

P.4 SST WEEK6

Monday

PEOPLE IN OUR DISTRICT

- Before the coming of the ethnic group, the people who lived in Uganda were called the **Bush men / early man**.
- They lived during the Stone Age Period.

THE STONE AGED PERIOD

What was the Stone Age period?

- **Stone age period** was the period when early man used tools made out of stones.
- **Stone Age period** is the period when early man used stone tools and weapons

Places where early man lived.

- Caves
- Under big trees

Early man's food

- Raw meat
- Roots
- Fruits
- Insects
- Fish
- Honey

Ways how early man got food

- Gathering
- Hunting
- Fishing

Problems early man faced

- Attacks from wild animals
- Bad/harsh weather

- Lack of proper food
- Lack of proper shelter

Early man's discoveries

- Fire
- Farming
- Iron smelting

Activity

1. Who were the original inhabitants of Uganda before the coming of ethnic groups?
2. Why was Stone Age period called so?
3. Give two ways how early man obtained food.
4. Mention any two problems that early man faced.
5. What was the first discovery of early man?

Tuesday

STAGES OF THE STONE AGE PERIOD

- Old/early Stone Age period
- Middle stone age
- New/ Late stone age

OLD STONE AGE

This was the first stage of early man.

Needs of man during this period

- Shelter
- Food
- Protection









Shelter

- They lived under big trees and caves
- Near lakes and rivers.

Food

-They ate raw meat, fruits and honey

Examples of early man's tools

			
Bolas	Hand axe	Cleaver	Thumb nail scrapper
			
Bone needle	Club	Spearhead	pick

Use of each tool / weapon_

- **Bolas** – for trapping fast running animals
- **Hand axe**
- **Thumb nail scrapper** } skinning animals
- **Bone needle** – joining skins to make clothes for early man.
- **Club** – for hitting trapped animals to death
- **Cleaver** – for splitting
- **Pick** – for digging holes

Note:

- The early / Old Stone Age period ended with the **discovery of fire.**
- Therefore, the discovery of fire marked the end of the Old Stone Age period and the beginning of the Middle Stone Age Period.

Importance of fire to early man

- To scare away wild animals
- To light in the cave

- To roast meat.
- For warmth
- Boiling poison.

Activity

1. How was a bolas useful to early man?
2. Apart from a bolas, mention any two other tools used by early man.
3. Which invention marked the end of old stone age period?
4. Give two ways how early man made use of fire.

Wednesday

THE MIDDLE STONE AGE PERIOD

- This was the second stage of early man.
- The middle Stone Age period, early man, tamed the dog by giving the dog a bone.

How useful was a dog to early man?

- For scaring away wild animal
- For hunting
- For company

Other important discoveries during the middle Stone Age period

- Man used skin and leaves as clothes
- Making pots for domestic use
- New ways of trapping and hunting animals
- Buried their dead
- Hunting tools were made better

NB: -Early man tamed other animals like the goat, sheep and cattle during the middle Stone Age period.

-The most important discovery of early man during the middle Stone Age period was discovery of farming.

-Therefore, farming marked the end of Middle Stone Age period and the beginning of the new/late Stone Age period.

THE NEW/LATE STONE AGE PERIOD

- Having discovered farming in the middle stone age, early man started living a settled life in the late Stone Age period in order to look after his animals and crops.
- The most important discovery of early man during this period was **discovery of iron smelting**
- New tools like knives, hoes and baskets were made to help dig the land, sow and harvest crops.
- Drawing and paintings on walls of rocks
- Rock painting in Uganda can be found in Nyeru in Kumi district.
- **Discovery of iron smelting** marked the end of the Stone Age period.

Activity

1. Name the first animal to be tamed by man.
2. How was the above animal useful to man?
3. Which discovery enabled man to live a settled life?
4. How did the discovery of farming help man to live a settled life?
5. Name the stone age site famous for rock paintings in Uganda.

Thursday

SOURCES OF HISTORY

- Oral tradition (legends, fairytales, myth)
- Written records
- Archaeology
- Linguistics
- Anthropology

ARCHAEOLOGY

- Archeology is the study of the remains of early man / early life.
- Archeological work is done by digging the remains of early man
- Early man remains are called fossils
- Digging deep in the soil to find the remains of early man is called excavation.

Archeologists

Archeologists are the people who study the remains of early man.

Dr. Louis Leakey

- He is the most famous archaeologist in east Africa
- He discovered the oldest skull of early man in East Africa
- The skull was found at **Olduvai Gorge in Tanzania.**

What do Archaeologists study?

- Remains of plants and animals
- Stone Age tools
- Rock paintings
- Weapon
- Remains of food
- Building materials
- Iron remains

Note:

The Bachwezi introduced the idea of iron work in Uganda.

The Bachwezi set up their headquarters at **Bigobyamugenyi.**

Activity

1. Write two sources of history.
2. What is archaeology?
3. Why is Dr Louis Leakey still remembered in East Africa?
4. What are fossils?
5. Name the place where the Bachwezi set up their headquarters.

Friday

STONE AGE SITES

These are places where early man is believed to have lived.

Examples of Stone Age sites

- Luzira Stone Age site in Kampala
- Nsongezi Stone Age site (largest Stone Age site in Uganda)
- Nyero Stone Age site in Kumi district (known for rock painting)
- Magosi in Karamoja region

- Paraa Stone Age site

A sketch map of Uganda showing Stone Age sites



Importance of Stone Age sites

- They are a source of tourist attraction
- They help us to know or to learn about the life of early man.
- They help us to study things used by early people
- We discover the origin of early man.

A Museum

A museum is a building where things of long ago are kept.

Importance of a museum

- For study purpose
- For tourist attraction
- Provides jobs to people

Activity

1. What are stone age sites?
2. Name the largest stone age site in Uganda.
3. How is Bigobyamugenyi economically important to Uganda?
4. Name the stone age site found in Karamoja.
5. How is a museum important to people in our district?