

SOCIAL STUDIES

CLASS FOUR

UNIT ONE: THE PHYSICAL ENVIRONMENT

Country where our school is located

Our country is made up of several districts

There are 47 counties in Kenya

Our school is located in Nakuru County

Counties that neighbor our county

-) Baringo county to the north
-) Laikipia county to the north east
-) Nyandarua county to the east
-) Kiambu county to the south east
-) Kajiado county to the south
-) Narok county to the south west
-) Bomet county to the west
-) Kericho county to the west

Activity 1

Pupils draw a map of Nakuru County and list its neighbors

Comprehensive s/s 4 page3

Districts making Up Nakuru county

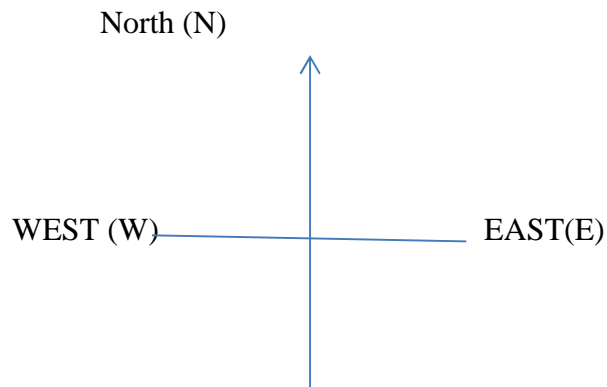
- | | |
|------------------|----------------|
|) Naivasha |) Molo |
|) Gilgil |) Njoro |
|) Nakuru central |) Nakuru north |
|) Rongai |) Subukia |
|) Kuresoi |) Bahati |

Work to do

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COMPASS DIRECTIONS

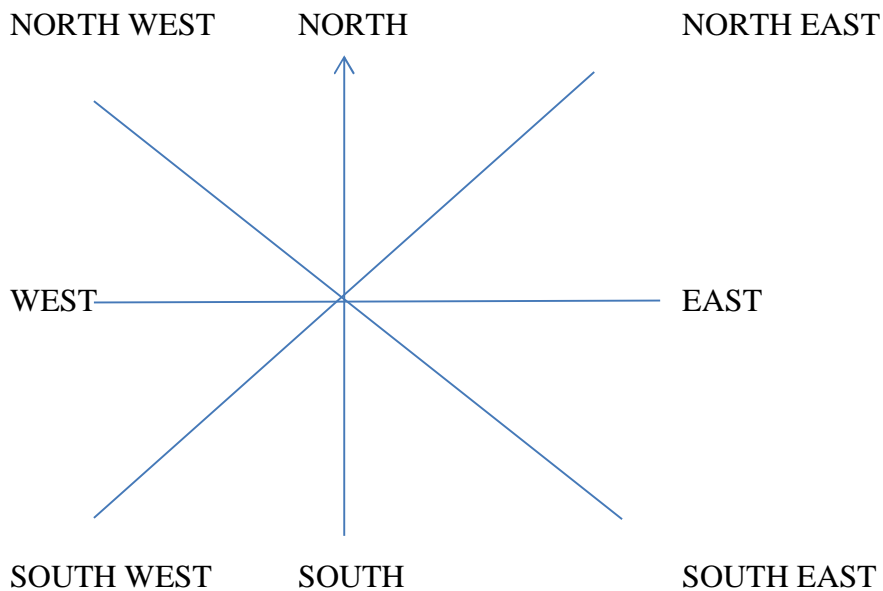
The four points of a compass (cardinal/points)



A compass is used to show direction on a map

The arrow of the compass always point to the north

THE EIGHT COMPASS POINTS



The eight compass points can be also be written using letters to stand for words

-) N E – North East
-) S E – South East
-) S W – South West
-) N W – North West

Work to do

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Major physical features in Nyandarua County

Physical features are natural things we see on the surface of the earth

They show how the land looks like

Examples of physical features

-) Rivers
-) Lakes
-) Mountains
-) Plains
-) Valleys
-) Swamps
-) Plateaus
-) Springs

RIVERS

A river is a natural flow of water in a valley

Rivers flow throughout the year are called permanent rivers

Rivers flowing only during wet season are called seasonal rivers

An area where the river starts is called a source

Small streams that join the main river are called

Tributaries

A point where two or more rivers meet is called a confluence

Where the river drains forms its mouth

Examples of rivers in our county

-) River Subukia
-) River Amalo in Olenguruone
-) River Molo
-) River Chawai in Mau forest
-) River Chinga in Subukia
-) River Kabazi
-) River Chania in Bahati
-) Shrine stream

