



Primary 7 Social studies

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President of Uganda 2031** 

Term 2

Theme: LIVING TOGETHER IN AFRICA

Topic 1/4: The People of Africa, the Ethnic Groups and Settlement Patterns

Learning Outcomes:

The learner demonstrates and promotes positive values and social practices in the society, and shows respect for his/her own and other cultures.

Major Ethnic Groups in Africa and Their Origins

(i) **The Bantu:**



Kabaka of Buganda

This is the largest group in Africa. They are believed to have originated from the **Cameroon highlands** in West Africa. About 2,000 to 3,000 years ago, they began a massive migration south and east, spreading their knowledge of iron-working and farming.

(ii) **The Nilotes**



This group originated from the **Nile Valley**, particularly in the area of modern-day **South Sudan**. They were traditionally cattle keepers who moved southward into East Africa (like Uganda and Kenya) in search of water and pasture for their animals.

(iii) **The Cushites (or Hamites)**



These groups originally came from the **Horn of Africa** and parts of the Middle East. They are common in Ethiopia, Somalia, and Northern Kenya.

(iv) **The Khoisan:** These are among the oldest inhabitants of Southern Africa. They originally lived as hunters and gatherers in the southern parts of the continent long before other groups migrated there.

- (v) **The Semites/Arabs:** These groups primarily originated from the **Middle East** and settled in North Africa and along the East African coast through trade and the spread of religion.

Reasons for Migration and Settlement of different ethnic groups

- (i) **Internal Conflicts:** Sometimes, different clans or families within the same ethnic group disagreed. These "misunderstandings" often centered around who owned certain pieces of land or who could use specific water sources, forcing some groups to move away to find peace.
- (ii) **Wars:** Constant attacks from hostile neighboring tribes (external pressure) forced many groups to migrate to safer areas to protect their families and property.
- (iii) **Population Increase:** As families grew larger, the original land became overcrowded. This "population pressure" meant there wasn't enough space for everyone to live comfortably, so groups moved to look for more room.
- (iv) **Lack of Enough Land and Water:** Many migrating groups were farmers or cattle keepers. They needed large amounts of fertile land for crops and green pastures and water for their animals. When these became scarce, they had to move.
- (v) **Harsh Climate:** Natural disasters like long droughts (no rain) caused famine and water shortages. Unreliable or changing weather patterns made it impossible to survive in the old lands.
- (vi) **Expansionism:** Some powerful leaders or groups wanted to expand their influence, spread their culture (like iron-working), or find new adventures by conquering and settling in new territories.

Exercise 1

1. What is the meaning of the term **migration**?
2. Identify **two** reasons why the Bantu might have left their original homeland in the Cameroon highlands.
3. How does **population increase** lead to the movement of people?
4. Give one reason why **water** was so important for the Nilotes during their migration.
5. Apart from wars, name one other **natural disaster** that could force an ethnic group to move.

Problems faced by ethnic groups during Movement and Settlement

- (i) **Resistance from Indigenous People:** As groups moved into new areas, the people already living there (indigenous groups) often fought back to protect their land and resources. This led to tribal wars and conflicts.
- (ii) **Difficulty in Movements:** There were no modern roads or vehicles. People had to walk long distances carrying heavy loads, which was very tiring and slow.

- (iii) **Wild Animals and Diseases:** Migrants traveled through thick forests and grasslands where they were attacked by dangerous wild animals like lions and leopards. They also faced deadly diseases like malaria and sleeping sickness.
- (iv) **Difficult Terrain:** The journey often involved crossing high mountains, deep valleys, and wide rivers that were hard to navigate.
- (v) **Food and Water Shortage:** Finding enough to eat and drink every day was a constant struggle, especially when traveling through dry or desert-like areas.
- (vi) **Harsh Climate:** Extreme weather, such as very hot sun, heavy floods, or long droughts, made the journey even more dangerous and forced groups to change their routes.

