

BE ALWAYS ONE STEP AHEAD WITH EXAM SOLUTIONS

**Class: K4**

**Subject: Islamiyat**

**(practice worksheets)**

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**Topic: Ruku and Sujood**

**Q1: Fill in the Blanks with the correct option.**

1. Ruku is an Arabic word which means \_\_\_\_\_ down.
2. Sujud means \_\_\_\_\_.
3. Salah without proper Ruku and Sujud is said to be \_\_\_\_\_ and incomplete.
4. He who does not keep his back straight while in Ruku makes his Salah \_\_\_\_\_.
5. The Holy Prophet ﷺ said that the worst stealing is stealing from \_\_\_\_\_.
6. Salah in which Ruku and Sujud are not performed properly does not \_\_\_\_\_ a person.
7. A man prayed hurriedly in Masjid-un-Nabawi and was told to pray again because he had not \_\_\_\_\_ Salah correctly.
8. Sujud should be performed on \_\_\_\_\_ parts of the body.
9. The seven bones include the forehead, both hands, both knees, and the toes of the \_\_\_\_\_.
10. Raising the elbows above the ground during Sujud is \_\_\_\_\_.
11. It is prohibited to recite the \_\_\_\_\_ during Ruku and Sujud.
12. Du'a said in Sujud is \_\_\_\_\_ by Allah.
13. Qiyam means standing up, while Julus means \_\_\_\_\_.

14. Salah begins with \_\_\_\_\_, when the worshipper raises his hands to his ears.
15. After Ruku, it is necessary to perform \_\_\_\_\_ properly.
16. When we sit between two Sujud, we are said to be performing \_\_\_\_\_.
17. Tashahhud is recited during \_\_\_\_\_.
18. In two Rak'ahs Salah, there will be \_\_\_\_\_ Julus for the Tashahhud.
19. The right foot should be erect on toes during Julus, facing the \_\_\_\_\_.
20. Salah is the \_\_\_\_\_ Pillar of Islam.

**Q2: Circle the correct option**

**1. What does Ruku mean?**

- a ) Sitting                      b ) Bowing down  
c ) Standing                    d ) Prostration

**2. What does Sujud mean?**

- a ) Prostration                b ) Sitting  
c ) Greeting                    d ) Rising

**3. If Ruku and Sujud are not performed properly, Salah is:**

- a ) Perfect                      b ) Faulty  
c ) Longer                      d ) Shorter

4. How many bones must touch the ground in Sujud?

- a ) Five                      b ) Six
- c ) Seven                    d ) Eight

5. Which part is NOT included in Sujud?

- a ) Forehead                b ) Toes
- c ) Back                      d ) Hands

6. Spreading elbows on the ground in Sujud is:

- a ) Allowed                      b ) Recommended
- c ) Prohibited                  d ) Sunnah

7. What should not be recited in Ruku and Sujud?

- a ) Du'a                        b ) Tasbeeh
- c ) Holy Qur'an                d ) Salam

8. Which act brings a servant closest to Allah?

- a ) Qiyam                      b ) Sujud
- c ) Ruku                        d ) Julus

9. Qiyam means:

- a ) Sitting                      b ) Standing
- c ) Bowing                      d ) Prostration

10. Julus means:

- a ) Sitting                      b ) Standing
- c ) Bowing                      d ) Greeting

**11. When Salah starts, the worshipper raises hands to his:**

- a ) Shoulders                      b ) Chest
- c ) Ears                              d ) Waist

**12. After Ruku, we perform:**

- a ) Julus                              b ) Sujud
- c ) Qiyam                            d ) Salam

**13. We sit between two Sujud to perform:**

- a ) Julus                              b ) Qiyam
- c ) Tashahhud                      d ) Salam

**14. Tashahhud is recited in:**

- a ) Sujud                              b ) Julus
- c ) Qiyam                            d ) Ruku

**15. In four Rak'ahs Salah, the number of Julus will be:**

- a ) One                                b ) Two
- c ) Three                              d ) Four

**16. Which foot remains erect on toes in Julus?**

- a ) Right                              b ) Left
- c ) Both                                d ) None

**17. Which Pillar of Islam is Salah?**

- a ) First                                b ) Second
- c ) Third                                d ) Fifth



18. The hallmark of a Muslim is his:

- a ) Speech                      b ) Salah
- c ) Wealth                      d ) Dress

19. Allah's Messenger ﷺ raised his index finger during:

- a ) Sujud                      b ) Julus
- c ) Qiyam                      d ) Salam

20. If Salah is offered wrongly, it becomes:

- a ) Complete                      b ) Incomplete
- c ) Accepted                      d ) Sunnah

Q3: Write True or False and correct the false statements.

