

P.6 SST Class work Notes Week one(3/June/2020)

THE PEOPLE OF EAST AFRICA

HISTORY

History is the study of past events.

Sources of History

- Archaeology
- Anthropology
- Oral history
- Written history
- Linguistics

Archaeology

This is the scientific study of early man's remains.

The remains of early man are called fossils

Examples of fossils

- Spears
- Bones
- Skulls
- Knives

Archaeologists

- These are people who study about the remains of early man.
- The most famous archaeologists in east Africa was Dr. Louis Leakey.
- Dr. Louis Leakey discovered the oldest skull of early man at Olduvai gorge in Tanzania
- The skull was of a man called Zinjanthropus meaning black man.
- This is the reason why east Africa is referred to as the cradle land of mankind.

Anthropology

This is the study of different cultures of people

Oral history

This is the information passed on from one generation to another by mouth.

This information can be through;

- Legends
- Riddles
- Stories
- Proverbs
- Tongue twisters
- Poems

Written history

This is recorded information in books, novels, internet and others

Linguistics

This is the study of different languages eg Spanish, Chinese, French etc.

ETHNIC GROUP.

This is a group of people with the same origin and speak related languages

Examples of ethnic groups.

- Cushites
- Bantu
- Nilotics.
- Nilohamites.
- Highland nilotes

A tribe is a group of people with the same origin and speak the same language

Cushites / Hamites.

- The cushites are also called Hamites.
- The Hamites are believed to have come from the north of the Red Sea in Ethiopia at the place called "kush" and that is why they are referred to as cushites
- The cushites introduced the idea of iron working in East Africa while Uganda, the idea was introduced by the Bachwezi from Meroe in Ethiopia.
- The major occupation of the cushites was and is still pastoralism.
- The cushites were the first ethnic group to enter east Africa.

NB: In Uganda the Hamites entered from the South western direction.

Tribes that belong to the cushites in East Africa.

In Uganda

- Bahima
- Batutsi
- Basita

In Tanzania

- Mbugu
- Iragu

In Rwanda

- Tutsi

In Kenya

- Kinje
- Galla
- Somali
- Boran
- Rendille

In Burundi

- The Tutsi

Reasons for the migration of Hamites to East Africa.

- Shortage of land.
- outbreak of epidemic diseases
- Famine
- Internal conflicts
- External conflicts
- Prolonged drought
- Looking for water and pastures

Effects of the migration of the Hamites to East Africa.

Positive effects

- They introduced long horned cattle
- They introduced new cultures
- They introduced new crops.

Negative effects

- They led to increased population
- They displaced people
- They led to overstocking of animals.

Activity

1. How did the coming of the Cushites affect the people of East Africa?
2. Name one tribe that belongs to the Hamites in Uganda.
3. Mention another name for the Hamites.
4. How are the Bahima similar to the Karamojong in terms of economic activities?
5. Which tribe under the plain Nilotes is found in both Kenya and Tanzania?
6. Name two crops mainly grown by the Sabiny in Uganda.
7. State any one factor that favours the growing of wheat in Kapchorwa district.
8. Mention one main occupation of the Cushites.
9. State two causes of the migration of ethnic groups in East Africa.
10. State two positive effects for the migration of highland Nilotes to East Africa.

BANTU

1. The Bantu are the largest ethnic group in East Africa.
2. They are a group of people who speak a common language with a suffix "ntu" while referring to a person / human being (omuntu)
3. Where did the Bantu originate from?
Cameron highlands.

Other places where the Bantu are believed to have come from include

Around R. Congo in D.R.C. between R. Niger and Benue in Nigeria

4. The Bantu are sub-divided into four groups:

- a) **Western Bantu**- These Bantu tribes entered East Africa through the North Western route e.g. Basoga, Baganda
- b) **The Southern Bantu**- These used the southern route to enter East Africa – e.g. Ngoni, Hehe.

- c) **The Central Bantu**- They used the central route to enter East Africa e.g. the Mjikenda, Polomo
- d) **The Highland Bantu.** – These tribes settled around highland areas e.g. – Kikuyu, Embu, Meru (in Kenya), Chagga in Tanzania & Bagisu in Uganda.

5. Why did the Bantu mainly settle in the interlacustrine region of East Africa.

- Due to presence of fertile soils for farming.
- Due to presence of reliable rainfall for farming.
- To carry out fishing.

6. What do you understand by the term interlacustrine region?

This refers to the area around the great lakes of East Africa.

