Year 8 RE
Distance Learning
Quiz and Learn Booklet
Summer 2

Name:

Form:
Welcome

Welcome to your RE information pack. This pack contains all the information you need to complete the tasks that have been set for your distance learning lessons in summer term 2. At the end of this pack you will find the quizzes that you need to complete each week to check your understanding of the content that you have learnt. You should complete one quiz each week for the rest of the summer term. If you have any questions, please email your teacher at a.rafiq@arkkingsacademy.org

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Key Vocabulary:

Amrit – sugar that is mixed into water using a sword; it is drunk at the Amrit ceremony

Amrit ceremony – ceremony to become part of the Sikh Khalsa

Caste – a series of social classes that determine someone’s job and status in society

The Five K’s – five articles of faith worn by the Khalsa: kesh (uncut hair), kangha (wooden comb), kara (a steel bracelet), kachheri (special cotton underwear) and kirpan (a short sword)

Granthi – people who read from, and look after, the Guru Granth Sahib; Sikhs do not have religious leaders or priests and anyone can read from the Guru Granth Sahib

Gurdwara – the Sikh place of worship; literally means ‘doorway to the Guru’

Gurmukhi – a language created by the Gurus and used to write the Guru Granth Sahib

Guru – a religious teacher or guide who leads a follower from spiritual ignorance

Guru Granth Sahib – the Sikh holy book

Initiated – made a member of a particular group through a special ceremony

Khalsa – the community of Sikhs founded by the tenth Guru, Gobind Singh

Langar – ‘free kitchen’; a communal eating area found in every Sikh place of worship

Monotheistic – someone who believes in only one God

Mool Matra – the first hymn written by Guru Nanak; it summarises Sikh beliefs about God

Naam japna – repeating the name of God over and over as an act of worship

Panj pyare – ‘the blessed ones’; the first five men who volunteered to join the Khalsa

Waheguru – the most common name used by Sikhs to describe God meaning ‘wonderful Lord/Guru’

Key Facts:

- When Nanak was 30 he received a revelation in which he understood that although there are many different religions here is only one God. God loves people all equally, whatever religion they follow.
- The story of the miracle of milk and blood emphasises one of Guru Nanak’s important teachings – that of working hard and honestly.
- The last of the human Gurus was Gobind Singh, who established the Khalsa, a brotherhood of Sikhs established to protect their people from persecution.
- Before he died, Gobind Singh said the collection of Sikh holy scriptures, the Guru Granth Sahib, would be the eleventh and final – eternal – Guru.
- The Guru Granth Sahib is a collection of scriptures collected over 150 years that is highly revered by Sikhs, who look to it for guidance and leadership.
- The Mool Mantra is a text that describes Sikh beliefs about God, including that he is the creator, immortal, without fear or hate, and beyond birth and death.
- A key similarity between Hinduism, Buddhism and Sikhism is that they all believe in the cycle of birth, death and rebirth. They believe how you are reborn is affected by your karma you build up during your life.
- A key difference between the three religions is they have different beliefs about the aim of leaving the cycle.
Sikhism is the name of the religion, and its followers are known as Sikhs.

Sikhs believe in one God called Waheguru which means ‘Wonderful Lord’ or ‘Wonderful Teacher’. Sikhism has approximately 27 million followers worldwide, with about 83% of Sikhs living in India. Over 430,000 Sikhs live in the UK.

What do Sikhs believe?

Sikhs believe in one God who guides and protects them. They believe everyone is equal before God. Sikhs believe that your actions are important and you should lead a good life. They believe the way to do this is:

- Keep God in your heart and mind at all times
- Live honestly and work hard
- Treat everyone equally
- Be generous to those less fortunate than you
- Serve others

Guru Nanak

Guru Nanak is the founder of Sikhism. Guru means ‘Teacher’.

Sikhism is still based on his teachings and those of the nine Sikh Gurus who followed him.
What is the Sikh holy book?

The Sikh holy book is called the Guru Granth Sahib. The tenth Guru, Guru Gobind Singh, said that after him there would be no other living gurus. Instead, Sikhs could look at their holy book for guidance. This is why Sikhs call their holy book a Guru.