Some seasonal rivers

-) River Nyarugu in Njoro
-) River Bagaria
-) River Lolderi
-) River Kirimu
-) River
-) Igwamiti
-) River Hakinga

WATER FALLS

It is the flow of a river over a very high place to the ground

Bagaria water falls along R.Bagaria

Songongo water falls along R.Chewai

Glory and along the Subukia escarpment

LAKES

It is a large depression on the surface of the earth that is filled with water

Examples

-) Lake Nakuru
-) Lake Elementaita
-) Lake Naivasha

) Lake Oloidien

HILLS

It is an area that is higher than the surrounding land

Hills are smaller than mountains

Examples

-) Hyrax hills
-) Lions hills
-) Man hills
-) Eburu hills
-) Kerugue hills
-) Gilgil hills
-) Jogoo hills
-) Lesirwa hills
-) Jumatatu hills
-) Kasambara hills
-) Kianjoya hills at miti mingi
-) Elge wood hills
-) Arashi hills
-) Kerima Ndege hills in mbogoini
-) Gitunga hills
-) Mwiteithia hills in Mbogoini lower subukia
-) Honeymoon hill in Nakuru National park

MOUNTAINS

It is a large part of the earth surface that is much higher than its surrounding

Examples

-) MT. Menengai
-) MT, Longonot
-) MT. Suswa

The highest mountain in Nakuru County is MT. Longonot near Maai – mahiu, Naivasha District

PLAINS

It is a large low land that is generally flat

-) Elementaita plains
-) Kigio plains
-) Rongai- boror – ngata plains

VALLEYS

It is a depression between two areas that are high or raised

Valleys that rivers flow through them are called Valley Rivers

Examples

-) Great rift valley
-) Nyatoru valley in Kiambogo
-) Subukia valley

SWAMPS

Are lowlands filled with water and covered by swamps

Examples

-) Kiptungar swamps near Mau forest
-) Sasumua swamp near Muchorwe moto
-) Wila swamp in kuresoi
-) Silbwet swamp in keringet in kuresoi

SPRINGS

It forms where water flows out of the ground from an underground source

Examples

-) Lake Elementaita springs
-) Lake Nakuru springs
-) Labere springs
-) Oljorai springs
-) Kariandusi springs