Exercise 2

1. Give **two** reasons why moving through forests was dangerous for early migrants.
2. How did the **indigenous people** react when new ethnic groups arrived in their land?
3. Name **two** physical features (terrain) that made movement difficult.
4. Why was it hard for migrating groups to find enough **food and water**?
5. State **one** way in which a harsh climate could affect a migrating group

Effects of Ethnic Migrations

- (i) **Population Increase:** As groups settled in new areas, the number of people living there grew. This led to the development of larger villages and eventually kingdoms.
- (ii) **Spread of New Languages:** Different groups brought their own languages. Over time, these languages mixed or spread, which is why many people in different countries today speak similar languages (like Bantu languages).
- (iii) **New Farming and Iron-working Skills:** Migrants like the Bantu introduced better ways of farming (like growing yams and bananas) and the skill of making iron tools like hoes and spears.
- (iv) **Intermarriage:** People from different ethnic groups married one another. This created new sub-groups and helped to unite different cultures.
- (v) **Cultural Exchange:** Groups learned new things from each other, such as new styles of dressing, dancing, building houses, and even different ways of worshipping.
- (vi) **Conflicts and Wars:** Not all effects were peaceful. Migration often led to displacement, where the original inhabitants were forced off their land, leading to tribal wars.
- (vii) **Introduction of New Crops and Animals:** Moving groups carried seeds and livestock. For example, the Nilotes spread the culture of cattle keeping to many parts of East Africa.

Exercise 3

1. Name **two** skills that the Bantu spread as they migrated.
2. How did **intermarriage** affect the different ethnic groups?

3. State **one** negative effect of ethnic migrations in Africa.
4. Why did the population of the areas where migrants settled **increase**?
5. How did migration help in the spread of **languages**?

Revision exercise

1. In which one way did wild animals make pre-colonial migrations difficult?
 - (i) **Attacks on People:** Large predators like lions, leopards, and crocodiles attacked and killed migrants, especially at night or when crossing rivers.
 - (ii) **Loss of Livestock:** For groups like the Nilotes, wild animals killed their cattle, sheep, and goats, which were their main source of food and wealth.
 - (iii) **Spreading Diseases:** Some wild animals carried insects like **tsetse flies**, which caused sleeping sickness in humans and killed their animals.
 - (iv) **Fear and Delays:** Groups often had to take much longer routes to avoid areas known to have many dangerous animals, making their journey slow and tiring.

2. (a) Name one tribe of Plain Nilotes which is found in both Uganda and Kenya
Iteso
- (b) State any two positive effects of settlement of ethnic groups on the earliest people who lived in East Africa
 - (i) **New Farming Skills:** They learned how to grow crops like yams, millet, and bananas instead of only gathering wild fruits.
 - (ii) **Iron-working:** The newcomers introduced iron tools like hoes and pangas, which were much stronger than the stone tools used before.
 - (iii) **New Animals:** The earliest people learned how to keep domestic animals like cattle, sheep, and goats for milk and meat.
 - (iv) **Trade:** Different groups began to exchange things they had (like honey or skins) for things they needed (like iron tools or grain).
 - (v) **Intermarriage:** This led to the creation of new cultures and helped different groups live together more peacefully.
- (c) Write one way in which soil influenced the settlement of the ethnic groups in East Africa
 - (i) **Fertile Soil for Farmers:** Groups like the **Bantu** settled in areas with rich, fertile soil (like around Lake Victoria) because they needed it to grow crops like bananas and yams.
 - (ii) **Pasture for Herders:** Groups like the **Nilotes** looked for areas with soil that grew plenty of grass so their cattle, sheep, and goats would have enough to eat.

- (iii) **Avoiding Poor Soil:** Migrants avoided settling in areas with very sandy or rocky soil because they could not grow food or find enough water there.
 - (iv) **Building Materials:** Some groups settled where the soil was good for making mud bricks or plastering their traditional huts.
3. State any one reason why most pastoral communities are settled in the plains.
- (i) **Plenty of Grass:** Plains are wide, open grasslands that provide a lot of food (pasture) for their cattle, sheep, and goats.
 - (ii) **Easy Movement:** The flat land makes it easy for the herders to move their large herds of animals from one place to another in search of water.
 - (iii) **Safety:** Open plains allow herders to see a long distance away, helping them spot **wild animals** or enemies trying to steal their livestock.
 - (iv) **Water Sources:** Many plains have seasonal rivers or water holes where animals can drink during the dry season.
4. (a) Name the place where the Nilotics first settled when they arrived in Uganda
Pubungu
- (b) State any two reasons why the Nilotics left their original homeland.
- (i) **Drought and Famine:** There was a long period of no rain, which caused crops to dry up and people to go hungry.
 - (ii) **Lack of Water and Pasture:** As cattle keepers, they needed plenty of water and green grass for their animals, which became scarce.
 - (iii) **Overpopulation:** Their families and herds of cattle grew too large for the small area they lived in.
 - (iv) **Internal Conflicts:** Frequent quarrels and "misunderstandings" between different clans forced some groups to move away.
 - (v) **Outbreak of Diseases:** Deadly diseases attacked both the people and their livestock, making them seek safer lands.
 - (vi) **External Attacks:** They were often attacked by hostile neighboring tribes and moved to find peace.
- (c) State any one positive effect of the migration of the Nilotics.
- (i) **Introduction of Cattle Keeping:** They spread the skill of rearing large herds of cattle for meat, milk, and wealth.
 - (ii) **Cultural Exchange:** They introduced new traditions, such as the **pet names** (*Empaako*) used in Western Uganda.
 - (iii) **New Crops:** They introduced the growing of cereal crops like **millet and sorghum**.
 - (iv) **Formation of Kingdoms:** Their arrival led to the beginning of famous dynasties, such as the **Babito Dynasty** in the Bunyoro-Kitara Kingdom.