1. Sujud means bowing down. \_\_\_\_\_

\_\_\_\_\_

2. Salah without Ruku and Sujud is complete. \_\_\_\_\_

\_\_\_\_\_

3. Sujud must be performed on five parts of the body.

\_\_\_\_\_

\_\_\_\_\_

4. Raising elbows above ground in Sujud is allowed. \_\_\_\_\_

\_\_\_\_\_

5. Qiyam means sitting. \_\_\_\_\_

\_\_\_\_\_

6. Julus means standing. \_\_\_\_\_

\_\_\_\_\_

7. Tashahhud is recited in Qiyam. \_\_\_\_\_

\_\_\_\_\_

8. Salah is the second Pillar of Islam. \_\_\_\_\_

\_\_\_\_\_

9. Reciting the Qur'an in Sujud is prohibited. \_\_\_\_\_

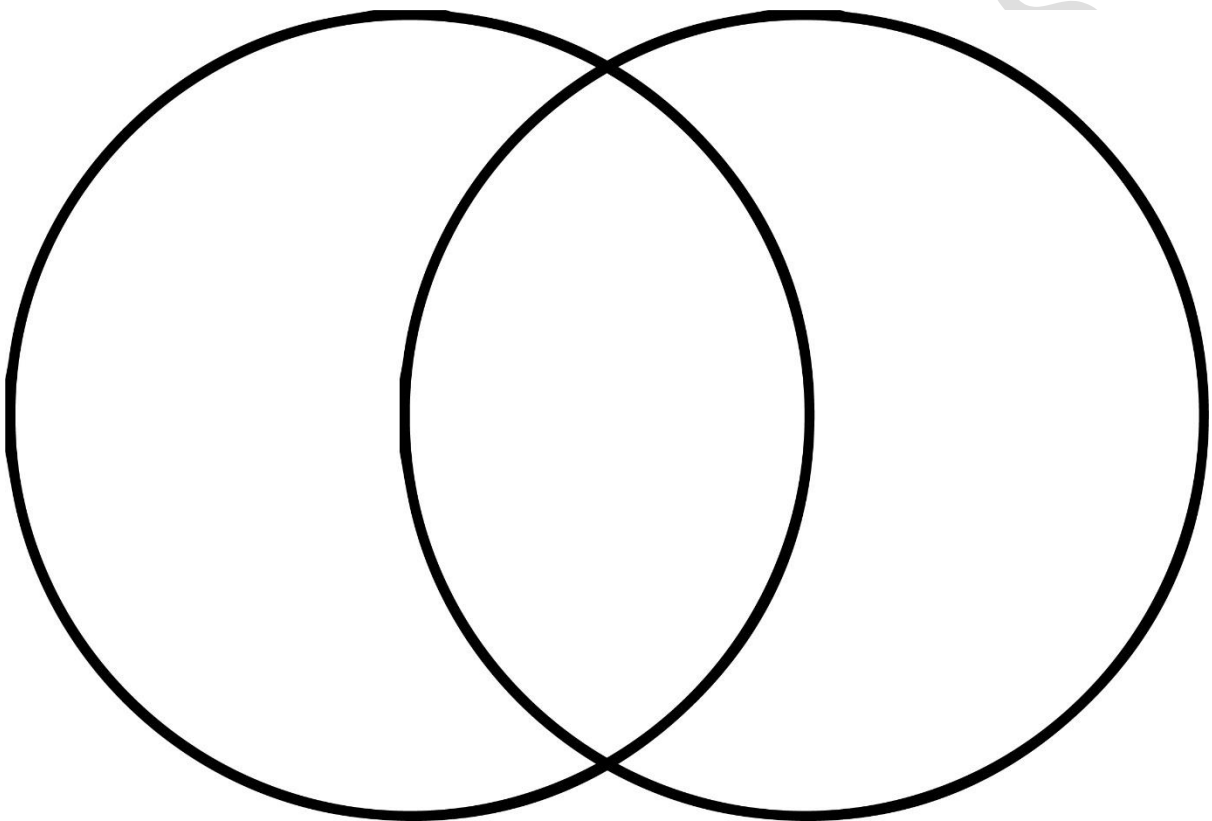
\_\_\_\_\_

10. A Muslim is known by the he offers Salah \_\_\_\_\_

\_\_\_\_\_

**Q4: Compare Ruku and Sujud.**

- In the left circle write the unique features of Ruku.
- In the right circle write the unique features of Sujud.
- In the middle (overlap) write the common points (e.g., both are pillars of Salah).



