





**Theme:** Sikhism

**Duration:** 2.5 hours

**Rationale:** To build children’s knowledge and understanding about how members of other faiths lives’ are shaped by what they believe.

**Supporting Scheme:** To know You more clearly

			
Problem solving – Can ask and answer questions.	Equality – Shows respect for others.	Compassion – Respectful of their own and others faiths.	Equality – Strives to live in peace with others.

	Theme	Vocabulary	Knowledge	Enrichment/ activity ideas	Reading/ share story on Youtube
EYFS	<b>Belonging and Special People</b>	Belong Special Community Kindness Religion Sikhism Believe Guru Guru Nanak Gurdwara Worship Pray Khanda	<ul style="list-style-type: none"> <li>We all <b>belong</b> to a family, school, or group</li> <li>Some people are <b>special</b> because they help and care for others</li> <li>Some people follow the <b>religion Sikhism and called Sikhs</b></li> <li>People have <b>special places</b> and <b>symbols</b> that are important to them</li> </ul> <p><b>Important People:</b></p> <ul style="list-style-type: none"> <li><b>Guru Nanak</b> <ul style="list-style-type: none"> <li>He was the first Sikh <b>Guru</b></li> <li>He taught people to be <b>kind, share,</b> and <b>help others</b></li> <li>Sikhs remember him as a very <b>special person</b></li> </ul> </li> </ul> <p><b>Special Place:</b></p> <ul style="list-style-type: none"> <li><b>Gurdwara</b> <ul style="list-style-type: none"> <li>A place where Sikhs go to <b>pray</b></li> <li>People take off their shoes and show <b>respect</b></li> <li>Everyone is <b>welcome</b></li> </ul> </li> </ul> <p><b>Special Symbol:</b></p> <ul style="list-style-type: none"> <li><b>Khanda (show example)</b> <ul style="list-style-type: none"> <li>A symbol that shows <b>Sikhism</b></li> <li>It reminds Sikhs about their beliefs</li> <li>It is often seen in a Gurdwara</li> </ul> </li> </ul> <p><b>What do Sikhs do?</b></p> <ul style="list-style-type: none"> <li><b>Listen</b> to stories about the Gurus</li> <li><b>Pray</b> and think about being kind</li> <li><b>Share food</b> with everyone (Langar)</li> <li><b>Help others</b> in their community</li> </ul>	<ul style="list-style-type: none"> <li>Stories about Guru Nanak.</li> <li>Role play a visit to a Gurdwara.</li> <li>Colouring, decorating or making a Khanda symbol.</li> <li>Sharing activities (Langar-themed snack time).</li> </ul>	<p><a href="#">How to draw Khanda (Sikhism Symbol)</a></p> <p><a href="#">The story of Guru Nanak   Religious Studies - Stories for Collective Worship</a></p> <p><a href="#">The Gurdwara   Religious Studies – My Life, My Religion: Sikhism</a></p>

