## **Progression Map**

		Christianity
EYFS	Theology – thinking through believing Human/Social Sciences – thinking through loving	<ul> <li>Learning – introduction to religious belief through stories e.g Christmas and the Nativity story;</li> <li>Introduction to the following key vocabulary: Religious, God, belief, Sacred book – The Bible</li> <li>Introduce the concept of 'celebration' and how/what people celebrate – Bonfire Night, Christmas, Chinese New Year, Easter.</li> <li>Talk about what celebrations and festivals the children have taken part in.</li> <li>Identify simple features of religious life and practice in a family context.</li> <li>Recognise some religious symbols, place of worship etc</li> <li>Recognise simple religious beliefs and teachings in Christianity and Hinduism. Explore the similarities and difference between the religions: - o different stories, o places of worship – church, temple; o different artefacts</li> </ul>
Year 1	Unit 1 Philosophy What do my senses tell me about the world of religion and belief Unit 2 Human/Social Sciences How does a celebration bring a community together	<ul> <li>Christianity is one of the world religions. It is a religion that believes in one god.</li> <li>People that follow the religion of Christianity are called Christians.</li> <li>Christians are people who believe that Jesus Christ is the Son of God.</li> <li>Christians worship in churches</li> <li>The Christian holy book is called the Bible.</li> <li>Baptism is a Christian ceremony.</li> <li>When someone is baptized, they become a follower of Jesus.</li> <li>Families come together to celebrate baptism.</li> <li>After the Church service, a party is usually held for families and friends to celebrate together.</li> </ul>
	Unit 4 Theology What does the cross mean to Christians?	<ul> <li>Christians believe that God is:         <ul> <li>Loving (showing great love and care)</li> <li>Compassionate (having concern for others)</li> <li>Powerful (having great strength)</li> <li>Creative (uses imagination to solve problems)</li> </ul> </li> <li>Christians believe that Jesus was sent down to earth by God to save people.</li> <li>Christians believe that they can learn from the way Jesus lived his life.</li> <li>On Palm Sunday Christians remember Jesus arriving at Jerusalem. Palm branches were placed in his path.</li> <li>The Last Supper is the last meal that Jesus shared with his friends/disciples in Jerusalem before he was put on the wooden cross.</li> <li>Good Friday was the day that Jesus was arrested and put on a wooden cross to die.</li> <li>Christians believe that Jesus rose from the dead on Easter Sunday and came back to see his friends.</li> </ul>

	Unit 5 Philosophy How did the universe come to be	<ul> <li>The cross is the main Christian symbol. It reminds Christians that Jesus died on the cross to save them.</li> <li>God loves people so much that Jesus was willing to die to show that love and to help people to be friends with God.</li> <li>Jesus' resurrection shows Christians that death is not the end.</li> <li>Philosophy <ul> <li>A 'big idea' helps us to make sense of experiences or information.</li> <li>A puzzling question is one that is difficult to understand or solve.</li> </ul> </li> <li>Christianity <ul> <li>'The universe was created by God?' is a 'big idea'</li> <li>The Christian religion has a story that explains how the universe was created (made).</li> <li>Christians believe that God created the universe and everything in it.</li> <li>Questions we ask about religious stories often start with how or why to help us understand some of the information like 'How did God get his power to make the universe.</li> <li>Christians believe that the answer to questions about the creation</li> </ul> </li> </ul>
		stories can be found in their holy books (the Bible)
Year 2	Unit 1 – Theology Why is light an important symbol for Christians?	<ul> <li>Advent is the time when Christians remember the time that Jesus came into the world in Palestine 2000 years ago. During Advent, Christians prepare for the celebration of the arrival of Jesus by buying gifts, decorating houses, singing carols and preparing for a feast. Advent is a time to celebrate light amidst darkness.</li> <li>Candles at Advent and Christmas symbolises the light of God coming into the world through the birth of Jesus.</li> </ul>
	Unit 2 – Theology What does the nativity story teach Christians about Jesus?	<ul> <li>Christmas is a Christian holy day that marks the birth of Jesus, the son of God.</li> <li>Christmas is important to many Christians because: - <ul> <li>it reminds them that: Jesus, (the Son of God) was born.</li> <li>Christians believe that Jesus was sent by God to tell people what God was like.</li> <li>That Jesus would show people how God wanted them to live.</li> <li>That Jesus would be a 'guiding light'.</li> </ul> </li> <li>From the nativity story, Christians learn that: - <ul> <li>Jesus was humble</li> <li>All things are possible with God</li> <li>God makes it simple to believe in Him</li> <li>Jesus's birth changed the world</li> <li>God's plans don't always lead to easy journeys</li> <li>Jesus brings hope to the world.</li> <li>God's presence gives joy to his followers.</li> <li>God came to his followers out of love.</li> </ul> </li> </ul>
	Unit 3 Human/Social Sciences How do Christians belong to their faith family?	<ul> <li>Human/Social Sciences</li> <li>Religion is not a place – it is about people believing, worshipping and valuing.</li> <li>Religion is about belonging to a faith family and community. Christianity</li> <li>Christians belong to a Christian faith family and community.</li> </ul>

		<ul> <li>To a Christian, the church is a group of people (a community) who all believe in Jesus and want to meet together to worship God and learn more about their faith.</li> <li>Belonging to a religious family means followers are part of a bigger family where there are shared views and values about God, friendship and support.</li> <li>To be part of the Christian family, followers: - <ul> <li>spend time talking to God through prayer;</li> <li>set time aside for reading about God,</li> <li>help and being kind to others;</li> <li>forgive others</li> </ul> </li> </ul>
Year	Unit 2 –	Christians believe that Jesus Christ was the Son of God and that:
3	Theology What is the Trinity	<ul> <li>God sent Jesus to live as a human being in order to save humanity from the consequences of its sins - the bad things humanity had chosen to do which had separated them from God.</li> <li>Christians model themselves on the life and teachings of Jesus Christ. Jesus taught people to love God and love their neighbour.</li> <li>Jesus died on the Cross (At the Crucifixion)</li> <li>Jesus rose from the dead on the third day after his Crucifixion (the Resurrection)</li> <li>through the death and resurrection of Jesus this broken relationship with God is restored.</li> <li>Christians believe that Jesus was the Messiah promised in the Old Testament</li> <li>Christians believe that there is only one God, but that this one God consists of 3 "persons": - God the Father; God the Son; The Holy Spirit</li> <li>In the Christian religion the Trinity is used to explain that three different people are called God in the Bible: God the Father, God the Son, and God the Holy Spirit. Trinity states that these three people all form the same God.</li> <li>Christians believe that God created the world and that they should look after it and the people in it.</li> <li>Christians believe God made our wonderful world and so we should look after it.</li> <li>As human beings are part of God's creation, they do best when they listen to God through worship, following the messages within the Bible and prayer.</li> <li>Christians tak about God by:</li> <li>Showing love to one another</li> <li>Talking about their faith in God through what is said in the Bible, prayer and worship</li> </ul>
		<ul> <li>Being happy</li> </ul>
		<ul> <li>Supporting others</li> </ul>
Year	Unit 1 –	Theology
4	Theology	<ul> <li>A religion is a set of beliefs that is held by a group of people.</li> </ul>
		<ul> <li>Religious beliefs are often linked to supernatural beings such as God, a</li> </ul>
		number of gods or spirits. They may also be linked to an idea such as a

