



Year 8 Unit 3: How are Sikh teachings about equality and service put into practice today?

Lesson	To be successful I need to:
Lesson 1: Introduction to Sikhism (including Guru Nanak's story)	I can give some key facts about Sikhism, such as what Sikhs believe about God
	I can recall some key facts about Sikhism
	I can recount the main events in the life of Guru Nanak
Lesson 2: Teachings about equality between religions	I can describe the Sikh teachings on equality in religion and gender
	I can make connections between Sikh teachings and examples in British society
Lesson 3: Teachings about equality- class and gender	I can explain what the caste system is
	I can describe why the caste system was rejected by Sikhs
	I can evaluate some of the key Sikh teachings on the caste system
Lesson 4: The Sikh 'path of life' and how it shows commitment to equality	I can understand the term path of life
	I can describe the Sikh view on the path of life
	I can reflect on my own journey or path through life
Lesson 5: Teachings about service- the three duties	I can describe the three duties – Nam Jimran, Kirat Karna, Vand Chhankna
	I can write a two-sided argument and evaluate a statement
Lesson 6: Service (sewa) in the Langar and the Gurdwara	I can define the terms Langar and Gurdwara
	I can describe how the Langar and Gurdwara support the local and world-wide community
Lesson 7: The impact of Sikh service in the UK	I can work well as part of a group
	I can research the ways Sikhs have supported communities in the UK
	I can present my research to the class
Lessons 8 and 9: Revision and assessment	I can apply what I have learnt in the unit to questions in the end of unit assessment.

Key Words

Sikh – a follower of Sikhism. Literally means 'learner'
Guru - teacher. Literally means from darkness: 'Gu' to light: 'ru'
Sangat- the whole Sikh community
Gurdwara- the Sikh place of worship. Literally means 'door to the Guru'
Guru Granth Sahib- the Sikh holy book. Treated with great respect as believed to contain the spirit of the human Gurus.
Katarpur- the community founded by Guru Nanak where everyone was welcomed and treated equally
Gurmukhi- the language devised by Guru Nanak to allow everyone, rich or poor, to understand the teachings
Khalsa- the community of 'initiated' Sikhs
Amritdhari Sikhs- those who choose to become Khalsa Sikhs by going through the Amrit Sanskar ceremony and wearing the Five Ks
The Five Ks- five reminders of faith for Amritdhari Sikhs (Kesh, Kachera, Kanga, Kirpan, Kara)
Mool Mantar- the opening text of the Guru Granth Sahib and a summary of Guru Nanak's most important teaching
Nam Simran/ Nam Japna- remembering and meditating on the name of God
Kirat Karna- Hard, honest work
Vand Chhakna- sharing charitably, in a spirit of love and service
Sewa- selfless service
Gurmukh- being 'God-centred'
Manmukh- being 'self-centred'
Samsara- the cycle of birth, death and rebirth
Mukti- freedom (liberation) from the cycle of Samsara and becoming one with Waheguru (God)

Reading and enrichment

Sikhism: A very short introduction *Eleanor Nesbitt*

www.sikhnet.com

<https://www.bbc.co.uk/bitesize/guides/znwr97h/revision/1>

<https://www.bbc.co.uk/teach/class-clips-video/meeting-a-young-british-sikh/zd6d7nb>