The Guru Granth Sahib is a collection of lessons from the ten gurus as well as Sikh, Hindu and Muslim saints. It is written in Punjabi and is greatly respected by all Sikhs as the living word of God. It is kept on a raised platform under a canopy in the Sikh place of worship. All Sikhs take off their shoes when they are near it.

Where do Sikhs worship?

The Sikh place of worship is called a Gurdwara which means 'Gateway to the Guru'. A Gurdwara is any building where the Guru Granth Sahib is kept.

In the UK, Sikhs usually go to the Gurdwara on Sundays. During the services they listen to teachings based on the Guru Granth Sahib. They also chant and say prayers from the gurus. These are called Keertan.

The Langar

The service ends in a langar (a shared meal). Everyone is welcome to share the meal.
Religious symbol

The Khanda is the symbol of the Sikh faith. It consists of three different types of weapons:

- A double-edged sword or khanda in the centre.
- A round throwing weapon known as a chakkar.
- Two single-edged swords called kirpans, crossed either side of the other weapons.

The Khalsa

The amrit ceremony is one of the most important ceremonies in Sikhism. It was started by Guru Gobind Singh, the tenth Sikh Guru, who called for Sikhs to defend their faith against the persecution that was happening to them at the time. Guru Gobind Singh asked for volunteers who were prepared to die for their faith. Five men volunteered, but instead of being killed, they were spared and became known as the panj piare – which means ‘the five beloved ones’. They were the first members of the Sikh community known as the Khalsa. When Sikhs undergo the amrit ceremony today and join the Khalsa, they must promise to keep all the rules of the Sikh faith, and also to wear the 5 Ks.

Denominations

Over the years, Sikhs who believe in different gurus or different interpretations of Sikh teachings have broken away from Sikhism and formed a number of different sects. These sects are not usually considered part of orthodox Sikhism.
The Three Pillars of Sikhism

The Three Pillars of Sikhism are duties which all Sikhs must carry out. They were formalised by Guru Nanak, and can be summed up in three words: pray, work, give.

Naam Japna
PRAY
Naam Japna means to focus on God. Sikhs must keep God in their mind at all times. As well as prayer and meditation, Sikhs will also practise chanting and singing of God’s name – Waheguru.

Kirat Karni
WORK
Kirat Karni means to earn an honest living. All Sikhs must seek to live honestly and to have high moral values. This doesn’t just mean avoiding crime. Sikhs also avoid gambling, begging, or working in industries that produce things such as alcohol or tobacco.

Vand Chakna
GIVE
Vand Chakna means literally to share your earnings with others. Sikhs must commit to giving to charity and caring for others.

What events bring the Sikh community together?

In Sikhism, there are many festivals known as Gurpurabs. These are holy days honouring the lives of the ten Gurus.

One of the most important is Guru Nanak Gurpurab, celebrating the birthday of the founder of Sikhism, Guru Nanak. After the death of Guru Nanak, beliefs were passed down through a series of ten Gurus for some 200 years.
How is Guru Nanak Gurpurab celebrated?

To celebrate Guru Nanak Gurpurab, the Sikh community gathers together to take part in a street procession called a nagar kirtan. The Guru Granth Sahib (the Sikh holy book) is carried through the streets on a specially decorated float, Sikhs join together to sing, dance and play musical instruments.

Sikh worship and festivals are followed by the langar. This is a free, vegetarian meal which takes place in the Gurdwara, the Sikh holy building. This meal is offered to everyone, regardless of their faith and is cooked and served by both men and women, with everyone sitting together on the floor to eat. The langar symbolises equality, which was one of the most important teachings of Guru Nanak.

Another important festival celebrated by the Sikh community is Bandi Chhor Divas, which means ‘liberation of prisoner’s day’. This marks the day when the sixth Guru, Guru Hargobind, was released from prison, along with fifty-two Hindu princes. Diwali means ‘festival of lights`, and the festival remembers when people lit lamps to welcome Guru Hargobind home.
Vaisakhi

When is Vaisakhi?