7. Which one was the last Bantu tribe to settle in East Africa?

Ngoni from South Africa

8. Name the great lakes of E. Africa.

- | | |
|-----------------|-----------------|
| - Lake Victoria | - Lake George |
| - Lake Kyoga | - Lake Eyasi |
| - Lake Albert | - Lake Naivasha |
| - Lake Edward | - Lake Turkana |

NILOTES

The Nilotes are the second largest ethnic group in E. Africa.

They are divided into three major groups;

- The River-lake Nilotes
- The Plain Nilotes
- Highland Nilotes.

THE RIVER- LAKE NILOTES

- These are people who migrated from Bahr-el- Ghazal in South Sudan.
- Their main occupation was pastoralism and fishing.

Examples of River – lake Nilotes

Uganda	Kenya	Tanzania
Acholi	Ja-luo	Luo
Alur		
Japadhola		

- When the River –lake Nilotes migrated into Uganda, they first settled at Pubungu (present day Pakwach).
- The Nilotic tribe which settled in eastern Uganda is Japadhola.
- The River – lake Nilotes who settled in Western Kenya are the Jaluo.
- The Nilotic tribe that invaded Bunyoro-Kitara formed the Luo-Babiito dynasty.
- The founder of the Luo-Babiito dynasty was Isingoma Rukidi Mpuga.

PLAIN NILOTES

- They migrated from Ethiopian highlands.
- Their original occupation was Pastoralism.
- They are called so because they settled on plains of East Africa.

Tribes under plain Nilotes in East Africa are;

Uganda	Kenya	Tanzania
Karimojong	Masai	Masai
Iteso	Turkana	
Jie	Samburu	
Kumam		

NB: The Plain Nilotes tribe found in both Kenya and Tanzania is Masai.

HIGHLAND NILOTES

- Highland Nilotes come from Ethiopian Highlands.
- Their main activity was pastoralism but later changed to mixed farming.

Tribes under Highland Nilotes in East Africa.

In Uganda

- Sabiny / sebei
- Pokot

In Kenya

- Sabiny
- Pokot
- Kipsigis
- Tiger
- Keijo

In Tanzania

- Dadong

- Marakwet
- Teribok
- Okiek
- Nandi
- Bongomek

Crops grown by the Sabiny on the slopes of mt. Elgon.

- Finger millet
- wheat
- Maize

NB :

- The Sabiny in Uganda live in the slopes of Mt. Elgon - in Kapchorwadistrict.
- Kapchorwa is the leading producer of wheat in Uganda.
- The Sabiny rear donkeys for transport.

Reasons why the Highland Nilotes changed from pastoralism to mixed farming.

- They were influenced by the Bantu.
- They settled in fertile areas which supported farming.
- The death of their animals forced them to start crop growing.

Reasons for the migration of Highland Nilotes

- Shortage of land due to over population.
- Internal Conflicts.
- Looking for water and pastures for their animals.
- Famine.
- Drought.
- Outbreak of human and animal diseases.

Effects of the migration of Highland Nilotes in East Africa.

Positive effects

- They introduced new crops
- They introduced new languages / Cultures

Negative effects

- Led to increased population in East Africa
- Led to displacement of people
- Caused Conflicts

Effects of tribal migrations in East Africa

- They led population increase where they settled.
- New cultures were introduced e.g. new languages,
- New skills of iron working and farming were introduced.
- They led to displacement of the bushmen.
- Led to inter-marriages.

Problems faced by the Ethnic groups during migration;

- Diseases
- Attacks from wild animals
- Shortage of food.
- Rough terrain
- Hostile tribes

Activity

1. Mention any one source of history known to you.
2. During which stone age period was fire discovered?
3. What name was given to the earliest man in East Africa?

4. What role was played by Dr. L.S.B Leakey in the history of East Africa?
5. How is Olduvai Gorge important to the economic development of Tanzania?
6. Why was early man referred to as stone age man?
7. Which new stone age discovery helped early man to live a settled life?
8. How did the discovery of iron smelting help to improve early man's way of living?
9. How did early man get his food?
10. How is Bigobyamugenyi economically important to our country?
11. Who is an archaeologist?
12. What is an ethnic group?
13. Give the meaning of a tribe.
14. Give the cradleland of the following tribal groups.
 - a) Bantu
 - b) Nilo-Hamites
 - c) Cushites
 - d) River – lake nilotes.
15. Why did the tribal groups migrate from their homeland?
16. Give two tribes that belong to the Sudanic ethnic group in Uganda.
17. What was the first tribal group to migrate into East Africa?
18. Name the Nilotic tribe that migrated and settled in Kenya.
19. Give one tribe that belongs to the highland Bantu in the following countries:
 - a) Uganda
 - b) Kenya
 - c) Tanzania
20. What problems were faced by the early migrants into East Africa?