Year 1	<b>Stories and Symbols</b>	Guru Nanak Sikh Sikhism Story Kindness Equality Symbol Kara Kirpan Celebrate Birthday	<ul style="list-style-type: none"> <li>• Stories can teach us how to be <b>kind</b> and fair (like in the Bible)</li> <li>• <b>Sikhism</b> has special stories and symbols</li> <li>• <b>Guru Nanak</b> is an important leader for Sikhs</li> <li>• Sikhs celebrate special events like Guru Nanak’s birthday</li> </ul> <p><b>Important Person</b></p> <ul style="list-style-type: none"> <li>• <b>Guru Nanak</b> <ul style="list-style-type: none"> <li>○ The first Sikh Guru</li> <li>○ Taught people about <b>kindness, sharing, and equality</b></li> <li>○ His stories help people learn how to treat others</li> </ul> </li> </ul> <p><b>Important Ideas</b></p> <ul style="list-style-type: none"> <li>• <b>Kindness</b> – being caring and helpful</li> <li>• <b>Equality</b> – everyone is treated the same and fairly</li> <li>• <b>Sharing</b> – giving and helping others</li> </ul> <p><b>Special Symbols – The 5 Ks</b> The <b>Five Ks</b> are special items some Sikhs wear:</p> <ul style="list-style-type: none"> <li>• <b>Kesh – uncut hair</b> ☞ Shows respect for how we are made</li> <li>• <b>Kara – a steel bracelet</b> ☞ Reminds Sikhs to do good things</li> <li>• <b>Kirpan – a small ceremonial sword</b> ☞ Stands for protecting others and doing what is right</li> <li>• <b>Kanga – a wooden comb</b> ☞ Reminds Sikhs to keep clean and tidy</li> <li>• <b>Kachera – special cotton shorts</b> ☞ Represent self-control</li> </ul> <p>☞ These remind Sikhs to live good lives and follow their beliefs</p> <p><b>Special Celebration</b></p> <ul style="list-style-type: none"> <li>• <b>Guru Nanak Gurburab</b> <ul style="list-style-type: none"> <li>○ Celebrates Guru Nanak’s birthday</li> <li>○ People may sing, share food, and remember his teachings</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>· Retell Guru Nanak stories through art or drama.</li> <li>· Explore Sikh dress and objects (kirpan, kara, etc.).</li> <li>· Make birthday cards for Guru Nanak.</li> </ul>	<p><a href="#">The Five Ks in Sikhism   Religious Studies – My Life, My Religion: Sikhism</a></p> <p><a href="#">The Sikh stories of The Milk and the Jasmine Flower and Duni Chand and the Silver Needle (equality)</a></p> <p><a href="#">Guru Nanak and the Boulder   Story from Guru Nanak's Life (Kindness)</a></p>
Year 2	<b>Places, Belonging and Values</b>	Gurdwara Community Belonging Guru Granth Sahib Langar Khalsa Sewa	<p><b>What are we learning?</b></p> <ul style="list-style-type: none"> <li>• People belong to different <b>communities</b></li> <li>• <b>Sikhism</b> has special places and ways of living</li> <li>• Sikhs show their beliefs through <b>actions</b> like helping others</li> </ul> <p><b>Special Place: The Gurdwara</b></p> <ul style="list-style-type: none"> <li>• <b>Gurdwara</b> <ul style="list-style-type: none"> <li>○ A place where Sikhs go to <b>pray</b> and gather</li> <li>○ The <b>Guru Granth Sahib</b> is kept here</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>· Explore the concepts of sharing, honesty and ‘sewa’ by helping in</li> </ul>	<p><a href="#">The Gurdwara   Religious Studies – My Life, My Religion: Sikhism</a></p> <p><a href="#">Making a Difference with the Sikh Principle of Seva</a></p>

		Sharing Honesty Equality Respect	<ul style="list-style-type: none"> <li>○ People sit on the floor to show <b>equality</b></li> <li>○ Shoes are removed as a sign of <b>respect</b></li> </ul> <p><b>Sharing Food: Langar</b></p> <ul style="list-style-type: none"> <li>● <b>Langar</b> <ul style="list-style-type: none"> <li>○ A free meal shared by everyone</li> <li>○ Everyone sits and eats <b>together</b></li> <li>○ Shows <b>sharing</b> and <b>equality</b></li> </ul> </li> </ul> <p><b>Belonging to a Community</b></p> <ul style="list-style-type: none"> <li>● <b>Khalsa</b> <ul style="list-style-type: none"> <li>○ The Khalsa is the community of initiated Sikhs established in 1699 by the tenth Guru, <a href="#">Guru Gobind Singh</a>, to demonstrate devotion, uphold justice, and defend the faith.</li> <li>○ Meaning "pure," the Khalsa is identified by 5 Ks (see Y1) and a commitment to righteous living, representing a disciplined, saint-warrior identity dedicated to equality and selfless service</li> <li>○ A group of Sikhs who have chosen to show strong commitment</li> <li>○ Being part of a community means <b>belonging</b> and supporting each other</li> </ul> </li> </ul> <p><b>Sikh Values</b></p> <ul style="list-style-type: none"> <li>● <b>Sharing</b> – giving to others</li> <li>● <b>Honesty</b> – telling the truth and doing what is right</li> <li>● <b>Sewa (Seva)</b> – helping others without expecting a reward</li> </ul>	the school or community.	
Year 3	<b>Sacred Texts and Worship</b>	Guru Granth Sahib Gurdwara Worship Respect Ritual Kirtan Prayer Equality Takht Rumala Chauri	<p><b>What are we learning?</b></p> <ul style="list-style-type: none"> <li>● <b>Sikhism</b> has a holy book that is treated like a <b>living Guru</b></li> <li>● Sikhs show <b>respect</b> through their actions and rituals</li> <li>● Worship in a <b>Gurdwara</b> includes music, prayer, and reading</li> </ul> <p><b>The Holy Book</b></p> <ul style="list-style-type: none"> <li>○ <b>The Guru Granth Sahib</b> is the central holy scripture of Sikhism, regarded as the eternal living Guru and final spiritual authority.</li> <li>○ Gives guidance on how to live a good life</li> <li>○ Treated with the same respect as a person</li> </ul> <p><b>Respect and Rituals</b></p> <p>Sikhs show special respect to the Guru Granth Sahib:</p> <ul style="list-style-type: none"> <li>● It is placed on a raised platform called a <b>Takht</b></li> <li>● Covered with special cloths called <b>Rumala</b></li> <li>● A canopy (called a <b>Chanani</b>) is placed above it</li> <li>● People take off their <b>shoes</b> and cover their <b>heads</b></li> <li>● They may bow down when they enter</li> <li>● A fan (<b>Chauri</b>) is waved over it as a sign of respect</li> </ul>	· Create a class book of values inspired by Sikh teachings.  · Write a 'guide to' on how to care for the Guru Granth Sahib.	<a href="#">The Guru Granth Sahib - the Sikh holy book   Religious Studies – My Life, My Religion: Sikhism</a>