	Where do religious beliefs come from?	<ul> <li>path that the spirit of each person <i>should</i> take towards goodness, truth and duty. Each religion has different ideas about these things. Each religion also has a "moral code" which is a set of beliefs about how humans should act, worship and pray.</li> <li>Christianity <ul> <li>The Bible, also known as Holy Bible is a group of religious texts of Judaism or Christianity. The word Bible has many books in one. It includes laws, stories, prayers, songs, and wise words.</li> <li>Christians interpret the Bible by asking the following questions: -</li> <li>What do we learn about God in this passage?</li> </ul> </li> </ul>
		<ul> <li>What do we learn about people?</li> </ul>
		• How does this point Christians to Jesus?
		<ul> <li>What do we do about it?</li> <li>There is diversity of belief within the Christian faith – the Christian faith is made up of Churches that serve very different communities and countries. The Church and the support it provides is shaped to meet the need of the community.</li> <li>All Christians share common beliefs but there are different branches of Christianity. These include: The Church of England (the officially established Christian church in England); The Roman Catholic Church (which is headed by the Pope); Baptists; Methodists; Presbyterians; Quakers</li> </ul>
		• The birth and life of Jesus of Nazareth and the Reformation of the
Veer		Church are two historical events that have shaped belief.
Year 4	Unit 4 – Human/Social sciences Why is there so much diversity of belief with the Christian faith?	<ul> <li>Christians have the following things in common: -         <ul> <li>Saying sorry to God for the wrong things they have done (confession)</li> <li>Accepting Jesus' gift of forgiveness and choosing to change the way they live by putting God first (repentance)</li> <li>Believing in Jesus as the Son of God for themselves (faith)</li> <li>Finding out more about how Jesus lived and what he taught, and following his example (obedience)</li> <li>They have a friendship with Jesus Christ.</li> </ul> </li> <li>They believe having a relationship with Jesus is the doorway to a special relationship with God. Christianity is divided into ten main groups.</li> <li>These groups all branched out at different dates from the early Christianity founded by the followers of Jesus.</li> <li>The splits generally happened because groups of Christians could not agree on certain beliefs or practices.</li> <li>Each group that has its own separate name</li> <li>Although different denominations have different worship rituals and different types of Church, they have 10 shared beliefs: -         <ul> <li>There is one God</li> <li>Jesus is the son of God</li> <li>The Bible is the holy book</li> <li>Prayers are a way to speak to God</li> </ul> </li> </ul>

		<ul> <li>Sin is committed by humans and forgiven by God.</li> <li>Organised Worship - is where Christians come together to speak to/praise God.</li> <li>Salvation - God forgives Christians for their sins.</li> <li>Heaven and Hell - Christians believe these are places that humans go to when they die.</li> <li>Baptism – is a ceremony to welcome humans into the Christianity.</li> <li>Mother Mary – was the mother of Jesus.</li> </ul>
Year 4	Unit 5 – Philosophy What does sacrifice mean?	<ul> <li>Philosophy</li> <li>Sacrifice means being prepared to give up something that is of value, for the sake of the greater good.</li> <li>Kindness is about empathy, being aware of others and finding ways to help others.</li> <li>Kindness and giving to others improves the life of the person who gives the kindness and the person on the receiving end of the kindness.</li> <li>Christianity</li> <li>Christians believe that, at the Last Supper Jesus taught his disciples about sacrifice and rights, even of life itself.</li> <li>The greatest sacrifices are costly and unconditional. Christians see Jesus'</li> </ul>
Year 5	Unit 2 – Human/Social Sciences How has belief in Islam and Christianity impacted on music and art through history?	<ul> <li>death as a perfect example of this.</li> <li>Human/Social Sciences</li> <li>A religion is a set of beliefs that is held by a group of people.</li> <li>The beliefs are about the world and the people in it, about how they came into being, and what their purpose is.</li> <li>These beliefs are often linked to supernatural beings such as God, a number of gods or spirits.</li> <li>A global religious community has: - <ul> <li>a shared set of religious beliefs across more than one country.</li> <li>A close connection through faith across the world</li> <li>Followers are part of a world-wide family.</li> </ul> </li> <li>Expressions of belief change over time. The change is influenced by travel and changes in society and the expectations of the people living with in.</li> <li>Christianity</li> <li>Singing is an important part of worship for Christians.</li> <li>Christians believe that: - <ul> <li>singing helps them communicate with God.</li> <li>it enables them to express many emotions including thanks, joy and sorrow.</li> <li>Many Churches have choirs who lead the congregation in song.</li> <li>Christian music has evolved over time with new music adding on to (but not replacing) traditional music.</li> <li>Christian art is figural and expresses the ideas of Christianity and God.</li> <li>Images of Jesus and events from the Life of Christ are the most common subjects, and scenes from the Old Testament play a part in the art of most Christian groups.</li> </ul> </li> </ul>
Year 5	Unit 4 – Theology	<ul> <li>The festival of Easter is central to Christian belief because it is the Resurrection day, when Jesus was raised from the grave, alive again.</li> </ul>

