

**Topic: Self discipline**

**Strand: Lent/Easter**

**Phase: LKS2**

**Come and See Knowledge Organiser**

**What should I already know?**

That Lent is a time to remember Jesus’ total giving.

**Big Questions**

How can I be self-disciplined in the choices I make?

How will self-discipline help me to grow and to reach my full potential?

**Vocabulary I will need to use**

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| Self-discipline | the ability to control one’s feelings and overcome one’s weaknesses. |
| Effort | An attempt at something. |
| Potential | Having or showing the capacity to develop into something in the future. |
| Penance | A punishment inflicted on oneself as a n outward expression of repentance for wrongdoing. |
| Contrition | The repentance of past sins during or after confession. |
| Lent | The period before Easter which is devoted to fasting, abstinence and penitence. |
| Easter | A Christian festival remembering when Jesus rose from the dead. |
| Resurrection | The rising of Christ from the dead. |
| Fasting | Not eating or drinking all or some kinds of food for a period of time. |
| Alms giving | The practice of giving money or food to people less fortunate. |

**What I will learn**

**Ask and respond** to questions about their own and others’ experiences of being self-disciplined.

**Ask questions** about what they and others wonder about how people can reach their full potential.

**Retell** some of the religious stories of Holy Thursday, Good Friday and Easter.

Use religious vocabularyto **describe** some religious actions and symbols of Lent and Holy Week.

**Describe** some ways in which Christians try to be self-disciplined in Lent.

**Make links** to show how feeling and beliefs affect their self-discipline and that of others.

**Compare** their own and other people’s ideas about questions concerning the need for self-discipline.

**Make links** between religious stories of Holy Thursday, Good Friday and Easter and Christian beliefs.

Using a developing religious vocabulary**, give reasons** for religious actions and symbols connected to Lent and Holy Week.

**Give** **reasons** why Christians try to be self-disciplined in Lent.

**Virtues**

**Scripture I will hear:**

Matthew 6:2-4

Matthew 27:39-56

Luke 6: 27-28, 32-36

Matthew 6: 2-4

John 13: 4-9, 12-15

Mark 15: 23-41

Mark 16: 2-8