



Waterbeach Community Primary School

Curriculum Capture for Year 5 Religious Education: What does it mean to be a Buddhist? Can we all be enlightened?

Key Knowledge and Beliefs

What are some of the key beliefs of Buddhism?

The Three Jewels: the Buddha (The Teacher); the Dharma (The Teaching); and the Sangha (The Buddhist Community).
 The Three Signs of Being: Nothing in life is perfect (Dukkha); Everything in life is changing, all the time (Anicca); There is no soul (Anatta).
 The Four Noble Truths: Dukkha (Suffering exists); Samudaya (There is a cause for suffering); Nirodha (There is an end to suffering); and Magga (In order to end suffering, you must follow the Eightfold Path).
 The Eightfold Path is the way in which Buddhists try to lead better lives to attain a state of Nirvana. The path encourages Buddhists to consider their views, their actions, the words they use, their intentions, how they live, how they work, mindfulness and meditation.

How Do Buddhists show their faith in the way they live their lives?

Gather Merit: Buddhists do things to benefit others; help in an appropriate way; give advice; are generous and develop patience. They believe these actions, with pure motivation, will gather merit. The result being that they will encounter fewer obstacles/hindrances in this life. Buddhists practise these actions every day.
 Aspire to be suitable role models: Everyday life as a Buddhist involves surrounding yourself with/aspiring to suitable role models (the main one being Buddha himself) but also others with similar traits that they can emulate/look up to. Buddhists believe that we can mould and transform our own character and behaviour more positively by doing this.
 Approach new activities with intelligence: Buddhists believe in listening and learning from others. They also believe that if you see that you have some faults, then you need to work to improve them or they will not improve – work on them little by little.

What are the main symbols of Buddhism?

There are 8 main Buddhist symbols: the Parasol, the Conch Shell, the Sacred Vase, the Royal Banner, the Wheel of Life, the Pair of Fish, the Endless Knot and the Lotus Flower.

What moral truths to Buddhists adhere to?

There are four main morals that Buddhists adhere to: Do not take the life of anything living (Do not kill); Do not take anything that is not freely given (Do not steal); Refrain from untrue speech (Do not lie); and Do not consume alcohol or other drugs.



Buddhists follow the teaching of Siddharta Gautama



Buddhists can worship at home or in temples.

Vocabulary

Siddharta Gautama	The Buddha
Buddha	The title given to the founder of Buddhism.
Dharma	The Buddha's teachings, known as truth.
Noble Truths	The teachings of Buddha
Eightfold Path	Eight primary teachings that Buddhists follow and use in their daily lives.
Karma	The sum of a person's actions in this and previous existence decides their future fate.
Wesak	Buddhist festival to commemorate the birth, enlightenment and death of Buddha.
Three Jewels	These include the Buddha, the Dharma and the Sangha.
Sangha	The community who follow the teaching of Buddha.
Tripitaka	Sacred text
Enlightenment	The action or state of attaining spiritual knowledge or insight.