THE STRIVING

MUSLIM ACADEMY

Islamic and Academic Education

ISLAMIC EDUCATION · FREE TO PRINT

Islamic Education at Home

A full year planned out. Qiroha, Tajweed, Fiqh, Seerah and Adhkar week by week, written for a parent to teach, not for a scholar.

WHAT IS INSIDE

- Teacher's notes: what a parent can and cannot teach
- The weekly shape: twenty minutes a day
- Term one, twelve weeks
- Term two, twelve weeks
- Term three, twelve weeks
- A record of what was actually covered

The Striving Muslim Academy

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What a parent can teach, and what they cannot

This is the most important page in the pack, and it is the one most schemes of work leave out. Knowing the difference will save you two years.



You can teach these yourself

- Letter recognition and writing
- Keeping a daily routine
- Adhkar and du'a, from a sheet
- Seerah stories and discussion
- Adab, by living it in front of them
- Hearing revision of what is memorised
- Noticing and recording progress

None of this needs Arabic or a qualification. It needs consistency, which is harder and rarer.

These need a teacher who knows

- Makhraj, where each letter comes from
- Correcting recitation by ear
- Tajweed as a produced sound
- Arabic grammar beyond the basics
- Fiqh rulings and their differences
- Anything you are not sure about

Guessing here is worse than leaving a gap. A wrong sound taught confidently takes years to undo.

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1. Twenty minutes daily, not two hours on Saturday

Islamic studies is usually the thing that gets dropped when the week is busy, because nothing external depends on it. Then it is caught up in one long session that nobody enjoys and little of which is kept.

Twenty minutes, same time, every day. Attach it to something fixed, such as straight after breakfast or straight after 'Asr. The scheme in this pack is built for twenty minutes. Do not stretch it.

2. Do not teach five subjects every day

A parent who tries to cover Qur'an, Tajweed, Fiqh, Seerah and Adhkar daily will manage it for ten days and then stop altogether.

Qur'an every day. One other subject each day, on a rota. That is the whole design of the weekly plan overleaf, and it is why it survives a difficult month.

3. Write down what you actually did

Without a record you cannot tell whether you have covered something or only intended to, and by the end of the year you genuinely will not remember.

One line a day on the record sheet. It also matters if anybody ever asks you to evidence what has been taught at home, which in some countries they will.

4. Your own child will test you differently

Children behave differently for a parent than for a teacher. A child who sits still for an hour in a class will argue with their mother over five minutes. This is normal and it is not a judgement on you.

Keep the lesson short enough that it ends well. Twenty good minutes beats forty that finish in an argument. If today is going badly, stop early. Tomorrow is close.

What this pack is not

It is not a syllabus for a madrasah, and it is not a replacement for a teacher. It is a shape for a parent who wants to do something steady at home and does not know where to start.

Pair it with a weekly class where somebody qualified hears your child recite. The home routine and the trained ear together are worth far more than either on its own.

Twenty minutes a day

Qur'an every day, ten minutes. One other subject, ten minutes, on this rota. That is the entire system.



DAY	FIRST TEN MINUTES	SECOND TEN MINUTES	WHY
Mon	Qur'an: reading or hifz	**Tajweed**	Start the week with the hardest thing.
Tue	Qur'an: reading or hifz	**Adhkar and du'a**	Short, and it can be done while walking.
Wed	Qur'an: reading or hifz	**Fiqh**	Wudu, salah, the practical things.
Thu	Qur'an: reading or hifz	**Seerah**	A story. Children look forward to this one.
Fri	Qur'an: revision only	**Adab**	A lighter day, and the right day for it.
Sat	Qur'an: revision only	**Catch up, or nothing**	A planned gap. The week needs slack in it.
Sun	Qur'an: revision only	**Arabic letters**	Writing practice, which is calm work.

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The ten minutes of Qur'an

- **4 minutes** new, reading from the mushaf
- **3 minutes** what was learned this month
- **3 minutes** something older, chosen at random

Use the Hifz and Muraja'ah Tracker from our printables for this. The last three minutes are the ones that decide whether any of it lasts.

Build in the gap

Saturday is empty on purpose. Every household has weeks that fall apart, and a plan with no slack in it breaks on the first of them.

If you have had a full week, take Saturday off entirely. That is a success, not a shortfall.