			<ul style="list-style-type: none"> <li>It is never placed on the floor</li> </ul> <p>☞ These actions show love, honour, and respect</p> <p><b>Daily Care of the Holy Book</b></p> <ul style="list-style-type: none"> <li>The Guru Granth Sahib is opened in the morning (<b>Prakash</b>)</li> <li>It is closed and put to rest at night (<b>Sukhasan</b>)</li> <li>It is kept in a clean, special room</li> </ul> <p><b>Worship in the Gurdwara (A gurdwara is the place of worship for Sikhs, literally meaning "doorway to the Guru")</b></p> <ul style="list-style-type: none"> <li><b>Music (Kirtan)</b> – singing hymns</li> <li><b>Prayer</b> – talking to God and giving thanks</li> <li><b>Reading</b> – listening to the Guru Granth Sahib</li> </ul> <p>☞ Everyone sits together to show <b>equality</b></p>		
<b>Year 4</b>	<b>Festivals and Founders</b>	Guru Gobind Singh Khalsa Vaisakhi Festival Identity Community Commitment Panj Pyare Equality Courage	<p><b>What are we learning?</b></p> <ul style="list-style-type: none"> <li>How important leaders helped shape <b>Sikhism</b></li> <li>Why festivals are important to religious communities</li> <li>How people show <b>identity</b> and <b>belonging</b></li> </ul> <p><b>Important Person: Guru Gobind Singh</b></p> <ul style="list-style-type: none"> <li><b>Guru Gobind Singh</b> <ul style="list-style-type: none"> <li>The 10th and final human Sikh Guru</li> <li>Founded the <b>Khalsa</b> in 1699</li> <li>The Khalsa (meaning "pure") is the initiated community of Sikhism, established in 1699 by the tenth Guru, Guru Gobind Singh. It represents a dedicated brotherhood of "saint-soldiers" who have undergone the Amrit Sanchar (baptism) ceremony to commit to a life of devotion, equality, and high moral standards, often recognized by the "Five Ks" (see Y1) <ul style="list-style-type: none"> <li>Taught Sikhs to be <b>brave, fair</b>, and stand up for what is right</li> </ul> </li> </ul> </li> </ul> <p><b>The First Vaisakhi (1699)</b></p> <ul style="list-style-type: none"> <li>Vaisakhi is a major, vibrant festival celebrated by Sikhs typically on April 13 or 14, marking the Punjabi New Year and the spring harvest. For Sikhs, it commemorates the creation of the <b>Khalsa</b> in 1699 by Guru Gobind Singh, representing community, equality, and the birth of Sikh identity.</li> <li>Took place in <b>Anandpur Sahib</b> (Anandpur Sahib, known as the "City of Bliss," is a sacred city and major pilgrimage site in Punjab, India, located near the Sutlej River and Shivalik Hills.)</li> <li>Guru Gobind Singh asked for volunteers to show <b>commitment</b></li> <li>Five men stepped forward – called the <b>Panj Pyare</b> (the Beloved Five)</li> <li>This event marked the beginning of the <b>Khalsa</b></li> </ul>	<ul style="list-style-type: none"> <li>Learn about and re-enact the first Vaisakhi.</li> <li>Design posters or fact files on Sikh Gurus.</li> <li>Compare Vaisakhi with other religious festivals.</li> </ul>	<p><a href="#">What is the Sikh festival of Vaisakhi?   Religious Studies – My Life, My Religion: Sikhism</a></p> <p><a href="#">Guru Gobind Singh and Bhikan Shah   Sikh Animation Story - YouTube</a> (birth of Guru Gobind Singh)</p>

