

RE Focus		Buddhism: The Life of The Buddha	Year 4	Spring 1		
<b>What? (Key Knowledge)</b>			<b>Attainment Targets</b>			
Where did Buddhism originate?	The religion started in (what was) India (but is now Nepal) 2,500 years ago.		<ul style="list-style-type: none"> <li>I can start to show an understanding of why people think it is difficult to be happy all the time.</li> <li>I can tell you some of the things Siddhartha did to try to be happy and explain why I think they didn't work for him.</li> <li>I can begin to show an understanding of what being happy means to Buddhists.</li> </ul>			
What is the story of the Buddha?	<p><b>Prince Siddhartha, Gautama</b> 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 and wife, <b>Yasodhara</b> to become a monk. He travelled for many years seeking happiness, and eventually found it. He became enlightened under a Bodhi tree.</p>					
The four noble truths	<ol style="list-style-type: none"> <li>Life is filled with suffering</li> <li>Suffering is caused by people's wants.</li> <li>Suffering can be ended if people stop wanting things i.e. more pleasure or more power.</li> <li>To stop wanting things, people must follow 8 basic laws, called the Eightfold Path.</li> </ol>					
<b>Eightfold Path</b>			<b>Key Questions</b>			
<p>The eight basic laws that all people must follow if they wish to end suffering:</p> <ul style="list-style-type: none"> <li>To know the truth</li> <li>To resist evil</li> <li>To not say anything to hurt others</li> <li>To respect life and property</li> <li>To work at a job that does not injure others</li> <li>To try to free one's mind from evil</li> <li>To be in control of one's feelings and thoughts</li> <li>To practice concentration</li> </ul>			<ul style="list-style-type: none"> <li><u>Is it possible for everyone to be happy?</u></li> <li>Why did the Buddha sit under the Bodhi tree?</li> <li>If everybody lived by the 8-fold path would it make people happy all of the time?</li> </ul>			
			<b>What? (Key vocab)</b>			
			<b>Spelling</b>		<b>Definition</b>	
			<b>Bodhi Tree</b>		Siddhartha was sat underneath this tree when he achieved enlightenment.	
<b>Buddha</b>		Means 'teacher'. Followers of the religion (Buddhists) believe that he was a man and not God.				
The wheel of life		This symbolises the cycle of life, death and rebirth. The eight spokes remind people that the Buddha taught about eight ways of life.				
<b>Possible experiences</b>			<b>Enlightened</b>			
<ul style="list-style-type: none"> <li><u>Outdoor Learning</u> – Make a sculpture of the wheel of life.</li> <li>Write a recipe for happiness.</li> </ul>			<p>Understand how to be happy and free from suffering. Once enlightened you stop being reborn.</p>			

