- Nilo-Hamites (Plain Nilotes)
- River-Lake Nilotes (Nilotics)
- Highland Nilotes

RIVER – LAKE NILOTES (NILOTICS)

Why are river-lake Nilotes called so?

They settled in areas along lakes and rivers in East Africa

Which was the cradle land/ Homeland/ Origin of the River-Lake Nilotes?

Bahr-el-Ghazal

List the Tribes that belong to the River-Lake Nilotes

UGANDA	KENYA	SOUTH AFRICA	
Acholi	Jaluo	Madi	Anwale
Japadhola		Dinka	
Alur		Nuer	
Jonam		Shilluk	

Where did the River-lake Nilotes settle at first after entering Uganda?

Pubungu

Why did Giper and Labong separate in Pubungu?

They separated because of the spear and the bead

Name the three groups of the Jaluo in Kenya

- Jok-Ajok
- Jok-Owiny
- Jok-Omolo

What was the main economic activity of the River-lake nilotes?

Nomadic Pastoralism

State the reasons for the migration of the River-lake Nilotes

- They were looking for pasture and water for their animals.
- They were attacked by epidemic diseases.
- There was prolonged drought which caused famine.
- There were internal conflicts.
- Outbreak of civil wars

State effects / results of the River-lake nilotes in East Africa.

- They introduced the Luo culture / languages.
- They introduced pet names e.g. Akiiki, Araali, Amooti, Abwooli, Atenyi, Adyeri, Apuuli etc.
- It led to the increase of the number of cattle in East Africa
- It led to the population increase of people.
- They formed the Luo-Babito dynasty in Bunyoro

Tuesday

THE HIGHLAND NILOTES

They are called so because they settle on the highland areas of East Africa

Which was the origin of the Highland Nilotes?

South-western Ethiopia

List down the tribes that belong to highland Nilotics in East Africa

- Sabiny
- Pokot
- Kipsigis
- Teribok
- Bongomek
- Keijo
- Dadong
- Marakwet
- Tugeni
- Nandi

What was the main economic activity of the Highland Nilotes

Cattle Keeping

THE PLAIN NILOTES/ NILO-HAMITES

Why are they called so?

They settled on plain areas of East Africa

Which was the origin of the Plain Nilotes (Nilo-Hamites)?

Ethiopia Highlands

Name the tribes that belong to the Plain Nilotes in East Africa

- Iteso
- Karimojong
- Kumam
- Kakwa
- Langi
- bakoro
- Jie
- Tepeth
- Dodoth
- Turkana
- Masai
- Samburu

What was the main economic activity of the plain Nilotes?

Nomadic Pastoralism

Why did the Nilotes change from nomadic pastoralism to mixed farming?

- They settled in areas with fertile soils
- They settled in areas with reliable rainfall / good climate

Name the tribes that belong to the Plain Nilotes that still carryout nomadic pastoralism

- Karimojong
- Bakera
- Turkana
- Tapeth
- Dodoth
- Jie
- Masai

Name other tribes that are not Nilotes but carryout nomadic pastrolism

- Basongora
- Bahima

Activity

1. Give two reasons why most Nilotes have changed from pastoralism to crop farming.
2. Write four pastoral tribes in East Africa.
3. Write the pastoral tribes in Africa outside East Africa.
4. Mention the problems faced by pastoral tribes.
5. Write two disadvantages of nomadic pastoralism.
6. Suggest ways in which nomadic pastoralists can be helped to live a better life.

Wednesday

THE CUSHITES

- ★ The Cushites migrated from Asia and settled in the Horn of Africa.
- ★ They moved southwards into East Africa.
- ★ They were the first people to move and settle in East Africa.

Name the countries that form the Horn of Africa

- Somalia
- Djibouti
- Eritrea
- Ethiopia

What was the economic activity of the Cushites?

Pastoralism

Examples of Cushitic groups

- Somali
- Boran
- Bahima
- Tutsi
- Oromo
- Ogaden

THE SEMITES

- ★ The Semitic group has a mixture of Arabic and Jewish blood.
- ★ The Semites came as a result of intermarriages between the Arabs and the Jews.

- ★ The Semites live in Northern Africa and in the Middle East.

Tribes under Semites

- Amhara
- Bagara
- Tigre of Ethiopia
- The Eritrea of Eritrea
- The Nubians of Sudan and Uganda
- The Arabs of Sudan.

NB:

The Semites are pastoralists.

THE KHOISANS

- ★ The Khoisans are the earliest inhabitants of Southern Africa.
- ★ They comprise of the Khoi Khoi and the Sans.
- ★ The Khoisan speak a language with click sound.
- ★ They are pastoralists and hunters.
- ★ They were displaced by Bantu and Europeans from their homelands.
- ★ Today, they live in Kalahari and Namib deserts.

