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| **What will we be learning?**Buddhism | **Why this? Why now?**Buddhism is a major world religion. Studying Buddhism provides a diverse approach to the way different faiths put their belief in to action. You have already looked at this from a Christian and Islamic perspective. Buddhist teachings help us to understand about how we treat others and that links into the year 9 unit on human relationships. | **Key Words:**AnattaAniccaBuddhaDharmaDukkhaEightfold PathEnlightenmentKarunaMeditationMettaNirvanaSamskara |
| **What will we learn?**In this unit, you will be learning about how Buddhists put their beliefs into action. You will learn about the key beliefs and practices within Buddhism and how key teachings and practices can help both Buddhists and non-Buddhists. An introduction to Buddhism The Five Moral Precepts The Three Marks of Existence Meditation The Buddha Loving kindnessEnlightenment MindfulnessThe Four Noble Truths and The Eightfold Path |
| **What opportunities are there for wider study?**Meditation practice (Non-religious) Mindfulness and relaxation methods. |
| **How will I be assessed?**The first piece will be an intense concentration question on the Eightfold Path.The second piece will be a worksheet on Loving kindness.The main end of unit assessment will be on the benefits of Buddhist teachings and practiced on both Buddhists and Non-Buddhists.However, smaller pieces of work will also contribute towards the continued assessment. |