

TEACHER GUIDE

YEAR 4



Consumer studies: Clothing / Soft Furnishing / Patchwork**Practical lessons – Year 4****TERM 1****Week 1:****Orientate** the learners in the workplace room.

- Careers
- Guest speaker
- New careers

Week 2 & 3:**Orientate the learners in the training kitchen****Activity:**

Safety rules and precautions

Practical Lesson 1

Hygiene, Health & Safety – Hand washing

Week 4 – 6:**Baseline assessment****Parts of a sewing machine**

- Select a suitable presser foot
- Name the different presser feet
- Use of different presser feet
- Practical use of the sewing machine
- Threading the machine
- General maintenance and caring of the sewing machine

Introduction to the overlocker

- Function, parts, care

Practical lesson 2

Sewing licence

Week 7:**Demonstration**

- Using a commercial pattern
 - Read and interpret a basic pattern
 - Understand the meaning of basic pattern terminology
- Laying out the pattern
- Transfer of pattern markings
- Cutting out
- Interfacing

Practical Lesson 3**Laying out and cutting out.** Transferring markings. Interfacing**Demonstration**

Seams

- Function, enclosed and plain, edge finishing

Week 8:
Practical Skills Test 1 Seam and seam finishes

DRAFT

TERM 2**Week 1:****Needlework construction processes**

- Pressing, ironing, reducing bulk, (top stitching optional)

Demonstration

Disposal of fulness

-types, function

- gathering by hand and by machine, tucks (Any other optional)

Practical lesson 4

Measuring, gathering, pressing a sample

Week 2 & 3:

Introduce soft furnishings

- Articles, processes

Suitable fabrics for patchwork.

Basic rules for selecting a colour scheme for patchwork.

Preparation of fabric for patchwork article.

Demonstration

Quilting the patchwork

Week 4 & 5:**Practical lesson 5 - 6.**

Proceed to apply strip patchwork to produce a small marketable article.

Practical lesson 5 - 6

Apply the seams and edge finishes to an article or item.

Week 6 & 7:

Demonstration

Using decorative stitches on the patchwork

Introduce edge finishes

- Functions, methods
- Armhole, neckline, hems, shaped facings (Collars optional)

Work on article. Apply bias binding/ facing to the article /sample

Week 8:**Practical Skills Test 2**

Making decorative stitches on articles/samples

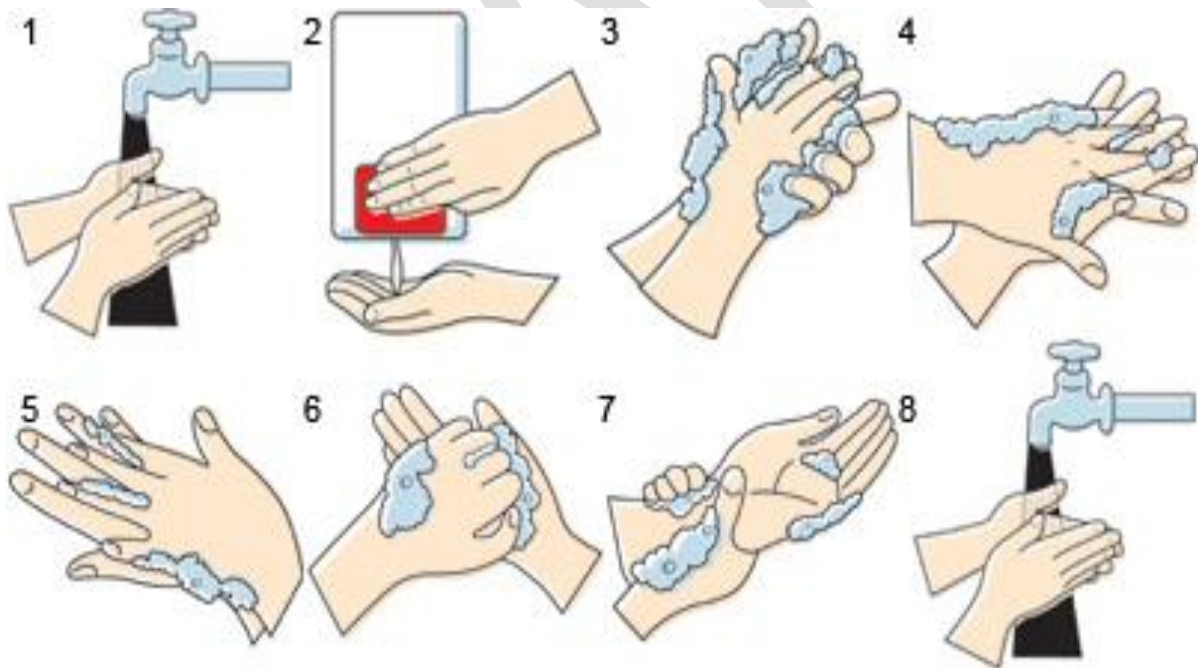
TERM 3	
Week 1:	
Work on article Apply bias binding/ facing to the article /sample	
Week 2 & 3:	
Introduction of fastenings Functions, types, - buttons, press studs, hook and eyes. Zips. Considerations when working fastenings	
Week 4 & 5:	
Demonstration - Marking position, - Machine made buttonhole, hand-made buttonhole - Types of buttons	
Practical Lesson 7 - Marking and attaching buttons, press studs, hooks and eyes, zips	
Week 6 & 7:	
Practical Lesson 8 - Marking and making buttonholes on samples/article □ Fasteners: Select an appropriate fastener for the article /item.	
Practical lesson 9 - Attach a button, zip, press studs/hooks and eye Decorate the article / item Determine the price of the article or item.	
Week 8:	
Practical Skills Test 3 Costing of a product	
TERM 4	
Week 1 - 3	
Project based Learning Task <i>(Marketing and selling a product.)</i>	

GRADE 9 - Practical lessons - Term 1

Term: 1	● Health and Safety ● Hand washing method
Practical lesson	
Introduction: The environment in which you work influences your behaviour. To be productive, it is important to have a workplace where the furniture is arranged in such a way that activities can be performed with ease and with health and safety in mind. It is everyone's responsibility to keep the workplace and workstation clean and organized.	

Techniques and steps to wash your hands:

- 1) Wet the hands and forearms with enough running hot water.
- 2) Use anti-bacterial, liquid soap (soap that kills the germs) from a dispenser.
- 3) Lather the hands and forearms with soap and thoroughly rub palm against palm for 10 – 20 seconds.
- 4) Place the palm of one hand over palm of other hand.
- 5) Rub the back of your hands against your palm. Interlace fingers.
- 6) Wash the thumb with other hand, then change around – hands should be washed right up to the wrists.
- 7) Rinse thoroughly.
- 8) When finished, use a clean, dry paper towel to turn off the tap.
- 9) Dry hands and nails with paper towel or with a hot air dryer to avoid re-contaminating them.



Safety

1. General safety rules in a Needlework class/centre/environment:

- Do not run in the workplace – you can be seriously hurt and damage appliances.
- Scissors are very dangerous, don't run or play with it.
- Be careful when working with irons or steam irons, you can burn if you do not handle it correctly.
- No person is allowed to work without supervision.
- Report injuries immediately.
- Never touch blood if someone is injured, report immediately so the correct procedure can be followed.
- If helping someone that had a bleeding cut, always wear gloves as to prevent HIV transmission.
- If you prick your finger with a needle or pin and there is blood visible, discard of that pin or needle.
- Make sure that there is a fire extinguisher in class and that it is in a working order.
- **Always concentrate on your own work.** While talking to a friend you may sew or cut something incorrectly.
- Avoid loose clothing or jewellery and tie up hair to prevent it from becoming tangled in the moving parts of the machine.

2. Basic safety rules for working with a sewing machine:

- Hold head up and out of the way of moving parts.
- Back straight to help with concentration.
- Work should be done in a sitting position.
- Only use the sewing machine in the designated area in the room.
- Equipment and appliance should be arranged in such a way to allow for safe movement.
- Keep your fingers away from the needle and moving parts of the sewing machine.

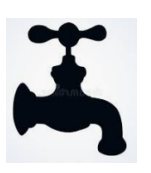
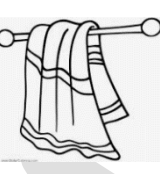
4. Basic first aid- recap

Always wash your hands. This helps to avoid infection

- Wear plastic gloves for protection.
- Rinse the wound with clean water - water this will help reduce the risk of infection, or use a disinfection wipe.
- Remove any dirt with tweezers that is cleaned with disinfectant. See a doctor if you cannot remove all the dirt.
- Stop any bleeding. Small cuts or scrapes usually stop bleeding on their own. If needed apply gentle pressure with a bandage or clean cloth. If bleeding does not stop elevate the wound above the heart.
- Apply a thin layer of ointment or Vaseline to keep surface moist and help prevent scarring.
- Cover the wound with a bandage or plaster, this also helps to keep the wound clean
- Change the dressing often. At least once a day.
- Get a tetanus injection if the wound is deep or dirty.
- Watch for signs of infection. See a doctor if there is increased pain or swelling.

FORMAL ASSESSMENT Consumer Studies Gr. 9 – Option: Crocheting**Practical lesson 1 - Health and Safety Worksheet****Term 1****TOTAL 20****Surname, Name:****Gr. 9** ____**1. Handwashing is very important. Read the statement, and choose picture that complete the statement best. Also give a motivation for your choice.**

	Statement	Best option to complete statement (mark with X)		Motivate your choice
1.1	Wet the hands with	 hot	 cold	
1.2	Best soap to use			

1.3	Amount of time to rub/wash hands			
1.4	Tap while soaping hands			
1.5	Rinse the hands with hot water			
1.6	Dry the hands with			

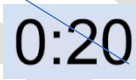
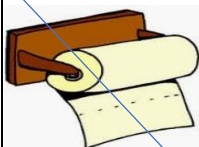
(6)

2. It is important to wash your hands when your hands could have been contaminated. Give NINE examples of situations that will require from you to wash your hands
2.1
2.2
2.3
2.4
2.5
2.6
2.7
2.8
2.9

(9)

3. Identify FIVE areas at your school where you can see that they are wasting water. Develop possible solutions that you can propose to your principal.
3.1
3.2
3.3

(5)

FORMAL ASSESSMENT Consumer Studies Gr. 9 – Option: Crocheting				
Practical lesson 1 - Health and Safety Worksheet Hand washing				
Term 1		MARKING GUIDELINE		TOTAL 20
Surname, Name:				Gr. 9 ____
1. Handwashing is very important. Read the statement, and choose picture that complete the statement best. Also motivate your choice.				
	Statement	Choose best option to complete statement (mark with X) (1 mark each)		Give 2 reasons for your choice (2 marks each)
1.1	Wet the hands with	 hot	 cold	Water only needed to wet hands Not needed to kill bacteria✓
1.2	Best soap to use			Bar of soap can harbour germs✓ Cross contamination takes place✓ Liquid soap do not come in contact with other people✓
1.3	Amount of time to rub/wash hands			20 – 30 seconds needed for soap to kill germs✓ Longer period will waste time✓
1.4	Tap while soaping hands			To save water✓ As water is a scarce resource✓
1.5	Rinse the hands with hot water			Germs wash away✓ In basin germs can accumulate✓ More water is used to fill basin✓
1.6	Dry the hands with			After drying throw away so germs can be spread to others✓ Towels accumulate germs✓ Spread from one person to another✓

(6)

2. When to wash hands

- Before eating food. ✓
 - Before starting to work on your practical. ✓
 - Before and after treating a cut or wound. ✓
 - Before and after caring for someone who is sick. ✓
 - After blowing your nose, coughing, or sneezing. ✓
 - After touching an animal or animal waste. ✓
 - After touching garbage/waste. ✓
 - After using the toilet. ✓
 - Any suitable answer
- (Any 9)

3. Water saving at school

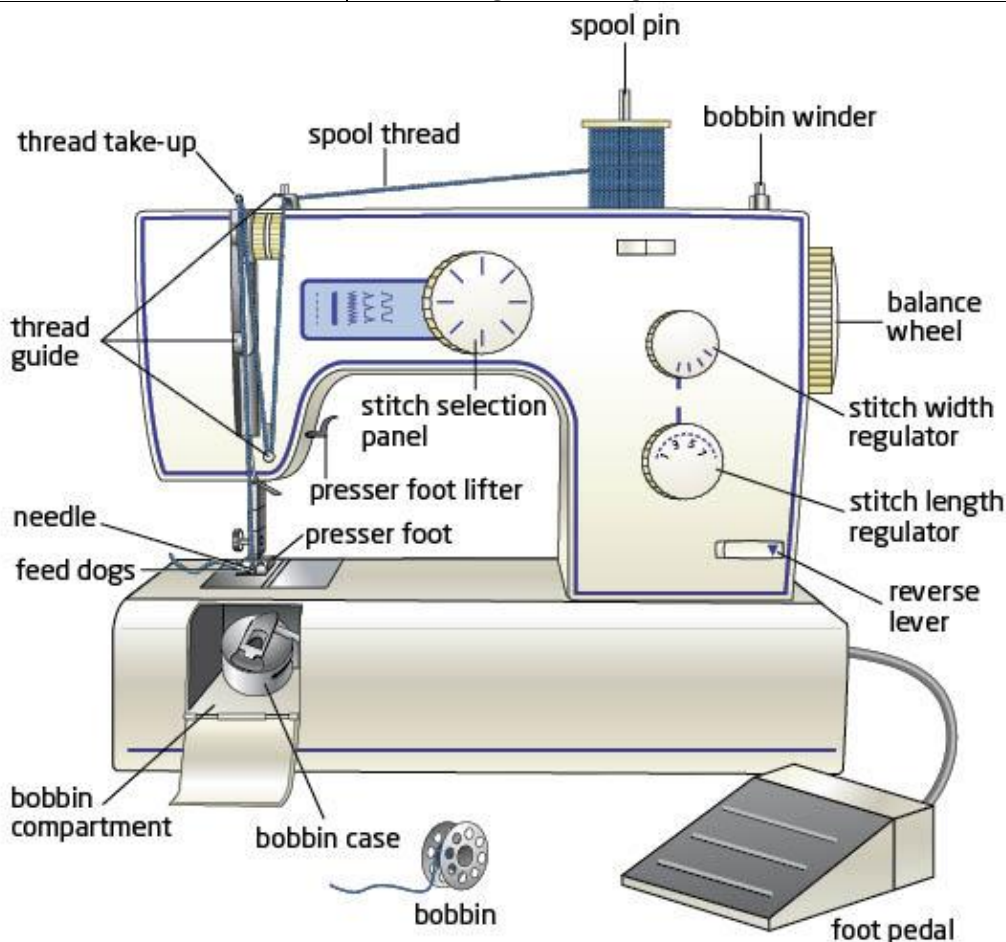
- Report leaking taps ✓
- Close taps properly after using ✓
- Report leaking toilets ✓
- Try lifting handle off leaking toilet to stop it from leaking ✓
- Make all your friends of the fact that they must save water as well ✓
- Put bricks in toilet bowl to lesson water that flush every ✓

(Any 5)

Term: 1

The Sewing Machine – parts, function of parts, threading, winding the bobbin.

1.

**Basic parts of the Sewing Machine – Recap****2. The FUNCTIONS of the Sewing machine parts - recap:**

- **Spool pin** - Holds the upper sewing thread.
- **Thread take-up lever** - Forms the stitch and then pulls the thread tight.
- **Thread guides** - Guides the upper thread towards the needle.
- **Needle** – in needle clamp
- **Presser foot** - Holds fabric in position while being stitched.
- **Feed dog** – moves fabric forward while it is being stitched.
- **Bobbin and Bobbin case** – Spool holding bottom thread.
- **Bobbin winder** – wind thread on bobbin
- **Reverse** - To start and finish stitches so that it does not unravel.
- **Stitch width regulator**- from straight to zig-zag.
- **Stitch length regulator**- 1 = short stitches, 5 = long stitches.
- **Foot pedal** – put machine in motion.

