



# RS4 Buddhism: practices

## Personal learning checklist | 1 of 3

AQA GCSE Religious Studies A 8062 | Paper 1

Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

Tick one box for each statement. Red: need help. Amber: partly confident.  
Green: can do independently.

Use an explanation, source or example as evidence before choosing your confidence level. A quick quiz alone may not demonstrate the whole outcome.

| I can                                                       | Red                      | Amber                    | Green                    |
|-------------------------------------------------------------|--------------------------|--------------------------|--------------------------|
| <b>Worship and meditation</b>                               |                          |                          |                          |
| Explain the importance of a home shrine.                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain the importance of a Buddhist temple.                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Distinguish the roles of viharas and gompas.                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain the significance of a Buddha rupa.                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain the symbolism of flowers in offerings.              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain the symbolism of lights in offerings.               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain the symbolism of incense in offerings.              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain the purpose of bowing in Buddhist devotion.         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain the role of puja in the home and temple.            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain chanting as devotion and an aid to concentration.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain the use of mantras and mala beads.                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain the aim of samatha meditation.                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Describe mindfulness of breathing.                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain the aim of vipassana meditation.                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain the purpose and methods of zazen.                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Compare tranquillity and insight meditation.                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain how visualisation can develop compassion or wisdom. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain Avalokiteshvara's connection with compassion.       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

My next revision priority \_\_\_\_\_



# RS4 Buddhism: practices

## Personal learning checklist | 2 of 3

AQA GCSE Religious Studies A 8062 | Paper 1

Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

Tick one box for each statement. Red: need help. Amber: partly confident.  
Green: can do independently.

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| I can                                                                               | Red                      | Amber                    | Green                    |
|-------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|
| <b>Death and festivals</b>                                                          |                          |                          |                          |
| Explain Theravada funeral practices.                                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain how Theravada mourning rituals express impermanence.                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain Buddhist funeral and memorial practices in Japan.                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain the bardo's significance in Tibetan death rituals.                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain sky burial without treating it as universal Tibetan practice.               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Compare Buddhist mourning practices in Theravada, Japanese and Tibetan communities. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain what Wesak commemorates.                                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain how Wesak celebrations express Buddhist teaching.                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain the significance of Parinirvana Day.                                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain why Buddhists attend retreats.                                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain the importance of Buddhist festivals in Britain today.                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Ethics and compassion</b>                                                        |                          |                          |                          |
| Explain kamma as intentional action and its consequences.                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain rebirth without assuming an unchanging soul.                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain why belief in kamma does not justify blaming or neglecting sufferers.       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain karuna and apply it to an example.                                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain metta and its development through practice.                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

My next revision priority \_\_\_\_\_



# RS4 Buddhism: practices

## Personal learning checklist | 3 of 3

AQA GCSE Religious Studies A 8062 | Paper 1

Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

Tick one box for each statement. Red: need help. Amber: partly confident.  
Green: can do independently.

Use an explanation, source or example as evidence before choosing your confidence level. A quick quiz alone may not demonstrate the whole outcome.

| I can                                                                  | Red                      | Amber                    | Green                    |
|------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|
| <b>Ethics and compassion</b>                                           |                          |                          |                          |
| Use Dhammapada 5 to explain a response to hatred.                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Apply the first precept to a decision about taking life.               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Apply the second precept to a decision about taking property.          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Apply the third precept to avoiding sexual harm.                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Apply the fourth precept to truthful communication.                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Apply the fifth precept to avoiding heedlessness.                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain precepts as ethical training rather than a creator's commands. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Identify the Six Perfections.                                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain how generosity is developed as a perfection.                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain how morality is developed as a perfection.                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain how patience is developed as a perfection.                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain how energy is developed as a perfection.                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain how meditation is developed as a perfection.                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain how wisdom is developed as a perfection.                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Explain a specific connection between Buddhist belief and practice.    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

My next revision priority \_\_\_\_\_