

Exploring the Path of Buddhism: Assessment

Learning objective: To demonstrate knowledge and understanding of the core beliefs, practices, and history of Buddhism.

Read each question carefully. Use your knowledge of Buddhist teachings to provide thoughtful, well-reasoned answers. Write in full sentences where requested.

Siddhartha Gautama, a prince who lived over 2,500 years ago, left his palace to seek an understanding of suffering. After years of searching, he achieved Enlightenment under a Bodhi tree, becoming the Buddha. He taught the 'Middle Way'—a path between extreme luxury and extreme hardship. Today, Buddhists follow his teachings, known as the Dharma, and gather in communities called the Sangha to support one another in their practice.

Word bank: Siddhartha Gautama · Enlightenment · The Middle Way · Dharma · Sangha · Meditation · Lotus Flower · Compassion

1. Who was Siddhartha Gautama, and what significant change happened to him under the Bodhi tree? (2 marks) (2 marks)

2. Define the term 'The Middle Way' in your own words. Why do Buddhists believe this is a balanced way to live? (3 marks) (3 marks)

3. Explain two ways that meditation helps a Buddhist in their daily life. (2 marks) (2 marks)

4. Why is the 'Sangha' (the community) considered an important part of Buddhist life? (3 marks) (3 marks)

5. Identify one Buddhist value. Explain how a person might show this value in their behaviour towards others at school. (4 marks) (4 marks)

6. Compare and contrast the life of Siddhartha Gautama as a prince with his life as the Buddha. What does this suggest about what he valued most? (4 marks) (4 marks)

7. Extended Writing Task: 'If the Buddha were to visit a modern school, which of his teachings would be the most helpful for children today?' Justify your answer with specific examples. (7 marks) (7 marks)

Draw: Draw a Lotus Flower and label it with three words that represent the qualities of a Buddhist, such as 'Peace', 'Mindfulness', or 'Kindness'.



Extension challenge: Total: /25. Greater Depth Challenge: Explain why the Lotus Flower is a significant symbol in Buddhism, specifically relating its growth cycle to the concept of Enlightenment. What might happen if a person focused only on their own happiness rather than the happiness of others? Justify your perspective.