	What difference does the resurrection make to Christians?	<ul> <li>Christians believe that Jesus died on the cross and was resurrected – came back to life after he died.</li> <li>The resurrection is the foundation of the Christian belief.</li> <li>Christians believe that Jesus was a saviour or messiah because he died on the cross to save mankind from its sins - this is called atonement.</li> <li>Christians believe that when humans die, if they have lived good lives, they will be resurrected and given eternal life with God in heaven.</li> <li>After death, Christians believe that they will wake up and their new life will be good.</li> <li>Christians believe that heaven is a beautiful place of eternal happiness.</li> <li>The resurrection teaches Christians that all things are possible, nothing</li> </ul>
		is too difficult for God.
		• The resurrection gives Christians hope that there is life after this one.
Year 6	Unit 1 – Human/Social Sciences How and why does religion bring peace and conflict? Unit 4 – Theology	<ul> <li>Human/Social Sciences</li> <li>Culture is made up of a range of things that a group of followers do – the way they worship, their dress, music, customs and traditions. Each religion has its own culture and experiences.</li> <li>Society means a group of people that share the same culture. Culture and society have changed overtime and followers have adapted the way they worship (i.e., virtual worship through the Covid pandemic).</li> <li>A place of worship within a community often provides people with a point of contact within their community beyond the people that live next door to them, they go to school or work with.</li> <li>At a place of worship, children and adults learn about their religion, about morals, social behaviour and their own values as human beings. Through collective worship they learn about what is safe in the world, how to be a good person, and what their responsibilities are as members of a religious group.</li> <li>Through religion, followers are given support to work out the meaning of difficult experiences and by providing emotional, physical and spiritual support.</li> <li>Within religion both conflict and peace exists. There are a range of reasons behind wars and conflict taking place, one of these reasons is due to people have differing religious and moral views.</li> </ul>
	Creation or science: conflicting or complementary ?	<ul> <li>of information - the answer to these questions are difficult - is very much dependent on one's own beliefs.</li> <li>Cosmology is the scientific study of the origin and evolution, of the universe. The study is based on theories which are both scientific and non-scientific ideas some of which cannot be tested and are assumptions.</li> <li>Scientists believe that fossil evidence confirms the basic theory of evolution. New discoveries are being made which add additional</li> </ul>
		information to Darwin's theory of evolution.
		Christianity

• There are different ways of interpreting Genesis - the Christian creation story.
• Some Christians believe the Bible is the actual word of God, they believe that Genesis 1 and 2 are true and accurate descriptions of how the
world was created.
• Some Christians do not think the Bible was actually written by God –
instead, they believe that the writers of the Bible were inspired by God's actions. They interpret Genesis 1 as fact but believe each day was
actually an era that lasted millions or billions of years.
• Some Christians accept that the Bible was written by humans and has
contradictions within it. They accept scientific theories about the origins
of the universe, such as the Big Bang theory.
• Christians believe that the Bible is not simply a storybook but is also an
account of events that have taken place in history.
• Some Christians do not recognise science within creation. They believe
God created the universe.
• Some Christians believe each day of Genesis was actually an era that
lasted millions or billions of years.
Some Christians accept scientific theories about the origins of the
universe, such as the Big Bang theory

	Hinduism		
EYFS	Theology – thinking through believing Human/Social Sciences – thinking through loiving	<ul> <li>Learning – introduction to religious belief through stories e.g. Rama and Sita and Hinduism.</li> <li>Introduction to the following key vocabulary: Religious, God, belief, Sacred book</li> <li>Introduce the concept of 'celebration' and how/what people celebrate – Bonfire Night, Christmas, Chinese New Year, Easter.</li> <li>Talk about what celebrations and festivals the children have taken part in.</li> <li>Identify simple features of religious life and practice in a family context.</li> <li>Recognise some religious symbols, place of worship etc</li> <li>Recognise simple religious beliefs and teachings in Christianity and Hinduism. Explore the similarities and difference between the religions: - o different stories, o places of worship – church, temple;</li> <li>different artefacts</li> </ul>	
Year 1	Unit 1 Philosophy What do my senses tell me about the world of religion and belief Unit 5 Philosophy	<ul> <li>Hinduism is one of the world religions. It is a religion that believes in many gods.</li> <li>People that follow the religion of Hinduism are called Hindus.</li> <li>Hindus worship Brahma who made other gods called Vishnu and Shiva to be his helpers.</li> <li>Hindus believe that God is inside every person.</li> <li>Hindus worship in a Hindu Temple which is also called a Mandir</li> <li>Hindus have several holy books; they are called Vedas.</li> <li>Philosophy</li> <li>A 'big idea' helps us to make sense of experiences or information.</li> </ul>	

		• A puzzling question is one that is difficult to understand or solve.
	How did the	Hinduism
	universe come	The universe was created by Braham?' is a 'big idea'
	to be	The Hindu religions has a story that explains how the universe was
		created (made).
		Hindus believe that Brahma created the world and everything in it and
		Vishnu looks after the world and the people in it.
		Questions we ask about religious stories often start with how or why to
		help us understand some of the information like 'How did Brahma get his
		power to make the universe.
		Hindus believe that the answer to questions about the creation stories
		can be found in their holy books (Vedas)
Year	Unit 1 –	• Diwali is an ancient festival celebrated by Hindus all over the world. It
2	Theology	represents the triumph of good over evil and light over darkness.
	M/huis light an	For Hindus, Diwali represents the start of the New Year as well as the
	Why is light an	beginning of winter.
	important	Light is important to Hindus because it commemorates the part of the
	symbol for Hindus?	Divali story that describes oil lamps being placed outside homes to light
	ninuus:	<ul> <li>the way for Rama and Sita's triumphant homecoming.</li> <li>Hindus believe that the world we live in is not the first or the last</li> </ul>
		universe. For Hindus the universe was created by Brahma, the creator who made the universe out of himself.
Year	Unit 3 –	
4	Human/Social	Hindus believe that God exists in everything so they respect all living
4	Sciences	things.
	Sciences	• Many Hindus are vegetarian so that they do not hurt other life forms.
	How do/have	Hindus believe that Brahman has lots of qualities and these are
	religious groups	represented by different gods and goddesses who have different names
	contribute to	and qualities.
	society and	Hindus choose their favourite god to worship.
	culture?	<ul> <li>Worship and prayer follow a ritual which includes offering to the gods. It</li> </ul>
		takes place daily at the Mandir of in a shrine in the home of each Hindu.
		Worship gives Hindus a chance to find peace and reflection.
		Worship helps Hindus to develop their own characteristics
		Hindus use worship to give thanks for what they have.
		• Duties help Hindus to lead a good life and make good choices these
		include helping others, kindness, non-violence. Hindus believe that there
		is a cycle of birth, life, death, rebirth and the way they behave in one life
		affects their next life.
		Hindus refer to their religion as 'a way of life'
		Hindus are able to express their beliefs in Britain. There are Hindu
		communities across the UK with a large Hindu community in Birmingham
		and Leicester. There are Hindu temples across the UK, including in
		Norfolk that enable Hindus to worship.
		Hindu celebrations take place in the UK. Some examples are: -
		<ul> <li>Holi – this is a festival of good triumphing over evil. The festival is</li> </ul>
		used to mark the beginning of spring.
		משבע נט ווומות נווב שבצוווווווצ טו שאווווצ.

		<ul> <li>Diveliation five day factions of lights it is a factional of new bactures.</li> </ul>
		<ul> <li>Diwali is the five-day festival of lights, it is a festival of new beginnings and the triumph of good over evil, and light over darkness.</li> <li>Hindu weddings ceremonies are very colourful, and extend for several days.</li> </ul>
Year	Unit 5 –	Hindus believe that:
5	Theology	
•		<ul> <li>everyone has a spark of God inside them</li> <li>God is the same for all of us even if we understand and worship God</li> </ul>
	How do Hindus	·
	make sense of	in different ways:
	the world?	<ul> <li>there is a world family, everyone individual and unique and created</li> </ul>
		by God.
		<ul> <li>the atman (spirit or soul) learns new lessons in each life and revisits</li> </ul>
		earth for new learning many times.
		<ul> <li>there are 4 stages of life (ashramas) to provide structure - student,</li> </ul>
		householder, retirement and finally leaving home to look for God
		<ul> <li>Hindu weddings are an important part of the 2<sup>nd</sup> stage.</li> </ul>
		<ul> <li>During the wedding ceremony the souls of the bride and groom become linked and promise to support each other.</li> </ul>
		• Pilgrimage is an important part of the Hindu faith. Hindus are expected to
		undertake a pilgrimage at least once in their life time.
		• The most famous Hindu pilgrimage is the Kumbh Mela, which takes place
		at the River Ganges in India.
		• On a pilgrimage Hindus try to make sense of their life, and increase their
		spiritual awareness and compassion for others.
		Hindus believe that when their dead bodies are burnt, they are returning
		the person's body to the natural world and that the soul moves on either
Year	Unit 1 –	<ul> <li>to join God or to take a new body.</li> <li>Culture is made up of a range of things that a group of followers do – the</li> </ul>
6	Human/Social	way they worship, their dress, music, customs and traditions. Each
	Sciences	religion has its own culture and experiences.
		• Society means a group of people that share the same culture. Culture and
	How and why	society have changed overtime and followers have adapted the way they
	does religion	worship (i.e., virtual worship through the Covid pandemic).
	bring peace and conflict?	<ul> <li>A place of worship within a community often provides people with a point of contact within their community beyond the people that live next door</li> </ul>
	connec.	to them, they go to school or work with.
		<ul> <li>At a place of worship, children and adults learn about their religion, about</li> </ul>
		morals, social behaviour and their own values as human beings. Through
		collective worship they learn about what is safe in the world, how to be a
		good person, and what their responsibilities are as members of a religious
		group.
		<ul> <li>Through religion, followers are given support to work out the meaning of difficult experiences and by providing emotional, physical and spiritual</li> </ul>
		support.
		<ul> <li>Within religion both conflict and peace exists. There are a range of</li> </ul>
		reasons behind wars and conflict taking place, one of these reasons is due
		to people have differing religious and moral views.

	-	Judaism
Year 1	Unit 1 Philosophy What do my senses tell me about the world of religion and belief	<ul> <li>Judaism is one of the world religions. It is a religion that believes in one god.</li> <li>People that follow Judaism are called Jews.</li> <li>Jews worship in a synagogue.</li> <li>The Jewish holy book is called the Torah.</li> </ul>
	Unit 3 Theology – What do Jewish people remember on Shabbat?	<ul> <li>Jews believe that God created the world and when he finished, he rested.</li> <li>Jews believe they have a special agreement with God called a covenant.</li> <li>Jews promise to obey God's laws to say thank you to him for looking after them.</li> <li>Shabbat is the name of the day of rest in Judaism. It starts on Friday evening and ends on Saturday evening.</li> <li>Jews are encouraged to think about God and their relationship with him and spend time with their families.</li> <li>At the start of Shabbat, Jewish families share a meal and eat a special bread called challah.</li> <li>A Havdalah ceremony is held at the end of Shabbat.</li> <li>The Torah contains the laws of God.</li> <li>All Jewish synagogues keep a copy of the Torah.</li> </ul>
Year 2	Unit 1 – Theology Why is light an important symbol for Jews?	<ul> <li>Hannukah is a Jewish festival. It reminds Jews of a time 2,000 years ago when the Jews won a battle against the Greeks to practice their religion freely. To celebrate the victory an oil lamp was lit which lasted for eight days.</li> <li>Light is important to Jews because it symbolises the lamp that was lit at the end of the battle which miraculously lasted eight days.</li> <li>Jews believe that there is a single God who not only created the universe, but with whom every Jew can have an individual and personal relationship.</li> </ul>
	Unit 4 – Human/Social Sciences How do Jewish celebrate Passover (Pesach)?	<ul> <li>Human/Social Sciences</li> <li>Celebrations and festivals bring family and friends together to remember something that is important to them</li> <li>Symbols in religion help people to think about the meaning of stories and special times.</li> <li>Judaism</li> <li>Thousands of years ago the early Jews, called Israelites, moved to Egypt, where they became slaves of the Egyptians.</li> <li>Passover is a Jewish celebration that remembers the freedom of the Jews from slavery in ancient Egypt.</li> <li>The word Passover comes from the 10th plague, in which the firstborn sons of the Egyptians were killed.</li> <li>Passover is celebrated with a family meal called Seder.</li> <li>The food that is served on the Seder plate has a symbolic meaning about the Passover story.</li> <li>The story of Passover is told in a guidebook for the Seder meal called the Haggadah.</li> </ul>

