



SUBJECT and GRADE	LIFE ORIENTATION Grade 10	
TERM 4	WEEK FOUR AND FIVE	
TOPIC	Democracy and Human Rights	
AIMS OF LESSON	Learners will be able to understand: • Major Religions: Judaism; Christianity; Islam; Hinduism; Buddhism; Baha'i Faith; African Religion. • Indigenous belief systems in South Africa: origins and practices • The impact of COVID-19 on: - The usual practices of the various religions in SA and the world - The evolution of new religious practices resulting from COVID-19 - The reactions of religious groups arising from the restrictions imposed by COVID-19 - The need for change in the manner religious practices were done before COVID-19 - New modes of conducting religious • Biases and unfair practices in sport: - Coverage of sport: ways to redress biases - Gender, race, stereotyping and sporting codes - Unfair practices: drugtaking, match-fixing, subjective umpiring and maladministration in sport - Process of analysis and critical evaluation - General sports management amidst COVID-19 • The reaction of the sporting community to the restrictions imposed by COVID-19 - Changing the manner sport activities were carried out and conducted. - The change and adaptation of playing fields/ infrastructure etc. - Spectators' mind-set shift	
RESOURCES	<i>Paper based resources</i>	<i>Digital resources</i>
	• <i>Approved Textbooks (if available)</i> ▪ <i>FOCUS</i> ▪ <i>Viva Life Orientation</i>	• <i>Links to various resources</i>

INTRODUCTION  Religions of South Africa.pptx	During previous lessons we learnt about: Ethical traditions and/ or religious laws and indigenous belief systems of major religions Living in a multireligious society: understanding ethical traditions and/or religious laws of major religions in South Africa; The changes in established religious and traditional laws and practices as a result of COVID-19 This week we engage with: - Major Religions practiced in South Africa and the impact of COVID 19 on them as well as - Biases and unfair practices in sport and the impact of COVID 19 on Sport
CONCEPTS AND SKILLS	Ethical: An ethical behavior is the application of moral principles in a given situation. It means to behave in the correct manner according to the moral standards set by the society which we live in. To be able to tell the difference between right or wrong behaviors. Long standing tradition of accepting what is right and wrong. Eg To be honest, honorable, principled. Ethics in sport requires four key virtues: fairness, integrity, responsibility, and respect. Monotheistic: relating to or characterized by the belief that there is only one God. Eg Islam Christianity; Judaism; African Traditional Religions amongst others Sect a group of people with somewhat different religious beliefs (typically regarded as heretical) from those of a larger group to which they belong. Indigenous: Being original of a region. Originating in and characteristic of a particular region or country eg indigenous / aboriginal / native people. Indigenous people are "those ethnic groups that were indigenous to a territory. The Maoris in New Zealand or the Aborigines of Australia Redress: reparation, restitution suggest making amends or giving indemnification for a wrong. Redress may refer either to the act of setting right an unjust ...eg Correcting policies whereby all schools have to accept learners from all over and not to be exclusive. Schools may no longer deny learners access to their classes based on race or wealth or societal position. Bias: Inclination or prejudice for or against one person or group, especially in a way considered to be unfair. Bias depends on the following - Perception: how we see people and perceive reality. Attitude: how we react towards certain people. Behaviors: how receptive/friendly we are towards certain people. Attention: which aspects of a person we pay most attention to. Eg: Gender; Race; wealth; cultural bias. Stereotyping an over-generalized belief about a particular category of ... people, colours, race, animals; etc. If stereotypes are defined by social values, then stereotypes only change as per changes in social values. eg Men are strong and do all the work; Men are the "backbone;"  Game Time: https://quizlet.com/104450271/lo-chapter-17-unit-2-flash-cards/ Watch these videos Ethics https://www.youtube.com/watch?v=4vWXpZl7Mo Bias https://www.youtube.com/watch?v=0xKklPlngs Redress https://www.youtube.com/watch?v=PxUVIO0-pSI Match fixing https://www.youtube.com/watch?v=nQFOXsXrFM https://www.youtube.com/watch?v=a-Y_IQlgipo Enrichment: Watch : The story of the South African Cricket captain who fell from glory https://www.google.com/search?q=ssp=eJz4tLP1TcwNUsqfiwxYPQSZkjMK85MVUguysLSIXIzSLTAUAqYMK5A&q=hansie+cronje+movie&rlz=1C1OKWM_enZA876ZA876&oq=hansie+cronje+&q=chrome.7.69157j0l4j46j0j46.10377j0l4&sourceid=chrome&ie=UTF-8

