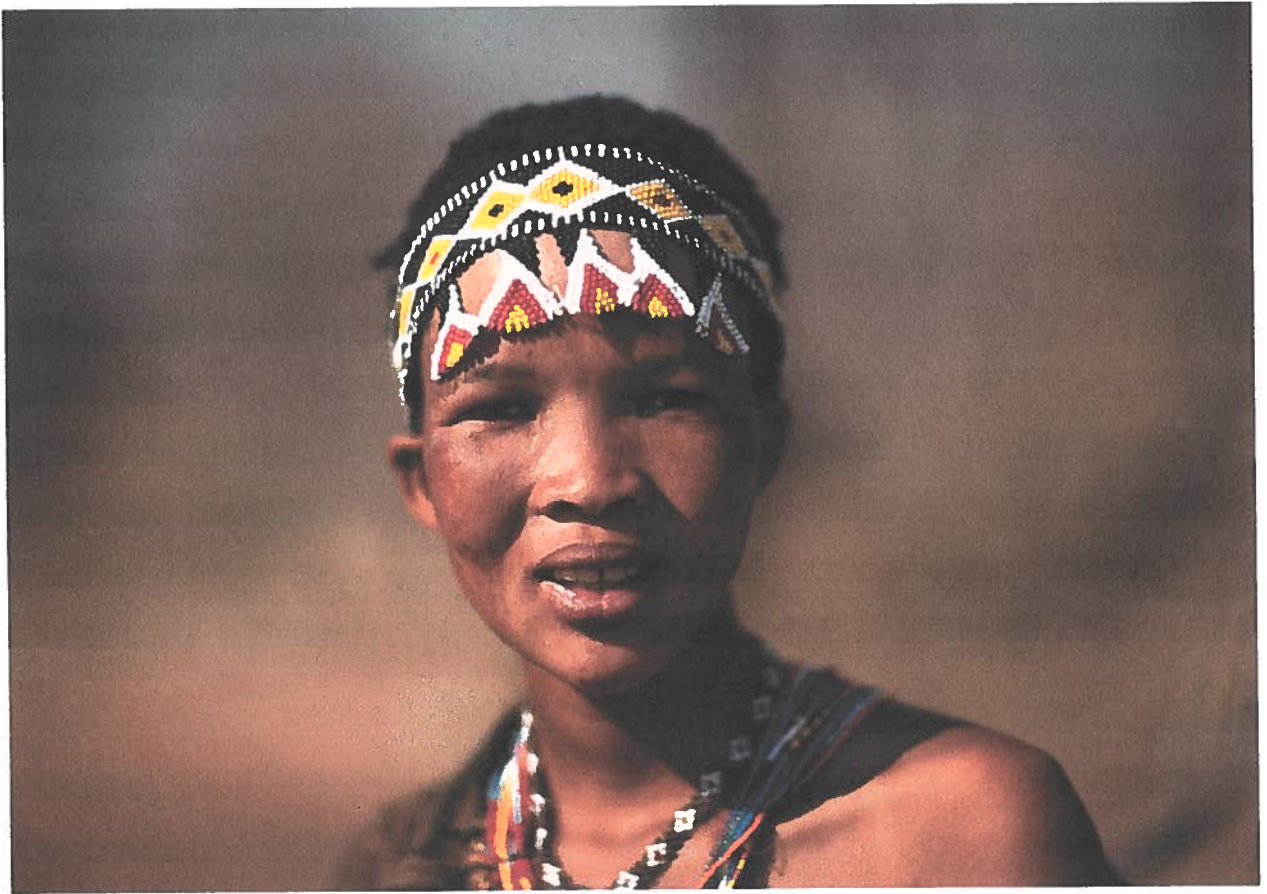


THE SAN PEOPLE OF AFRICA



NOMADIC HUNTER-GATHERERS

6th GRADE SOCIAL STUDIES

THE SAN PEOPLE OF AFRICA: NOMADIC HUNTER-GATHERERS

THEME 2: The Environment and Early Civilizations: Human Beginnings and Ancestral Cultures

