

## Unit: Siyam (fasting)

Islamic Studies  
Year: 5

### About the Unit

This is a short unit, designed to pose as a reminder about some of the virtues and practices of fasting specifically during the Islamic month of Ramadhan.

### Expectations At the end of this unit

### Where the unit fits in

This unit is an independent unit used as a reminder for fasting and about the month of Ramadhan.

#### *Most children will:*

Understand what fasting is in Islam and that the month of obligatory fasting is called Ramadhan. They will also be able to recount many virtues of fasting both spiritual and physical.

### Prior learning

Expression of feelings and personal experiences are encouraged in these units and the child is encouraged to apply their knowledge into practical applications.

#### *Some children will not have so much progress and will:*

Understand that Allah has told us to fast and that Muslims are rewarded for doing so. Know the basics of how a Muslim spends his day fasting.

### Vocabulary

Fasting, Ramadhan, sawm, pillar, Zakah, Salah, taraweeh, Quran, Sunnah, Hadith, Prophet, saum, Eid-ul-Fitr

#### *Some children will have progressed further and will:*

Recount with evidences the virtues of fasting and the obligation to fast based upon the text from the Quran.

### Resources

- 'Verse 183, Surah Baqarah (2): 183' [www.prosyst3ms.co.uk](http://www.prosyst3ms.co.uk)
- Fasting worksheet [www.prosyst3ms.co.uk](http://www.prosyst3ms.co.uk)
- Various hadith texts exemplifying the virtues of fasting [www.prosyst3ms.co.uk](http://www.prosyst3ms.co.uk)
- Ramadhan booklet template [www.prosyst3ms.co.uk](http://www.prosyst3ms.co.uk)

(Web links valid as of Aug 2009.)

### Related NC links:

#### R.E.

- 1.b describe the variety of practices and ways of life in religions and understand how these stem from, and are closely connected with, beliefs and teachings
- 1.g use specialist vocabulary in communicating their knowledge and understanding
- 2.a reflect on what it means to belong to a faith community, communicating their own and others' responses
- 2.b respond to the challenges of commitment both in their own lives and within religious traditions, recognising how commitment to a religion is shown in a variety of ways

#### P.S.H.E.

- 1.a to talk and write about their opinions, and explain their views, on issues that affect themselves and society
- 1.b to recognise their worth as individuals by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goals

### Future learning

Children should go on:

- To try and implement the key principles and instructions learned about fasting in their lives.

Learning objectives	Possible teaching activities	Learning outcomes
Learn and understand about fasting during Ramadhan.	<ul style="list-style-type: none"> <li>▪ Discuss what is special about Ramadhan and brainstorm what they know about fasting.</li> <li>▪ Read and discuss the verse from Surah (Baqarah) 2:183. Discuss things that break the fast.</li> <li>▪ Complete a worksheet on fasting based upon what has been discussed.</li> <li>▪ Memorise and learn the meaning of the verse from Surah (Baqarah) 2:183.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Know what Ramadhan is.</li> <li>▪ Know where we have been commanded to fast in the Quran.</li> </ul>
Learn and understand about the benefits of fasting.	<ul style="list-style-type: none"> <li>▪ Revise the verse from Surah (Baqarah) 2:183 and its meaning.</li> <li>▪ Examine and discuss various hadith about fasting.</li> <li>▪ Discuss the virtues of fasting, medically.</li> <li>▪ Design and make a poster highlighting the virtues of fasting, based upon evidences we have examined to encourage people to fast. (Persuasive text features.)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Know about the benefits of fasting both Islamic and physical.</li> </ul>
Learn and understand about the benefits of Ramadhan.	<ul style="list-style-type: none"> <li>▪ Revise some of the benefits of fasting.</li> <li>▪ Using the benefits of fasting as a reference, construct a class poem together.</li> <li>▪ Children create their own poems.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Appreciate the benefits of Ramadhan and be able to express their understanding through poetry.</li> </ul>
Learn and understand about the different actions involved in Ramadhan.	<ul style="list-style-type: none"> <li>▪ Get the children to explain how they spend their day fasting during Ramadhan. Amend details for accuracy if necessary.</li> <li>▪ Children create a booklet detailing how a Muslim should spend his/her Ramadhan.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Know how a Muslim should spend their day fasting.</li> </ul>
To know about the significance of Eid-ul-Fitr. To know the actions prescribed for Eid-ul-Fitr.	<ul style="list-style-type: none"> <li>▪ Brainstorm the events of Eid-ul-Fitr seen from the perspective of one of the children – compare t how the Prophet, peace be upon him spent his Eid. List them in order on the board.</li> <li>▪ Children write and illustrate what they would like to do on Eid taking in to account how the Prophet, peace be upon him spent his day.</li> </ul>	<ul style="list-style-type: none"> <li>▪ To know how a Muslim spends his/her day on Eid-ul-Fitr.</li> </ul>