- **Balance wheel** - Controls the function of the machine by hand.

An Overlocker



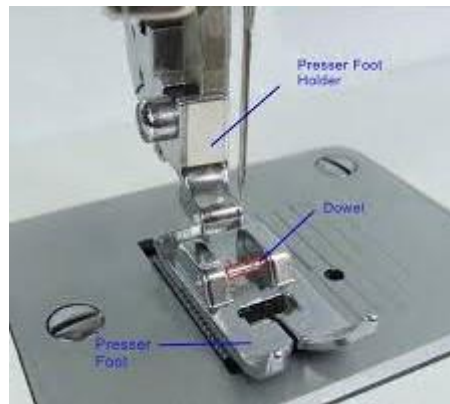
3. Care of the sewing machine and over locker:

Sewing machines are very expensive and need to be cared for and maintained to ensure that it will give you good service.

- The needle should be straight and inserted correctly.
- Replace the needle when it becomes blunt or bend.
- Do not scratch the feed plate, as it can snag fine or knitted fabrics.
- Make sure all screws are secured.
- Clean the sewing machine regularly.
- The electrical cords must be kept in good condition – don't twist or curl them
- Switch off the electricity when the machine is not in use or when it is being cleaned and oiled.
- To clean, open the feed plate and bobbin case and remove any fluff and loose threads with a brush. Wipe with a clean cloth.
- Oil the machine regularly – use the instruction manual of the machine to know where you need to put the oil. Let the machine run without thread for a while and remove excess oil with tissue paper or clean cloth.
- Have the machine serviced regularly at an approved dealer.
- Store machine covered and, in a dust, -free environment.
- Use the correct presser foot for the task.

4. Presser feet of the sewing machine:

Every sewing machine comes with a variety of presser feet. To ensure good quality sewing, use the appropriate presser foot for the task at hand. When changing the presser foot, ensure that it is inserted correctly.



Presser feet

General purpose foot

- for regular straight or zigzag stitching.



Zipper foot

- to insert zippers



Buttonhole foot

- to make buttonholes



Hem foot

- to sew hems with blind hemstitch



Consumer Studies

Clothing or Soft Furnishing Option

The overlocker “sewing licence”

Practical Lesson 2 Name: _____			Grade 9
Use double fabric swatch – 15cm x 15cm – sew along the cut edges <i>(Teacher to cut one half into a semi-circle)</i>			
DATE	ASSESSMENT RUBRIC	MARK	NOTES
	Straight sewing – on 15cm x 15cm double fabric swatch - Fabric under pressure foot - Hold side of fabric on 15mm mark - Put pressure foot down - Hold all threads - Turn balance wheel towards you - Needles inside fabric - Start and sew 3 stitches - Continue sewing on the edge - Stop at end of fabric – not off fabric - Stop – turn balance wheel until needle is in top position - Lift pressure foot - Pull threads towards back and snip - Tie loose threads to secure - Well overlocked and neat edge		
	TOTAL	20	

Term: 1 Recap activity	Recap: Body measurements Recap: Commercial Pattern - envelope, instruction sheet, pattern markings and laying out of pattern on fabric
Body measurements	
A standard body measurements chart can be found on all commercial patterns.	

You need to take your body measurements first to determine which size pattern you need to buy.

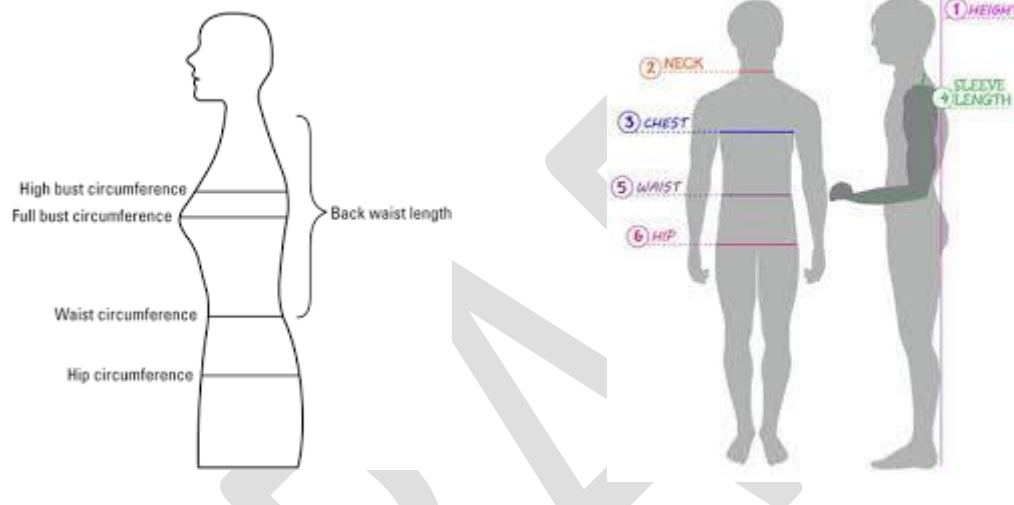
When choosing a pattern for a shirt, blouse, or top, use your bust measurement as a guide. Dresses, skirts and trousers are based on waist and hip measurement.

Choose a pattern according to your bust and hip measurement and make any adjustments before laying out and cutting the fabric.

Body measurements:

Take your body measurements with a **tape measure**.

Take your measurements as follow:



Bust/Chest: keep the measuring tape flat and measure around the broadest part.

Waist: measure around the natural waistline.

Hips: measure about 20 cm below the waistline, around the broadest part of the hips.

Back length- Measure from the bony protrusion at the back of the base of the neck, straight down the middle of the back, to the level of the knuckles of both hands.

Neck-to-waist: measure from the prominent bone at the back of the neck to the waistline.

Commercial patterns - Recap

Every person who wants to make his/her own clothes/soft furnishing/patchwork can easily do so by using a commercial pattern. You can choose a pattern from the pattern catalogues which are available at needlework shops.

The following pattern names are available:

Simplicity, Style, Butterick, Burda, Vogue, New Look, Mc Calls, Sew Easy.

Each catalogue is divided into different categories to make it easy to locate the pattern you will need.

To be able to use a pattern, it is important to know and understand the information available on the pattern envelope, instruction sheet and pattern pieces.

1. The pattern envelope:

1.1 The information which can be found on the front of the pattern envelope:



1.2 The information which can be found on the back of the pattern envelope:

Body measurement chart

Recommended fabric for the pattern

burda

style

A 6431

Required amount of fabric, according to different widths.

Required notions, e.g buttons, zip, interfacing, etc

Sketches of the back views

ROCK JUPE SKIRT FALDA
AR: Kitzperle - ajdite, fite, ajdite

		114 cm / 45 in										140 cm / 55 in									
Größen	Tailles	Stems	Tailles		34	36	38	40	42	44	34	36	38	40	42	44					
US					8	10	12	14	16	18	8	10	12	14	16	18					
A	m	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.45	1.50	1.50	1.50	1.50	1.50					
	yds	2	2	2	2	2	2	2	2	2	3 1/8	3 1/8	3 1/8	3 1/8	3 1/8	3 1/8					
A	m	1.75	1.75	1.75	1.75	1.75	1.75	1.75	1.75	1.75	0.80	0.80	0.80	0.80	0.80	0.80					
	yds	1 3/4	1 3/4	1 3/4	1 3/4	1 3/4	1 3/4	1 3/4	1 3/4	1 3/4	1	1	1	1	1	1					
B	m	1.40	1.40	1.40	1.40	1.40	1.40	1.40	1.40	1.40	1.20	1.20	1.20	1.20	1.20	1.20					
	yds	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/4	1 1/4	1 1/4	1 1/4	1 1/4	1 1/4					
B	m	1.35	1.35	1.35	1.35	1.35	1.35	1.35	1.35	1.35	0.70	0.70	0.70	0.70	0.70	0.70					
	yds	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	3/4	3/4	3/4	3/4	3/4	3/4					