Anchor Standard: Civics 1. Civic and Political Institutions

- **6.22 Analyze the social structures of early humans [such as The San People of Africa].**

Anchor Standard: History 16. Cause and Consequence

- **6.29 Analyze the impact that the Agricultural Revolution had on hunter-gatherers and nomadic peoples.**

SAMPLE LESSON PLAN

The San People of Africa: Nomadic Hunter-Gatherers

6th Grade Social Studies

Theme 2: The Environment and Early Civilizations: Human Beginnings and Ancestral Cultures



San Woman

- Introduce the lesson to the class about the early people of Sub-Saharan Africa: The San.
The San are considered the earliest race of modern humans. They can trace their ancestry back at least 60,000 years through oral history. The San are Khoisan speaking nomadic hunter-gatherers of the Kalahari Desert. They traditionally are egalitarian; women and men are seen as equals. Sharing, hunting and gathering are values of their society. Women and girls gather fruits, nuts, berries which provide 80% of their diet. Men and boys hunt. Meat provides 20% of their diet. They live in the desert and store water in ostrich egg shells. This is an ancient form of technology of nomadic hunter-gatherers.
- Students draw a map of the countries in Sub-Saharan Africa where the San live including Botswana, Namibia, South Africa, Angola and Zimbabwe. Distribute the Sub-Saharan map to students as well as paper and colored pencils. Another resource is a World Atlas.
- Read together Chapter 1: The People in the book called SAN by Dr. Megan Bieseles and write reflections
- Allow 2+ class periods.

RESOURCES AND OPTIONAL ACTIVITIES

- Ancient OSTRICH EGG SHELL TECHNOLOGY handout.
- African Animals Word Search and Solution.
- The book SAN by Dr. Megan Bieseles and Kxao Royal The Heritage Library of African Peoples].
- Bushmen of the Kalahari [AUDIO CD].
- Plight of the Bushmen Story in the Santa Fe New Mexican Newspaper 2004.

SUB-SAHARAN AFRICA/ANCESTRAL LANDS OF THE SAN



THE PEOPLE

THE TERM SAN REFERS TO A GROUP OF people who speak related Khoisan languages, which contain many click sounds. They live in several countries in southern Africa, including Botswana, Namibia, Angola, Zambia, Zimbabwe and South Africa.

The most widely known group of San is the hunting and gathering community in the Kalahari Desert.

▼ **THE NAME OF THE PEOPLE** ▼

The San, also known as Bushmen, are currently debating the name by which they want to be known. They feel that both names, San and Bushman, have been used as negative labels in the past to discriminate against them. Therefore, many of them prefer to be called by the names they use for their individual small groups.



The San or Bushmen are famous for their traditional lifestyle of hunting and gathering. This San man lives in the Kalahari Desert.

One small group is the Ju/'hoansi (pronounced ju-twan-si), whose name means ordinary people. They are the focus of this book. In the past scholars called the Ju/'hoansi, the !Kung, or Kung—names that refer to their language. Today the people ask that they be called by the name they use themselves: Ju/'hoansi.

The many small, widely scattered groups of San have only recently begun to discuss the issues that they have in common. They have not yet agreed upon a general term or name to cover everyone. For the moment we use the general term San, though the people may soon choose a different term to describe themselves.

▼ LANGUAGE ▼

The name Ju/'hoansi and many other written words in the Khoisan (pronounced koy-san) languages contain unfamiliar symbols. The apostrophe in Ju/'hoansi calls for a glottal stop, which is a break in a word's sound. There are four (or sometimes five) click consonants in these languages (see box on page 11).

These and other features of the Khoisan languages distinguish them from all other language groups of Africa and the world.

The original click languages of Africa are very ancient, as are the ancestral lines of the people who now speak them. However, some Bantu

MAKING CLICKS

The “/” is the first click consonant. It is made by drawing the tip of the tongue away from the back of the teeth. This makes a slightly scolding sound, like “tsk, tsk!”

The second click, “=”, is made by doing the same thing with the tongue, but from the small ridge just behind the front teeth. This sound is a soft “pop.”

