

Year: 7 Autumn Term - 1st half term Subject: RE Topic: The Buddha: how and why do his experiences and teachings have meaning for people today? (3.8)

Learning focus points

The principal aim of religious education is to explore what people believe and what difference this makes to how they live, so that pupils can gain the knowledge, understanding and skills needed to handle questions raised by religion and belief, reflecting on their own ideas and ways of living.

- Explore the key events in the life of the Buddha and how they led him to seek enlightenment.
- Examine some key texts used within Buddhist traditions to teach central Buddhist teachings
- Explore the *dharmma*: the key teachings of the Buddha and the impact these have on Buddhists today: The Three Marks (or Characteristics) of Existence; the Four Noble Truths; the Middle Way: the Noble Eightfold Path (Moral Conduct, Meditation and Wisdom); Explore what difference these ideas make to everyday life for Buddhists
- Read and explore some stories or wise sayings from the Pali Canon
- Explore some Buddhist symbols and artefacts beyond statues of the Buddha
- Introduce the Sangha – explore the relationship with the lay community
- Investigate what it is about Buddhism which makes it attractive to Westerners; What are the similarities and differences between Buddhist Right Mindfulness and secular mindfulness widely taught and practised outside Buddhism
- Weigh up the key question – give examples, reasons and evidence

Learning Outcomes

Make sense of belief: Describe how the life of the Buddha led to his teachings (*dharmma*); Explain the Buddhist *dharmma* (universal truths, noble truths, noble path); Compare some varieties of Buddhist traditions and describe how they relate to the *dharmma*

Understand the impact: Give reasons and examples to explain how and why Buddhists put their beliefs into action in different ways; Show how Buddhist teachings guide them in making moral decisions

Make connections: Offer an account of what difference it makes that overcoming *dukka* and attaining enlightenment is achievable by anyone without supernatural help, giving reasons; Evaluate how far the ideas of the Buddhist *dharmma* help students to make sense of the world and their own experience

Writing opportunities

Answer the key question: give examples, reasons and evidence (P.E.E.L.)

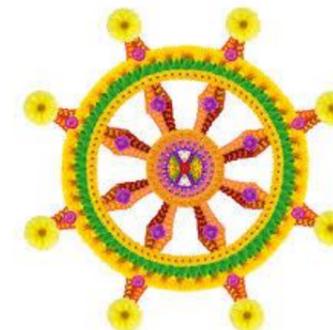
Reading opportunities

Key texts: extracts from Dhammacakkappavattana, the Karaniya Metta Sutta, the Mangala Sutta

Stories from the Pali Canon

Cross curriculum links

- British Values
- English
- Art
- PSHE



New vocabulary	Definitions
Buddha	The Buddha was a spiritual leader living in ancient India (5 th -4 th century BCE)
The three treasures of Buddhism	The person who wants to commit to the Buddhist path decides to take refuge in the Buddha, the dharma (teaching) and the sangha (Buddhist community).
5 Precepts	Be harmless/don't kill, Live with what you have, love and be content, speak compassionately, be aware (don't drink alcohol or take drugs).
Four Nobel Truths	The truth of suffering, the truth of the cause of suffering, the truth of the end of suffering, the truth of the path that leads to the end of suffering.
Noble Eightfold Path	The means to attain Nirvana: right belief, resolve, speech, action, thought, meditation. (Moral Conduct, Meditation, Wisdom)
The Three Marks of Existence	Anatta: There is no permanent self, no essence. We are constantly changing; Anicca: nothing remains the same; Dukkha: suffering is part of being human and is a result of Anatta and Anicca.
Four Brahma Viharas	Loving-kindness, compassion, sympathetic joy and equanimity
Nirvana	The ultimate spiritual goal in Buddhism – the release from the cycle of rebirth and enlightenment.

Discussion questions to have at home: Why do you think Buddhism is so appealing to Westerners?

Pre-learning/website links

Simple introduction:

<https://www.bbc.co.uk/bitesize/topics/zh4mrj6/articles/zdbvjhv>

Key facts:

<https://www.bbc.co.uk/bitesize/topics/zs86n39/articles/zmcsmf>