

RE – Vows and commitments

Lesson 1: I can understand what commitment means and how it can be demonstrated in many ways.

Key vocabulary: Please make sure you have an understanding of the following words: commitment, committed, improvement, Dedication, Impact, Success, Perseverance, Sacrifice, Goal, progress

On the next slide, create a mind map answering the following questions:

- What am I good at?
- What could I improve on?
- What would I like to get better at?
- What do I need to do in order to improve?

Answer
questions
from
previous
page here:

A large, empty rounded rectangular box with a purple border, intended for writing answers.

Write
what you think
the word
commitment
means:

Commitment

Committed Celebrities

- This is Jessica Ennis-Hill. She is an athlete who represented Great Britain in the 2012 and 2016 Olympic Games.



Training is full-on. Some days I really don't want to get out of bed and hit that track again. Sunday and Monday morning sessions are always horrible. But who really looks forward to going to work on a Monday morning?'

○ This is how Jessica has shown commitment:

○

○ Jessica commits to training even when she doesn't really feel like it.

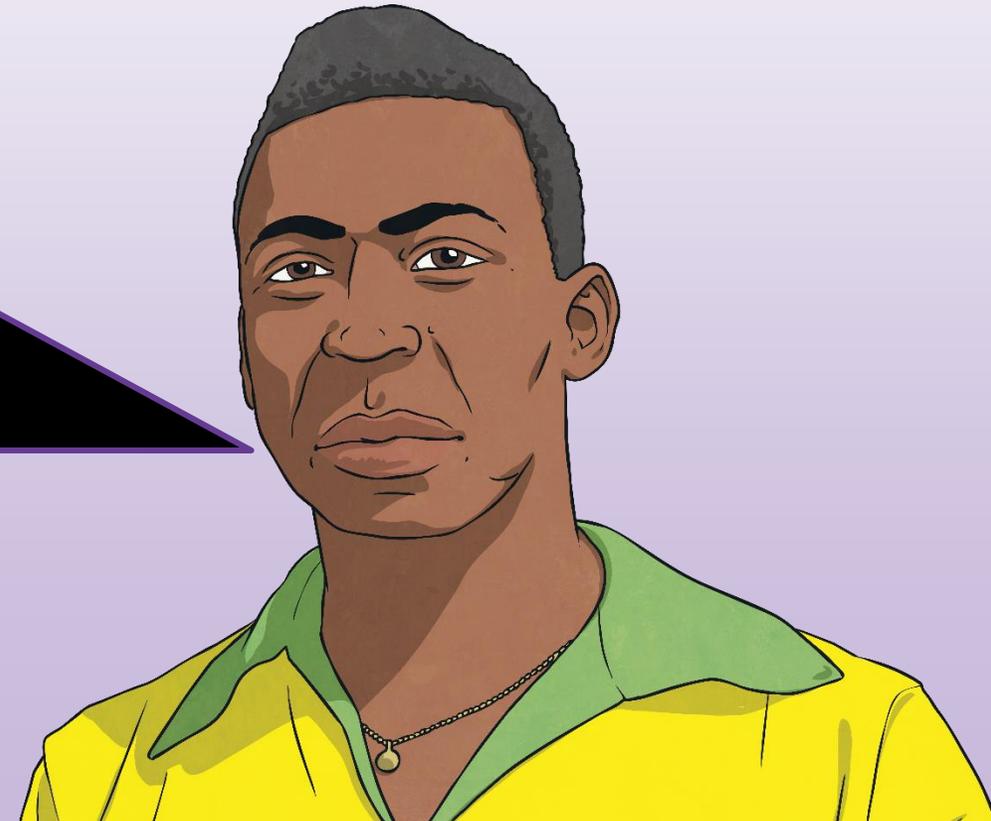
She knows that she needs to keep giving her time and energy to her training in order to be the best at what she does.

That is how Jessica has earned nine gold medals during her athletic career.



This is Pelé. He is a retired Brazilian professional footballer.

Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.





How has Pelé shown commitment?

This is Ed Sheeran. He is a singer, songwriter, guitarist and record producer.



I practised relentlessly and started recording my own EPs. At 16, I moved to London and played any gigs I could, selling CDs from my rucksack to fund recording the next...

How has Ed shown commitment?



Reply to each of these statements:

**Tell me about a commitment
you have made in the past.**



Reply to each of these statements:

Have you ever had commitments clash with each other? How did you resolve this problem?

Reply to each of these statements:

**Does someone you know
make a commitment that
you admire?**



Reply to each of these statements:

How has your commitment to something improved someone else's life?



Reply to each of these statements:

**Can you think of a time when
it was hard to stick to a
commitment you had made?**



Reply to each of these statements:

**What is the hardest
commitment you've made
in your life so far?**



Reply to each of these statements:

**How has a commitment
you've already made
improved your life?**



Commitment traits:

Can you match up the trait with the definition? One has been done for you

Attentiveness

Confidence

Dedication

Determination

Loyalty

Patience

Attentiveness

Resilience

Attentiveness

Hold yourself to account for your own success.

Never give up on what you are doing.

Continue even when the task is difficult.

Stick to your choices no matter what.

Be devoted to the task you've set yourself.

Pay close attention to what you are doing.

Believe in yourself and your abilities.

Put up with any delays or setbacks.

Get back up and try again when you fail.

Commitment traits: How well did you do?

Trait	This means that you will...
Attentiveness	Pay close attention to what you are doing.
Confidence	Believe in yourself and your abilities.
Dedication	Be devoted to the task you've set yourself.
Determination	Stick to your choices no matter what.
Loyalty	Never give up on what you are doing.
Patience	Put up with any delays or setbacks.
Perseverance	Continue even when the task is difficult.
Resilience	Get back up and try again when you fail.
Responsibility	Hold yourself to account for your own success.

What types of religious commitments have people made?

Have you made any

religious commitments?



My Journey to Success

- You are now going to make a commitment of your own.
- You will set a goal that you want to have achieved in six weeks' time.
- What sort of goal do you think could be achievable in just six weeks?



My commitment for the next six weeks:

My commitment for the next six weeks is:

Actions I will need to take are:

A commitment trait I will demonstrate for next week is:

