

Curriculum design

HRE Grade One

Essence Statement

Hindu Religious Education (HRE) offers an opportunity to learn the Hindu religion and its aspects. Hindu Religion is a way of life and its teaching starts in early childhood.

HRE in the schools is a continuation of the knowledge acquired at home in early childhood. HRE is an integration of four faiths: Hinduism, Sikhism, Buddhism and Jainism.

The teaching of HRE in Grade one level aims at nurturing faith in Paramatma and recognising self-awareness and understanding social obligations and responsibility to the immediate environment. HRE thus, enables learners to enjoy learning and living through play. It provides an opportunity to instil in children good social habits and moral values for effective living as righteous individuals and useful members of the community, Nation and as responsible global citizens. The HRE curriculum, therefore, provides avenues for holistic physical mental, emotional and spiritual growth for learners. It enables them to develop personal beliefs while appreciating the beliefs of others. HRE also covers pertinent and contemporary issues in society such as children's rights, life skills and community service.

The learners acquire requisite competencies such as Communication and Collaboration, Imagination and Creativity, Digital Literacy, Critical Thinking and Problem solving, Learning to Learn and Self-efficacy.

GENERAL LEARNING OUTCOMES:

By the end of Early Years Education, the learner should be able to:

1. Appreciate and thank Paramatma for His Creation in relation to our existence
2. Develop faith in Paramatma's Love and provision to enhance self-efficacy
3. Bemonstrate the Omnipresence of Paramatma through prayer, saying and singing bhajans/stavans/shabad/mantras for their spiritual growth
4. Demonstrate the understanding that all Scriptures are Holy and that one should handle them carefully and with respect
5. Demonstrate their awareness of festivals and participating in them to enhance cohesion and co-existence
6. Perform simple rhythmic Yoga exercises to become healthy Citizens
7. Acquire a sound foundation to develop into an ideal, ethical and moral human being.

Strand	Sub strand	Specific learning outcomes	Suggested learning experiences	Key inquiry question(s)
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1.0 Creation	1.1 Self-awareness (3 lessons)	By the end of this sub-strand, the learner should be able to: a) acknowledge oneself and others as part of Paramatma's creation b) demonstrate love and care for self and others for peaceful co-existence c) appreciate his/her body as a temple of Paramatma.	<ul style="list-style-type: none"> Learner be guided in pairs/groups to demonstrate how to relate to one another in a responsible manner. Learner be set in pairs/ groups to practice acceptance of each other as brothers, sisters and part of God's creation. 	<ol style="list-style-type: none"> Do you have friends? What are some of the things you do when you are with your friends?
	1.2 Panch Mahabhoot (Elements of Nature): (5 lesson)	<ol style="list-style-type: none"> name the celestial bodies in Akash(sky) as part of Paramatma's creation identify the celestial bodies in Akash(sky) in accordance to day and night appreciate the celestial bodies in Akash(sky) as part of Paramatma's creation. 	<ul style="list-style-type: none"> The learner be guided to mention the name of the celestial bodies in Akash(sky). The learner be shown video/pictures of celestial bodies The learner be encouraged to participate in drawing the celestial bodies 	<ol style="list-style-type: none"> What do you see in the sky during the day? What do you see in the sky at night? What else can you see in the sky?
Core Competences to be developed: Communication and collaboration, critical thinking and problem solving, digital literacy, learning to learn.				
Link to PCIs: Life Skills: Skills of knowing and living with oneself - Self Awareness, Self-esteem, Skills of knowing and living with others - Interpersonal relationships (with parents, grandparents and Creator), Effective Communication, Education for Sustainable Development (ESD): Environmental Education - Caring for Paramatma's creation, Keeping the Environment clean Citizenship – Social cohesion, Learning to Live together Parental Empowerment and Engagement: General Guidance.			Link to Values: Respect, Responsibility, Love.	
Links to other learning activity areas: Environmental activity: sun and energy Language Activities: Language for instruction and translation of technical terms used			Suggested Community Service Learning activities:	

while teaching the strand Mathematic activity: concept of ratio one to many	
Suggested non-formal activity to support learning: The Teacher to plan a visit to Planetarium or observatory for a telescopic view.	Suggested assessment: Oral questions, portfolio, observation
Suggested Learning Resources: to be selected according to the sub-strand from the list at the end of this document.	