) Chamuka springs

PLATEAUS

It is a raised piece of land that is flat at the top

Examples

-) Metha plateau
-) Kiambogo – Ndabibi area near Nyatoru valley

Importances of physical features

Water for domestic and industrial use

Home for wildlife

Used for irrigation

Tourist attraction

Used for transport

Clay collected at the river banks is used for modeling

Rivers act as boundaries

Plains are good grazing grounds

Valleys are good for farming

Activity

Pupils answer questions

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TYPES OF NATURAL VEGETATION

Vegetation refers to plants that grow on the surface of the earth

There are two types

-) Natural
-) Planted

Examples

-) Grass
-) Forest
-) Scrub
-) Bushes
-) Shrubs
-) Wood land

Distribution of natural vegetation

FORESTS

It is a group of trees that grow together

They grow in areas with high rainfall

The forest is either natural or planted

Trees in natural forest

- ❖ Mvule
- ❖ Meru oak
- ❖ Campor
- ❖ Teek

Examples in natural forests

Mau forest Naivasha

Eburu forests in county

Sururu forest in Nakuru county

Menengai forest

Kiptagich forest in Kuresoi District

SAVANNAH GRASSLAND

It is a large area covered by grass with few scattered trees

They receive low rainfall

They are found

- ❖ Elementaita
- ❖ Suswa
- ❖ Longonot
- ❖ Ngata Rongai

SAVANNA WOODLAND

It is made up of grassland with trees growing close to each other

Trees are mainly acacia

They are found

- ❖ Gilgil
- ❖ Rongai
- ❖ Naivasha
- ❖ Lake Nakuru National Park

SCRUB VEGETATION

It is made up of short trees, grass and thorny bushes

Are found in areas with low rainfall

Are found

- ❖ Mbaruk
- ❖ Rongai
- ❖ Soysambu
- ❖ Miti mingi

SEMI – DESERT VEGETATION

Consist mainly of short, dry, thorny plants which take long to mature

These areas receive very low rainfall

Are found

- ❖ Kambi ya moto
- ❖ Lower subukia

- ❖ Banita in solai

SWAMP VEGETATION

Found mainly in low- lying areas especially in swampy areas

Are found

- ❖ Silbwet swamp
- ❖ Kiptungar swamp
- ❖ Around lake Nakuru

Importance of vegetation

Pasture for animals

Homes for wild animals

Source of timber

Source of medicine

Source of firewood

Used in weaving industry

Makes the land beautiful

Makes air fresh

Source of food

Hold soil particles together

Activity

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WEATHER

It is the condition of the atmosphere of a place at a particular time

Elements of weather

- ❖ Rainfall
- ❖ Temperature

- ❖ Wind
- ❖ Air pressure

Weather measuring instruments

- ❖ Thermometer
- ❖ Wind vane
- ❖ Rain gauge
- ✓ **THERMOMETER**
- ✓ It measures the hotness or coldness of a place
- ✓ It uses two liquids
- ✓ Mercury
- ✓ Alcohol
- ✓ Temperature is measured in degrees Celsius
- ✓ A maximum and minimum thermometer uses mercury and alcohol
- ✓ **Activity**
- ✓ Draw a maximum and minimum thermometer on pg 36
- ✓ **WINDVANE**
- ✓ -It shows the direction of the wind
- ✓ -It is made up of a pole, a vane and compass points
 - vane points where the wind is blowing from
- ✓ Activity
- ✓ Diagram on pps Bk 4 pg 36

- ✓ **RAINGAUGE**
- ✓ -Used to measure the amount of rainfall
- ✓ -Rainfall is measured in units called millimeters (mm)
- ✓ -It is made up of a funnel, metal container and measuring cylinder
- ✓ It is placed 15cm underground and 30cm above the ground
- ✓ **Activity**
- ✓ Diagram on pg 37

- ✓ **PEOPLE AND POPULATION**
- ✓ **LANGUAGE GROUPS IN OUR COUNTY**
- ✓ A language group consists of people who speak in a similar way
- ✓ The people in the same language group use some common words
- ✓ Examples of language groups
- ✓ Nilotes
- ✓ Bantus

- ✓ Cushites
- ✓ Semites
- ✓ Asians
- ✓ Europeans

- ✓ **NILOTES**

- ✓ They include
- ✓ Kipsigis
- ✓ Maasai
- ✓ Luo
- ✓ Tugens
- ✓ The nilotes are divided in to two
- ✓ Plain nilotes
- ✓ Highland nilotes

- ✓ **Plain nilotes**

- ✓ Mainly live in lowlands
- ✓ Are mainly animal keepers
- ✓ They are nomadic pastrolists

- ✓ **Highland nilotes**

- ✓ They keep animals and grow crops
- ✓ Kipsigis
- ✓ Keiyo
- ✓ Okiek
- ✓ Tugen
- ✓ Terik
- ✓ Pokot
- ✓ Saboat
- ✓ Nandi
- ✓ Marakwet

- ✓ **BANTUS**

- ✓ They include
- ✓ Kikuyu
- ✓ Meru
- ✓ Kamba
- ✓ Luhya/abaluhya
- ✓ Kuria/abakuria

- ✓ They are mainly cultivators so they were looking for fertile lands

- ✓ **EUROPEANS**

- ✓ They settled in the highlands where they kept cattle and sheep
- ✓ They also grew cash crops and food crops
- ✓ A few of them practice commercial farming in the Dairy and flower farms in Naivasha

- ✓ **ASIANS**

- ✓ They are mainly Indians
- ✓ They are traders
- ✓ They are found in towns like Nakuru, Naivasha, Molo, Gilgil and Njoro

- ✓ **SEMITES**

- ✓ They are mainly Arabs; Nubians and Jews
- ✓ They are found in major towns
- ✓ They are mainly traders

- ✓ **CUSHITES**

- ✓ They are mainly Somali and boran
- ✓ They are mainly pastoralists
- ✓ They are found in urban areas

- ✓ **POPULATION DISTRIBUTION**

- ✓ Population refers to the number of people who live in a particular area
- ✓ Areas with many people are densely populated
- ✓ Areas with few people are sparsely populated

- ✓ **Areas of high population**

- ✓ In major towns like Naivasha, Gilgil
- ✓ Most settlements have high population
- ✓ e.g.
- ✓ Ngashura
- ✓ Bahati
- ✓ Ronda
- ✓ Njoro
- ✓ Ngata
- ✓ Kiambogo

- ✓ mbogoini
- ✓ subukia
- ✓ nyangachu
- ✓ Areas that receive high rainfall and fertile soils
- ✓ Major towns because of good facilities and business opportunity

