

Key end points for this unit include:

- To know that a sacrifice is when something is given up for an important reason.
- To know a pilgrimage is a special journey to a sacred place.
- To know that fasting means to go without something.
- To understand that charity means giving to those in need.
- To understand that sacrifice can be important for both religious and non-religious people.

This unit introduces pupils to the concept of sacrifice as a central theme across religions and in non-religious worldviews. Sacrifice is explored through different practices; pilgrimage, fasting, charity, and everyday choices, to help children understand that sacrifice means giving up something important for a greater purpose. The sequence builds from religious examples towards reflection on children's own lives, ensuring theological accuracy, inclusivity, and opportunities for personal connection.

By the end of the unit, pupils will know that sacrifice is expressed in diverse ways across Christianity, Judaism, Islam, Hinduism, and Sikhism, and that humanists and atheists also value sacrifice for human-centred reasons. They will understand that sacrifice can involve food, time, money, comfort, or appearance, and that it is motivated by compassion, empathy, and values.

Lesson Sequence

The unit begins with an introduction to the concept of sacrifice. **In Lesson 1**, children learn that sacrifice means giving up something important for a greater reason. They explore everyday examples, such as giving up playtime to help a friend, alongside religious practices like fasting, pilgrimage, or charity. This lesson establishes the foundation that sacrifice is a shared human experience, not only a religious one.

Lesson 2 moves into pilgrimage, showing how sacrifice can take the form of a journey. Pupils discover that a pilgrimage is a special journey to a sacred place, often involving effort, cost, or discomfort. They learn about Christian and Jewish pilgrimages to Jerusalem, the Muslim pilgrimage to Makkah (Hajj), and Hindu pilgrimages to the River Ganges. Through these examples, children see how pilgrims sacrifice time, energy, and comfort to show devotion to their faith.

In Lesson 3, the focus shifts to fasting. Pupils learn that fasting means going without food, drink, or other comforts, and that it is practised in different ways across religions. They explore Lent in Christianity, Yom Kippur in Judaism, Ramadan in Islam, and fasting during Hindu festivals such as Navaratri. This lesson builds on the idea of sacrifice by showing how believers give up physical comfort and desire in order to grow spiritually, show devotion, or remember important events in their faith.

Lesson 4 explores charity and service as another expression of sacrifice. Pupils learn that charity means giving to those in need, and service means helping others without expecting reward. They study examples such as Zakat in Islam, Christian charity and volunteering, Seva in Hinduism, and Langar in Sikhism. This lesson highlights that sacrifice is not only about personal devotion but also about caring for the wider community, as believers give up money, time, or energy to help others.

Lesson 5 broadens the concept of sacrifice beyond religion. Pupils learn that humanists and atheists also value sacrifice, though for human-centred reasons. They explore how non-religious people may sacrifice time to volunteer, money to support charities, or comfort to care for family and friends. Ethical choices, such as veganism, are also introduced as examples of sacrifice motivated by empathy and values. This lesson encourages children to reflect on their own lives, considering what sacrifices they might make in the future and why.

Finally, Lesson 6 provides an opportunity for assessment and consolidation. Pupils demonstrate their understanding of sacrifice by defining it, giving examples from different religions and non-religious perspectives, and reflecting on what sacrifice means to them personally. This extended writing task allows children to show how their knowledge has developed across the unit, moving from religious practices to broader human experiences and personal application.

Key Concepts encountered include: Sacrifice, Pilgrimage, Fasting, Charity, Empathy

Key Vocabulary: Sacrifice, Fasting, Pilgrimage, Charity, Yom Kippur, Lent, Ramadan, Langar, Seva, Humanism, Atheism