

## Knowledge

### What should I already know?

That Buddhism is a world religion.

### What do I need to know? – Key Knowledge

#### Buddhism

Buddhism was founded by Siddhartha Gautama who lived in India in sixth-century BCE. Gautama reached enlightenment at the age of 35 and was given the title of 'Buddha.' This means he found a way to free himself from the cycle of desire and suffering. He taught his followers how to achieve this too.

Buddhism is based on the Four Noble Truths:

1. Life is made up of pain and suffering.
2. All suffering is caused by our desires.
3. The freedom from desire and the end of suffering is called Nirvana. This is a state of peace and happiness and a goal that everyone can move towards.
4. The Eightfold Path – following these leads to Nirvana.

The Eightfold Path is a practical guide to living out the teachings of Buddha in everyday life.

Buddhists worship in a temple or at home. Some Buddhists have a shrine in their own home with a statue of Buddha.

#### Buddhist Monks and Nuns

Some Buddhists choose to leave their family and live as monks or nuns. They dedicate their lives to sharing the teachings of Buddha. They wear orange robes and shave their heads. Monks and Nuns rely on the kindness of others for their food, shelter and clothes.

### What should I know more about? – In-Depth Study

Consider the life of a Buddhist monk or nun. How does living a simple life help them on the path to enlightenment?

What might be the challenges of living as a Buddhist monk?

## Vocabulary

### Tier 1 Vocabulary

Religion  
God  
Statue

### Tier 2 Vocabulary

Spiritual  
Impact  
Teaching  
Desire  
Suffering



### Tier 3 Vocabulary

Buddhism, Buddha

Siddhartha Gautama

Enlightenment

Monk, Nun

Temple

Shrine

Noble Truths

Eightfold Path



## Skills

### Expected Standard

- I can explain the main beliefs of the Buddhism religion.
- I can explain the role of the Eightfold path in Buddhism.
- I can describe how a Buddhist monk or nun would live.
- I can explain why choosing to be a monk or a nun is a significant choice to a Buddhist follower.



## Greater Depth

A greater depth pupil will be able to explore the challenges that a Buddhist monk or nun might face in living a life dedicated to the teachings of Buddha. They will be able to reflect on how they would feel if they had to live a life that relied on others.



### SMSC/P4C/British Values

- I can show knowledge of and respect for different people's faiths, feelings and values.
- I can reflect on the impact of our behaviour on others.
- I can develop awareness of the role of belief and tradition in identity and culture.