



LUKMAN PRIMARY SCHOOL DAILY  
ROUTINE

| <b>NO</b> | <b>ACTIVITY</b>              | <b>TIME FRAME</b>  |
|-----------|------------------------------|--------------------|
| 1.        | WAKING UP                    | 5 :00 am           |
| 2.        | BATHING                      | 5 :10 - 5:50 am    |
| 3.        | ARRIVAL OF WORKERS           | 5:30 am - 7:30 am  |
| 4.        | SUBUH PRAYER                 | 5 :50 am - 6:00 am |
| 5.        | PORRIDGE                     | 6:00 am - 6:20 am  |
| 6.        | SWEEPING CLASSES             | 6:20 am - 7:00 am  |
| 7.        | SWALLOWING MEDICINE          | 6:40 am - 7:00 am  |
| 8.        | MORNING CLASSES              | 7:00 am - 09:40 am |
| 9.        | BREAK TIME                   | 09:40 am -10:20 am |
| 10.       | CLASS                        | 10:20 am - 1:20 pm |
| 11.       | GETTING ABLUTION             | 1:20 pm - 1:35 pm  |
| 12.       | ZUHUR PRAYER                 | 1 :35 pm - 1:45 pm |
| 13.       | LUNCH                        | 1:45 pm - 2:20 pm  |
| 14.       | SWALLOWING MEDICINE          | 2:20 pm - 2:40 pm  |
| 15.       | AFTERNOON CLASSES            | 2:40 pm - 5:00 pm  |
| 16.       | PREPARATION FOR ASWIR PRAYER | 5:00 pm - 5:15 pm  |
| 17.       | ASWIR PRAYER                 | 5:15 pm - 5:20 pm  |

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| 18. | EVENING TEA                            | 5:20 pm - 5:35pm  |
| 19. | GAMES                                  | 5:35 pm - 6:15 pm |
| 20. | BATHING                                | 6:15pm - 6:50 pm  |
| 21. | PREPARATION FOR MAGRIB                 | 6:50 pm - 7:00 pm |
| 22. | MAGRIB PRAYER                          | 7:00 pm - 7:10 pm |
| 23. | SUPPER                                 | 7:10 pm - 7:50 pm |
| 24. | PREPARATION FOR ISHA                   | 7:50 pm - 8:00 pm |
| 25. | ISHA PRAYER                            | 8:00 pm - 8:10 pm |
| 26. | SWALLOWING MEDICINE<br>(P.1/P.2/P3/P4) | 8:10 pm - 8:40 pm |
| 27. | PREPS for P 5, P 6 and P 7             | 8:30 pm - 9:30 pm |
| 28. | SWALLOWING MEDICINE (P.5-P.7)          | 9:30 pm - 9:50 pm |
| 29. | LIGHTS OFF                             | 10:00 pm          |

### **SUNDAY PROGRAMME:**

|    |                                |                   |
|----|--------------------------------|-------------------|
| 1. | WAKE UP                        | 5:20 am - 5:50am  |
| 2. | SUBUH PRAYERS                  | 5:50 am - 6:00 am |
| 3. | ADTHIKAARS                     | 6:00 am - 6:10 am |
| 4. | SERVING AND EATING PORRIDGE    | 6:10 am - 7:00am  |
| 5. | WASHING/SWALLOWING<br>MEDICINE | 7:00am - 9:00am   |
| 6. | PERSONAL HYGIENE;              | 9:00am - 10:00am  |

CUTTING FINGER AND TOE NAILS

BODY CHECK UP

- BRUSHING TEETH
- POLISHING SHOES
- ORGANISING PERSONAL PROPERTY

- |     |   |                   |
|-----|---|-------------------|
| 7.  | BREAK TEA                                     | 10:00am - 11:00am |
| 8.  | GUIDANCE AND COUNSELLING                      | 11:00am - 12:30pm |
| 9.  | PREPARATION FOR DHUHUR PRAYERS                | 12:30pm - 1:10pm  |
| 10. | DHUHUR PRAYERS AND ADHIKAARS                  | 1:10pm - 1:30pm   |
| 11. | LUNCH TIME                                    | 1:30pm - 2:30pm   |
| 12. | RESTING IN THE DORMS/SWALLOWING MEDICINE.     | 2:30pm - 4:00pm   |
| 13. | BATHING AND ASWIR PRAYERS                     | 4:00pm - 5:00pm   |
| 14. | GAMES AND SPORTS                              | 5:00pm - 6:30pm   |
| 15. | PREPARATION FOR MAGHARIB                      | 6:30pm - 7:00pm   |
| 16. | MAGHARIB PRAYERS                              | 7:00pm - 7;20pm   |
| 17. | SUPPER AND ISHAE                              | 7:20pm - 8:20pm   |
| 18. | ▪ SWALLOWING MEDICINE/BRUSHING TEETH/SLEEPING | 8:20pm - 8:50pm   |
| 19. | LIGHTS OFF                                    | 8:50pm - 9:00pm   |
|     |   | 9:30PM            |