The third click, “!”, is the strongest sound, like the noise made when removing the tab on a soda can. It is made by pointing the tongue straight up against the roof of the mouth and drawing it down suddenly.

The fourth click, “//”, is a clucking sound made on both sides of the mouth simultaneously. It is like the sound one makes to urge on a horse.

Some Khoisan languages have a fifth, or “kiss,” click. It sounds like there is a kiss in between the other letters of a word.

Although the clicks are difficult to learn, they are easy to pronounce when learned. A person learning the clicks can substitute a “t” sound for the first two clicks, and a “g” sound for the third and fourth. The “kiss” click is easy for almost anyone to make.

adopted click sounds from the Khoisan languages several centuries ago.

▼ BEYOND THE ROMANTIC VIEW ▼

The traditional lifestyle of the San relies on a specialized knowledge of their natural environment. For example, the San survive in arid areas by gathering nutritious plants and by hunting

HISTORY AND DIVERSITY

Learning about San history is the best way to avoid ideas about them that are biased, romantic, simplified, or incorrect.

People who live in modern cities often think that hunters and gatherers like the San lead a life that is peaceful and ideal. In fact, the history of the San in southern Africa has been far from pleasant or easy. Their contact with other peoples has often led to bloodshed. Outsiders were often prejudiced against the San and regarded them as less than human. As a result many San groups lost their land and were forced to become laborers. Others were actually treated like undesirable animals and hunted and killed like vermin. Many San lost their lives in this way.

The San did not accept this situation passively; they fought back. They often formed bandit gangs to raid cattle and sheep belonging to the white and black settlers who encroached upon their hunting grounds.

Outsiders found it hard to accept the San because of their different physical features, their unfamiliar clicking languages, and their special knowledge of the natural environment. Ignorant outsiders who could not understand the San's lifestyle labeled the San as lazy, unambitious, and unable to plan for the future.

Today we understand that such racist stereotypes are wrong. We can appreciate that the San provide us with an example of a lifestyle in which people live in harmony with their environment and strive for harmony among the members of their community.

precious water in ostrich eggshells along their travel routes. They put natural poisons on their hunting arrows and skillfully track their wounded prey for long distances until the animals eventually become drugged and drop.

This lifestyle of hunting and gathering depends on a deep understanding of the natural

world has lost touch with nature. Most people's survival now has nothing to do with hunting and gathering wild foods, which was how all early humans lived. The fact that many San still follow this ancient way of life, close to nature, has led many outside observers to form a romantic view of the San. They view them as living ideal and heroic lives.

A romantic view is often based on unrealistic beliefs, not on facts. People with a romantic view of the San fail to see them as fellow members of the modern world who have many of the same desires, goals, and problems as others. Many people prefer to believe that the San—and others who have retained their ancient lifestyles—live in a completely harmonious world. Too often, exactly the opposite is true.

The San, like many of the world's indigenous peoples, today face the loss of their land and livelihood. Like other hunters and gatherers, they have a tradition that land cannot be owned as it is in the Western world. They also tend to step aside when more aggressive peoples try to take their land and resources.

In many cases the San have lost their ancient land, and with it both their familiar natural resources and the right to an independent life. Many San today are becoming politically active in an effort to protect their land and human

REFLECTIONS



The San People of Africa

After learning and reading about The San People of Africa, please reflect and think about these ideas. Answer the following three questions. Be ready to share with the class.

- 1. How did the early San people of Africa live? What were some of their traditions?**
- 2. What was their ancient invention or technology for storing water in the Kalahari Desert?**
- 3. List one idea or something you learned that was interesting to you.**