			<p>👉 It showed courage, faith, and equality</p> <p><b>Festival: Vaisakhi</b></p> <ul style="list-style-type: none"> <li>• <b>Vaisakhi</b> <ul style="list-style-type: none"> <li>○ Celebrates the creation of the Khalsa</li> <li>○ Usually held in April</li> <li>○ A time of joy, community, and remembrance</li> </ul> </li> </ul> <p><b>How it is celebrated:</b></p> <ul style="list-style-type: none"> <li>• Visiting the <b>Gurdwara (Sikh's holy building)</b></li> <li>• Singing hymns and praying</li> <li>• Taking part in parades (Nagar Kirtan)</li> <li>• Sharing food in <b>Langar</b> (Langar is a <a href="#">Punjabi term</a> for the communal, free kitchen in a <a href="#">Sikh Gurdwara</a> that serves vegetarian meals to everyone, regardless of religion, caste, gender, or status. It emphasizes equality, community, and selfless service, with food prepared by volunteers)</li> </ul> <p><b>Community and Identity</b></p> <ul style="list-style-type: none"> <li>• Being part of the <b>Khalsa</b> gives Sikhs a strong sense of <b>identity</b></li> <li>• Sikhs show belonging through: <ul style="list-style-type: none"> <li>○ Their beliefs and actions</li> <li>○ Wearing the <b>5 Ks</b> (see Y1)</li> <li>○ Helping others</li> </ul> </li> </ul> <p>👉 Community means supporting and caring for each other</p>		
Year 5	<i>Living as a Sikh</i>	Sikh Equality Justice Sewa (pronounced Seva) Community Guru Gurdwara Langar Contribution Inspirational	<p><b>What are we learning?</b></p> <ul style="list-style-type: none"> <li>• How Sikhs live today in the <b>UK</b> and around the <b>world</b></li> <li>• How Sikh <b>values</b> guide actions and behaviour</li> <li>• How individuals, past and present, put their beliefs into practice</li> </ul> <p><b>Being a Sikh Today</b></p> <ul style="list-style-type: none"> <li>• Sikhs belong to a worldwide community called the <b>Sikh community</b></li> <li>• They follow the teachings of the <b>Guru Nanak</b> and the ten Gurus</li> <li>• Sikhs may wear the <b>5 Ks</b> (see Year 1 above) and visit the <b>Gurdwara</b> (holy building)</li> <li>• Community life includes <b>helping others</b>, celebrating festivals, and participating in <b>Langar</b> (Langar is a <a href="#">Punjabi term</a> for the communal, free kitchen in a <a href="#">Sikh Gurdwara</a> that serves vegetarian meals to everyone, regardless of religion, caste, gender, or status. It emphasizes equality, community, and selfless service, with food prepared by volunteers)</li> </ul> <p><b>Sikh Values in Action</b></p> <ul style="list-style-type: none"> <li>• <b>Equality</b> – everyone should be treated fairly, regardless of background</li> <li>• <b>Justice</b> – standing up for what is right</li> </ul>	<ul style="list-style-type: none"> <li>· Debates: How do Sikh values support justice?</li> <li>· Create a poster or PowerPoint about Sikh values in action</li> <li>· Research project on modern Sikh</li> </ul>	<p><a href="#">What is Sikhism?   Religious Studies – My Life, My Religion: Sikhism</a></p> <p><a href="#">Making a Difference with the Sikh Principle of Seva</a></p>