Interfacing: - *interfacing -* *interfacing*

Buttons: - *buttons -* *buttons*

Zip: - *zip -* *zip*

Notions: - *notions -* *notions*

Buttons: - *buttons -* *buttons*

Zip: - *zip -* *zip*

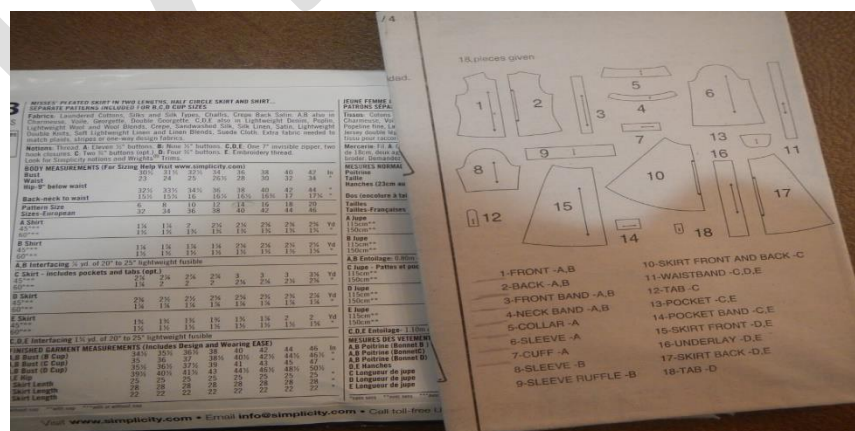
Sketches of the back views

© by Verlag Anne Burda GmbH & Co. KG, Hubert-Burda-Platz 2, 77657 Offenburg, Germany
 E-Mail: patterns@burda.com

2. The instruction sheet:

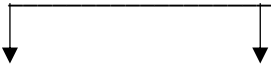
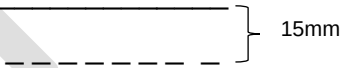
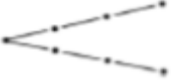
The information which can be found on the instruction sheet:

- Sketches of the different pattern **views**.
- Sketches of **pattern pieces**.
- List of all **numbered** pattern pieces.
- How to **lay out** the pattern pieces on the fabric.
- **Step-by-step instructions** for completing the garment.
- **General sewing notes** on how to use the pattern



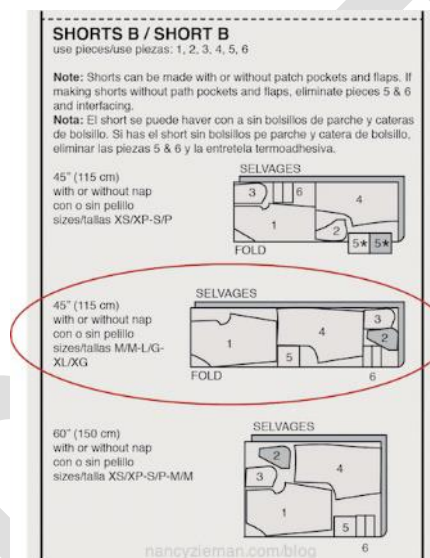
1. The tissue-paper pattern pieces:

These **pattern markings** can be found on pattern pieces:

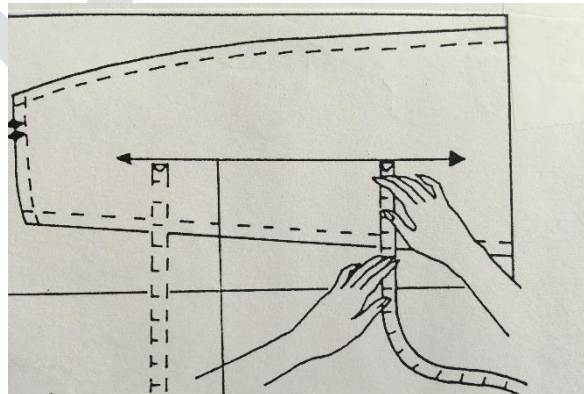
Place on fold:	Place the pattern piece on the folded edge of the fabric	
Grainline:	Align the pattern's grain line with the fabric's lengthwise grain	
Notches:	Small marks made on the pattern to ensure that pattern pieces can match.	
Cutting line:	The outer edge of the pattern where you will cut	
Seam allowance:	The space between the side of the fabric and the sewing line = 15 mm (1,5 cm)	
Stitching line:	The line on which to sew	
Adjustment lines	Make the pattern longer or shorter here	
Dart	Position of darts	
Zipper	Position of the zipper	
Button and buttonholes	Position on the buttonhole and button	

2. Lay out the pattern on the fabric:

- Fold the fabric **double** with the selvages together.
- Remember that **right sides** must be together.
- Place the fabric **flat** on a big table.
- Choose the pattern pieces according to the **information** on the instruction sheet of the pattern.
- Lay the pattern pieces out according to **the lay out diagram** as indicated on the instruction sheet.



- First place the **largest** parts and then the smaller parts of the pattern pieces.
- Make sure that the **grain line** on the pattern corresponds with the **lengthwise grain** of the fabric.



- **Pin** the pattern onto the fabric with pins

3. Cutting out the pattern pieces on the fabric:

- Keep the fabric **flat** on the cutting surface.
- Use a **sharp** pair of dressmaker's scissors.
- Cut with **long, even** strokes along the cutting line of the pattern.
- **Never lift** the fabric from the table.
- Move **around** the table whilst cutting.
- **Transfer** the necessary pattern markings on the fabric.

4. Transferring pattern markings onto the fabric pieces:

The pattern markings that you need to transfer onto the fabric will show you where sections are joined (notches) and details like darts, pleats, zip placement, etc.

Select the marking method most suited for the fabric:

Marking pen or pencil	Pins and tailor's chalk	Tracing wheel and carbon paper
		

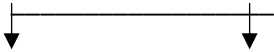
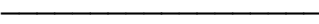
5. **Interfacing** It strengthens and stabilises areas fabric where there will be strain like for buttonns and buttonholes
It gives shape to some features of clothing and needlework items like collars, cuffs, facings

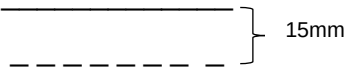
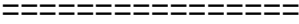
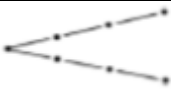
Cut interfacing and iron onto facings /waistband



Practical Lesson 3		Pattern markings and interfacing	Grade 9
Name: _____			
1. Pattern marking	Symbol for the pattern marking	Write YES or NO if it should be transferred onto fabric after cutting out	
Place on fold:			
Grainline:			
Notches:			
Cutting line:			
Seam allowance:			
Stitching line:			
Adjustment lines			
Dart			
Zipper			

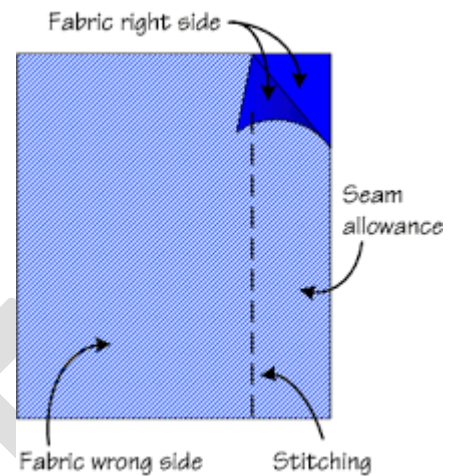
Button and buttonholes		
2. Name the following methods of transferring pattern markings		
		
2.1	2.2	2
3.1 Explain the function of interfacing		5
3.2 Name TWO parts that need interfacing		2
3.2 Describe how Vilene interfacing is attached to fabric		1
Total		20

Practical Lesson 3		Pattern markings and interfacing	Grade 9
Name: _____			
Marking guidelines			
Pattern marking	Symbol for the pattern marking	Write YES or NO if it should be transferred onto fabric after cutting out	
Place on fold:		No	
Grainline:		No	
Notches:		YES	
Cutting line:		No	

Seam allowance:		No
Stitching line:		YES
Adjustment lines		YES
Dart		YES
Zipper		YES
Button and buttonholes		YES
2. Name the following methods of transferring pattern markings		10
 		
2.1 Tailor's chalk	2.2 Tracing wheel	2
3.1 Explain the function of interfacing		5
3.1 It strengthens✓ and stabilises✓ fabric✓ where there will be strain✓ It gives shape✓ to some features of clothing and needlework items.		
3.2 Name TWO parts that need interfacing		2
3.2 Buttonns✓ buttonholes✓, facings✓ Collars✓, cuffs✓, facings✓cuffs✓ (Mark any 3 or other relevant answer)		
3.2 Describe how Vilene interfacing is attached to fabric		1
It is ironed on to the fabric		
Total		20

Term: 1**Seams****Seams - Recap**

A seam is formed when two pieces of fabric are stitched together. The space between the side of the fabric and the sewing line, is the seam allowance. Most machine have a 15mm / 5/8-inch guideline etched onto the throat-plate.

