



RS3 Buddhism: beliefs and teachings

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
Dhamma and existence			
Explain Dhamma as the Buddha's teaching and truth about reality.	☐	☐	☐
Explain how following the Dhamma influences Buddhist conduct.	☐	☐	☐
Explain dependent arising.	☐	☐	☐
Explain anicca.	☐	☐	☐
Explain anatta without denying ordinary personal experience.	☐	☐	☐
Distinguish forms of dukkha.	☐	☐	☐
Personality and destiny			
Identify the Five Aggregates.	☐	☐	☐
Distinguish sensation from perception in the Five Aggregates.	☐	☐	☐
Explain form as the physical aggregate.	☐	☐	☐
Explain mental formations as an aggregate of intentions and habits.	☐	☐	☐
Explain consciousness as awareness of an object.	☐	☐	☐
Explain how the Five Aggregates support anatta.	☐	☐	☐
Explain sunyata as emptiness of independent inherent existence.	☐	☐	☐
Explain Buddha-nature and the possibility of Buddhahood.	☐	☐	☐

My next revision priority _____



RS3 Buddhism: beliefs and teachings

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.

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
Personality and destiny			
Explain the Arhat ideal in Theravada Buddhism.	☐	☐	☐
Explain the Bodhisattva ideal in Mahayana Buddhism.	☐	☐	☐
Compare Arhat and Bodhisattva ideals without stereotyping either tradition.	☐	☐	☐
Explain the Buddhist meaning of complete Buddhahood.	☐	☐	☐
Explain the role of Amitabha in Pure Land Buddhism.	☐	☐	☐
Explain why Pure Land rebirth is valued.	☐	☐	☐
Explain the importance of faith and recitation in Pure Land practice.	☐	☐	☐
Buddha's life			
Explain the significance of the Buddha's birth and protected early life.	☐	☐	☐
Identify the Four Sights.	☐	☐	☐
Explain how the Four Sights motivated Siddhartha's search.	☐	☐	☐
Use Jataka 075 to explain the significance of the Four Sights.	☐	☐	☐
Explain why Siddhartha rejected severe asceticism.	☐	☐	☐
Explain the Middle Way.	☐	☐	☐
Explain the significance of the Buddha's enlightenment.	☐	☐	☐

My next revision priority _____



RS3 Buddhism: beliefs and teachings

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
Four Noble Truths			
Identify the Four Noble Truths.	☐	☐	☐
Explain craving as a cause of suffering.	☐	☐	☐
Explain how the Three Poisons cause suffering.	☐	☐	☐
Explain the third Noble Truth's teaching that craving can cease.	☐	☐	☐
Explain nibbana and distinguish it from ordinary pleasure or a creator's heaven.	☐	☐	☐
Identify the eight parts of the Eightfold Path.	☐	☐	☐
Explain right understanding and intention within wisdom.	☐	☐	☐
Explain right speech, action and livelihood within ethics.	☐	☐	☐
Explain right effort, mindfulness and concentration within meditation.	☐	☐	☐
Explain how the Threefold Way's divisions support each other.	☐	☐	☐
Use Dhammapada 190–191 to explain the relationship between refuge and the path.	☐	☐	☐

My next revision priority _____