Term one: foundations

Twelve weeks. If you fall behind, carry on from where you are. The order matters, the calendar does not.



WK	QUR'AN	TAJWEED	FIQH	SEERAH	ADHKAR AND ADAB
1	Letters: the boat and bowl families	Listening only	Why we pray	Arabia before Islam	Bismillah before eating
2	Letters: the six non joiners	Listening only	Clean water, clean clothes	His birth and childhood	Alhamdulillah after eating
3	Letters: teeth and loops	Listening only	Wudu, steps 1 to 5	Losing his mother	Entering the toilet
4	Letters: all four forms	Listening only	Wudu, steps 6 to 10	Growing up with Abu Talib	Leaving the toilet
5	Fatha, kasra, damma	Listening only	What breaks wudu	Al-Amin, the trustworthy	Truthfulness
6	Harakat, mixed drills	Listening only	Watch and correct their wudu	Marriage to Khadijah	Truthfulness, continued
7	Tanween	Qalqalah, by ear	The five prayers by name	The Black Stone	Leaving the house
8	Tanween, mixed	Qalqalah, finding it	Qiblah and prayer times	The cave of Hira	Entering the house
9	Sukoon · two weeks on this	Madd tabi'i	Salah: the positions, silently	The first revelation	Kindness to parents
10	Sukoon, continued	Madd tabi'i, counting	Salah: adding the takbir	The first Muslims	Kindness to parents
11	Shadda	Revision of both	Salah: Al-Fatihah	Calling publicly	Greeting properly
12	**Review and catch up**	Review	Watch a full wudu again	Review the timeline	Review the term

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Why Tajweed says "listening only" for six weeks

A child who cannot yet read the letters cannot apply a tajweed rule, and teaching the names of rules they cannot use wastes the time and puts them off.

For those weeks, simply play or recite good Qur'an while they listen. The ear is being trained, and that is real teaching even though nothing is written down.

Term two: reading and praying

By the end of this term they should be reading short words unaided and praying at least one prayer a day unprompted.



WK	QUR'AN	TAJWEED	FIQH	SEERAH	ADHKAR AND ADAB
1	Madd: alif, waaw, yaa	Madd lengths, counting	Salah: ruku' and its words	The persecution begins	Morning adhkar, card 4
2	Madd, mixed with short	Madd, finding it	Salah: sujud and its words	Bilal (may Allah be pleased with him)	Morning adhkar, card 4
3	Joined words	Noon saakin: izhar	Salah: sitting between sujuds	Migration to Abyssinia	Evening adhkar, card 1
4	Joined words, longer	Izhar, finding it	Salah: a full rak'ah	The boycott	Evening adhkar, card 1
5	Al-Fatihah, reading	Noon saakin: ikhfa	Salah: two rak'ahs	The Year of Sorrow	Guarding the tongue
6	Al-Fatihah, memorising	Ikhfa, finding it	Tashahhud, first half	Ta'if	Guarding the tongue
7	An-Nas	Noon saakin: idgham	Tashahhud, second half	Al-Isra wal-Mi'raj	Keeping a promise
8	Al-Falaq	Idgham, finding it	Finishing the prayer	The pledges at 'Aqabah	Keeping a promise
9	Al-Ikhlas	Noon saakin: iqlab	A full two rak'ah prayer	The Hijrah	Travelling du'a
10	Al-Masad	All four, mixed	How many rak'ahs each prayer	Building the masjid	Entering the masjid
11	An-Nasr	Meem saakin, all three	Praying when travelling or ill	Muhajirun and Ansar	Leaving the masjid
12	**Review and catch up**	Review	Watch a full prayer	Review the timeline	Review the term

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The checkpoint at the end of this term

Can they read a short surah they have never seen, slowly but correctly, without help? **If not, do not start term three.** Repeat this term's Qur'an column instead, and let the other subjects carry on as planned.

Nothing is lost by repeating a term. A great deal is lost by moving on without the reading.

Term three: building the habit

The aim of this term is not more content. It is that the routine continues without you driving it.