Assessment Rubric

Exceeds expectation	Meets expectation	Approaches expectation	Below expectation
Through observation: Consistently takes care of ones' body as a gift from Paramatma (following the daily chores starting with prayers, keeping body clean, fit with regular check-ups etc.) Also, respecting peers in a responsible manner.	Through observation Fairly takes care of ones' body as a gift from Paramatma following the daily chores starting with prayers, keeping body clean, fit with regular check-ups etc.	Through observation Takes care of ones' body as a gift from Paramatma following some of the daily chores.	Through observation Hardly takes care of ones' body as a gift from Paramatma
Fluently and confidently mentions the celestial bodies according to time in the sky.	Fairly mentions the celestial bodies according to time in the sky.	Rarely mentions the celestial bodies according to time in the sky.	Has limited ability to mention the celestial bodies according to time in the sky.

Strand	Sub strand	Specific learning outcomes	Suggested learning experiences	Key inquiry question(s)
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2.0 Worship	2.1 Evening Prayer (6 lessons)	By the end of this sub-strand, the learner should be able to: a) perform evening prayers to express love and devotion for Paramatma b) name the items required for the various evening prayers c) appreciate the evening prayers for peace of mind.	<ul style="list-style-type: none">• Learner be encouraged to recite -Evening Sandhya -Rehras, -Aarti & Divo, -Om Mani Padme Hum.• The learner be shown items required for the evening prayers• The learner be guided on performance of prayer using audio-visual aid.	<ol style="list-style-type: none">1. Do you perform evening prayers?2. What time do you perform evening prayers at home?3. What are the items required for your evening prayer?
Core Competences to be developed: Communication and collaboration, digital literacy, Citizenship				
Link to PCIs: Life skills: Skills of knowing and living with oneself - Self Awareness, Self-esteem, Skills of knowing and living with others - Interpersonal relationships Effective Communication, Education for Sustainable Development (ESD): Environmental Education - Caring for Paramatma’s creation, Keeping the Environment clean Parental Empowerment and Engagement: General Guidance.			Link to Values: Respect, Responsibility, Love, Peace.	
Links to other learning activity areas: 1 mathematic activity, 2 Language activity 3. movement and creative activity.			Suggested Community Service Learning activities: A visit to different places of worship to observe and participate in Evening prayers.	
Suggested non-formal activity to support learning: Parents to accompany learner to the places of worship to participate in the Evening prayers.			Suggested assessment: Oral questions, portfolio, observation	
Suggested Learning Resources: To be selected according to the sub-strand from the list at the end of this document.				

Assessment Rubric

Exceeds expectation	Meets expectation	Approaches expectation	Below expectation
Devotionally express love for Paramatma by performing Evening Prayer. Dedicatedly prepares and states the things required for performing Evening Prayer and greets appropriately at the place of worship.	Devotionally express love for Paramatma by performing Evening Prayer. Diligently prepares and states the things required for performing Evening Prayer and greets appropriately at the place of worship.	Devotionally express love for Paramatma by performing Evening Prayer. At times states the things required for performing Evening Prayer and greets appropriately at the place of worship.	Devotionally express love for Paramatma by performing Evening Prayer. Rarely prepares things required for performing Evening Prayer.

Strand	Sub strand	Specific learning outcomes	Suggested learning experiences	Key inquiry question(s)
3.0 Manifestations	3.1 The Enlightened Beings Introductory stories (6 lessons)	By the end of this sub-strand, the learner should be able to: a) mention qualities of Enlightened Beings for divine knowledge b) appreciate the qualities of Enlightened Beings to strengthen faith in Paramatma.	<ul style="list-style-type: none"> The learner be shown pictures/flash cards/videos to familiarize him/herself with: <ul style="list-style-type: none"> - Ajitnath (Second Tirthankar), - Lord Buddha, - Adi Shankracharya - Guru Amar Das ji (third Guru). The learner be told stories from the lives of above mentioned Enlightened Beings 	1. What are the qualities of the Enlightened Beings?
	3.2 Religious Symbols (6 lessons)	a) identify Religious symbols to relate to a particular faith. b) appreciate the significance of religious symbols in religious life.	<ul style="list-style-type: none"> The learner be shown videos /charts/pictures of <ul style="list-style-type: none"> - Hindu Aum and Swastika, - Jain- Aum and Swastika, - Ik-onkar and Khanda, - Wheel of life The learner be taught the 	1. What is the significance of a religious symbol?

			significance of the above mentioned religious symbols. <ul style="list-style-type: none">• The learner be guided to draw and color religious symbols.	
Core Competences to be developed: Communication and collaboration, digital literacy, Creativity and Imagination				
Link to PCIs: Life skills: Skills of knowing and living with oneself - Self Awareness, Self-esteem, Skills of knowing and living with others - Interpersonal relationships (with parents, grandparents and Creator), Effective Communication, Parental Empowerment and Engagement: General Guidance.			Link to Values: Respect, Love, Peace, Unity.	
Links to other learning activity areas: Language Activities: new vocabulary movement and creative activity. Digital Literacy-Audio-visual aid			Suggested Community Service Learning activities:	
Suggested non-formal activity to support learning: The teacher could organise on the spot drawing competition to draw and color religious symbols.			Suggested assessment: Oral questions, portfolio, observation	
Suggested Learning Resources: To be selected according to the sub-strand from the list at the end of this document.				