- (v) **Population Growth:** Their settlement increased the number of people in sparsely populated areas, making those regions stronger.
5. Name any one tribe in Uganda that belongs to the plain Nilotics.
- (i) **The Iteso:** The largest group of Plain Nilotes in Uganda, found mainly in the eastern districts like Soroti, Kumi, and Bukedea.
- (ii) **The Karamojong:** Found in the northeastern part of Uganda (Karamoja region), they are famous for keeping large herds of cattle.
- (iii) **The Kumam:** They live near Lake Kyoga and share many customs with both the Iteso and the Luo.
- (iv) **The Kakwa:** Located in the West Nile region, near the borders of Sudan and DR Congo.
- (v) **The Jie:** A group related to the Karamojong living in the Kotido area.
6. (a) Why was early man known as the Stone Age Man?
- (i) **Tools and Weapons:** He made almost all his tools, like axes, spears, and scrapers, out of stones.
- (ii) **Protection:** He used stones to protect himself from wild animals.
- (iii) **Building:** He used stones to make simple shelters or lived in stone caves
- (b) Mention any two methods Stone Age men used to kill the animals for food.
- (i) **Chasing and Tiring:** They would chase an animal for a long time until it became too tired to run anymore.
- (ii) **Digging Pitfalls:** They dug deep holes in the ground and covered them with branches and leaves. When an animal walked over it, it would fall in and get trapped.
- (iii) **Using Stone Tools:** They threw sharp **stone spears** or used heavy **stone clubs** to hit and kill the animals.
- (iv) **Driving Animals Over Cliffs:** Hunters would make a lot of noise to scare a herd of animals into running off a high cliff.
- (v) **Cornering Near Water:** They would wait near rivers or lakes to trap animals when they came to drink.
- (c) How did the discovery of iron changed man's way of life?
- (i) **Better Farming:** Iron hoes and axes were much stronger than stone ones. This allowed people to clear thick forests and dig the soil more deeply to grow more food.
- (ii) **Stronger Weapons:** Men made iron spears and arrows, which were sharper and more durable. This helped them protect their families better from wild animals and enemies.

- (iii) **Permanent Settlements:** Because farming became easier and more productive, people stopped moving around to look for food and began building permanent villages.
 - (iv) **Growth of Kingdoms:** With better weapons and more food, powerful leaders could organize large groups of people, leading to the start of great African kingdoms.
 - (v) **Trade:** People who knew how to smelt and forge iron (blacksmiths) became very important. They traded their iron tools for other things like salt, grain, or clothes.
7. Which discovery marked the end of Stone Age period?
Iron working
8. Name one tribe in Uganda that belongs to the Nile-Hamites
- In Uganda, the **Nile-Hamites** (also known as the **Plain Nilotes**) include several tribes. The most well-known are:
- (i) **The Iteso:** They are the largest group of Nile-Hamites in Uganda, living mainly in the **Teso sub-region** (Eastern Uganda).
 - (ii) **The Karamojong:** They live in the **Karamoja region** (Northeastern Uganda) and are famous for their cattle-keeping culture.
 - (iii) **The Kumam:** Found near **Lake Kyoga** in Central-Eastern Uganda.
 - (iv) **The Kakwa:** Located in the **West Nile region**, near the border of South Sudan.
 - (v) **The Jie:** A group closely related to the Karamojong living in **Kotido**.
9. Which sub-ethnic group in East Africa originated from the Ethiopian highlands?
- The sub-ethnic group in East Africa that originated from the **Ethiopian Highlands** is the **Cushites** (sometimes called Hamites).
- In Uganda, a specific sub-group of Cushites is the **Basongora**. In the wider East African region, this group includes tribes like the **Galla**, **Somali**, and **Rendille**.

Thank you

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