

MY SALAH PRACTICE MARKING SHEET

Student Name:

Class:

	MARKS		
	Attempt 1 DATE:	Attempt 2 DATE:	Attempt 3 DATE:
Posture The bold postures are Fard or Waajib and must be performed for the Salah to count. Every other posture is either Sunnah or Mustahabb and missing it out will result in a loss of reward, though the Salah will be complete.			
Standing posture <ul style="list-style-type: none"> • Feet comfortably apart (four fingers to handspan) • Toes towards Qiblah Out of 2 Out of 2 Out of 2
Takbir Tahrimah <ul style="list-style-type: none"> • Palms facing the Qiblah • Fingers raised up • Fingers spread naturally • Thumbs in line with ear lobes • Looking down at place of Sajdah • Head straight up • Takbir after raising hands • Saying Takbir loud enough for yourself to hear Out of 5 Out of 5 Out of 5
Qiyam <ul style="list-style-type: none"> • Right hand over left • Hands beneath navel • Thumb and small finger circle around the wrist • Remaining fingers on wrist • Fingers spread naturally • Looking down at place of Sajdah • Standing still whilst standing Out of 4 Out of 4 Out of 4
Qira'ah <ul style="list-style-type: none"> • Thana without the word "Thana" • Ta'awwudh • Bismillah • Fatihah • Bismillah again if new Surah • One surah, three short ayahs or one long ayah • Praying loud enough for yourself and not in your mind Out of 3 Out of 3 Out of 3
Ruku' <ul style="list-style-type: none"> • Takbir when starting to go down • Takbir ends when reach Ruku' • Back and head level • Arms straight, elbows not bent • Hands firmly grasping knees • Fingers spread out fully • Looking at feet • Doing Ruku' for at least one Tasbih duration • Tasbih for Ruku' x 3 Out of 5 Out of 5 Out of 5
Qawmah <ul style="list-style-type: none"> • Tasmī' when rising • Tasmī' ends when reach Qawmah • Tahmid after standing • Standing for at least one Tasbih duration Out of 3 Out of 3 Out of 3
Going into Sujud <ul style="list-style-type: none"> • Takbir when start to descend • Takbir ends when reach Sujud • Place knees first, then hands, then nose, then forehead • Back straight when descending • Place hands on thighs near knees when descending Out of 5 Out of 5 Out of 5

<p>Sujud</p> <ul style="list-style-type: none"> • Nose and forehead on the ground • Hands in same position as Takbir Tahrimah • Fingers tightly closed facing Qiblah • Arms away from sides • Arms off the ground • Stomach away from thighs • Both heels touching • Toes touching the ground and not off the ground • Toes firmly pressed onto the ground facing Qiblah • Rear slightly raised • Looking at your nose • Doing Sujud for duration of at least one Tasbih • Tasbih for Sujud x 3 	<p>.....</p> <p>Out of 7</p>	<p>.....</p> <p>Out of 7</p>	<p>.....</p> <p>Out of 7</p>
<p>Jalsah / Qa'dah</p> <ul style="list-style-type: none"> • Takbir when start to rise from Sujud • Takbir ends when fully sat in Jalsah / Qa'dah • Looking at your lap • Hands on your thighs, not too close to knees, not going over • Fingers spread naturally • Right foot up vertically, toes towards Qiblah • Left foot flat, toes pointed towards Qiblah • Sitting on left foot • Sitting for the duration of at least one Tasbih 	<p>.....</p> <p>Out of 6</p>	<p>.....</p> <p>Out of 6</p>	<p>.....</p> <p>Out of 6</p>
<p>Getting up from Sujud/Qa'dah</p> <ul style="list-style-type: none"> • Both feet made vertical by leaning forward first • Keep hands on thighs • Stand using the balls of your feet • Avoid touching the ground with hands • Takbir starts when begin rising • Takbir ends when fully standing • Lift limbs in reverse order: forehead, nose, hands, knees • Try to keep back straight 	<p>.....</p> <p>Out of 5</p>	<p>.....</p> <p>Out of 5</p>	<p>.....</p> <p>Out of 5</p>
<p>Tashahhud</p> <ul style="list-style-type: none"> • Look in your lap • Say Tashahhud • Form ring using the fleshy part of the first digit on the thumb and the outer part of the first joint on the middle finger, with last two fingers tucked in • Raise index finger when saying "La ilaha" and lower when saying "illallahu" • Keep hand in the ring position through rest of the posture • Point towards the Qiblah, not upwards • Say Durood Ibrahim • Say Final Du'a 	<p>.....</p> <p>Out of 6</p>	<p>.....</p> <p>Out of 6</p>	<p>.....</p> <p>Out of 6</p>
<p>Salam</p> <ul style="list-style-type: none"> • Say Salam fully • Turn head enough so that cheek can be seen by those behind • Turn head first then do Salam • Look at shoulders each time • Make intention of doing Salam to anyone on that side: Musallis, angels, Imam etc. 	<p>.....</p> <p>Out of 3</p>	<p>.....</p> <p>Out of 3</p>	<p>.....</p> <p>Out of 3</p>
<p>TOTAL MARKS</p>	<p>.....</p> <p>Out of 54</p>	<p>.....</p> <p>Out of 54</p>	<p>.....</p> <p>Out of 54</p>
<p>GRADE</p>	<p>.....</p>	<p>.....</p>	<p>.....</p>

Grade Boundaries

A* = 51-54

A = 46-50

B = 41-45

C = 36-40

D = 31-35

E = 26-30

Fail = 25 or less