



# Religious Education Self Discipline

Y4

In this unit, we will learn and understand that Lent is part of the Liturgical Year when people unite themselves with Christ in order to grow in self-discipline through the practices of prayer, fasting and almsgiving. We celebrate growth of new life in Christ, in preparation for the feast of Easter.

## Religious Knowledge:

**Prior learning:** Lent, a time to remember Jesus' total giving

**This Topic: learning outcomes**

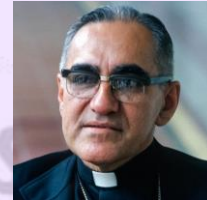
Know and understand:

- Self-discipline is important – **Explore**
- Celebrating growth to new life through self-discipline – **Reveal**
- Acquire the skills of assimilation, celebration and application of the above – **Respond**

## Skills:

Stories	4.1	Retell a narrative that is accurate in its sequence and details and that corresponds to the scripture source used L5, L6, L7
Key figures in History	4.6	Describe, with increasing detail and accuracy: the life and work of key figures in the history of the People of God L3
Making links and connections	4.13	Make links between beliefs and worship, giving reasons for actions and symbols L2
	4.14	Make links between beliefs and life, giving reasons for actions and choices L4
Religious and specialist vocabulary	4.15	Use a range of religious vocabulary
Beliefs and Values	4.18	Make links to show how feelings and beliefs affect their behaviour and that of others
Use of sources as evidence	4.21	Use a given source to support a point of view L3
Construct arguments	4.22	Express a point of view L6

## Inspiring Individuals



St Oscar Romero

## Art



Self control  
Anita Andrews



St Oscar Romero  
Christabel Almanza



Ash Wednesday



The Christmas Truce  
Andy Edwards



The washing of Feet  
Sieger Koder



The crucifixion  
Jesus Mafa



The Empty Tomb  
Richard Bavin

## Vocabulary

Self-discipline, effort, potential, penance, contrition, Lent, Easter, Resurrection, fasting, alms giving, Easter Triduum, Holy Week

## Scripture

Matthew 6:2-4; 27:39-56; Matthew 6: 2-4; Luke 6: 27-28, 32-36; John 13: 4-9, 12-15; Mark 15: 23-41; Mark 16: 2-8