

Name of religion: Sikhism

Holy book: Guru Granth Sahib

Name of people who study religion: Sikhs

Founder of religion:

Guru Nanak

Place of worship: Gurdwara



This is our local Gurdwara,
Gurdwara Guru Maneyo Granth



Sikh
festivals

Vaisakhi

Festival that shows
gratitude and thanks
for the harvest of
food and crops.



Diwali

Festival of light,
symbolising good
overcoming evil.



Prior key knowledge needed for this unit

Lesson 1

- identify Sikhism as a religion and Sikhs as believers in Sikhism
- identify a gurdwara as a Sikh place of worship, Guru Nanak as the founder and the first guru of Sikhism.
- identify significant beliefs most Sikhs hold about God including that there is only one God, God had no beginning and has no end and God created the universe
- identify Guru Nanak as the founder Sikhism. Know that a Guru is believed to be a teacher and a wise guide in matters to do with religion.
- identify that Sikhs believe in ten Gurus, that the first Guru was Guru Nanak, that Guru Nanak lived approximately 500 years ago and that Sikhs believe that the ten Gurus are humans who were chosen by God to teach what is true about God.
- know that Guru Nanak was born in 1469 CE and died in 1539 CE and that he lived at the time when Henry VIII was King of England.
- know that Nanak was later known to his followers as Guru Nanak. Nanak was born into a Hindu family in the Punjab which at the time was part of north east India.
- know that when Guru Nanak began teaching Sikhism around 1500 CE there were two main religions in the region which were Hinduism and Islam
- Understand that Sikhism in some respects is similar to Hinduism and Islam but it is a distinct and different religion.

Lesson 2

- identify that Sikhism teaches the belief in reincarnation.
- Identify some of the significant Sikh beliefs associated with reincarnation including: (1) everything alive has a soul; (2) the soul is what we truly are not the body; (3) the soul is eternal; (4) when something dies the soul leaves the body; (5) after a while the soul returns in a newly born body.
- Identify that many Sikhs believe that reincarnation repeats itself so all living things have a life, they die, they return to live another life in a different body and this happens many times.
- Identify that Sikhism teaches that a person only escapes from being reincarnated when they live a good life and not a selfish life.
- identify four ways in which according to Sikh teaching a person could be God-conscious or gurmukh including: (1) earning your own way in life by honest work; (2) marrying and bringing up a family; (3) being generous and regularly giving money that can be spared to help others; (4) not living a solitary life but a life that cares about other people or problems in the wider world.
- know that Sikhism teaches that the opposite of gurmukh is "manmukh". Pupils should be able to identify five characteristics of a manmukh person including: (1) being self-centred and selfish; (2) being greedy and corrupt; (3) being attached to worldly things like wealth and possessions; (4) being a taker and not a giver; (5) only concerned about themselves and not others.

Key knowledge needed for this unit

- know that many Sikhs wear the "Five Ks" which are five items or symbols.
- identify and name the Five Ks which are: (1) kesh - uncut long hair; (2) kangha - a small comb... (3) kara - a steel bracelet; (4) kachera - a garment resembling shorts; (5) kirpan - a knife.
- know that wearing the Five Ks is important for many Sikhs because: (1) it shows that their religion is Sikhism and that they are proud to be a Sikh; (2) some of the Five Ks are a reminder of specific Sikh beliefs; (3) some Sikhs are members of the Khalsa and wearing the Five Ks is required of them as members.

- know that to cover their uncut hair (kesh) many Sikhs wear a turban and that wearing a turban is also a statement that they are a Sikh and that they live in the presence of God ("...let the Lord's Presence be your religious tradition. Let your total awareness be the turban on your head")
- identify how some of the Five Ks are associated with when Sikhism was threatened and Sikhs had to fight to defend themselves including: (1) kesh - having long hair provided a way of knowing who was a Sikh and who might be an enemy. An enemy of Sikhism could not infiltrate a Sikh community by quickly growing long hair and fake being a Sikh; (2) kachera - wearing a kachera gave a person a lot of freedom of movement compared with other garments and made it easier for a Sikh to fight, or run away to avoid capture or death, or get away by riding a horse; (3) a kirpan originally was often a sword that could be used as a weapon to defend oneself, or a fellow Sikh, or an innocent person that was in danger.

- know that some of the Five Ks are associated with specific Sikh beliefs including: (1) kesh is associated with the belief that a Sikh should live naturally in the way God intended by not cutting one's hair and letting it grow long; (2) as a kara is a circle of steel with no beginning or end that is visible it serves as a reminder that God is eternal and has no beginning or end; (3) a kirpan is associated with the belief that every Sikh has a duty to use words, persuasion and if necessary force to defend the vulnerable and stand up against injustice.

Vocabulary you will use:

Word	Definition
kesh	Uncut long hair
kangha	A small comb
kara	A steel bracelet
kachera	A garment resembling shorts
kirpan	A small knife
Five Ks	Sikhs do not wear the Five Ks for any military reasons but they do believe they should wear the Five Ks as they wish to proudly state in public that they are Sikh and they have no wish to hide or keep their beliefs and views a secret

Artefacts



Kara



Kachera



Kirpan



Kangha

Questions we'll ask you throughout the unit to check your knowledge and understanding.

To be a Sikh, is it inner intention or outer appearance that really matters?

What are your thoughts on wearing the 5 Ks to show you are a Sikh?

Why do Sikhs uncover their uncut hair?

To what extent do you agree the 5 Ks hold significant importance to Sikhs?