**Q5: Match the following items in Column A with their correct pairs in Column B.**

<b>Column A</b>	<b>Column B</b>
Ruku	Sitting between Sujud
Sujud	Standing straight
Qiyam	Prostration on seven bones
Julus	Bowing down
Tashahhud	Raising hands to ears

**Answer the following questions briefly.**

**1. What is meant by Ruku?**

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**2. What is meant by Sujud?**

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**3. Why is Salah without Ruku and Sujud incomplete?**

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**4. On which seven bones should Sujud be performed?**

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**5. Why is spreading elbows on the ground in Sujud prohibited?**

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**6. What is the meaning of Qiyam?**

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**7. What is meant by Julus?**

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**8. In which position is the Tashahhud recited?**

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**9. How many Julus are there in a four Rak'ahs Salah?**

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**10. Why is Salah called the hallmark of a Muslim?**

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**Answer the following questions in detail.**

**1. Explain the importance of Ruku and Sujud in Salah.**

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**2. Describe how Sujud should be performed correctly.**

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**3. Explain the meaning of Qiyam and Julus and how they are performed.**

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**4. What did the Holy Prophet ﷺ say about a man who prayed hurriedly without performing Ruku and Sujud correctly?**

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**5. Why is Salah described as one of the Five Pillars of Islam and the hallmark of a Muslim?**

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## Ruku and Sujood-Answer Key:

### Mcqs

1. Bowing down → (b)
2. Prostration → (a)
3. Faulty → (b)
4. Seven → (c)
5. Back → (c)
6. Prohibited → (c)
7. Holy Qur'an → (c)
8. Sujud → (b)
9. Standing → (b)
10. Sitting → (a)
11. Ears → (c)
12. Qiyam → (c)
13. Julus → (a)
14. Julus → (b)
15. Two → (b)
16. Right → (a)
17. Second → (b)
18. Salah → (b)
19. Julus → (b)
20. Incomplete → (b)

### Fill in the blanks

1. Bowing
2. Prostration
3. Faulty
4. Does not benefit him much
5. Salah
6. Benefit
7. Performed
8. Seven
9. Feet
10. Prohibited
11. Holy Qur'an
12. Answered
13. Sitting
14. Qiyam
15. Qiyam
16. Julus
17. Julus
18. One
19. Qiblah
20. Five

### True False

1. F → Sujud means prostration.
2. F → Salah without Ruku and Sujud is incomplete.
3. F → Sujud must be performed on seven parts of the body.
4. F → Raising elbows in Sujud is prohibited.
5. F → Qiyam means standing.
6. F → Julus means sitting.
7. F → Tashahhud is recited in Julus.
8. T → Salah is the second Pillar of Islam.
9. T → Reciting the Qur'an in Sujud is prohibited.
10. T → A Muslim is known by the way he offers Salah.

### Column Matching

Column A      Column B (Correct Match)

Ruku	Bowing down
Sujud	Prostration on seven bones
Qiyam	Standing straight
Julus	Sitting between Sujud
Tashahhud	Raising index finger during Julus



## Venn Diagram Question

### Ruku (Left Circle):

- Means bowing down.
- Back should be kept straight.
- Hands placed on knees.

### Sujud (Right Circle):

- Means prostration.
- Done on seven bones.
- Forehead and nose touch the ground.

### Both (Middle Overlap):

- Both are important pillars of Salah.
- Salah without them is incomplete.
- Bring a person closer to Allah.

## Short Questions

1. Ruku means bowing down.
2. Sujud means prostration.
3. Because Salah without Ruku and Sujud is faulty and incomplete.
4. Forehead, both hands, both knees, and toes of both feet.
5. Because it makes Salah faulty and incomplete.
6. Qiyam means standing up.
7. Julus means sitting.
8. In Julus position.
9. Two Julus.
10. Because Salah shows obedience to Allah and distinguishes Muslims.

## Long Questions

### 1. Importance of Ruku and Sujud:

They are essential parts of Salah. Without them, Salah is incomplete. The Prophet ﷺ said the worst stealing is stealing from Salah, which means not doing Ruku and Sujud properly.

### 2. How Sujud should be performed:

Sujud must be done on seven bones – forehead, both hands, both knees, and toes of both feet. The elbows must be raised and not touch the ground. Qur'an should not be recited, but du'a can be made.

### 3. Meaning of Qiyam and Julus:

Qiyam means standing straight, not bending the back. It is done at the start of Salah and after Ruku. Julus means sitting, performed between the two Sujud and during Tashahhud.

### 4. Hadith about the man who prayed hurriedly:

A man prayed in Masjid-un-Nabawi but did not perform Ruku and Sujud properly. The Prophet ﷺ told him to repeat the prayer, saying, "Go and offer Salah, for you have not offered it."

### 5. Why Salah is a Pillar and hallmark:

Salah is one of the Five Pillars of Islam. It is the sign of a true Muslim. A Muslim is recognized by the way he performs Salah, which shows obedience, discipline, and closeness to Allah.