			<ul style="list-style-type: none"> <li>• <b>Service (Sewa)</b> – helping others without expecting reward</li> </ul> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Volunteering at food banks</li> <li>• Supporting local and global charities</li> <li>• Working to reduce discrimination</li> </ul> <p><b>Inspirational Sikhs</b></p> <ul style="list-style-type: none"> <li>• Historical Sikhs: <ul style="list-style-type: none"> <li>○ <b>Guru Gobind Singh</b> – stood for courage and equality</li> <li>○ <b>Bhai Kanhaiya</b> – helped soldiers of all sides during battle</li> </ul> </li> <li>• Modern Sikhs: <ul style="list-style-type: none"> <li>○ Scientists, doctors, athletes, politicians, and community leaders</li> <li>○ Example: <b>Jagmeet Singh</b> – works for social justice</li> </ul> </li> </ul>	contributions to society.	
Year 6	<b>Commitment and Identity</b>	Amrit Khalsa Commitment Identity Symbol 5 Ks Turban Sikh Values Sewa	<p><b>What are we learning?</b></p> <ul style="list-style-type: none"> <li>• How Sikhs show <b>personal commitment</b> to their faith</li> <li>• How identity is expressed through <b>symbols, names, and practices</b> <ul style="list-style-type: none"> <li>○ The significance of joining the <b>Khalsa</b></li> <li>○ The Khalsa (meaning "pure") is the initiated community of Sikhism, established in 1699 by the tenth Guru, Guru Gobind Singh. It represents a dedicated brotherhood of "saint-soldiers" who have undergone the Amrit Sanchar (baptism) ceremony to commit to a life of devotion, equality, and high moral standards, often recognized by the "Five Ks" (see below)</li> </ul> </li> </ul> <p><b>The Amrit Ceremony</b></p> <ul style="list-style-type: none"> <li>• A special ceremony for joining the <b>Khalsa</b></li> <li>• Participants drink <b>Amrit</b> (sweetened water stirred with a double-edged sword)</li> <li>• They make a <b>promise to follow Sikh values</b></li> <li>• Marks a life-long commitment to: <ul style="list-style-type: none"> <li>○ <b>Equality</b></li> <li>○ <b>Justice</b></li> <li>○ <b>Service (Sewa) pronounced (seva)</b></li> </ul> </li> <li>• Those who join often take new <b>Sikh names</b> and commit to wearing the <b>5 Ks</b> (see below)</li> </ul> <p><b>Personal Commitment</b></p> <ul style="list-style-type: none"> <li>• Being committed means: <ul style="list-style-type: none"> <li>○ Following <b>Sikh teachings</b> in everyday life</li> <li>○ Doing good deeds and <b>helping others</b></li> <li>○ Being honest, fair, and respectful</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>· Reflective writing: what does commitment and identity mean to Sikhs? How do they show this?</li> <li>· Explore similarities and differences in religious identity.</li> <li>· Prepare a presentation on Sikh identity and symbolism.</li> </ul>	<p><a href="#">Making a Difference with the Sikh Principle of Seva</a></p> <p><a href="#">The Sikh ceremony of Taking Amrit   Religious Studies – My Life, My Religion: Sikhism</a></p> <p><a href="#">The story of the founding of the Sikh Khalsa   Religious Studies – My Life, My Religion: Sikhism</a></p>

			<ul style="list-style-type: none"><li>• Commitment can be personal and does not always require formal ceremony</li></ul> <p><b>Identity Through Symbols</b></p> <ul style="list-style-type: none"><li>• <b>5 Ks</b> – worn as a reminder of faith and values:<ul style="list-style-type: none"><li>○ Kesh (uncut hair)</li><li>○ Kara (steel bracelet)</li><li>○ Kirpan (small ceremonial sword)</li><li>○ Kanga (comb)</li><li>○ Kachera (special shorts)</li></ul></li><li>• <b>Turbans</b> – often worn to cover uncut hair and show respect</li><li>• <b>Names</b> – Sikhs may take new names when joining the Khalsa to reflect spiritual identity</li></ul>		
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