THE PYGMIES

- ★ They lived in the tropical rainforests of Democratic Republic of Congo.
- ★ They are short and dark skinned with broad nose.
- ★ They are about 137cm tall.
- ★ They are hunters and fruit gatherers.

THE NEGROES

- ★ The Negroes are considered to be Bantu.
- ★ Their origin is from the forests of West Africa.

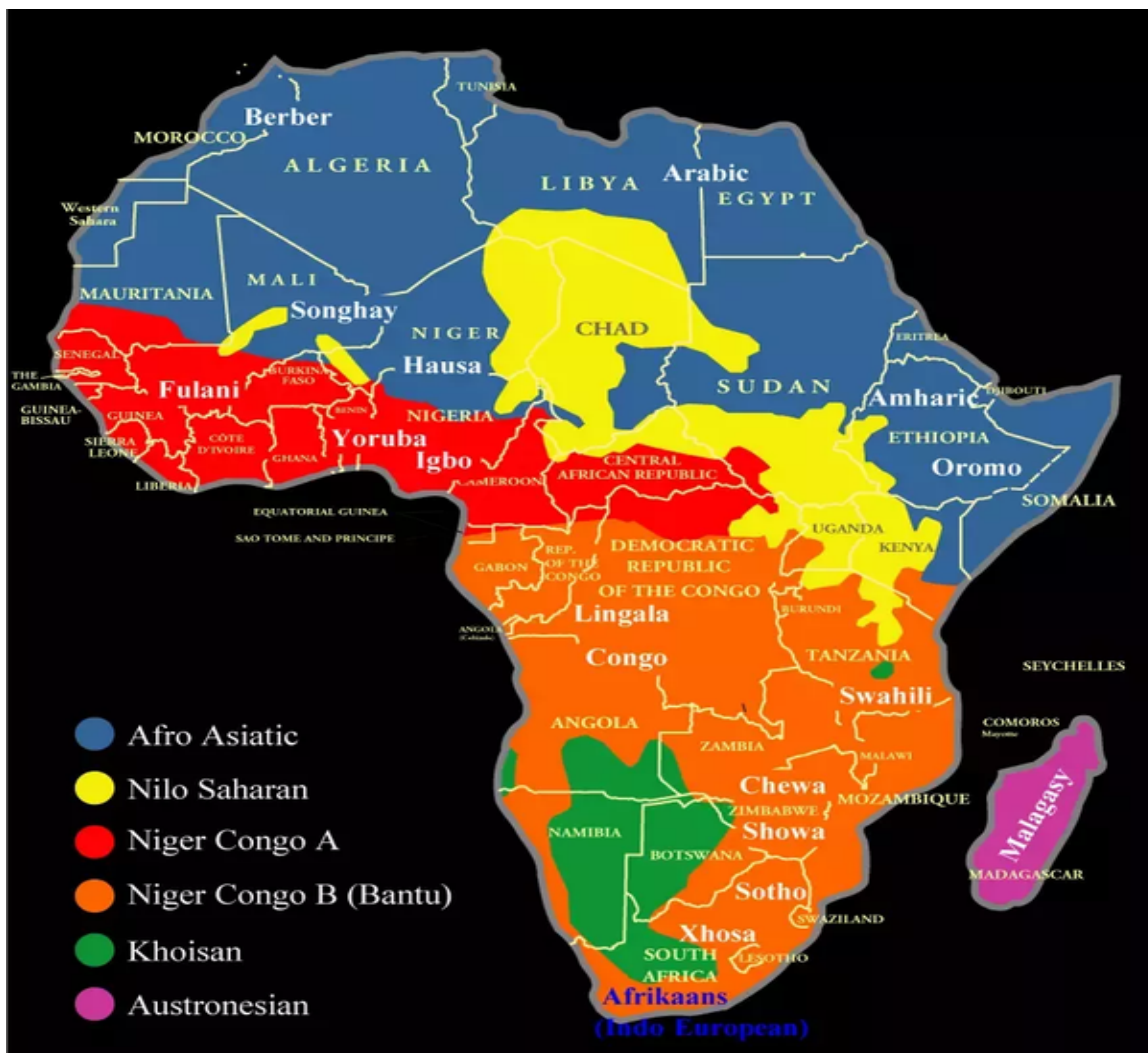
★ They are mainly crop farmers.

Examples of Negroes in Africa are;

- Mandika / Mande of Mali
- The Asante of Ghana
- The Yoruba and Igbo of Nigeria

NB Most Negroes were taken as slaves to America.

MAJOR ETHNIC GROUPS OF AFRICA.



Thursday and Friday

How were the people of Africa organized during the pre-colonial time?