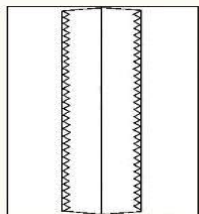
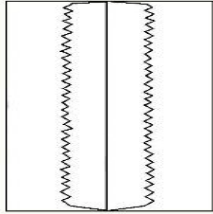
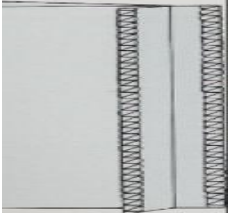


There are different types of seams, namely the open single seam, the closed single seam and the enclosed single seam.

1. The Open single seam

- Sew **two** pieces of fabric together, on the **stitching line**.
- Press the seam allowances **open**.
- Each side of the seam allowance is finished off **separately**.

Examples of how seam allowances can be finished off:

Zigzag stitches	Pinking shears	Overlocking	Edge stitching	Bound edge
				

Where can an open single seam be used:

- Any straight seam, e.g. side seams of garments.
- Where a zip is inserted.

2. The Closed single seams

- Sew **two** pieces of fabric, right sides together, on the **stitching line**.
- Finish off the seam allowances **together**.
- Press the seam allowances to **one side**.

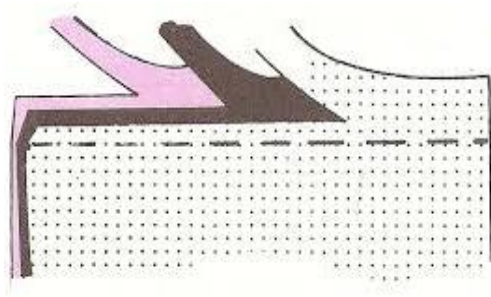
**Where can closed single seams be used:**

- Joining the sleeve to the bodice
- joining the bodice to the skirt
- where gathers/pleats are made
- inside a pillow / duvet cover, etc.

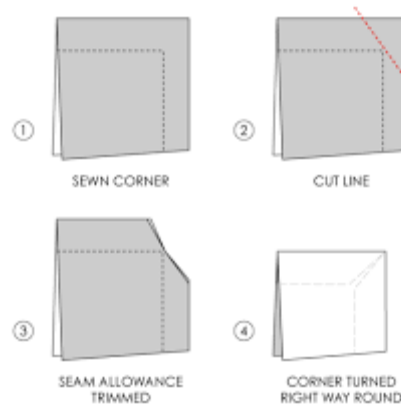
3. The enclosed single seam:

- This seam is not visible, it is folded between two layers of fabric.
- Sew two pieces of fabric, right sides together on the stitching line.
- The seam allowances are **graded, snipped and clipped** to ensure that it will lie flat when it is folded between the two layers of fabric.
- The seam allowances are **not over locked**.

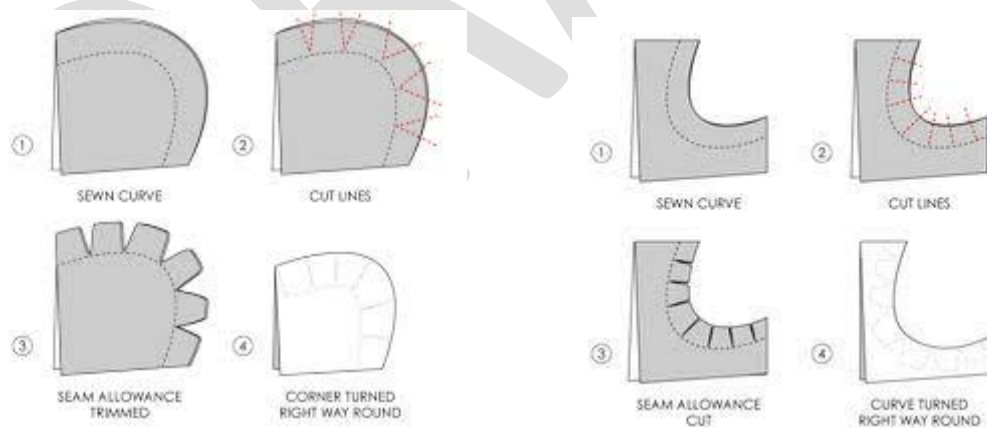
**Grading of the seam allowances of the enclosed single seam to reduce bulk
when turning right sides out**



Snip corners to reduce bulk when turning right sides out



Snip and clip rounded seams to reduce bulk when turning right sides out



Where can enclosed single seams be used?

-the seam inside facings, waistbands, pockets and collars.

Consumer Studies – Grade 9		Option: Clothing / Soft furnishing / Patchwork		
Skills Test 1 Term 2		Open single seam - Worked on the article		
Name:		Year 3		
TASK	Open single seam			
<table border="1"> <tr> <td> Assessment criteria 0 - 1 Unacceptable, does not meet the criteria 2 – Poor, meet some criteria 3 – Average, meets most criteria 4 – Good, meets all the requirements 5 – Excellent, exceeds all requirements </td> </tr> </table>				Assessment criteria 0 - 1 Unacceptable, does not meet the criteria 2 – Poor, meet some criteria 3 – Average, meets most criteria 4 – Good, meets all the requirements 5 – Excellent, exceeds all requirements
Assessment criteria 0 - 1 Unacceptable, does not meet the criteria 2 – Poor, meet some criteria 3 – Average, meets most criteria 4 – Good, meets all the requirements 5 – Excellent, exceeds all requirements				
DATE	EVALUATION	MARK	REMARKS	
	Open single seam/ Pin – RS together Stitch - 15 mm wide Stitching – straight Pressed flat Zig zag / Overlock	4 4 4 4 4		
		20	TOTAL = 20	

Disposal of fullness

To shape a flat sheet of fabric, disposal of fullness is used.

Methods for disposal of fullness are:

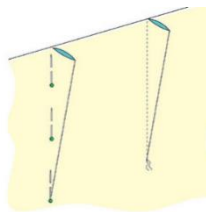
- Darts
- Gathers
- Pleats
- Tucks

1. Darts

It will shape the garment so that it can fit over the contours of the body.