 Dietary Practices • Food consumptions and handling must be done according to religious laws. • All blood must be drained before the meat is cooked and eaten because blood, which give life, is sacred to God. • The Jews do not eat pork and shellfish (see Leviticus 11), because these animals are believed to be contaminated by what they ate.	Women aren't as smart as a man; Women can't do as good of a job as a man; Girls are not good at sports; Guys are messy and unclean; Men who spend too much time on the computer or read are geeks. Match-fixing: The action or practice of dishonestly determining the outcome of a match before it is played. When the outcome of a match in organized sports has been manipulated. Eg In cricket games are often "thrown" Bets are placed on every delivery in a 50- or 20-overs match and players can accept bribes to fix incidents. What is spot fixing? ... Gamblers bet on part of the match eg whether there would be a no Ball in a certain over. In basketball a hoop is missed; in football a penalty taken is not scored. Maladministration Situation where the individual or group in charge is unjust, dishonest, or ineffective in their leadership. Subjective umpiring Unfair and biased umpiring. eg Giving the incorrect place card to a runner/awarding a penalty to the wrong team The major religions in South Africa: It is important to learn about the religions of our friends and neighbours, their ethical traditions and religious laws. We will be able to understand the laws they follow, and it will help to respect their laws. Knowledge of different belief systems do not necessarily challenge our own belief systems. It enables us to apply analytical and critical evaluation skills that will reinforce our own value system. Islam, Christianity, Judaism are monotheistic religions: Developed in the Middle East Of Divine Revelation: GOD revealed the truth through sacred scriptures. Eg Bible Quraan, Tohrah Strong moral code or ethical tradition Belief in the ultimate judgement by GOD. Judaism:(Hebrews were the first to teach in the belief of one God) Basic laws and teachings are taken from the Torah, the first 5 books of Hebrew Scriptures (a collection of writings, the Talmud (collection of oral traditions) Jews believe in ONE GOD: People must be righteous and compassionate towards each other To study the holy writings and live by them Treat people with dignity and respect Covenant with GOD:	You may be interested to read Maimonides 13 fundamental principles of Judaism: http://web.oru.edu/current_students/class_pages/grth eo/mmankins/drbyhmpg_files/GBIB766RabbLit/Chapter9Maimonides13Princ/index.html
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Elul Rosh Hashanah Yom Kippur
Simchat Torah Sukkot



- Baptism
- Confession of Sins
- Confirmation of Faith
- Ordination
- Praying the Rosary

This is an agreement between GOD and Abraham

Deliverance of the Ten Commandments through Moses, from GOD

Some of the commandments spelt out how to live their lives, develop a just society, serve only one GOD. The Covenant assures the Jews of GODs love and protection, but it makes them accountable for their sins and shortcomings

The Messiah: (the anointed one) to save them...Jews still expect the arrival of the Messiah

The laws that guides Jewish people:

- What to do on awakening
- Which foods to eat- Jewish people eat Kosher food:
- No pork or shellfish
- Do not eat milk products and meat during the same meal
- What to wear: a yarmulke and a kippah (on the heads of men)
- How to keep yourself clean
- How to run a business
- How to participate and observe the Shabbat, day of rest which observed on a Saturday.

Jews pray three times a day; morning, afternoon, and evening, at home or in a Synagogue

The Jewish prayer book (it's called a siddur) has special services set down for this. Observe Shabbat.

Bri milah: Circumcision of boys on day 8 when the boy receives his Hebrew name.

Festivals and Holy days:

Bar Mitzvah(boys)/Bat Mitvah(girls): When children turn 13 there is a ceremony held to mark their advent to taking on religious responsibilities.

Christianity:

Monotheistic with roots in the Old Testament.

Teachings: Jesus is the Son of GOD, regarded as the Saviour of Humanity and is referred to as the Messiah.

Believe the Ten Commandments to be the basis of right and wrong.

Three largest groups of Christianity: Roman Catholic; Eastern Orthodox, Protestant; however there's are also the Charismatic; Apostolic and Reformed Churches.

Christians believe:

- That Jesus to be the Son of God.
- They observe the Holy Trinity: God the Son, God the Father, God the Holy Spirit
- Sacred scripture for Christians is the Bible

All is loved by God; Sin separates humankind from God; the Son of God willingly paid the price for the sins of humankind; Jesus was resurrected from death on day 3, lives in Heaven and will return to save humankind on the Day of Judgement. There is one universal church.