Year 3	Unit 6 – Human/Social Sciences How do people express commitment to a religion/worldvi ew in different ways?	<ul> <li>Matzah, which is bread without yeast in, is eaten throughout the festival. This is a reminder that the Jews had to leave Egypt in a hurry and didn't have time to wait for the bread to rise.</li> <li>Celebrations help Jews remember important events in Jewish history. This helps Jews to feel a sense of identity and belonging to their faith.</li> <li>In the Jewish faith there are 613 mitzvot which are rules for Jews to follow.</li> <li>There are rules for many things including instructions about food, punishments and how God should be worshipped.</li> <li>Jews believe that Mitzvot are the things that God wants them to do – they are a guide for how Jews live their lives.</li> <li>The mitzvot are written down in the Torah.</li> <li>As part of the mitzvot, Jews believe that God gave Moses a set of ten laws that they should follow in order to please him - these laws are known as the Ten Commandments.</li> <li>Following the Ten Commandments is part of the covenant (agreement) made at Mount Sinai, which applies to all Jews.</li> <li>Jews believe that God will judge them on how well they have observed the commandments.</li> <li>Jews believe that following the commandments helps Jews to become better people.</li> <li>The commandments guide Jews to love and worship God effectively.</li> <li>Kashrut are mitzvot about the types of food that Jews can eat.</li> <li>Food that may be eaten is called kosher which means 'fit' (for consumption).</li> <li>There are mitzvot about doing acts of kindness and helping those who are in need called Gemilut Hasidim and Tzedakah.</li> <li>Yom Kippur is a Jewish festival; it is the holiest day on the Jewish year.</li> <li>Yom Kippur was when the Israelites left Egypt.</li> <li>The Shema is a prayer – it is important to Jews.</li> <li>When Jews say the Shema, they are affirming (declaring) that they believe that Judaism is true and they have faith in one God.</li> <li>The Western Wall's is in Jerusalem – it is a holy place for Jews. It is close to the Temple Mount, the holiest site in</li></ul>
6	Human/Social Sciences	<ul> <li>Culture is made up of a range of things that a group of followers do – the way they worship, their dress, music, customs and traditions. Each religion has its own culture and experiences.</li> </ul>

How and why does religion bring peace and conflict?	<ul> <li>Society means a group of people that share the same culture. Culture and society have changed overtime and followers have adapted the way they worship (i.e., virtual worship through the Covid pandemic).</li> <li>A place of worship within a community often provides people with a point of contact within their community beyond the people that live next door to them, they go to school or work with.</li> <li>At a place of worship, children and adults learn about their religion, about morals, social behaviour and their own values as human beings. Through collective worship they learn about what is safe in the world, how to be a good person, and what their responsibilities are as members of a religious group.</li> <li>Through religion, followers are given support to work out the meaning of difficult experiences and by providing emotional, physical and spiritual support.</li> <li>Within religion both conflict and peace exists. There are a range of reasons behind wars and conflict taking place, one of these reasons is due to people have differing religious and moral views.</li> </ul>
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	Islam		
Year 1	Unit 2 Human/Social Sciences How does a celebration bring a community together	<ul> <li>Islam is one of the world religions. It is a religion that believes in one God called Allah</li> <li>People that follow the religion of Islam are called Muslims.</li> <li>Muslims believe that Muhammad is a messenger of Allah (God).</li> <li>Muslims worship in mosques. Muslims often call the mosque by its Arabic name – Masjid.</li> <li>The Muslim holy book is called the Qur'an.</li> <li>Eid al Fitr is a very important festival for Muslims.</li> <li>It is known as 'The Feast of Breaking the Fast' and is celebrated at the end of Ramadan.</li> <li>At Eid al-Fitr, Muslims wear their best clothes, decorate their homes and spend time with their families and friends.</li> </ul>	
Year 3	Unit 4 - Theology What do Muslims believe about God?	<ul> <li>Some Muslims give money to the poor so that they can enjoy the day too.</li> <li>Muslims believe that there is one god called Allah</li> <li>Tawhid is the belief that Allah is the one God.</li> <li>Muslims give Allah characteristics to be able to talk about him and try to overcome the difficulties of not being able to know or describe him.</li> <li>Muslims believe that Muhammed was the messenger and prophet of Allah.</li> <li>The key beliefs about the nature of Allah are contained in the Qur'an.</li> <li>The five pillars are 5 things that Muslims can do to live a good and responsible life.</li> <li>The first pillar of Islam is called Shahada. It is a declaration of faith that Muslims make when they enter the religion.</li> <li>When a Muslim recites the Shadada they are saying that they believe there is only one god and that Muhammad is the prophet of God.</li> </ul>	
	Unit 5 – Human/Social Sciences	<ul> <li>Muslims have rules for their daily lives - these are called the five pillars of Islam.</li> <li>The five pillars of Islam help Muslims to keep their faith strong.</li> <li>The five pillars of Islam are: -</li> </ul>	

	What difference	<ul> <li>Shahadah – this is a declaration Muslims make to join the faith. The</li> </ul>
	does being a Muslim make to daily life?	Shahada shows that Muslims believe in one God and that Muhammad is the prophet of Allah. Anyone who cannot recite this wholeheartedly is not a Muslim.
		<ul> <li>salah – Muslims are required to pray five times every day at set times. The Muslim prayer ritual is performed always facing in the direction of Mecca. Praying gives Muslims a feeling of connection to Allah, and to all the other Muslims around the world.</li> <li>Zakah - Muslims give 2.5% of their money to charity, after they have paid for what is necessary to support themselves and their families. Muslims believe that it is their duty to ensure Allah's wealth has been shared equally so that everyone is the same as Allah created everyone equally.</li> <li>Sawm - fasting happens in the month of Ramadan. During this month, Muslims won't eat or drink between dawn and sunset. Fasting is important to Muslims during Ramadan as it allows Muslims to devote themselves to their faith and come closer to Allah.</li> </ul>
		<ul> <li>hajj – is a pilgrimage to Mecca that Muslims take once in a lifetime if they are physically able and can afford to do so. It is important to Muslims as Mecca is the place where the Islamic religion started. All Muslims pray in the direction of a sacred building called the Ka'bah, which is found within the Great Mosque of Mecca. The Ka'bah is the holiest site in Islam and symbolises the oneness of God.</li> </ul>
Year	Unit 2 –	Human/Social Sciences
5	Human/Social Sciences	<ul> <li>A religion is a set of beliefs that is held by a group of people.</li> <li>The beliefs are about the world and the people in it, about how they came into being, and what their purpose is.</li> </ul>
	How has belief in Islam and Christianity	<ul> <li>These beliefs are often linked to supernatural beings such as God, a number of gods or spirits.</li> <li>A global religious community has: -</li> </ul>
	impacted on music and art through	<ul> <li>a shared set of religious beliefs across more than one country.</li> <li>A close connection through faith across the world</li> <li>Followers are part of a world-wide family.</li> </ul>
	history?	• Expressions of belief change over time. The change is influenced by travel and changes in society and the expectations of the people living with in. Islam
		• Some Muslims believe that only vocal music is permissible (halal) and that instruments are forbidden (haram).
		<ul> <li>Some Muslims believe that any instrument is lawful as long as it is used for the permissible kinds of music.</li> <li>The Cell to Preventional for the permission of the permis</li></ul>
		<ul> <li>The Call to Prayer is an important feature in Islamic worship. It is a type of music that uses the voice alone.</li> <li>Nasheeds are moral, religious songs sung in various melodies by some</li> </ul>
		<ul> <li>Nasheeds are moral, religious songs sung in various melodies by some Muslims of today with and without instruments.</li> <li>Arabic music is the music of the Arab world with all its diverse music styles</li> </ul>
		and genres.