Assessment Rubric

Exceeds expectation		Meets expectation		Approaches expectation		Below expectation	
Consistently and correctly states the qualities of the Enlightened Beings		Consistently and correctly states the qualities of the Enlightened Beings(3 out of 4)		Consistently and correctly states the qualities of the Enlightened Beings(2 out of 4)		Consistently and correctly states the qualities of the Enlightened Beings(1 out of 4)	
Recognise from the Pictures Religious symbols and their significance. Confidently and correctly draw the religious symbols.		Identify and draw religious symbols and can state		Learner can at times identify religious symbols,		Learner sometimes able to identify different religious symbols.	
Strand	Sub strand	Specific learning outcomes		Suggested learning experiences		Key inquiry question(s)	

4.0 Scriptures	4.1 Bhagwat Gita (4 lessons)	By the end of this sub-strand, the learner should be able to: a) acknowledge Bhagwat Gita as a source of divine knowledge b) handle the Scriptures appropriately c) appreciate the importance of Bhagwat Gita as a Scripture.	<ul style="list-style-type: none">• The learner be familiarised with Bhagwat Gita through audio-visual aids depicting the basic teachings.• The teacher to guide the learners on how to handle and open the scriptures	<ol style="list-style-type: none">1. What is Bhagwat Gita?2. How should one handle the holy books?3. Who handles the Scriptures at the place of worship?
	4.2 Introduction to Kalpasutra (4 lessons)	a) acquire basic knowledge about Kalpasutra for spiritual growth b) handle the Scriptures appropriately c) appreciate the importance of Kalpasutra as a Scripture.	<ul style="list-style-type: none">• The learner be told the basic knowledge of Kalpasutra through stories/audio-visual/resource person.• The teacher to guide the learners on how to handle and open the scriptures	<ol style="list-style-type: none">1. What is Kalpasutra?2. Who wrote Kalpasutra?
Core Competences to be developed: Communication and collaboration, Learning to learn				
Link to PCIs: Life Skills: Skills of knowing and living with oneself - Self Awareness, Self-esteem, Skills of knowing and living with others - Interpersonal relationships (with parents, grandparents and Creator), Effective Communication, Education for Sustainable Development (ESD): Environmental Education - Caring for Paramatma’s creation, Keeping the Environment clean Parental Empowerment and Engagement: General Guidance.			Link to Values: Respect, Responsibility, love, Integrity, Peace.	
Links to other learning activity areas: Language activity: New vocabulary Digital Literacy-Audio-visual aid			Suggested Community Service Learning activities: Parents to visit the places of worship with their children to learn about the Scriptures	
Suggested Non-Formal Activity to support learning: Learner could be guided to make and decorate cut outs of Lord Krishna’s Mor Pankh.			Suggested assessment: Oral questions, portfolio, observation	
Suggested Learning Resources: To be selected according to the sub-strand from the list at the end of this document.				

Assessment Rubric

Exceeds expectation	Meets expectation	Approaches expectation	Below expectation
Confidently and correctly state introduction of Bhagwat Puraan and Bhagwat Gita as a source of divine knowledge. Accurately state the similarities of both the Scriptures.	Confidently and correctly state introduction of Bhagwat Puraan and Bhagwat Gita as a source of divine knowledge.	Confidently and correctly state introduction of Bhagwat Puraan and Bhagwat Gita as a source of divine knowledge at times.	Sometimes states correctly introduction of Bhagwat Puraan and Bhagwat Gita as a source of divine knowledge.
Correctly state the difference in handling both Scriptures appropriately as shown by the teacher through audio-visual aid. Apply similar respectful handling for Scriptures from other faiths.	Correctly states the ways in handling both Scriptures appropriately as shown by the teacher through audio-visual aid. Imply similar respectful handling for Scriptures at home.	Correctly states the ways in handling both Scriptures appropriately as shown by the teacher through audio-visual aid at times.	Sometimes states correctly the ways in handling both Scriptures appropriately as shown by the teacher through audio-visual aid.