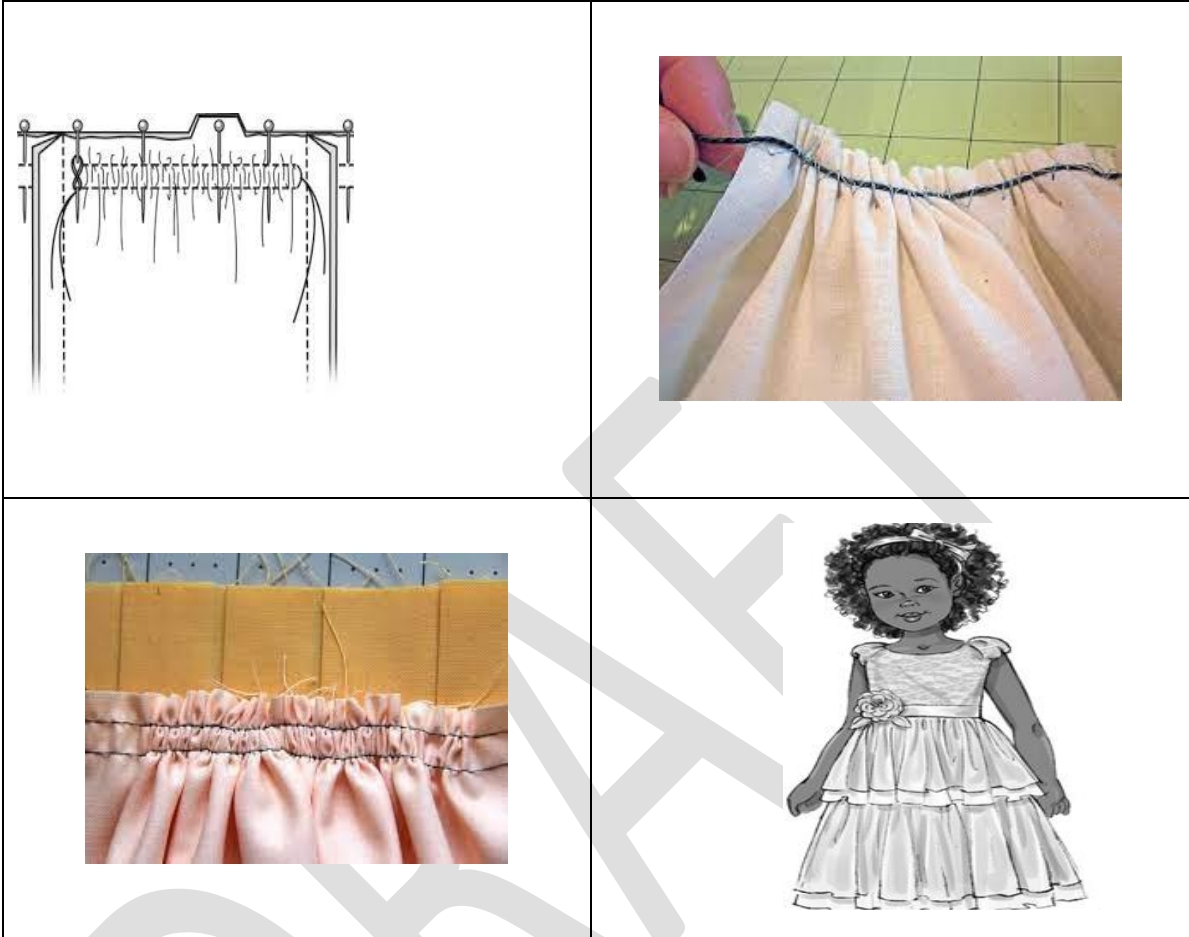
Darts can be made on any type of fabric, except that which is very thin and transparent.

Darts can be made at the bust, waist, hips and shoulders.



2. Gathers

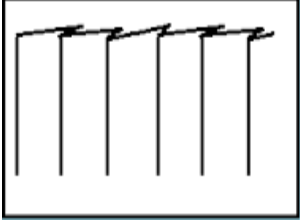
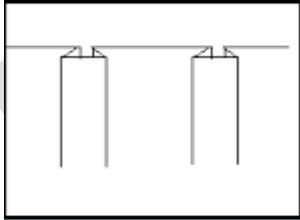
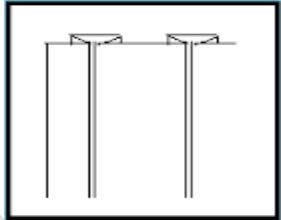
Gathers are soft folds which can be made by the waist of a dress or used to make a frill. The type of fabric suitable to make gathers with, must be thin, soft and pliable.

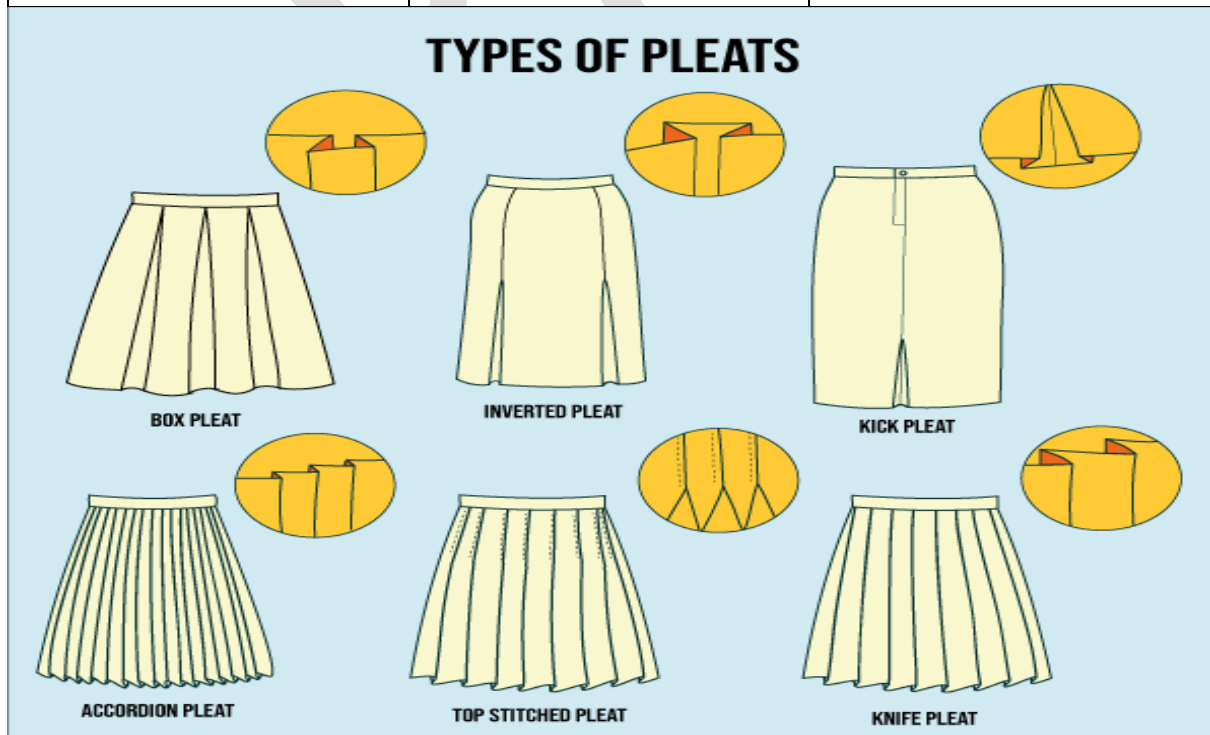


3. Pleats

Pleats are folds in the fabric. Pleats can be held in place by a waistband, cuff or yoke to which they are attached.

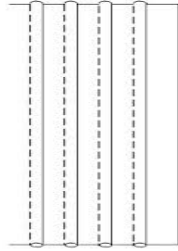
The most suitable fabrics for pleats should be firmly woven and non-transparent. Synthetic fabrics can be heat pressed into permanent pleats.

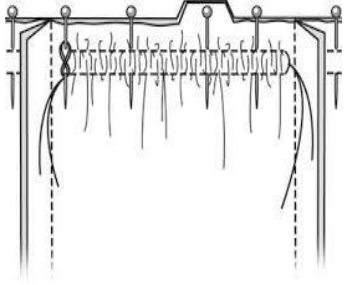
Knife pleats	Box pleats	Inverted pleats
Evenly spaced folds in the fabric that all lie in the same direction.	Two pleats of the same size are folded away from each other.	Two pleats of the same size are folded towards each other.
		



4. Tucks

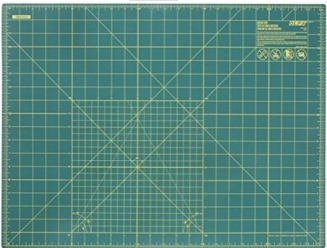
Tucks are folds in the fabric that is sewn to ensure that it lies flat. It can be decorative and functional.