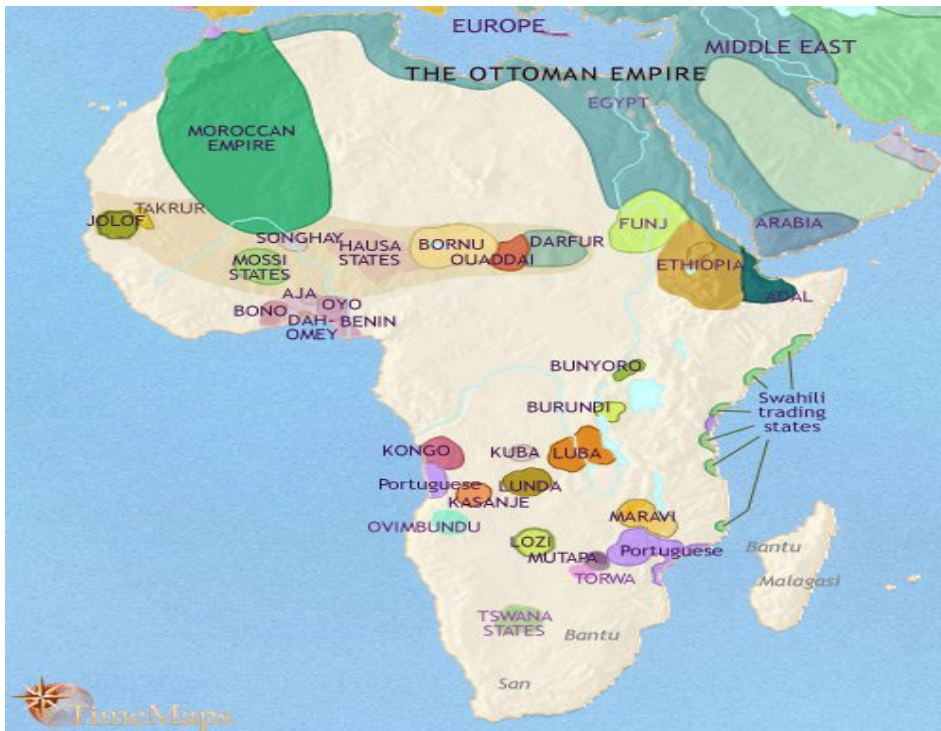
- Africans were organized under kingdoms.
- Under clan systems.

- Under chiefdoms
- Under empires

KINGDOMS OF AFRICA

Eastern	Western	Southern
Buganda kingdom	Ghana kingdom	Great Zimbabwe
Toro kingdom	Songhai	Luba – Lunda
Bunyoro kingdom	Benin	Mwenomotapa
Ankole kingdom	Kanem Bonu	Zulu Empire
Wanga kingdom	Mali	
Karagwe kingdom	Asante	
Rwanda Kingdom		
Burundi kingdom		

A map showing kingdoms of Africa



How were Africans economically organized in pre-colonial time?

Africans were engaged in many traditional activities such as;

- Trade
- Keeping animals

- Farming
- Iron working and painting
- hunting

What is a kingdom?

This is a state ruled by a king.

Why were kingdoms restored in Uganda?

- To promote and preserve culture among the people of Uganda.
- To promote peace and unity in Uganda.
- To unite people for national development.

Which constitution abolished kingdoms in Uganda?

The 1967 constitution.

Which kingdoms were restored by the 1995 constitution in Uganda?

- Buganda kingdom
- Bunyoro kingdom
- Toro kingdom
- Busoga kingdom

Give the importance of kingdoms

- They promote culture.
- They promote unity.
- They promote morals.
- They promote peace.
- They unite people for national development.

Write down two characteristics of a kingdom

- They have royal regalias.
- They have hereditary leadership.
- Their kings are the fountain of honor.

Mention the factors that led to the expansion of Buganda kingdom.

- Buganda had a strong leadership.
- Buganda had enough food.
- Buganda had a good location of being near L. Victoria.
- Buganda had acquired guns during the long distance trade.
- Buganda had good climate.

What caused the decline of Bunyoro-Kitara empire?

- The large size of the empire which was hard to manage.
- The outbreak of epidemic diseases which led to the death of their beloved cow Bihogo.
- The coming of the Luo.
- The rise of other independent kingdoms.

What were the contributions of Bunyoro-Kitara empire to modern economy?

- They introduced coffee cultivation.
- They introduced iron smelting.
- They introduced long horned cattle.
- They introduced bark cloth making

Social contributions

- They introduced local chess.
- They introduced wooden sandals.
- They introduced centralized system of government.
- They introduced pet names.

Who were the founders of Bunyoro-Kitara empire?

Abatembuzi

Who was the first and last ruler of the Chwezi?

-The first was Ndahura.

-The last was Wamala.

What caused the rise of Ghana kingdom?

- Ghana had a lot of gold.
- Ghana had a lot of food.
- Ghana had strong weapons made of iron.

What caused the fall of Ghana kingdom?

-Due to external attacks.

-The loss of gold.