Strand	Sub strand	Specific learning outcomes	Suggested learning experiences	Key inquiry question(s)
5.0 Yoga (Exercises for Good health)	5.1 Pranayam (Breathing exercises) (6 Lessons)	By the end of this sub-strand, the learner should be able to: a) demonstrate correct breathing technique for good health b) practice correct breathing to enhance concentration c) appreciate the importance of correct breathing technique.	<ul style="list-style-type: none"> Learner be shown appropriate pranayam: Bhramari (humming bee breath), Bhastrika (rapid breathing) using audio-visual aid/charts/ Resource person/teacher. Learner be set into group activity to practice Pranayam. The Learner be guided to perform the specific breathing exercises correctly 	<ol style="list-style-type: none"> Do you perform Pranayam? Which part of the body do we use to perform Pranayam?
	5.2 Body Postures (Asanas) (6 Lessons)	<ol style="list-style-type: none"> mention the importance of balanced diet in Yoga for good health practice stretch movements 	<ul style="list-style-type: none"> Learner be shown through videos/ pictures/demonstration of the coordination between body and breath applied for 	<ol style="list-style-type: none"> What type of food is recommended for yoga practice? How does Yoga help in

		with correct breathing to improve blood circulation in the body c) appreciate the asanaas for gaining flexibility for healthy physical growth.	Surya namaskaar, (twelve postures in the salutation to the direction of the Sun), <ul style="list-style-type: none">• Learner be encouraged to practice yoga in appropriate attire in groups or pairs.• The learner be guided to perform the stretching movements with ease and perfection.	coping with emotions? 3. How many postures are there in Surya Namaskar? 4. How does one perform Surya Namaskar ?
Core Competences to be developed: Communication and collaboration, digital literacy, Self-efficacy, Citizenship, learning to learn				
Link to PCIs: Life skills: Skills of knowing and living with oneself - Self Awareness, Self-esteem, Skills of knowing and living with others - Interpersonal relationships (with parents, grandparents and Creator), Effective Communication, Parental Empowerment and Engagement: General Guidance. Health Education: Good health (Practising), Food Nutrition			Link to Values: Respect, Responsibility, peace, Unity.	
Links to other learning activity areas: Mathematics activity: counting breaths and postures Physical Education: body movements in Yoga Language: Language for instruction and translation of technical terms used in Yoga Hygiene and Nutrition: Nutritional food appropriate for Yoga practise Digital Literacy: Audio Visual Display of Yoga exercise for Learners			Suggested Community Service Learning activities: With the help of a resource person create awareness on Yoga within underprivileged communities	
Suggested non-formal activity to support learning: Participate in the International Yoga day and other Yoga camps.			Suggested assessment: Oral questions, portfolio, observation	
Suggested Learning Resources: Suggested Learning Resources Resource person, Audio-visual aid, paints, Charts, pictures, Books, Yoga mats, Appropriate Attire made of natural fibre, Posters.				

Assessment Rubric

Exceeds expectation	Meets expectation	Approaches expectation	Below expectation
Consistently and correctly exhibit posture with accurate alignment and correct breathing. A role model of inspiration for peers.	Consistently and correctly exhibit posture with accurate alignment and correct breathing.	Learner can exhibit correct postures with correct breathing or alignment at times.	Sometimes exhibit correct postures, breathing and alignment.

Strand	Sub strand	Specific learning outcomes	Suggested learning experiences	Key inquiry question(s)
6.0 Sadachar	6.1 General Etiquette (3 lessons)	By the end of this sub-strand, the learner should be able to: a) say polite words used in asking for forgiveness b) learn words and manner of apology and forgiveness as a sign of repentance and good behavior while relating with others.	<ul style="list-style-type: none"> The learner be shown how to apologize and forgive through role play Learner be encouraged to learn from the talking walls/quotes words of Apology and forgiveness The learner be guided to practise in pairs the skills of apologising and forgiving one another always. 	<ol style="list-style-type: none"> When do you apologise? Name the words you can use while apologising. What do you say while forgiving?
	6.2 Selfless service (6 lessons)	<ol style="list-style-type: none"> desire to offer selfless service to the nation as a good citizen demonstrate selfless service to the nation to foster patriotism. 	<ul style="list-style-type: none"> Learner be guided to recite National Anthem and patriotic songs to enhance nationalism. Learner be encouraged to participate in tree planting/charity walk/shows to raise funds towards any calamity in the nation as selfless service. 	<ol style="list-style-type: none"> Can you recite the National Anthem? Which patriotic song are you aware of?
Core Competences to be developed: Communication and collaboration, Learning to Learn, Citizenship				
Link to PCIs: Life skills: Skills of knowing and living with oneself - Self Awareness, Self-esteem, Skills of knowing and living with others - Interpersonal relationships (with parents, grandparents and Creator), Effective Communication,			Link to Values: Peace, Respect, Responsibility, Integrity, love, Patriotism.	