WK	QUR'AN	TAJWEED	FIQH	SEERAH	ADHKAR AND ADAB
1	Al-Kafirun	Laam shamsiyyah	Why we fast	The qiblah changes	Giving to somebody
2	Al-Kawthar	Laam qamariyyah	Who fasts, and who does not	Badr	Giving to somebody
3	Al-Ma'un	Both laams, finding them	Zakat, in simple terms	Uhud, and what was learned	Kindness to those who serve
4	Quraysh	Madd muttasil	Sadaqah, any amount	Al-Khandaq	Kindness to those who serve
5	Al-Fil	Madd munfasil	Hajj, in simple terms	Hudaybiyyah	Forgiving somebody
6	Al-Humazah	Both madds, finding them	The pillars, all five	The letters to the kings	Forgiving somebody
7	Al-'Asr	Madd lazim	Halal and haram food	The opening of Makkah	Forgiving somebody
8	At-Takathur	Revision, all madds	Looking after the body	Tabuk	Patience when it is hard
9	Al-Qari'ah	Revision, noon saakin	Being honest in money	The Farewell Hajj	Patience when it is hard
10	Al-'Adiyat	Revision, meem saakin	Looking after the earth	The farewell sermon	Doing good quietly
11	Az-Zalzalah	Revision, all rules	Review all the fiqh	His death, and what he left	Doing good quietly
12	**The whole year, reviewed**	Review	Review	Build the timeline from memory	Review the year

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What a full year should have produced

- They can read Arabic, slowly, on their own
- They can pray two rak'ahs unaided
- They have about twelve short surahs, and still hold them
- They know the shape of the Prophet's life ﷺ, not only four battles
- They have three or four du'a they use without being told
- **They do not dread sitting down for the daily twenty minutes**

The last one matters most. Everything else can be caught up later. That one cannot.

What we actually covered

One line a day. Print a sheet for each month. This is the record you would show anybody who asks what has been taught at home, and it is the record you will be glad of in June.



Month and child's name _____

DATE	QUR'AN	SECOND SUBJECT	MINUTES	NOTES

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At the end of each month, one question

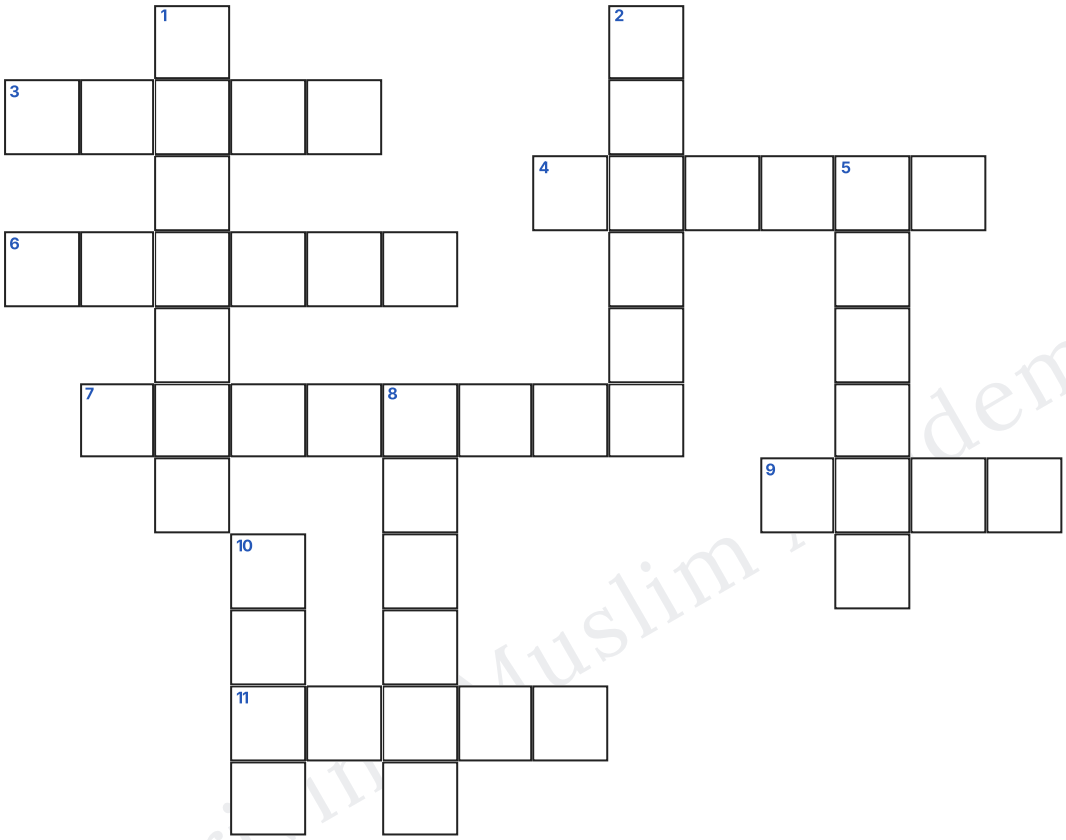
How many days did we actually do it? Write the number and nothing else. Not an excuse, not a plan. Just the number.