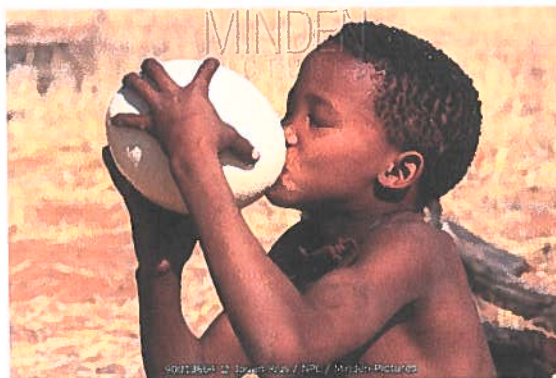
RESOURCES

ANCIENT OSTRICH EGG SHELL TECHNOLOGY FOR WATER STORAGE AND DRINKING

Archaeologists have unearthed hundreds of pieces of ostrich eggshell that date back 60, 000 years in South Africa. These fragments of eggshell are the earliest evidence of tradition of prehistoric hunter-gatherer populations. This is one of the earliest signs of human behavior and examples of technology invented by prehistoric humans.



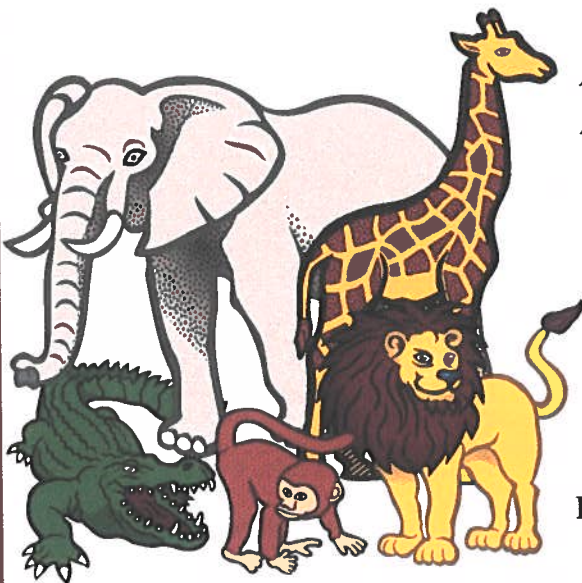
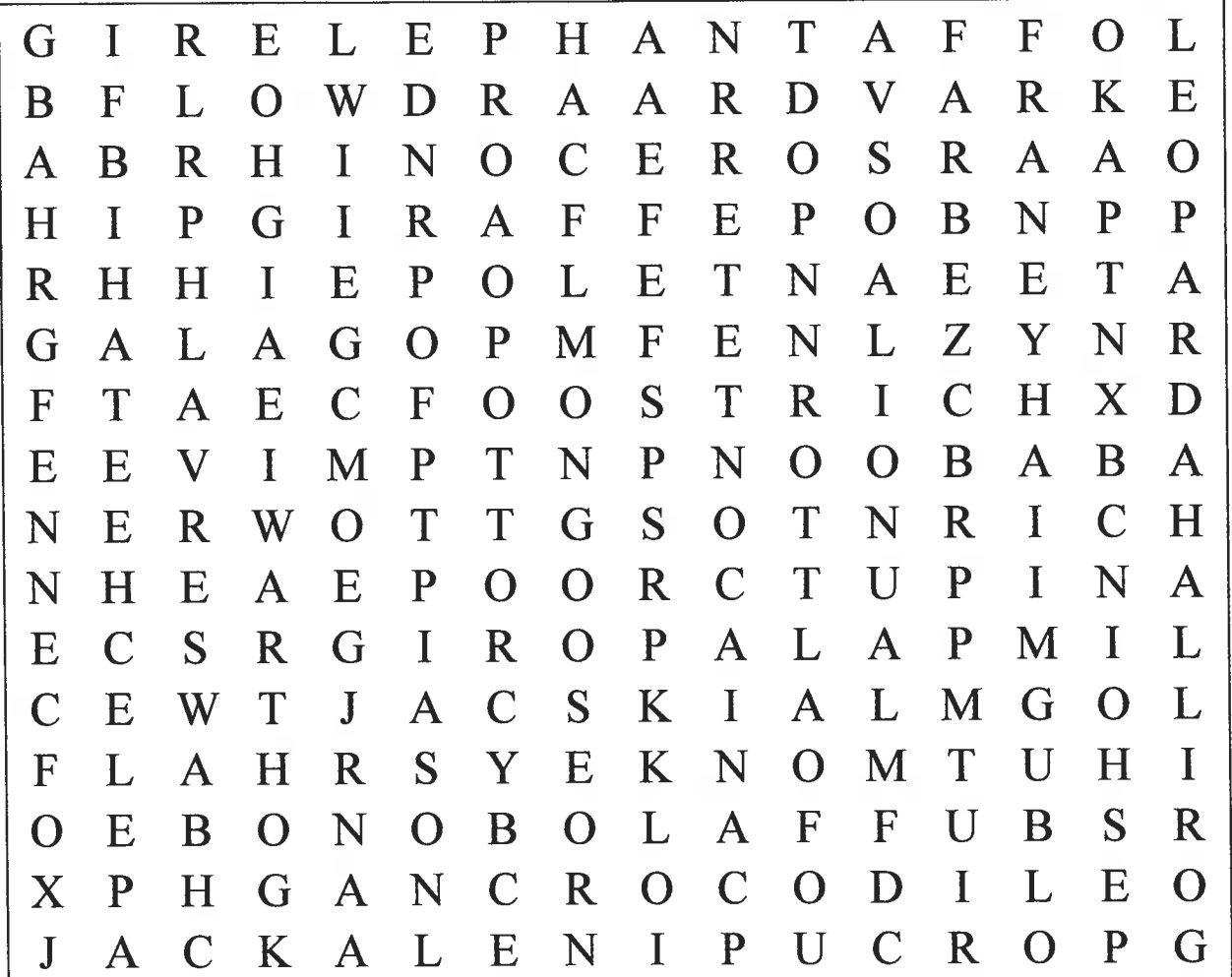
Ancient African Ostrich Egg Shell Fragments