Some Common practices:

Initiation into the faith is through Baptism with water which signifies cleansing

Communion is a shared meal of bread and wine to remind Christians that Jesus sacrificed his body and blood to save them

Worshipping together on a Sunday which was the day they believed the resurrection of Jesus took place



judaism ppt.ppt

Read:

<https://berkeleycenter.georgetown.edu/essays/christian-practices>

Watch:

Individual worshipping
Celebrating special days like Christmas and remembering Good Friday – the day Jesus was crucified.

African Christianity:

Zion Christian Church: largest of African Independent Churches.

Follows many of the rules of Christianity:

Wears uniforms

Religious faith has the ability to heal you

Respects beliefs of those who believes in the power of the ancestors

They do not smoke, drink, eat pork, condemns sexual promiscuity

Promotes peace, respect and love for God

Pay tithes

For healing they follow instructions from God passed on through church prophets

They believe that to be healed you must confess to your sins.

https://www.google.com/search?q=practices+of+christianity&rlz=1C1OKWM_enZA876ZA876&hl=af&sxsrf=ALeKk00-D0Y6Ok3oONUZCgLMbKQSJC9WoQ:1602147508316&source=lnms&fbm=vid&sa=X&ved=2ahUKewiFvnHIOKtsAhUTUBUIHYooD4MQ_AUoA3oECBQQ8Q&biw=1280&bih=610

<https://www.youtube.com/watch?v=3QX9RzKL1Zs>

5 Pillars	Meaning
Shahaada	Faith
Salaah	Prayer
Zakaah	Charity
Sawm	Fasting
Hajj	Pilgrimage

Islam: (submission to God, peace, way to peace)

ORIGINS

One of the fastest growing religions in the world

Muslims are followers of Islam. It is a monotheistic religion. Muslims are believers in one God (Allah) swt.

The prophet Muhamad (peace be upon him) is the last prophet and the messenger of Allah (swt). The Quran is the moral book of verse which teaches Muslims to live a life of moral virtue.

The Origins of Islam

- Muhammad is considered the founder and greatest prophet of Islam
 - His followers became known as Muslims
- Allah (Arabic for "the sole god") revealed his message to Muhammad through the angel Gabriel
- Allah's revelation unto Muhammad is the basis of the Qur'an (Koran) the sacred text of Islam
 - The Qur'an is seen as the final revelation of god and Muhammad as the last prophet
 - Muhammad is considered the last prophet in a great line of prophets that include Adam, Noah, Abraham, Moses, Jesus, etc.




The terms Halaal (permitted) and Haraam (not permitted) apply to all aspects of Muslim life. All foods are halaal except pork, animals improperly slaughtered or dead before slaughtering, alcoholic drinks and flesh-eating animals, birds of prey and certain other animals

PRACTICES

Origins Hinduism has no one founder but is instead a fusion of various beliefs. Derived from the word India Refers to a variety of: religious traditions Philosophies Includes: Monotheists polytheists	HINDU General Hindus have the complete and absolute freedom of belief and worship Focus is on devotion to God: Brahma; Shiva; Vishnu; Shakti or several depending on the Hindu sect For some Hindu sects certain duties are part of Four Stages of development: School years – gain Knowledge & develop character; Middle yrs – focus on marriage, family, career; support parents, children, guests, holy people Older yrs – focus on spirituality, religious practices, Some Hindus are required to commit to: 1. Commit no harm 2. Do not lie 3. Do not steal 4. Do not eat or drink too much 5. Do not be greedy 6. Be clean 7. Be content 8. Be self	Muslims practice Sharia Law: The Sunnah which are the traditions or practices of Prophet Muhammed (pbuh) explains the instructions of the Quraan. It includes the opinions of Muslim scholars. In Shariah law there is no clear difference between ordinary law and religious law. It covers all aspects of life including inheritance, family relations, banking, taxation, purification, prayer, welfare, environment, food. For further reading: https://www.bbc.co.uk/religion/religions/islam/practices/fivepillars.shtml
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BUDDHISM

ORIGINS Founded by Siddharta Gautama in 500 BCE

He is known as the enlightened one

Originated as an offshoot to Hinduism

Both belief in karma and reincarnation

Buddhism rejects Hindu belief in a Supreme Being or Cosmic Power (brahman) and an individual soul (atman)

PRACTICES: Basic elements of Buddhism are meditation and obeying moral rules or precepts.

