



# Learning Objective



We are reflecting on how committed  
we are to

Key Learning:  
How Committed am I?





Today we are...





# This term, we are studying:



Christianity



Judaism



Hinduism



Islam



Buddhism



Sikhism

# Our Religious Education Question:



## How far would a Sikh go for his/her religion?

1. Comparing levels of commitment

2. The five key Sikh beliefs

3. Self-sacrifice of Sikhs: fighting in wars

6. Ranking Sikhs' Commitment

5. The Langar & The Golden Temple

4. Putting others before themselves

### Our outcome:

We will reflect on how committed we are to certain things in life and why.

# Recap: The five Sikh beliefs:

1. God is in everything (Sikhs see God as an energy source rather than as a physical entity) and it is a Sikh's duty to serve others
2. All people should be treated as equals.
3. Sikhs should share what they can with others
4. Sikhs should earn their living honestly
5. The purpose of life for a Sikh is to see and speak with god (through meditation by saying 'Waheguru').



# Starter:



What do these pictures show about Sikh commitment to their religion?





# Your Task:

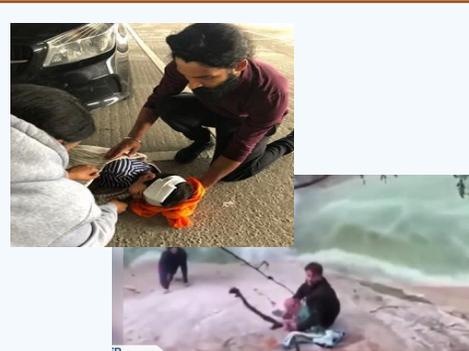
Rank these pictures in order of what you think requires the most commitment to Sikhism. Explain why you put each one where you did.



This picture shows Sikhs feeding people in need at the Langar. It is important to share what you have with other people, and it's a regular commitment.



dreamstime.





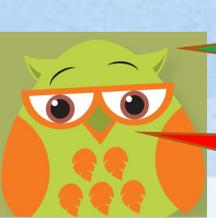
# Plenary:

Why do Sikhs put so much effort into their religion?



Is it OK that not all Sikhs put the same amount of effort in?





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b) Is it OK that not all Sikhs put the same amount of effort in?



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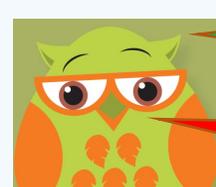
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## Year 5 expectation

## WORKING AT

I say that I am really committed to being healthy but I realise I'm not really when I choose to watch TV instead of going outside and playing sport when it is cold.

Sikhs believe that it is their duty to serve others and that all people are equal and that they should share what they can with others. This is why they have a meal called the Langar. Anyone can go to the Langar, even if they are not a Sikh. Sikhs share the food with them no matter who they are or what religion they are, Sikhs treat everyone as equals.

I would like to ask some Sikhs why they are prepared to let their parents arrange their marriage partner for them. Why is that a good thing and is that what God wants?

## Step 1 Engagement (1 lesson)

Introduce Auberon Owl 🦉 and ask why he is called Auberon. He will ask challenging questions and we can ask him questions. Give envelope cards printed from the Discovery RE website. How far would you go i.e. to what extent would you apply yourself to get fit and healthy enough to run cross-country for the school team?

Children stand on an imaginary continuum to show the range of level of commitment to this goal.

Auberon Owl 🦉 asks: Why would some exercise, train and watch their diet and others wouldn't bother?

Do they all think that being healthy is important i.e. share a belief? How do they put this into practice? Different forms of commitment.

Different levels of commitment. What determines these levels? Other examples.

Class could make a tree of their commitments and discuss the level/intensity of commitment they apply to these.

## Step 2 Investigation (3 lessons)

The five key Sikh beliefs are:

- God is in everything (Sikhs see God as an energy source rather than as a physical entity) • It is a Sikhs duty to serve others
- All people should be treated as equals.
- Sikhs should share what they can with others
- Sikhs should earn their living honestly
- The purpose of life for a Sikh is to see and speak with god (through meditation by saying Waheguru).

During the forming of the Khalsa, many Sikhs were prepared to sacrifice their lives watch **Video 9**.

Guru Nanak expected Sikhs to give a lot for and to their religion. What are they prepared to give? What levels of commitment?

🦉 Auberon Owl: Nowadays what do people feel so strongly about that they would be willing to die for e.g. wars fought for what? People fought against oppression and hence took part in WW1 and WW2. Teach the children that Sikhs also took part in both WW1 and WW2. Watch **Video 16**.

As the children discuss the following aspects below, they should begin to discuss which aspects might be more/least important to a Sikh.

### Self-sacrifice - fighting in wars

The British Indian Army only employed Baptised Sikhs as soldiers during WW1 and WW2.

Qu: Why do you think they only employed baptised Sikhs? *Because baptised Sikhs were well-known for their honesty, bravery and courage (they were known as a 'martial race').*

Qu: Why did Sikhs take part in the world wars? Sikhs believe in freedom of speech and expression. *They wanted to make a difference in the world.*

Discuss what self-sacrifice means for them. Discuss examples e.g. giving up their food for someone else, giving up their time to help their friend etc.

### Putting others before themselves

Listen to the story using **Audio 3**. Use **Slide 24** as a visual aid.

Qu: Why did the ninth guru give his life for people who followed a different religion? What does story this tell us about Sikhs? *That Sikhs are willing to sacrifice their time, effort, money, energy and even life for the well being of others regardless of their religion, gender, age or race.*

Discuss examples of how the children put others before themselves in everyday life.

Read through news article on **Slide 21**.

Qu: Why did he take off his turban despite it meaning so much to Sikhs? *Sikhs believe that helping others underpins their core values above all else.*

### The Langar

Which of the key beliefs are highlighted through the 'Langar'? Establish that Sikhs believe it is a good thing to treat people equally and share with people. Sikhs see the Langar as an opportunity to give, more than as a sacrifice.

### The Golden Temple

How far do Sikhs go? Literally to the Golden Temple of Amritsar **Video 17**.

Qu: When/why do Sikhs travel to the Golden Temple? Sikhs believe God is everywhere so they don't have to go to Amritsar but may choose to go to see such a beautiful, special and historic place.

## Step 3 Evaluation (1 lesson)

Use **Activity Sheet 19a**. Ask children to rank order the aspect that would take the most effort/sacrifice for a Sikh down to the easiest.

Children then answer the questions on **Activity Sheet 19b**.

🦉 Auberon Owl: Why do Sikhs so much effort into their religion? Is it OK that not all Sikhs put the same amount of effort in?



## Step 4 Expression (1 lesson)

Children to think about something that is really important to them - it could be a hobby. What might you be prepared to give up/how much effort do you give to your hobby? Make a pie chart to demonstrate what you are committed to and to what extent and why you make these choices.