San drinking water from ostrich egg shells

African Animals

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.



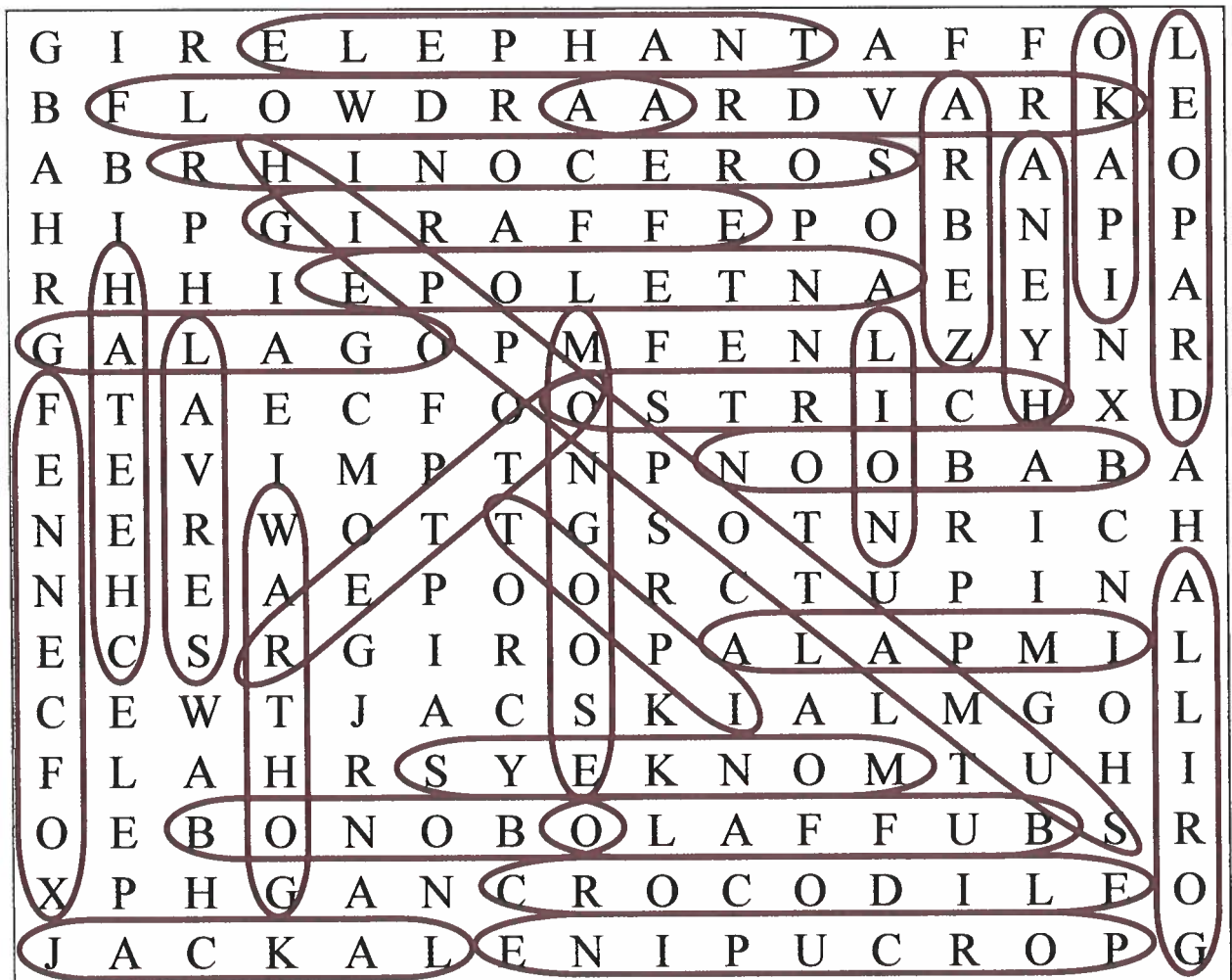
AARDVARK
AARDWOLF
ANTELOPE
BABOON
BONOBO
BUFFALO
CHEETAH
CROCODILE
ELEPHANT
FENNEC FOX

