

Friday 5th December

L.O. To describe how commitment influences daily life.

Success Criteria

- I can describe at least two real examples of commitment.
- I can show how commitment changes daily life.
- I can explain why certain commitments help.

Recap

Christianity
Attending church services regularly
Prayer
Reading the Bible
Celebrating festivals like Christmas and Easter
Volunteering in church activities

Islam
Salah (prayer) five times a day
Fasting during Ramadan
Giving Zakat (charity)
Attending Friday prayers at the mosque
Pilgrimage to Mecca (Hajj)

Sikhism
Prayers (Nitnem)
Helping in the Langar (community kitchen)
Wearing the 5 Ks
Gurdwaras services like Vaisakhi

Faith	Practice?	Daily, monthly or annually?	Individual or communal?	Physical or reflective?
Christianity				
Islam				
Sikhism				
Hinduism				
Judaism				

Look back to last week's learning.

- How often did the practices take place?
- Were they individual or communal?
- Were they physical or reflective practice?

Prior Learning

- People have different beliefs and ways of showing them. You've learned about things like prayer, fasting, and helping others in different religions.
- Our choices affect what we do each day. If you choose to help someone, you might give up time for playing or watching TV.
- Words like belief, faith, and routine. You know these words help explain why people do certain things every day.
- Thinking about other people's lives. You've practiced imagining what life is like for someone with different beliefs.

Key Vocabulary

- habit
- routine
- priority
- sacrifice
- choice

Today we are going to look at 3 case studies:

1. A volunteer - gives time to help others.
2. Someone who prays daily - sets aside time for spiritual practice.
3. A person who fasts - changes eating habits for religious or personal reasons.

A Day in the Life storyboard for one case study

You're going to create one storyboard for one of the case studies.

Your storyboard will highlight:

- Time (e.g., prayer times, volunteering hours)
- Food (e.g., fasting choices)
- Money (e.g., donating instead of spending)
- Relationships (e.g., helping others, family routines)

Case Study 1

The Volunteer

Amira spends every Saturday morning helping at a local food bank.

She wakes up early, gives up her free time, and sometimes buys snacks for the people she helps. Her commitment means she plans her weekend around volunteering and feels proud to support her community.

What does the structure of her day look like?

Case Study 2

Someone who prays daily

David prays five times a day as part of his faith.

He sets reminders on his phone and makes sure he has a quiet space at work or school. His commitment shapes his routine - he might leave a game early or pause homework to pray. It helps him feel connected and calm.

What does the structure of his day
look like?

Case Study 3

A person who fasts

Sofia fasts during a special religious month.

She wakes up before sunrise to eat, then avoids food and drink all day. Her commitment means she plans meals carefully and sometimes feels tired, but she says it helps her appreciate what she has and grow spiritually.

**What does the structure of her day
look like?**