Consumer Studies – Grade 9		Option: Clothing / Soft furnishing / Patchwork	
Practical Lesson 4 Term 2		Disposal of fullness	
Name:		Year 3	
TASK	Gathers hand-made/ Machine made		
Instructions 1. Write the steps of how to make gathers in the space next to the diagram below. 2. Make your own sample and stick it in the space below the diagram			
		Steps	
Attach your sample of gathers			

Consumer Studies – Grade 9		Option: Clothing / Soft furnishing / Patchwork	
Practical Lesson 4 Term 2		Disposal of fullness Marking rubric	
Name:			Grade 9
TASK	Gathers		
Assessment criteria 0 - 1 Unacceptable, does not meet the criteria 2 – Poor, meet some criteria 3 – Average, meets most criteria 4 – Good, meets all the requirements 5 – Excellent, exceeds all requirements			
DATE	EVALUATION	MARK	REMARKS
	Even distance of gathering Loose machine stitch/short even running stitches Gathers evenly distributed Fastened to stop unravelling Pressed with no creases	4 4 4 4 4	
		20	TOTAL = 20

EQUIPMENT USED IN PATCHWORK AND QUILTING AND ITS USES

TOOL	NAME	USE
	Self-Healing Cutting Mat	To cut on and to get blocks more accurate for better results when cutting your fabric. Without it you are going to be cutting through whatever surface you use it on which is not good to say the least. You will also dull the blade pretty quickly.
	Rotary Cutter	A rotary cutter is a tool generally used by quilters to cut fabric. ... Rotary cutter blades are very sharp, can be resharpened, and are available in different sizes:

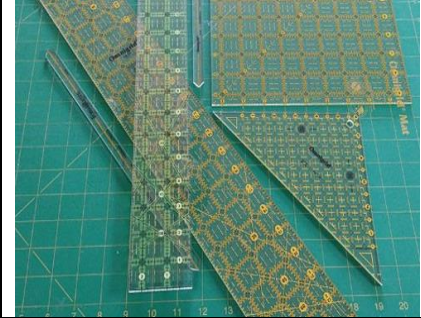
		usually smaller blades are used to cut small curves, while larger blades are used to cut to straight lines and broad curves
	Scissors	Most people have a pair of scissors in the house but when it comes to cutting fabric, it is always ideal to have a pair of scissors totally dedicated to cutting fabric and nothing else.
	Small scissors	If you are working on handwork and some small projects, small scissors will be the right choice for you. They are easily portable, and they come in handy when you need to clip threads or snip some tiny bits of the fabric.

	Needles	The size of your needle can make a big difference. Most hand-quilting pros agree that a size 10 is ideal — the eye is not too big or small, and the needle is strong enough to handle a quilt's many layers. A "between" or quilting needle is short with a small eye. Common sizes are 8, 9, and 10; size 8 is best for beginners.
	Pins/Pincushion	Pins can help you achieve accuracy with your quilting as you are piecing. They help to hold fabrics together for sewing. The sewing pins that you use must be sharp and sturdy enough. Also, you should use either a magnetic pin bowl or a pincushion to store them safely and quickly.
	Marking tools (Water soluble pencils and chalk pen)	These nifty little pencils claim to disappear when wiped off with water.
	Thread	If you are using all-cotton fabric, it is best to use a cotton thread. You may have to try a few different types to find one that is both durable and easy to work with. Quilting thread, including the preferred 100% cotton variety, is stronger than sewing thread.

	Conditioner	Once you have got it, coat the thread with a conditioner like Thread Magic to help keep it from knotting as you stitch.
	Quilting Hoops	There are all sorts of hoops on the market, including handheld hoops, lap hoops and standing quilt hoops. When hand quilting smaller projects, like <u>pillowcases</u>, you may not even need a handheld hoop. But for a project like a throw, hoops can be useful. Pro Tip: Do not place the quilt too tightly in the hoop, like you would when embroidering. The fabric needs to be able to move up and down as you work, so make sure there is enough give.
	Thimble	This finger cover relieves the pressure required to push a needle through several layers of fabric and batting.
	Quilting machine	For sewing the fabrics together

	Embroidery sewing machine	Embroidering the patchwork items
--	---------------------------	----------------------------------

		
	Iron and ironing board	Iron should be used to straighten your fabric when needed. The ironing board helps to offer a stable surface for ironing the fabrics. The iron will mostly be used after your pieces are complete. When pressing make sure not to drag the iron, so you won't distort the seam, but simply press down on top of the seam
	Clips	Little clips for securing the binding and also finishing your quilt. Furthermore, these clips are a great alternative to pins when working with multiple fabric layers. Wonder Clips are perfect for holding your binding in place while sewing. Using these handy clips will prevent you from getting pin sticks as you try to wrangle a quilt through your machine.
	Acrylic quilting ruler	Quilter's rulers clear so you can see exactly what

			you are doing. The measurements are embossed onto the surface and allow for precise cutting at any angle.
		Curved quilt basting safety pins	For most quilting projects you will need a lot of safety pins to baste your quilt.
		Measuring tape	Measure work as you continue

Suitable fabrics for patchwork



- Cotton is often considered the best type of fabric to use for quilting, which comes in 115cm width and a medium weight.
- Quilters often find that quilt pieces line up better and are much easier to use compared to other fabrics on the market.

Quilting Styles

HAND QUILTING.	MACHINE QUILTING.
• Hand quilting is slower and methodical.	• Using a sewing machine is a popular method for quilting.

**Practical lesson 5 - 6.**

Proceed to apply strip patchwork to produce a small marketable article.

TISSUE HOLDER cont.

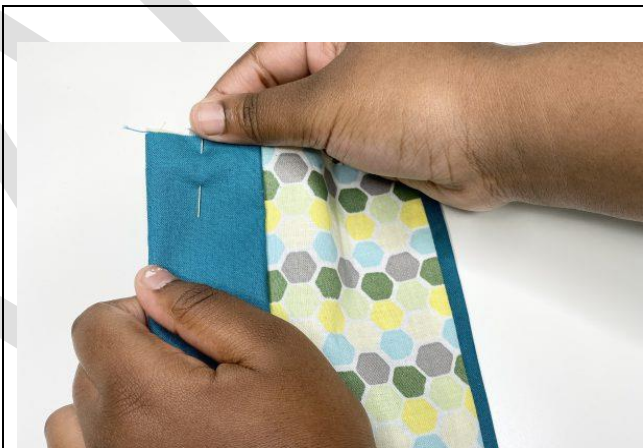
STEP 5: Assembly the Tissue Holder



- Take the key chain cover and make sure that it is laying with the right side facing up.
- This would be the side that has the main fabric in the center and a small piece of lining on the sides as a trim



- Take the left end of the fabric that has the lining trim showing and place it in the middle of the fabric and pin it in place.



- Fold your tab with the raw edges facing touching each other.



- Take the pins of the tissue cover and place the tab on the far left of the tissue cover with the fold of the tab facing toward the inside of the cover.
- Make sure the raw edged of the tab is sticking out slightly as shown below and re- pin in place.



- Fold the right side of the tissue cover that has the lining trim towards the sides to meet the left side in the center and pin in place.
- Pin the opposite side of your holder as well so that both of the short sides are pinned.
- Your keychain cover should now have the lining showing on the top and the bottom, and the short sides should be pinned and ready to sew.

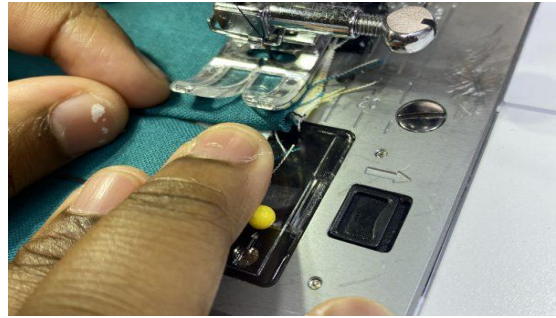


- Sew down the short sides of your

tissue cover, and remember to backstitch at the beginning and the end of each seam.