Year 6 How and why does religion bring peace and conflict?	<ul> <li>Islamic music has evolved over time with new music adding on to (but not replacing) traditional music.</li> <li>The Muslim call to prayer has remained consistent over centuries.</li> <li>There are no pictures of people or animals in a mosque. The Qur'an forbids the worship of images, and Muslim people also believe that art could never reflect the magnificence of Allah's creation well enough.</li> <li>Islamic art is dedicated to the design of repeating, intricate, colourful patterns and to calligraphy (beautiful writing).</li> <li>Culture is made up of a range of things that a group of followers do – the way they worship, their dress, music, customs and traditions. Each religion has its own culture and experiences.</li> <li>Society means a group of people that share the same culture. Culture and society have changed overtime and followers have adapted the way they worship (i.e., virtual worship through the Covid pandemic).</li> <li>A place of worship within a community often provides people with a point of contact within their community beyond the people that live next door to them, they go to school or work with.</li> <li>At a place of worship, children and adults learn about their religion, about morals, social behaviour and their own values as human beings. Through collective worship they learn about what is safe in the world, how to be a good person, and what their responsibilities are as members of a religious group.</li> <li>Through religion, followers are given support to work out the meaning of difficult experiences and by providing emotional, physical and spiritual support.</li> </ul>
	reasons behind wars and conflict taking place, one of these reasons is due to people have differing religious and moral views.
Year 6 Human/Social Sciences How do beliefs shape identity for Muslims?	<ul> <li>to people have differing religious and moral views.</li> <li>Muslims believe that Islam was revealed over 1,400 years ago in Mekkah, Arabia through a man called Muhammad.</li> <li>The majority of Muslims are Sunnis – they believe that there was no successor to the Prophet Muhammed.</li> <li>Shiites Muslims believe that Mohammed's cousin Ali was his successor.</li> <li>Both Sunni and Shiite Muslims share many beliefs: - <ul> <li>the oneness of Allah,</li> <li>the importance of the Prophet Muhammad</li> <li>the Five Pillars of Islam</li> <li>the Qur'an.</li> </ul> </li> <li>Sunni Muslims belief in the 'Six Articles of Faith', these are: <ul> <li>One God</li> <li>The angels of God</li> <li>The prophet Muhammad</li> <li>The prophet Muhammad</li> <li>The prophet Muhammad</li> </ul> </li> <li>The Day of Judgement (the afterlife or akhirah)</li> <li>The supremacy of God's will.</li> </ul> <li>Sufi Muslims are a spiritual group of Muslims. Both Sunni and Shiite Muslims can be Sufi.</li>

<ul> <li>All Muslims show a commitment to God by following the five pillars of Islam</li> </ul>
The Five Pillars of Islam form a life plan for Muslims
• Intention' is an important concept in the Islamic faith – it is about the way
things are done.
<ul> <li>Ramadan is the month where Muslims believe that the Prophet</li> </ul>
Muhammed first received revelations of the Qur'an.
<ul> <li>Ramadan is a time of spiritual reflection, self-improvement, and</li> </ul>
heightened devotion and worship.
• Muslims believe that Ramadan teaches them to practice self-discipline,
self-control, sacrifice, and empathy for those who are less fortunate.
<ul> <li>Mosques are the heart of the Islamic life. They serve for: -</li> </ul>
<ul> <li>Prayers</li> </ul>
<ul> <li>for events during Islam's holiest month Ramadan,</li> </ul>
$\circ$ as centres for education and information,
<ul> <li>places for social welfare,</li> </ul>
<ul> <li>for dispute settlement.</li> </ul>
• The Iman is the religious leader of the mosque and the person who leads
the prayers.
at Makkah. Prayer gives Muslims a feeling of connection to Allah.
• The Hadith is a record of the traditions or sayings of the Prophet
Muhammad, it is a major source of religious law and moral guidance.
• The teachings of the Qur'an make a difference to life because they show
Muslims how to follow Allah (e.g., don't lie, respect your parents, thank
God for all the good things in life).
<ul> <li>Muslims believe Islam is a way of life the most important thing is to</li> </ul>
follow the teaching of the scriptures
<ul> <li>Muslims believe that God rewards those who do good deeds</li> </ul>

	Sikhism		
Year 3	Unit 1 – Human/Social Sciences How do people express commitment to a religion/worldvi ew in different ways?	<ul> <li>Sikhism originated in Northern India and is the world's fifth-largest organised religion.</li> <li>Sikhism was founded 500 years ago when a man named Nanak walked through South Asia teaching others about one god, that all people are equal, and each of us can experience freedom through loving and helping others.</li> <li>The word 'Sikh' in the Punjabi language means 'disciple', Sikhs are the disciples of God who follow the writings and teachings of the Ten Sikh Gurus.</li> <li>The Sikh holy book is called 'Guru Granth Sahib'. It is a collection of teachings and writings by Guru Nanak and other Gurus as well as Sikh, Hindu and Muslim saints.</li> <li>Sikhs are expected to demonstrate their commitment to their beliefs in the way they live their daily lives.</li> </ul>	

