



Madrassah Assignment 1 - 2018

Grade 1

Due Date: 21 May 2018

Islam prescribes certain beneficial means to keep individuals physically fit and healthy. The Prophet (Peace & Blessings be upon Him) clearly demonstrated this in his lifestyle.

Once, the Prophet (Peace & Blessings be upon Him) had competed against his wife Ummul Mu-minien, Aa-i-sha (may Allah be pleased with her), in a race that she had won. Later, after some time passed by they had competed again in a race and the Prophet (Peace & Blessings be upon Him) won the race. She attributed her defeat by the Prophet (Peace & Blessings be upon Him) due to her gaining weight. (Ahmad & Abu Dawud)

Engaging in these activities will protect children from many illnesses. When introduced at an early age, children will be habituated to physical training. When practiced within the family it strengthens the family and communication bond.

Activity

1. Choose a friend within your grade to compete with in a race. Record your results.
2. Choose a friend with the Madrassah to compete with and record your results.
3. Choose a parent / guardian at home to compete with and record your results.

Repeat the above activity every week / month / year and record your results.

Question:

1. What was your competitors initial response?
2. Did you feel that you could beat your competitor initially?
3. How did you feel after the race?
4. What are the lessons learnt from the activity?

Record:

1. On the _____ of _____ 20____ _____ Grade _____ competed
Student Name and Surname

with _____ . _____ won the race.
Name of Competitor Name of winner

2. On the _____ of _____ 20____ _____ Grade _____ competed
Student Name and Surname

with _____ . _____ won the race.
Name of Teacher Name of winner

3. On the _____ of _____ 20____ _____ Grade _____ competed
Student Name and Surname

with _____ . _____ won the race.
Name of Parent / Guardian Name of winner