

ISLAMIC STUDIES “B”

YEAR 7 E& F

WEEK 32 (25th April to 29th April)

Work to be Send to the students through Google classroom

Unit 6 Lesson 4

Topic: Voluntary Fasting

L.O:

- ❖ Explain the concept of voluntary fasting in Islam
- ❖ Describe the types of voluntary fasting
- ❖ State the days in which fasting is recommended
- ❖ Infer the benefits of voluntary fasting

Success Criteria:

- ❖ Conclude the merits of voluntary fasting

Monday 2 nd period (Boys & Girls)	<p>Starter: PPT Quran: https://www.youtube.com/watch?v=1zi5TajNuPc https://www.youtube.com/watch?v=mpYGhR4-52A voluntary fasting in islam https://www.youtube.com/watch?v=X6hNH03rbj8</p> <p>Voluntry Vs Obligatory fasting: https://www.youtube.com/watch?v=kt_z5lursCU</p> <p>Understand that : There are many health benefits of observing regular voluntary fasts. These benefits include reducing oxidation stress and inflammation in the body, maintenance of a healthy body weight, improvement of blood pressure, and removal of waste from cells that can help prevent heart diseases</p> <p>Answer the Questions:</p>
--	---

	<p>State some benefits of voluntary fasting? Write down some prescribed days for this fasting. Real life application: Self discipline and be keen on doing good deed to be a good citizen. Cross curriculum activity: Health benefits with scientific research</p> <p>Surat AI-Mulk</p>
<p>Thursday – 7th period (Boys & Girls)</p>	<p>Google Classroom: https://quizizz.com/admin/quiz/5ed4cc08308391001f39b696/voluntary-fasting-and-ease-in-islam</p> <p>Complete textbook questions and activities</p> <p>Recitation Surat AI-Mulk</p>