

Curriculum Guide Elective — Sewing

I. Course Description

The course is designed around step-by-step instructions for sewing clothing and home accessories. The course includes detailed direction, practical information, work-saving tips, essential techniques and unique creative details. Sewing projects complete the course.

II. Goals and Objectives

The student will be able to choose appropriate patterns and cloth for the pattern, lay out the pattern, cut, assemble and sew, to complete a project that produces wearable and well finished products.

The student will be able to create accessories for the home.

The student will know sewing equipment and fabrics.

The student will be able to tailor and fit clothing.

III. Outline

1. Sewing Equipment and Fabrics

- a. Equipment
- b. Fabrics

2. Cutting

- a. Measurements and sizes
- b. Patterns
- c. Fabric size
- d. Basic alterations and fitting
- e. Marking fabric

3. Stitches and seams

- a. Decorative sewing
- b. Darts
- c. Hand sewing
- d. Machine Sewing
- e. Ruffles and Flounces

4. Neckline Finishes and Collars

- a. Facings
- b. Bindings
- c. Bands

- d. Types of collars
 - e. Interfacing
5. Waistlines and Belts
- a. Joinings
 - b. Stays
 - c. Casings
 - d. Elastic waistbands
 - e. Belts
6. Sleeves and Sleeve Finishes
- a. Sleeve types
 - b. Gussets
 - c. Finishes
 - d. Cuffs
7. Pockets
- a. Types of pockets
 - b. Inside pockets
8. Hems
- a. Turned-up hems
 - b. Faced hems
 - c. Decorative hem finishes
 - d. Bound edges
 - e. Finishing corners
 - f. Special instructions
9. Fastenings
- a. Zippers
 - b. Buttonholes
 - c. Button loops
 - d. Hooks and eyes
 - e. Snap fasteners
 - f. Tape fasteners
10. Tailoring
- a. Basics
 - b. Underlining
 - c. First fitting
 - d. Construction

- e. Assembly
- f. Lining
- g. Interlining
- h. Alterations

11. Patchwork and Quilting

- a. Patchwork vest
- b. Baby blanket

IV. Textbook: New Complete Guide to Sewing, Readers Digest, 2002

V. Teaching Method: Reading, hands on projects, discussion

VI. Evaluation: Completed reading, completed projects, discussion

VII. Grading Scale:

90% - 100% = A

80% - 89% = B

70%-79% =C

60% - 69% = D

Lower = F