The five basic moral precepts are:

Do not take a life

Do not steal

Do not act in a way that is not chaste

Do not speak falsely

Do not use intoxicants – drugs and alcohol

Buddhists celebrate many special or holy days.

These may differ between communities in different countries.

Every May, on Full Moon, Buddhists celebrate the birth, enlightenment and death of the Buddha.

This is known as Buddha Day.

Festivals are happy days.

Many go to temples or monasteries to offer food to monks, distribute food to the poor, and spend the evenings chanting Buddha's teachings and meditation

THE BAHÁ'Í FAITH

The **baha'i faith** is a religion that originated in Iran in 1863. Its beliefs are based on the different *manifestations of god*, which are considered the multiple messengers sent by god to deliver a powerful message, and help mankind evolve and advance. Some of these messengers were Jesus, Moses, Buddha, and Muhammad. Today, baha'i faith has over 5 million followers scattered all over the world.

The main tenets of the baha'i faith are, among other things:

All religions have elements worth studying and all religions are devoted to the same god.

Humans should unite and work together towards a prosperous, advanced and pacifist world with no racism, discrimination or nationalism.

Women and men are equal.

Social classes are bad for society, therefore, there shouldn't be extremely wealthy nor extremely poor people.

Some Enrichment:

<https://www.tripsavvy.com/indian-holidays-and-festivals-1458365>

<https://www.khanacademy.org/humanities/world-history/ancient-medieval/early-indian-empires/a/hinduism-in-indian-culture>

<https://www.khanacademy.org/humanities/art-asia/beginners-guide-asian-culture/hindu-art-culture/a/roots-of-hinduism>

Watch:

<https://www.youtube.com/watch?v=bR3bNpFKIbI>

<https://www.youtube.com/watch?v=ImV2Wd8bOcc>

Festivals and celebrations:

<http://www.primaryhomeworkhelp.co.uk/religion/buddhistfestivals.htm>



COVID 19 impact on Religious practices	African Indigenous Belief Systems Origins: Indigenous belief systems, in South Africa, has been around for at least 1500 years, since people started arriving here from various parts of Africa. Beliefs and Practices: Beliefs Practices Believe in a Supreme God Followers do not communicate directly with God The ancestors act on behalf of followers It is believed that should the ancestors be unhappy with followers, they make it known through painful means. Peace is linked to order, harmony and balance. Religious duties of political leaders and heads of families is to keep the peace, settle family disputes and offer prayers for peace. Followers wear charms or bracelets for protection Based oral traditions: Values and ways of life are passed on from elders through myths, tales, stories. Elders are revered: respected and trusted. Community is the basis of life. These people remember and share traditions and beliefs. They believe the spirits of the ancestors guide them. Spiritual leaders are sangomas or traditional healers: • They call on the spirits to heal people • use herbs and • are able to tell the future.	IV Baha'i Practices A. Daily Prayer and Attitude of 1. The Baha'i are regulated by requirements 2. They must pray daily 3. All of one's work, thoughts, and in the spirit of prayer 4. There are three obligatory prayers recited each day B. Marriage 1. Divorce permitted in extreme 2. Monogamy between mutually 3. There can be no marriage without the consent of both sets of parents C. Service to humanity is its highest goal D. Refrain from drugs and alcohol E. Making monetary contributions to support faith work
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COVID 19 led to the closure of places of worship to prevent the spread of the virus through close contact

Places of worship are places where meet and greet is normal
Worshippers share common spaces
Worshippers come together closely
There is a system of support and comfort
Places of worship were spaces where the virus could spread easily.
Religious classes and Sunday schools were closed.
These actions were taken to preserve social distancing.

Religious leaders encouraged followers to worship from home.
Services were held on radio, television or through webinars.
The impact created hopefully led to closer knit families who pray together
Major religious holidays were celebrated in LOCKDOWN like Easter and Eid.
Funerals and weddings were limited to 50.
COVID 19 funerals took place under strict conditions.
The bereaved had to accommodate the stringent rules set to prevent the spread of the virus.
Weddings were adapted to having only the very closest family members in attendance.
These occasions were often shared via webinars or social media.
Many Faith-based organisations at places of worship started feeding the destitute as it became apparent that more people needed food during LOCKDOWN



Study the pictures above and read the article provided.
In your opinion, state reasons why the government introduced the rule that only 50 persons could attend funerals. Do you think that it was justifiable?
What was the impact on communities?

