



Year:

6

Unit:

Buddhism

What do we mean by a 'good' life?

What will I learn this year?

- Analyse Buddhist beliefs and teachings about how to be content
- Explain Buddhist beliefs and values contained within the story of Prince Siddhartha
- Make links between the story of the life of Prince Siddhartha and Buddhist beliefs and teachings about The Four Noble Truths
- Describe and explain what is involved in following the Eight-Fold Path of Buddhism – and the impact that following this might have on the life of a Buddhist.
- Consider the importance of daily meditation in Buddhism
- Discuss the meaning of contentment – is it the same as happiness, or something different?
- Raise questions about the human experience of being unsatisfied – why do humans so often want more than they have? To what extent does this prevent people from ever being happy?
- Ask and respond thoughtfully to questions about their own happiness – consider this as something that they are in control of
- Discuss the potential barriers to their happiness and what they can do to overcome these

Key Vocabulary

Contentment- a feeling of quiet happiness and satisfaction

Nirvana- Blowing out of the fires of greed, hatred and ignorance, and the state of secure perfect peace that follows

dharma wheel – A symbol that represents the Eightfold Path, with parts of the Path labelled as spokes.

Meditation- training the mind to empty it all of thoughts. when this happens what is important comes clear.



What should I already know?

Buddhism is not taught progressively in KS1 or Ks2. This is the only point it is visited.

- Awareness of other religions.
- Ask and respond thoughtfully to questions about religion and their own beliefs.
- Listen to the viewpoint of others.

What will I learn next?

At KS3

- The teachings and example of the Buddha
- Right-mindfulness – as part of the Eight-fold path
- Metta – loving kindness
- Enlightenment – as an ultimate aim of Buddhism
- Meditation
- Use of aids to meditation – statues and images of the Buddha, prayer wheels and flags, singing bowls
- The role of the Sangha
- Living by the Eight-fold path