

# What do Sikhs believe? : RE : Year 1/2

	Learning Objective	Overview	Assessment Questions	Resources
<b>Lesson 1</b>	To find out about Sikhs and how Sikhism began.	Children will be introduced to Sikhism and recognise that it is one of the major world religions. They will discover how Sikhism started thanks to teachings of Guru Nanak. They will then find out about some basic Sikh beliefs, including the '5 Ks'.	<ul style="list-style-type: none"> <li>Do children know that Sikhism is one of the main world religions?</li> <li>Can children retell the story of Guru Nanak?</li> <li>Do children know about some of the basic Sikh beliefs?</li> </ul>	<ul style="list-style-type: none"> <li>Slides</li> <li>Worksheet 1A/1B/1C</li> <li>Fact Sheet A/B/C</li> <li>Story Slides (FSD? activity only)</li> </ul>
<b>Lesson 2</b>	To find out what being equal means to a Sikh.	Children will start to understand equality as one of the core beliefs of Sikhism. They will investigate how this affects the way Sikhs behave and how it affects their rights and responsibilities.	<ul style="list-style-type: none"> <li>Do children know that religions have core beliefs?</li> <li>Can children explain what it means to be equal?</li> <li>Do children understand the link between rights and responsibilities?</li> </ul>	<ul style="list-style-type: none"> <li>Slides</li> <li>Worksheet 2A/2B/2C</li> </ul>
<b>Lesson 3</b>	To find out why Sikhs meditate.	Children will identify focusing on God as one of Sikhism's core beliefs. They will find out why Sikhs meditate and what they hope to achieve from doing this. They will consider why it is important to give their minds quiet time to think and reflect, as well as thinking about why it is important to train our brains so that they can concentrate more effectively.	<ul style="list-style-type: none"> <li>Do children know that religions have core beliefs?</li> <li>Can children explain what meditation is?</li> <li>Do children understand why it is important to give their brain quiet time for thinking?</li> </ul>	<ul style="list-style-type: none"> <li>Slides</li> <li>Worksheet 3A/3B/3C</li> <li>Meditation Cards (FSD? activity only)</li> </ul>
<b>Lesson 4</b>	To find out why Sikhs believe people should work hard and live honestly.	Children will recap the core beliefs of equality and meditation before looking at the Sikh belief in hard work. They will find out about the jobs of some key workers in the community and consider what would happen if they decided not to work hard. They will also consider the concept of honesty and why it is important.	<ul style="list-style-type: none"> <li>Do children know some of the Sikh core beliefs?</li> <li>Can children explain why it is important to work hard?</li> <li>Can children explain why it is important to live honestly?</li> </ul>	<ul style="list-style-type: none"> <li>Slides</li> <li>Worksheet 4A</li> <li>Scenario Cards A/B</li> <li>Pledges Sheet (FSD? activity only)</li> </ul>
<b>Lesson 5</b>	To find out why Sikhs believe people should share.	Children will learn about Sikh beliefs on sharing. They will find out about Sikh community kitchens and how they are organised. They will then either think about a time they shared something with someone or they can hold their own community kitchen. During the plenary they will consider why working together is so important.	<ul style="list-style-type: none"> <li>Do children know the Sikh core beliefs?</li> <li>Can children explain why it is important to share?</li> <li>Can children explain why Sikhs have a community kitchen?</li> </ul>	<ul style="list-style-type: none"> <li>Slides</li> <li>Worksheet 5A/5B/5C</li> <li>Scenario Cards A/B</li> </ul>