GALAGO
GIRAFFE
GORILLA
HIPPOPOTAMUS
HYENA
IMPALA
JACKAL
LEOPARD
LION
MONGOOSE

MONKEYS
OKAPI
OSTRICH
OTTER
PORCUPINE
RHINOCEROS
SERVAL
TOPI
WARTHOG
ZEBRA

African Animals

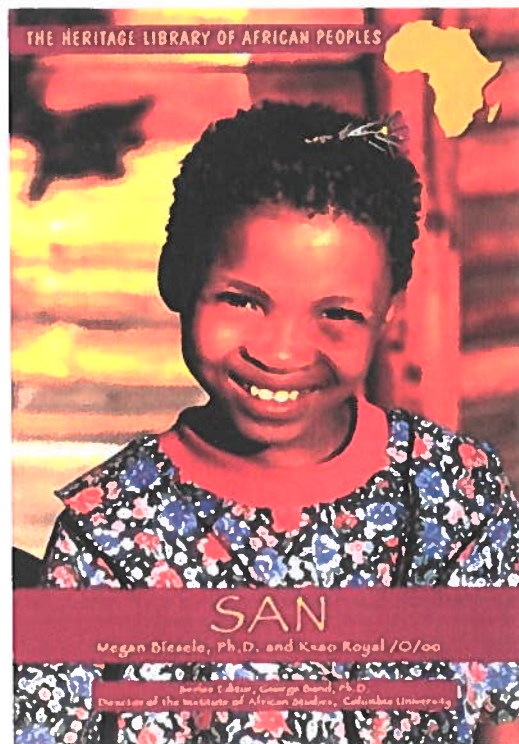
Solution



SAN

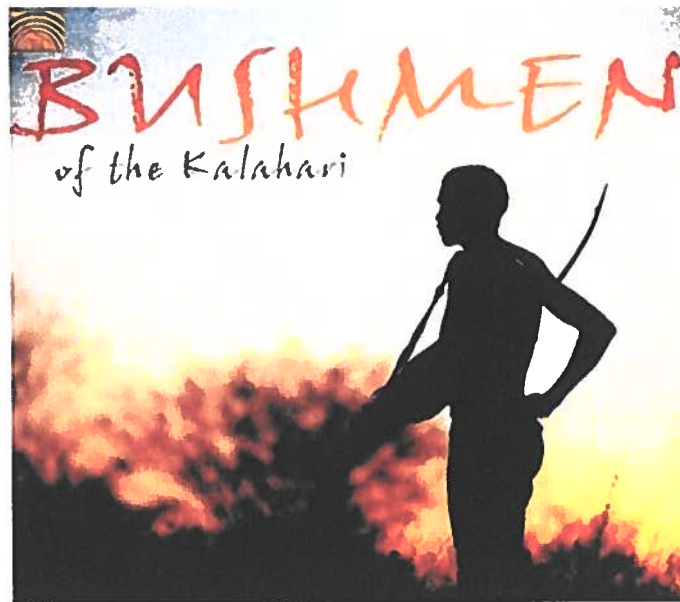
Author Dr. Megan Bieseke and Kxao Royal /O/oo
Rosen Publishing Group
January 1997

Heritage Library of African Peoples/Southern Africa



BUSHMEN OF THE KALAHARI (CD, 2006)

AUDIO CD By ARC Music



Barcode: 11866-5019396199521

Plight of the Bushmen

Thursday, September 23, 2004 THE NEW MEXICAN



Kalahari Bushmen Jumanda Gakelebone, left, and Roy Sesana look for animal tracks to show Monte del Sol Charter School students Wednesday. Students interviewed and filmed the Bushmen to raise awareness about their fight to retain ancestral lands in the Kalahari. The stop in Santa Fe was part of a nationwide tour.

Jane Phillips/The New Mexican

Students produce film in hopes of helping the Kalahari people keep their ancestral lands

By YASMIN KHAN
The New Mexican

Michael Marx could have bought a battery-powered go-cart with his bar-mitzvah money. Or a high-end video-game system and a slew of new games. Or a wheelbarrow full of compact discs.

Instead, Michael donated \$500 to help the Bushmen of the Kalahari win their land back. Michael, 13, a Monte del Sol Charter School student, said he saw similarities between his Jewish relatives and the Bushmen.

"Our people were also exiled and

Two Kalahari Bushmen and an entourage of journalists and South African artists are traveling the country on their way to Capitol Hill to discuss the loss of their lands.

Michael, who on Wednesday helped create video footage of the Bushmen, "It's unjust that they have to live in resettlement camps."

Two Kalahari Bushmen and an entourage of journalists and South African artists are traveling the country on their way to Capitol Hill to discuss the loss of their lands, which

