

RE

**Buddhism – Buddha’s teachings**

**Year 5**

**Autumn 1**

## Key Knowledge

### Learning about religion

The Buddharaupa is the representation of the Buddha, often in statue form which displays his qualities such as contentment, kindness etc.

Prince Siddhartha, Gautama was born into a royal family and had a most comfortable life. Yet all he could see was suffering. He decided to leave his family to become a monk. He travelled for many years seeking happiness, and eventually found it. He became enlightened under a Bodhi tree

#### *The Four Noble Truths*

1. Life is filled with suffering
2. Suffering is caused by people's wants.
3. Suffering can be ended if people stop wanting things i.e. more pleasure or more power.
4. To stop wanting things, people must follow 8 basic laws, called the Eightfold Path.

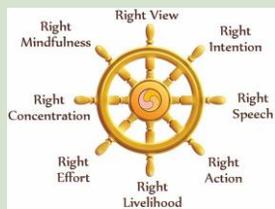
#### *The Five Precepts*

1. Do not take the life of any living thing
2. Do not steal.
3. Be faithful
4. Do not lie.
5. Do not drink alcohol.

### Learning from religion

That by considering the views and actions of Buddha, we can make judgements about the way we live our lives and our attitudes towards others.

## Key images



## Enfield SACRE Statutory requirements

- Make connections between the symbolism of the Buddharaupa and qualities and practices that Buddhists aspire to.
- Make connections between stories from the life of the Buddha and his teachings about living a contented life.
- Make connections between the Buddha’s teaching that everyone can become awake to the truth (Enlightened).
- Make connections between the Buddhist understanding of what causes human dissatisfaction (dukkha) and the way it may be overcome (the four Noble Truths, the Noble Eightfold Path).

## Prior learning

- In year 3, children would have learnt about the life of Siddhartha Guatama and how he became known as the Buddha. They also learnt about the 8-fold path and how it gives Buddhist guidance for how they should live their lives.

## Key vocabulary

Spelling	Definition
Buddharupa	A representation of Buddha
Eight-Fold Path	The Buddha’s set of instructions for how to reach the end of suffering
Luxury	A state of great comfort
Meditation	A way of taking control of the mind so it becomes peaceful and focused
Suffering	A state of undergoing pain, distress or hardship
Greed	An intense and selfish desire for something
Enlightenment	When a Buddhist finds the truth about life

## Possible experiences

Create a set of 8 ‘life rules’

Evaluation Buddha’s main teachings and which could have the biggest impact

Plan an activity to reduce suffering

## Possible deeper thinking questions

Is it possible for everyone to be happy?

Can you have ‘wants’ without being greedy?