



Sanatayn Year 1 Girls – Islamic Studies & Duas

1. Kitabs:

	Name of Book	Subject
1	An-Nasihah Book 7 – Textbook only	Aqāid, Fiqh, Sīrah & Tahdhīb
2	Understanding Adulthood	Fiqh
3	Memorising & Understanding Short Surahs – <i>Quran lesson only</i>	
4	My Prophet's Prayers	-

Understanding Adulthood:

1. This will be commenced from the start of the year and will be completed by the end of year exams.
2. It will be covered two times a week. Refer to the LTP.
3. The full book will be covered. Part 1 and 2 will be covered until mid-year exams. Thereafter, Part 3 and 4 will be covered.
4. All exercises for this Kitab must be done in class as much as possible and set as homework as necessary.
5. Exercises must be completed in the textbook and marked by the teacher as per the workbook policy.

Note: As this class is a merger of two levels, some pupils have already completed Part 1 and 2. For them, covering again will be a recap and revision.

An-Nasihah Book 7: Islamic Studies:

1. This will be commenced from the start of the year and will be completed by the end of year exams.
2. It will be covered two times a week. Refer to the LTP.
3. The full book will be covered.
4. There will be no workbook to cover.

Weekly Tarbiyah Session:

One day a week will be devoted to a Tarbiyah topic. Topics and discussions will vary and will be from one of the following:

- ✓ *Great Women of Islam (who were given the good news of Paradise)*: Pupils will explore the lives of great Ṣaḥābiyāt.
- ✓ *Zād al-Ṭālibīn (Provisions for the Seekers)*: Pupils will explore meanings and lessons from prophetic Ḥadīths.

Note: Each of the above can be covered for a few weeks at a time.

Pupils will not purchase the above books. Discussions will be teacher led.

- ✓ Once every half term, pupils will have a “tea and talk” or knitting session. In this session the class will explore various topics as per the discretion of the teacher.
- ✓ These topics will be covered in an interactive manner, with discussion and participation from pupils.

In conclusion, the weekly timetable will be as follows:

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Book	Understanding Adulthood		An-Nasihah Book 7		Weekly Tarbiyah Session

Enrichment Activities:

1. Once every half term, pupils will participate in an enrichment activity. This may be one of the following activities or similar:
 - ✓ Local / national or international relief project
 - ✓ Educational visits
 - ✓ Picnics in the park: Dependent on weather for discussion sessions and mindfulness.
 - ✓ Leading 2 assemblies based on topics covered for R & L1. One in term 1, one in term 2.
 - ✓ Present a session to mothers – Term 3.
2. Any activity must have prior approval by management.
3. There will be a maximum of 5 such enrichment activities in the full academic year.

Half term 1 – 1 activity

Half term 2 – 1 activity

Half term 3 – 1 activity

Half term 4 – 0 activities (Ramadhan)

Half Term 5 – 1 activity

Half term 6 – 1 activity

2. Practical Salaah:

1. Revision of the complete Salaah syllabus including Wudhu must take place at least three times a year.
2. Salaah needs to be covered practically with a lot of emphasis on “concentration & devotion” and Ta’deel al-Arkaan.
3. Pupils must be encouraged to perform Salaah with congregation and teachers must monitor pupils closely during Salaah times in Madrasah. The teacher must also ask pupils regularly regarding the performance of Salaah.

3. Duas:

As the Tarbiyah class is a merger of two classes:

First revise Duas from Reception to Level 6 as per the LTP. Then cover the following Duas from:

Level 7 Duas:

	Name of Dua
1	Bidding Someone Farewell
2	Relief from Anxiety etc
3	When a Strong Wind Blows
4	When Experiencing Hot Weather
5	When Experiencing Cold Weather
6	At the Time of Thunder
7	At the Time of Heavy Rainfall

Level 8 Duas:

	Name of Dua
1	After Breaking One's Fast
2	When Afflicted by Misfortune etc
3	When About to Enter Another Town
4	To Treat Flu or Any Pain

Notes:

Refer to the "Notes on Duas" section at the front of "My Prophet's Prayers". The guidance mentioned is important and teachers are to implement these guidelines.

Teachers must also refer and listen to the relevant webinars on My Prophet's Prayers, available on the Madrasah website.

Week Dates for L.T.P.

Week	Week Beginning	Notes
1	18.08.25	
2	25.08.25	
3	01.09.25	
4	08.09.25	
5	15.09.25	
6	22.09.25	<i>Salah Focus – Entire Madrasah</i>
7	29.09.25	
8	06.10.25	
9	13.10.25	
10	20.10.25	
11	03.11.25	Topic Test: Islamic Studies
12	10.11.25	
13	17.11.25	Workbook check: Islamic Studies
14	24.11.25	
15	01.12.25	
16	08.12.25	
17	15.12.25	
18	05.01.26	
19	12.01.26	
20	19.01.26	
21	26.01.26	Mid-Year Written Assessments
22	02.02.26	
23	09.02.26	Workbook check: Islamic Studies
24	Weekend 1 Ramadan	
25	Weekend 2 Ramadan	
26	Weekend 3 Ramadan	
27	Weekend 4 Ramadan	
28	23.03.26	
29	13.04.26	
30	20.04.26	Topic Test: Islamic Studies
31	27.04.26	
32	04.05.26	
33	11.05.26	
34	18.05.26	Enrichment Week
35	01.06.26	
36	08.06.26	Workbook check: Islamic Studies
37	15.06.26	Exam Revision
38	22.06.26	Exam Revision
39	29.06.26	Exam Revision
40	06.07.26	End of Year Written Assessments
41	13.07.26	Trips / Prizes / Reports etc

Islamic Studies Long Term Plan – Sanatayn Year 1 Girls

Week	Book 1	Book 2	Duas
1	Understanding Adulthood Part 1 & 2 2 days a week One chapter per week	An-Naṣiḥah – Book 7 P26 to 113 Fiqh Section Aḥādīth Section Sīrah Section	Revision of Reception & L1 Duas
2			Revision of L2 Duas
3			Revision of L3 Duas
4			Revision of L4 Duas
5			Revision of L5 Duas
6			Revision of L6 Duas
7			Level 7 Duas Start: Bidding Someone Farewell
8			Relief from Anxiety etc
9			When a Strong Wind Blows
10			Experiencing Hot Weather
11			Experiencing Cold Weather
12			At the Time of Thunder
13			Time of Heavy Rainfall
14			Level 8 Duas Start: Breaking One’s Fast
15			Afflicted by Misfortune
16			Enter Another Town
17			Treat Flu etc
18			Revision
19			
20	Understanding Adulthood Part 3 & 4 2 days a week One chapter per week	An-Naṣiḥah – Book 7 P114 to 197 Tārīkh Section Aqā’id Section Akhlāq Section ’Ādāb Section	
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36	Exam Revision		
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40	End of Year Assessments		
41	Trips / Prizes / Reports etc.		

Note:

The teacher may need to adjust accordingly due to mid-year exams, enrichment week etc.

The class will only have mid-year and EOY exams, not the topic tests in November and April.