Vaisakhi is a spring festival which happens on the 13 or 14 April every year. In 2021 Vaisakhi takes place on Tuesday 13 April. It was originally a harvest festival in the Punjab until it became Sikhism’s most important festival.

What is the story of Vaisakhi?

In 1699, Sikhs from all over the Punjab gathered together to celebrate the local harvest festival of Vaisakhi. The tenth guru, Guru Gobind Singh, came out of a tent carrying a sword. He asked anyone who was prepared to give their life for their religion to step forward.

A young man stepped forward and went into the tent with Guru Gobind Singh. Then Guru Gobind Singh came out of the tent alone with his sword covered in blood and asked for another volunteer. This happened four times until five Sikhs had gone into the tent.
Everyone was very worried that five men had died. However, they all came out of the tent alive and wearing turbans. The five men became known as the Panj Piare or 'Beloved Five'.

What is the story of Vaisakhi?

Guru Gobind Singh then baptised all the men into the Khalsa. He said some prayers and sprinkled them all with sugar water called amrit. These five men became the first members of the Khalsa.
Quiz 1: What is Sikhism?

Year 8 - What is Sikhism?

1. How many God(s) do Sikhs believe in? *(1 Point)
   - One
   - Two
   - Multiple

2. What is the Sikh name for God? *(1 Point)
   - Allah
   - G-d
   - Waheguru

3. How many followers does Sikhism have worldwide? *(1 Point)
   - 1 million
   - 27 million
   - 100 million

4. How many Gurus were there in Sikhism? *(1 Point)
   - One
   - Five
   - Ten
5. How many times a day are Sikhs expected to pray? * (1 Point)
   - 1
   - 5
   - 7

6. What is the name of the Sikh place of worship? * (1 Point)
   - Mosque
   - Church
   - Gurdwara

7. Why does everyone sit on the floor inside the Gurdwara? * (1 Point)
   - So they are comfortable.
   - To show everyone is equal.
   - So they can relax.

8. What is the Sikh name for community? * (1 Point)
   - Sangat
   - Khalsa
   - Gurdwara
Quiz 2: Sikh Worship and Symbolism

* Required

1. Who was the founder of Sikhism? *
   (1 Point)
   - The Khalsa
   - The Amrit
   - Guru Nanak

2. Guru Nanak’s key teaching was that everyone is equal in the eyes of God. *
   (1 Point)
   - True
   - False

3. What does the word Gurdwara translate as? *
   (1 Point)
   - Special building
   - Holy place
   - Door to the Guru

4. How can you identify a Gurdwara? *
   (1 Point)
   - Because it is a tall building.
   - It has a yellow flag flying outside with the Sikh symbol on it.
   - It is luxurious.
4. How can you identify a Gurdwara?  
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5. What is the key teaching on eating meat?  
(1 Point)
- Most Sikhs choose to be vegetarian.
- All Sikhs are vegetarian.
- All Sikhs are allowed to eat meat.

6. Sikh men wear a turban as they should not cut their hair. Which Guru taught this?  
(1 Point)
- Guru Nanak
- Guru Gobind Singh
- Guru Tegh Bahadur

7. What is the Guru Granth Sahib?  
(1 Point)
- The 11th and final Guru which is a holy book.
- A person who Sikhs follow.
- A prophet.

8. What is the Khanda?  
(1 Point)
- A teaching.
- The symbol of the Sikh faith.
- An item of clothing that must be worn.
Quiz 3: The Khalsa

1. What is the Khalsa? *
   (1 Point)
   - A key teaching in Sikhism.
   - The community of Sikhs founded by the tenth Guru, Gobind Singh
   - A festival.

2. The initial five volunteers who stepped forward to defend Sikhism are known as what? *
   (1 Point)
   - Panj pyare - the five beloved ones
   - Amrit
   - Khanda

3. Who were the first members of the Khalsa? *
   (1 Point)
   - The 5 K's
   - Panj pyare
   - Guru Nanak

4. For a Sikh to become a part of the Khalsa, they must... *
   (1 Point)
   - Have an amrit ceremony.
   - Pray in the Gurdwara.
   - Fast for 24 hours.