- ✓ **Areas of low population**
- ✓ Parts of Rongai, miti mingi, lower subukia, kangasi, gilgil, Longonot and Elementaitaescarpments
- ✓ Areas with low rainfall
- ✓ Areas under game reserves and national parks
- ✓ Areas with poor soils
- ✓ Revision questions
- ✓ **Activity**
- ✓ Comprehensives/s Bk 4 pg 42-43

✓ **SOCIAL RELATIONS AND CULTURAL ACTIVITIES**

✓ **MORAL VALUES**

- ✓ These are the rules that guides the behavior of people in the society
- ✓ Each society has its own moral values
- ✓ Examples
- ✓ Respect
- ✓ Sincerity
- ✓ Justice
- ✓ Love
- ✓ Obedience
- ✓ Generosity
- ✓ Responsibilities

✓ **Other moral values**

- ✓ Assisting one another
- ✓ Being tolerant
- ✓ Being humble
- ✓ Being patient
- ✓ Being faithful
- ✓ Being loyal
- ✓ Respecting others

✓ **Importance of moral values**

- ✓ They promote unity and harmony
- ✓ Promote love and kindness
- ✓ Promote responsible people in the society
- ✓ Promote honesty
- ✓ Good morals are rewarded
- ✓ They develop good habits

- ✓ **Traditional way of life**
- ✓ The way of the people is called culture
- ✓ Culture is passed from the elders to the young members of the community
- ✓ Our cultures include
- ✓ Our language
- ✓ The way we dress
- ✓ The food we eat
- ✓ The way we greet one another
- ✓ The way we build our house
- ✓ Games we play
- ✓ The way we worship our God
- ✓ The way we learn from one another

Our traditional food

Kalenjins

Drink such as mursik(sour milk)

Animal's blood mixed with fermented milk

Cereals such as millet (bek/kilipsiongik) and sorghum (mosongik)

Meat (pendo)

Mushroom (popek)

Vegetables such as isoik

Maasai

Drink milk and blood and soup

Meat from goats, sheep and cattle

Agikuyu

Cereals such as lablab beans (njahi), peas (njugu) and beans (mboco)

Crops like sweet potatoes (ngwaci), cassava (mwanga), yams (ikwa), and arrowroots (nduma)

Fruits such as terere (aramantha) stinging nettle kahurura and manage

Irio (mashed beans, maize, potatoes and green vegetables)

Dressing

The mode of dressing depended mainly on the occasion

Most communities used to dress from animal skins, grass and leaves

Among the Maasai, adults plaited their hair and decorated their bodies

Warriors had special dressing and weapons

Leaders wore special clothes like hats

Women wore bangles around their arms and legs and necklaces around their necks

Girls wore special dressing before and after initiation

Songs and dances

They were sang for entertainment and pass important messages

Song were sang during

- ❖ Marriage
- ❖ Initiation
- ❖ Work
- ❖ War
- ❖ Child naming ceremony
- ❖ Funerals

Traditional medicine practices

People were treated by traditional doctors and medicines

Learning was done through experts

This was called apprenticeship

Some women were trained as midwives who assisted mothers when giving birth

Ceremonies and festivals

Ceremonies

A ceremony is an activity or event held to mark a certain accession

The ceremony may involve songs, dances and celebrations

They were held during important events such as birth, circumcision, funerals

Birth and naming

- ❖ children were named after
- ❖ events
- ❖ times of the day or night
- ❖ great people
- ❖ seasons
- ❖ clans
- ❖ animals
- ❖ places
- ❖ the dead

Initiation ceremony

performed to mark the passage from child hood to adult hood

It was accompanied by singing, dancing, eating and drinking

Both boys and girls were circumcised

Today there are some changes

Circumcision for girls is discouraged

Boys are circumcised in hospitals

Initiation ceremonies are organized in churches

The initiates are taught

Moral values of the society

How to behave well

The culture of the community

How to behave as adults

Festivals

They are days or the periods of the celebrations

They are held to celebrate when something special has happened

Examples

- ❖ music festivals
- ❖ harvesting festivals
- ❖ drama festivals

Importance of working together

The members support each other

Promote interaction and sharing of ideas

Working together making difficult things easy

Promote peace and understanding

Helps the needy in the society

Promotes faster development

Promotes unity

Some of the community activities in which people work together include

Cleaning the environment

Helping children and the old

Building social halls

Contributing money to pay for fees for children from poor homes

Building bridges

Constructing schools and hospitals

Planting trees

Revision questions

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