Parental Empowerment and Engagement: General Guidance.	
Links to other learning activity areas: Language Activity: for instruction and translation of technical terms used Environmental Activity: Tree planting	Suggested Community Service Learning activities: visiting older citizens to practise general etiquettes and entertain them.
Suggested non-formal activity to support learning: The learner can be taken for a flag hoisting ceremony on National Days and festivals.	Suggested assessment: Oral questions, portfolio, observation
Suggested Learning Resources to be selected according to the sub-strand from the list at the end of this document.	

Assessment Rubric

Exceeds expectation	Meets expectation	Approaches expectation	Below expectation
Very polite Using appropriate words for apologies and forgiveness from others consistently. A role model for peers.	Very polite Using appropriate words for apologies and forgiveness from others consistently.	Considerably polite Using appropriate words for apologies and forgiveness from others.	Rarely polite Using appropriate words for apologies and forgiveness from others.
Always keen to participate in National festival celebration activities and encourage peers.	Consistently keen to participate in National festival celebration activities.	At times participate in National festival celebration activities.	Sometimes participate in National festival celebration activities.

Strand	Sub strand	Specific learning outcomes	Suggested learning experiences	Key inquiry question(s)
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7.0 Utsav (Festivals)	7.1 Social festivals (6 lessons)	By the end of this sub-strand, the learner should be able to: a) name different festivals celebrated for social cohesion b) use appropriate greetings while interacting with different people during festivals	<ul style="list-style-type: none"> Learner be guided to participate in the celebration of the Uttarayan, Raksha Bandhan, Holi, Holla Mohalla(sports day). Learner be encouraged to observe simple religious ritual at places of worship. Learner be guided through short stories about the significance of the social festivals. 	<ol style="list-style-type: none"> Do you celebrate festivals? Which is the festival of colors? Why do we celebrate Raksha Bandhan?
	7.2 National festivals (6 lessons)	<ol style="list-style-type: none"> name different national festivals celebrated in the country for national unity appreciate the importance of celebrating national festivals to promote patriotism. 	<ul style="list-style-type: none"> Learner be encouraged to actively participate in the celebration of Madaraka Day Jamhuri Day Mashujaa Day. Learner be shown pictures/charts/ videos on how National festivals are celebrated across the country. Learner be told the significance of the national festivals 	<ol style="list-style-type: none"> When do we celebrate Madaraka day and Jamhuri day? Why do we celebrate Mashujaa Day?
Core Competences to be developed: Communication and collaboration, digital literacy, Learning to learn, Self-efficacy, Citizenship				
Link to PCIs: Life skills: Skills of knowing and living with oneself - Self Awareness, Self-esteem, Skills of knowing and living with others - Interpersonal relationships (with parents, grandparents and Creator), Effective Communication, Education for Sustainable Development (ESD): Environmental Education - Caring for Paramatma's creation, Keeping the Environment clean Parental Empowerment and Engagement: General Guidance.			Link to Values: Love, Respect, Unity, Peace, Patriotism.	
Links to other learning activity areas: Language Activities: New			Suggested Community Service Learning activities: visiting senior citizens	

vocabulary Movement and creative activity-singing Psychomotor and Creative Arts-decoration	on National days to celebrate with them.
Suggested non-formal activity to support learning: Visiting National museum to know the history of Kenya. Painting competition of Heroes of Kenya, Kenyan flag.	Suggested assessment: Oral questions, portfolio, observation
Suggested Learning Resources: To be selected according to the sub-strand from the list at the end of this document.	

Assessment Rubric

Exceeds expectation	Meets expectation	Approaches expectation	Below expectation
Enthusiastically participate in different religious festivals. Confidentally states different ways of celebrating cultural and national festivals. Tapping avenues for social interaction.	Enthusiastically participate in different religious festivals. Confidentally states different ways of celebrating cultural and national festivals. Tapping avenues for social interaction.	Enthusiastically participate in different religious festivals. Confidentally states different ways of celebrating cultural and national festivals at times.	Sometimes participate in religious festivals. States ways of celebrating cultural and national festivals.
Demonstrates Patriotism by enthusiastically participating in celebration of national festivals. Confidentally states the historical background.	Demonstrates Patriotism by enthusiastically participates in celebration of national festivals. Knows historical background.	Demonstrates Patriotism by enthusiastically participates in celebration of national festivals at times.	Sometimes participates in celebration of national festivals.