3 X 2 = 6

Ancestors:

Part of all life eg weddings, births, deaths.

sheep, cow, chickens offered of during these occasions to the ancestors

make people behave properly and promote peace and harmony

bad behavior displeases and angers the ancestors

Watch:



Study the wedding pics on this page.

With reference to the list below, critically evaluate the considerations to make when planning a wedding during this pandemic.

Protocols Social distancing Sanitizers
 Guests Support staff Wearing of masks
 Décor Menus



<https://www.youtube.com/watch?v=baCaqWNIDYo>

https://www.youtube.com/watch?v=yV2ODIA7_H8

<https://www.youtube.com/watch?v=uNS6hiQhv9I>

Read:

https://www.google.com/search?q=covid+19+impact+on+religious+practices+in+south+africa&rlz=1C1OKWM_enZA876ZA876&og=COVID+19+impact+on+Religious+practices&aqs=chrome..69i57j33.6097j0j4&sourceid=chrome&ie=UTF-8

SPORTS COVERAGE

Week Five

The boxes below show just a few examples of sports stories in the media.

- 1 After publication of the new IAAF rules, suspicion about Caster Semenya should stop**
We may never know, nor should we know, the intimate medical secrets from the shamefully public and insensitive sex tests that the 800-metre world champion was subjected to.
- 2 SA paddlers fight huge winds**
Riaan Manser and Dan Skinstad, two adventurers in a kayak, have overcome an arctic assault just weeks into their bid to be the first South Africans to circumnavigate Iceland.
- 3 Fifa investigates match-fixing claims**
Football's ruling body is investigating claims that over 300 matches on three continents were influenced by match-fixers.
- 4 Three women eager to break gender barrier**
America's most famous horse race, the Kentucky Derby, has been run 136 times before. Only five female jockeys have ever climbed into the stirrups. But there will be three in this weekend's race.
- 5 The blacks in Les Bleus**
When he was appointed France soccer coach, Laurent Blanc (whose surname means "white") seemed the perfect choice: the man to restore sanity and unity after the neurotic, chaotic reign of his predecessor. Well, maybe not. Blanc is now at the centre of a silly (but interesting) race row.
- 6 Cricket South Africa has reinstated its president, Mtutuzeli Nyoka**
At the same time, the board of CSA has agreed to hold an independent investigation into the federation's finances after Nyoka alleged that a whopping R68 million could not be accounted for.
- 7 Fifa sets date for goal-line technology**
Football's governing body has set a target date to approve goal-line technology systems that could be introduced before the 2014 World Cup in Brazil.
- 8 Poor umpiring blamed**
"The team did not play their best and some players must sharpen up, but we still played well enough to get a better result."
"We had a large number of poor decisions against us. The umpiring was definitely not up to the standard of the hockey played and it got to our players."
- 9 Athletics hit by new doping scandal**
The Commonwealth Games was hit by its first doping scandal.
- 10 Badminton body defends its skirts rule**
Badminton's governing body denied it was being sexist by ordering women players to wear skirts.
- 11 Blatter hits back at critics**
Fifa president Joseph Blatter has said he is determined to fight corruption but defended football's world governing body against critics.
- 12 Doping looms large over cycling**
Italy's anti-doping prosecutor received a sharp rebuke from the country's cycling federation after he suggested that doping is so widespread it should possibly be legalized if not for the health risks.



From the boxes in the column next door, match 1. each box with the type of bias or unfair practice being referred to.

Suggest ways to redress biases and unfair practices in sport.

		2. Write a report about the evils of drug taking, match-fixing, subjective umpiring and maladministration in sport. Suggest what can be done to oppose such practices.
ACTIVITIES/ASSESSMENT	1. Critically evaluate the role of ethical traditions and indigenous practices in society. 2. Write an article in which you explain the rules of the religion you ascribe to and state how it compares to at least two other religions in your class. Should you not ascribe to any religion, identify one in this lesson and make a comparison to two others. 3. Why do you think religious gatherings were limited to 50?	
CONSOLIDATION	➤ You understand the origins and practices of each of the Religions practiced in our country. ➤ You are now able to give respect to differences in practices of various religions in our country. ➤ You understand that not all people are the same and that cultural differences are based on religious influences. ➤ You are able to justify reasons for sport to be free and fair.	
VALUES	Honesty, Respect, Responsibility, Understanding, Caring,	