Sixteen out of thirty is a real and useful answer. A family that knows its real number can improve it. A family that does not keep the record will believe it managed most days, every single month, and will not understand why the year produced so little.

Word Whizz

Crossword

Everything you need is on the pages of this pack. Read each clue and write the word in the boxes, one letter in each box. The number in brackets tells you how many letters the word has.



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Across

3 A plan needs a little of this, a gap, or it breaks on the first bad week. (5)

4 On Thursday the second ten minutes is this subject, a story children look forward to. (6)

6 On Tuesday the second ten minutes is this short subject, which can be done while walking. (6)

7 Which day of the week is left empty on purpose? (8)

9 One Seerah lesson in Term one is about the cave of what? (4)

11 Which subject is taught every single day of the week? (5)

Down

1 Where each letter comes from is called this, and it needs a teacher who knows. (7)

2 How many minutes a day does the weekly plan ask for? (6)

5 On Sunday the second ten minutes is writing practice of these letters. Which language? (6)

8 A parent writes one line a day on this sheet to show what was taught. (6)

10 On Wednesday the second ten minutes is this subject, about wudu, salah and practical things. (4)

Let's Map It!

Fill in the blanks on the map with the words in the box. Read along the arrows.

USE THESE WORDS

rota **empty** **record sheet** **ten minutes** **lasts**

The weekly plan *gives*

Qur'an every day
- *takes* Qur'an every day, _____.
- *decides if it* The last three minutes are the ones that decide whether any of it _____.

One other subject
- *is chosen on a* Qur'an every day. One other subject each day, on a _____.

Saturday
- *is* Saturday is _____ on purpose.

The record
- *is kept on the* One line a day on the _____.

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Word search

Find each word in the grid. Words read across, down, or slanting down. Tick each one when you find it.

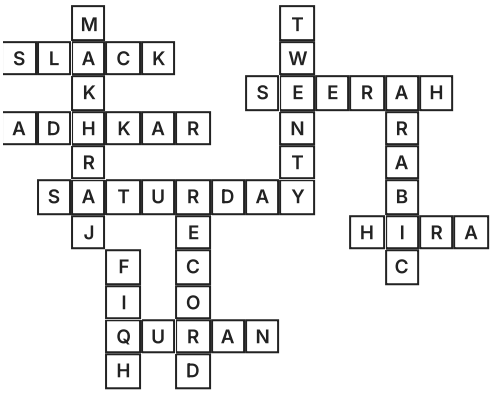
R	O	U	T	I	N	E	B	E
W	F	S	M	V	T	S	O	J
W	S	C	I	A	A	N	T	F
P	A	V	N	W	J	B	E	O
A	L	G	U	U	W	P	A	C
R	A	W	T	D	E	A	C	K
E	H	E	E	U	E	G	H	Y
N	F	S	S	E	D	S	E	T
T	H	I	T	H	K	B	R	S

- ☐ Tajweed
- ☐ Routine
- ☐ Minutes
- ☐ Teacher
- ☐ Parent
- ☐ Salah
- ☐ Wudu
- ☐ Week

Answers

For the grown-up: cover this page while the puzzles are being done.

Crossword



Across: 3 Slack, 4 Seerah, 6 Adhkar, 7 Saturday, 9 Hira, 11 Quran

Down: 1 Makhraj, 2 Twenty, 5 Arabic, 8 Record, 10 Fiqh

Let's Map It

ten minutes; lasts; rota; empty; record sheet

Word search

R	O	U	T	I	N	E	B	E
W	F	S	M	V	T	S	O	J
W	S	C	I	A	A	N	T	F
P	A	V	N	W	J	B	E	O
A	L	G	U	U	W	P	A	C
R	A	W	T	D	E	A	C	K
E	H	E	E	U	E	G	H	Y
N	F	S	S	E	D	S	E	T
T	H	I	T	H	K	B	R	S

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