<ul> <li>to work hard, live honestly and share with others particularly</li> </ul>	
<ul> <li>need.</li> <li>Sikhs give food to people in need.</li> </ul>	
Sri Guru Singh Sabha Gurdwara in Peterborough is our nearest Sil	kh
<ul> <li>temple.</li> <li>The Peterborough Sikh community run Guru Nank Devji's Free Kit where they give food to those in need.</li> </ul>	tchen
Year Unit 2 – Philosophy	
<ul> <li>Philosophy</li> <li>Knowing is to have direct experience, to understand, and to have practical understanding of a concept or thing.</li> </ul>	e a
What do we     Believing is holding an opinion.	
mean by truth? • Truth is what is real. A thing is true if it is a fact.	
<ul> <li>Is seeing believing?</li> <li>Seeing is believing is a saying that is used when something unlike witnessed, the truth of its occurrence or existence can no longe doubted e.g. I didn't think it could happen, but seeing is believin</li> <li>Sometimes seeing is not believing as images can be changed or a played on us, for example magic.</li> <li>Sikhism</li> </ul>	er be ing.
<ul> <li>Sikhs believe that there is one God and he is the truth.</li> </ul>	
<ul> <li>Sikhs believe that the Guru Granth Sahib (Sikh holy book) is the w Waheguru so it is infallible (true).</li> </ul>	vord of
The Mool Mantar is the Sikh statement of belief. It is the basis of	
<ul> <li>whole of Sikhism and contains the key beliefs about Waheguru (G</li> <li>The first line of the Mool Mantar is "Ik Onkar", which means "The</li> </ul>	
only one God".	
Year Unit 1 – • Culture is made up of a range of things that a group of followers of	
6 Human/Social way they worship, their dress, music, customs and traditions. Eac Sciences religion has its own culture and experiences.	ch
<ul> <li>Society means a group of people that share the same culture. Culture and experiences.</li> </ul>	lture and
How and why society have changed overtime and followers have adapted the w	
<ul> <li>does religion worship (i.e., virtual worship through the Covid pandemic).</li> <li>bring peace and</li> <li>A place of worship within a community often provides people within a community often people within a commu</li></ul>	th a naint
conflict? of contact within their community beyond the people that live ne	
<ul> <li>to them, they go to school or work with.</li> <li>At a place of worship, children and adults learn about their religion morals, social behaviour and their own values as human beings. T collective worship they learn about what is safe in the world, how</li> </ul>	

	<ul> <li>good person, and what their responsibilities are as members of a religious group.</li> <li>Through religion, followers are given support to work out the meaning of difficult experiences and by providing emotional, physical and spiritual support.</li> <li>Within religion both conflict and peace exists. There are a range of reasons behind wars and conflict taking place, one of these reasons is due to people have differing religious and moral views.</li> </ul>
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	Humanism	
Year	Unit 5 –	Philosophy
2	Onit 5 – Philosophy Why do people have different views about the idea of God?	<ul> <li>Philosophy</li> <li>Religion is a collection of beliefs that people have that help them to answer some really big and hard questions, like who made the world, who should we look up to or worship, how should people behave.</li> <li>People have different ideas about religion and God because: - <ul> <li>They live in different places.</li> <li>They live in different families</li> <li>They think in different ways.</li> <li>They have different friendships and communities.</li> </ul> </li> <li>It is OK for people to believe in different things. No one religion is right or wrong.</li> <li>The world of religion is puzzling because: - <ul> <li>we cannot see or meet God in the same way that we can with people we know.</li> <li>It is difficult to understand how a person or being created the world</li> </ul> </li> </ul>
		<ul> <li>and we only have stories and sacred books to tell us – we can't see it for ourselves.</li> <li>Different people think different things about God and religion.</li> <li>Humanism</li> <li>Humanists don't believe in a god or gods, or believe we can't know if there is a god</li> <li>Humanists believe we can be good and happy without the need for gods or religion.</li> </ul>
Year	Unit 3 –	Philosophy
3	Philosophy	Philosophy is learning about: -
	. ,	<ul> <li>the ideas that make up the knowledge that we have.</li> </ul>
	What is	<ul> <li>What is right and wrong and why</li> </ul>
	philosophy?	<ul> <li>The value of things</li> </ul>
	How do people	A moral decision is when someone has to make a choice based on what
	make moral	they believe is proper behaviour and the right thing to do.
	decisions?	Poverty means not having enough money for basic needs such as food,
		water, shelter, or toilets. Many people in different countries live
		in poverty, especially in developing areas of Africa, Latin America and
		some parts Asia.
		Justice has two meanings: -     Sticking to such at in fair and night
		<ul> <li>Sticking to what is fair and right</li> <li>the giving out of compthing that is deconvedy reward or punishment</li> </ul>
		<ul> <li>the giving out of something that is deserved; reward or punishment.</li> </ul>
		Humanism Humanists believe that: -
		<ul> <li>We should treat others the way we would like to be treated</li> </ul>

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Year 4	Unit 5 – Philosophy What does sacrifice mean?	<ul> <li>If everyone tries to do the right thing, we can make the world a better place; if everyone does the wrong thing, then everyone will be worse off</li> <li>Making others happy can make us happy</li> <li>This world is the only one we have and that human problems can only be solved by humans.</li> <li>Humanists take an active role in supporting poverty and justice issues and many give money and time to support action on world poverty.</li> <li>Philosophy</li> <li>Sacrifice means being prepared to give up something that is of value, for the sake of the greater good.</li> <li>Kindness is about empathy, being aware of others and finding ways to help others.</li> <li>Kindness and giving to others improves the life of the person who gives the kindness and the person on the receiving end of the kindness.</li> </ul>
		<ul> <li>Humanism</li> <li>The following are key Humanist values: -</li> </ul>
		<ul> <li>Compassion</li> </ul>
		<ul> <li>Kindness</li> <li>Tolerance</li> </ul>
		<ul> <li>free speech</li> </ul>
		<ul> <li>Rational thought</li> </ul>
Year	Unit 1 –	Philosophy
5	Philosophy	<ul> <li>Philosophy is thinking about the world and making sense out of it.</li> <li>Aritable, Plate and Generate world and making sense from Anging Constant.</li> </ul>
	Is believing in God	<ul> <li>Aristotle, Plato and Socrates were great philosophers from Ancient Greek times. Their thinking has taught us about what is right and wrong, justice and behaving in an ethical way.</li> </ul>
	reasonable?	<ul> <li>Suffering is caused by pain and loss. This can be as a result of natural or medical disaster. Suffering can also happen as a result of the behaviour of people towards others.</li> </ul>
		<ul> <li>Utilitarianism is thinking about right and wrong actions. It says that the</li> </ul>
		best action is the one that makes the most happiness or usefulness. Humanism
		Humanism is a world view where the followers do not believe in god –
		<ul><li>they look to science as a way to explain the world.</li><li>Humanists believe in a set of ethics about the way people should live.</li></ul>
Year	Unit 3 –	Philosophy
6	Philosophy	• What does it mean to be human is a difficult question to answer.
	What does it	<ul> <li>Scientists believe that humans are one species of primate that emerged from the dry savannahs of East Africa just over 100,000 years ago.</li> </ul>
	mean to be	Humanity has been evolving and developing since this time.
	human? Is	Humans and the way they live have evolved over time.
	being happy our greatest purpose in life?	<ul> <li>Humans have characteristics that set them apart from other animals – creativity, curiosity, emotional intelligence, intellectual capacity,</li> </ul>
	purpose in me!	compassion, empathy, logic, consciousness Humanism
		Humanists believe human beings are special and human life is valuable
		• Humanists don't believe in a god, or believe we can never know if there is
		a god