5. What are the 5 Ks? *
   (1 Point)
   - Five key teachings of Guru Nanak.
   - Five items a Khalsa Sikh must wear at all times.
   - Five rules in Sikhism.

6. What does a kirpan symbolise? *
   (1 Point)
   - They are always ready to defend their faith.
   - It reminds them God is eternal.
   - Being a member of the Khalsa.
Quiz 4: The Three Pillars of Faith

1. Sikhs do not follow different beliefs or interpretations. They must follow Orthodox beliefs otherwise they are not usually considered to be Sikhs. * (1 Point)
   - True
   - False

2. What are the three pillars of Sikhism? * (1 Point)
   - Three Gurus.
   - Three duties which are Sikhs must carry out.
   - Three prayers.

3. How can these be summed up? * (1 Point)
   - Pray, work, give.
   - Love, respect, care.
   - Eat, live, laugh.

4. What is ‘naam japna’? * (1 Point)
   - Going to the gurdwara.
   - Focusing on God through prayer and meditation.
   - Spending time with family.

5. What is ‘kirat karna’? * (1 Point)
   - Earn an honest living.
   - Being respectful to others.
   - Praying.

6. What is ‘vand chakna’? * (1 Point)
   - Sharing your earnings with others.
   - Following teachings of Gurus.
   - Living a luxurious life.
Quiz 5: Sikh Festivals

1. What are festivals in Sikhism known as? *  
   (1 Point)
   - Gurdwara
   - Khalsa
   - Amrit

2. What does Guru Nanak Gurpurab celebrate? *  
   (1 Point)
   - The birth of Guru Nanak.
   - The life of Guru Nanak.
   - The birth of Guru Amar Das.

3. Over how long before the celebration is the whole Guru Granth Sahib read? *  
   (1 Point)
   - 1 day
   - 2 days
   - A week

4. A procession is often held in the streets to celebrate. What is carried on a special throne? *  
   (1 Point)
   - Prayers
   - Guru Granth Sahib
   - The Khalsa community leaders

5. What is the free food in the gurdwara called? *  
   (1 Point)
   - Langar
   - Amrit
   - Sahib

6. What does the langar symbolise? *  
   (1 Point)
   - It symbolise respect.
   - It symbolises equality.
   - It symbolises love.
Quiz 6: Guru Nanak

1. Who was the founder of Sikhism? *
   (1 Point)
   - Guru Granth Sahib
   - Guru Nanak
   - Guru Amar Das

2. What religion was Guru Nanak born into? *
   (1 Point)
   - Hinduism
   - Islam
   - Buddhism

3. When he was 30, what key event happened in his life? *
   (1 Point)
   - He had a child.
   - He disappeared for 3 days.
   - He went to the Gurdwara.

4. What happened following this event? *
   (1 Point)
   - He began to preach the new faith of Sikhism.
   - He built a temple.
   - He lived a luxurious life.

5. What did he spend the rest of his life doing? *
   (1 Point)
   - Being a bad person.
   - Teaching, writing and travelling around the world to spread his faith.
   - Wrote a new book.

6. What does Guru Nanak Gurpurab celebrate? *
   (1 Point)
   - Guru Nanak's birth
   - Guru Nanak's disappearance
   - Guru Nanak's death
Quiz 7: Vaisakhi

1. What does Vaisakhi celebrate? *(1 Point)
   - The birth of Sikhism
   - The founding of the Khalsa
   - The start of the Gurus

2. Which season is Vaisakhi celebrated in? *(1 Point)
   - Spring
   - Summer
   - Autumn
   - Winter

3. During the local harvest festival, what did Guru Gobind Singh ask of the crowd? *(1 Point)
   - To sing and dance.
   - To volunteer themselves for their religion.
   - To pray.

4. How many volunteers did Guru Gobind Singh take? *(1 Point)
   - 1
   - 3
   - 5

5. All five men were baptised and became known as what? *(1 Point)
   - The Amrit
   - The Khalsa - panj pyare
   - The Khanday

6. Where do Sikhs go for their service on Vaisakhi? *(1 Point)
   - The Gurdwara
   - Their friend's houses
   - The langar