Michael, who on Wednesday helped create video footage of the Bushmen, "It's unjust that they have to live in resettlement camps."

To raise awareness of the Bushmen's plight, six Monte del Sol students ages 11 to 18 who are enrolled

Please see LAND, Page B-4

LAND

Continued from Page B-1

in the school's moving-images program are creating a video describing the Bushmen's journey. They plan to sell the 10- to 15-minute video to raise money for the Indigenous Lands Rights Fund, which is helping the Kalahari people pay for their legal battles to keep their ancestral lands.

Wendy Leighton, a Monte del Sol teacher and director of the moving-images program, said she would like to distribute the video next year to all schools in the state. She is also planning a cultural-exchange program, so students can visit the Kalahari people in Botswana.

"Youth involvement is important to the Bushmen. Many of their kids in Botswana are separated from their families and are not learning their culture," Leighton said.

She said children living in resettlement camps in Botswana cannot learn their traditional language and cannot talk about their families. "If they don't learn their traditions, the whole Bushmen culture will be wiped out."

SAN ROCK ART
Author David Lewis Williams
Ohio University Press
February 2013

San rock paintings, scattered over the range of southern Africa, are considered by many to be the very earliest examples of representational art. There are as many as 15,000 known rock art sites, created over the course of thousands of years up until the nineteenth century. There are possibly just as many still awaiting discovery.

Taking as his starting point the magnificent Linton panel in the Iziko-South African Museum in Cape Town, J. D. Lewis-Williams examines the artistic and cultural significance of rock art and how this art sheds light on how San image-makers conceived their world. It also details the European encounter with rock art as well as the contentious European interaction with the artists' descendants, the contemporary San people.