	• Humanists don't believe there is any evidence for an afterlife: we should
	therefore make the most of this life
	Humanists believe human beings should try to live full and happy lives and
	help others to do the same
	Humanists place great importance on making themselves and others
	happy.
Unit 4 –	Theology
Theology	• Why do people interpret things differently and how reliable are sources of
<b>a</b>	information - the answer to these questions are difficult - is very much
Creation or	dependent on one's own beliefs.
science:	<ul> <li>Cosmology is the scientific study of the origin and evolution, of the</li> </ul>
conflicting or complementary	universe. The study is based on theories which are both scientific and
?	non-scientific ideas some of which cannot be tested and are assumptions.
	Scientists believe that fossil evidence confirms the basic theory of
	evolution. New discoveries are being made which add additional
	information to Darwin's theory of evolution.
	Humanism
	<ul> <li>Humanists look to science for the answers to how the universe started.</li> </ul>
	They believe that human beings were not created, but evolved naturally.
	Humanists are clear that they look to science to explain the creation of
	the universe and what is true.

Buddhism		
Year	Unit 3 –	Philosophy
Year 5	Philosophy What can we learn about the world/knowled ge/meaning of life from the great philosophers?	<ul> <li>The great philosophers help us to understand the meaning of life through their teachings and quotes that remain relevant to today, for example: <ul> <li>Be content and make the most of what we have in life.</li> <li>We are happier if we focus on the good things in our life.</li> <li>We are in charge of whether our lives will be happy or sad.</li> <li>Embrace everything that happens to us as experiences to work through.</li> <li>See obstacles and problems as an experience that we will learn from.</li> </ul> </li> <li>What is right and what is wrong: - <ul> <li>When we use the word 'right' we talk about principles and ideals. These are the rules and conventions we develop to help us run our lives.</li> <li>When we think about rules and conventions being broken, we say this is 'wrong'.</li> <li>Sometimes it is difficult to say whether something is absolutely right or wrong.</li> <li>Fairness is very important in determining the principles we live by.</li> </ul> </li> <li>Our ideas about right and wrong are learned through a mix of social interactions and what we see, hear and read.</li> <li>Buddhism</li> <li>Buddhism is a religion to about 300 million people around the world.</li> </ul>
		The word comes from 'budhi', 'to awaken'.

		Buddhists see Buddhism as a philosophy or 'way of life'.
		Buddhists strive to:
		<ul> <li>lead a moral life,</li> </ul>
		<ul> <li>be mindful and aware of thoughts and actions</li> </ul>
		<ul> <li>to develop wisdom and understanding.</li> </ul>
		Buddhism teaches that the solutions to our problems are within ourselves
		not outside.
		<ul> <li>The Buddha asked all his followers not to take his word as true, but rather</li> </ul>
		to test the teachings for themselves.
		Buddhists believe that each person decides for themselves and takes
		responsibility for their own actions and understanding.
Year	Unit 1 –	• Culture is made up of a range of things that a group of followers do – the
6	Human/Social	way they worship, their dress, music, customs and traditions. Each
	Sciences	religion has its own culture and experiences.
		• Society means a group of people that share the same culture. Culture and
	How and why	society have changed overtime and followers have adapted the way they
	does religion	worship (i.e., virtual worship through the Covid pandemic).
	bring peace and	• A place of worship within a community often provides people with a point
	conflict?	of contact within their community beyond the people that live next door
		to them, they go to school or work with.
		• At a place of worship, children and adults learn about their religion, about
		morals, social behaviour and their own values as human beings. Through
		collective worship they learn about what is safe in the world, how to be a
		good person, and what their responsibilities are as members of a religious
		group.
		Through religion, followers are given support to work out the meaning of     difficult concerning and hy providing emotional physical and envirtual
		difficult experiences and by providing emotional, physical and spiritual
		<ul> <li>support.</li> <li>Within religion both conflict and peace exists. There are a range of</li> </ul>
		<ul> <li>Within religion both conflict and peace exists. There are a range of reasons behind wars and conflict taking place, one of these reasons is due</li> </ul>
		to people have differing religious and moral views.
	Unit 2 –	<ul> <li>Buddhists try to live a good life by following the Buddha's teachings,</li> </ul>
	Theology	<ul> <li>Buddhists fry to live a good me by following the Buddha's teachings, helping them to avoid suffering and bad feelings. They believe nothing in</li> </ul>
	incology	life is perfect and the way to avoid suffering is to follow a set of important
	How do	guidelines known as the Noble Eightfold Path.
	Buddhist	<ul> <li>The Four Noble Truths are a Buddhist teaching. They show Buddhists why</li> </ul>
	explain the	they should follow the Middle Way. The Four Noble Truths are: -
	suffering in the	<ul> <li>Life involves suffering</li> </ul>
	world?	<ul> <li>Suffering is due to having desires</li> </ul>
		<ul> <li>Suffering can be ended by overcoming desires</li> </ul>
		<ul> <li>The way to end suffering is by following the Eightfold Path</li> </ul>
		• The path that leads to the end of suffering is caused the Eightfold Path.
		• The Eightfold path says that truth is found in the Middle Way.
		• A person can get to the Middle Way by following the eightfold path. The
		eight rules are these:
		$\circ$ Right Viewpoint. A person should see things in a bad way at first. This
		way, they are never disappointed.
		<ul> <li>Right Values. A person should try to make</li> </ul>
		their ethics and morals better in small ways.

	<ul> <li>Right Speech. A person should try to be truthful and kind when they</li> </ul>
	talk.
	<ul> <li>Right Actions. A person should try to do good things. If they cannot do</li> </ul>
	a good thing, then they should try to not do a bad thing.
	<ul> <li>Right Livelihood. A person should not work at something that can hurt</li> </ul>
	themselves or other people.
	<ul> <li>Right Effort. A person should try to be better.</li> </ul>
	<ul> <li>Right Mindfulness. A person cannot be confused. They must not</li> </ul>
	use drugs or alcohol.
	<ul> <li>Right Meditation. A person must try to</li> </ul>
	reach enlightenment through meditation.
	• The Five Moral Precepts are the Buddhist version of a code of conduct or
	rules to help people behave in a moral and ethical way. Buddhists should
	follow the Five Moral Precepts to ensure they are living a morally good
	life. This helps them to get rid of suffering and achieve nirvana.