- Make sure you completely sew over

BOTH the raw edges of the tab that is sticking out so that the tab is tightly secured to the tissue cover.



STEP 6: Filling the Tissue Holder

- The keychain tissue holder is ready to be turned right side out and filled tissue.
- Simply turn the project right side out from the opening in the center of the holder.
- Fill the tissue holder with a small pocket-sized tissue.

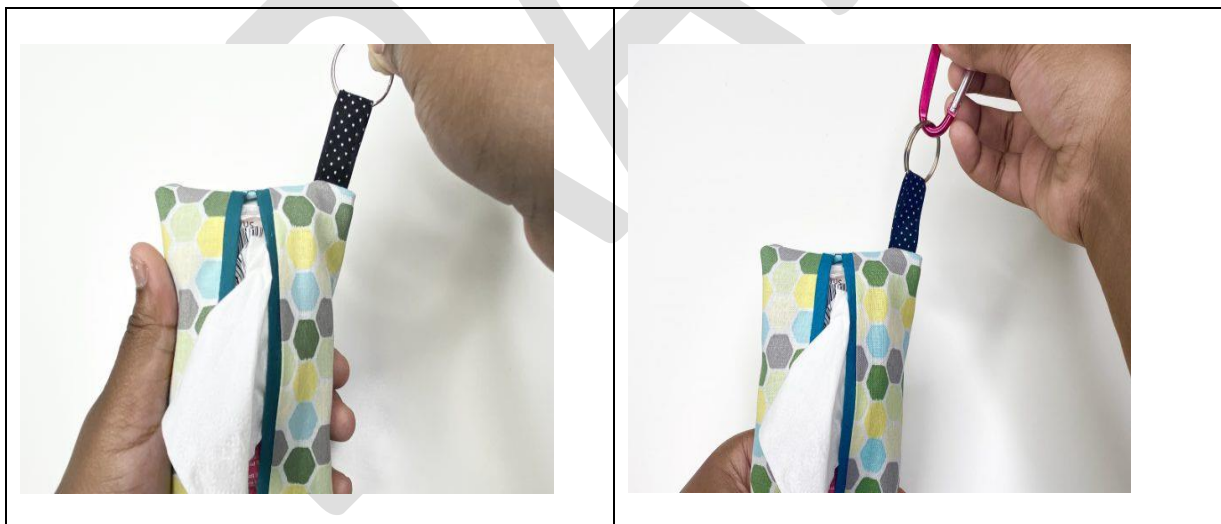


- To keep the plastic, open it along the perforated edges and then place it inside of your tissue cover.



STEP 7: Attaching the Tissue Holder

- Take a key ring and slide it onto your tab so that you can attach it to your keys.
- Use a simple clam to attach it to your purse, backpack or beltloops.



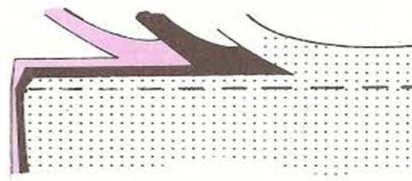
Practical lesson 5 - 6

Apply the seams and edge finishes to a garment

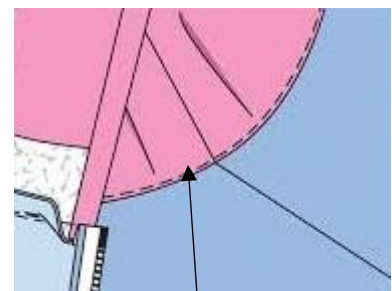
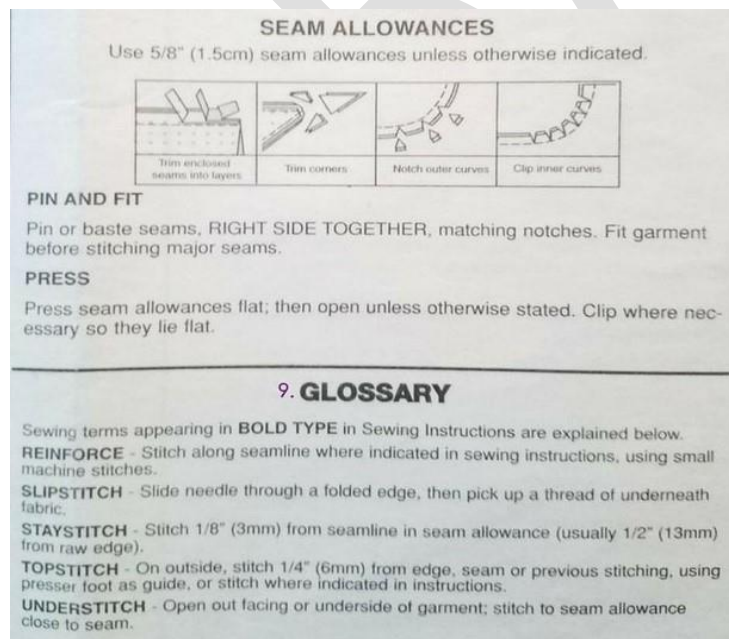
• **Necklines / Shaped facings / Openings**

The neckline, armhole or waistline of clothing can be finished off with a shaped facing. It can also be used in soft furnishing.

- The shaped facing prevents the edge of the garment / article from fraying.
- The shaped facing is only visible on the wrong side of the garment.
- Facings are shaped according to the shape of the garment / article where it will be used.
- Facings are cut from the same fabric as the garment.
- Interfacing is ironed onto the facing to make it stiff.
- Sew the interfacing onto the garment / article with an enclosed single seam.
- Seam allowances must be graded, snipped and clipped.



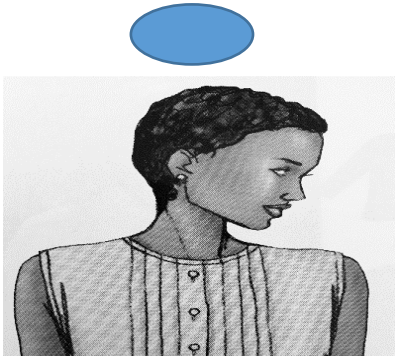
- An under stitch is made on the facing to ensure that it will lie flat. There are instructions on the instruction sheet of the pattern.



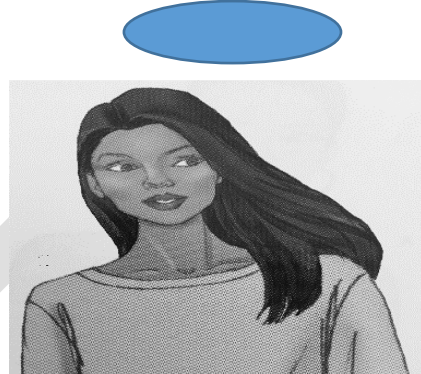
Make an under stitching through the facing and all the seam allowances

Necklines ended off with a shaped facing

Round neckline



Boat neck



V – neck



Square neckline



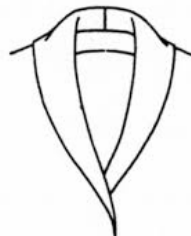
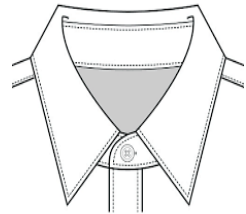
4. Necklines - Collars

Collars can add a fashionable finishing touch to a variety of garments, with collar style and shapes varying according to the season's fashion emphasis. Collars may have a square or pointed corners or rounded edges; they may be cut in two pieces, in one piece, or as a part of the body of the garment. Some collars lay flat, some fold close to the neckline, and others stand up. Whatever the style, a collar should frame the wearer's face, lying smoothly around the neckline, free of pulls, ripples, or wrinkles.

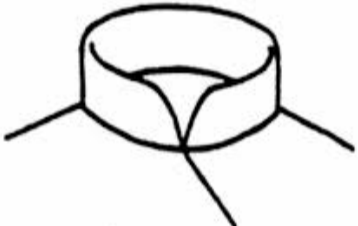
Flat collars

Sailor collar	Peter Pan collar
	

Rolled collars

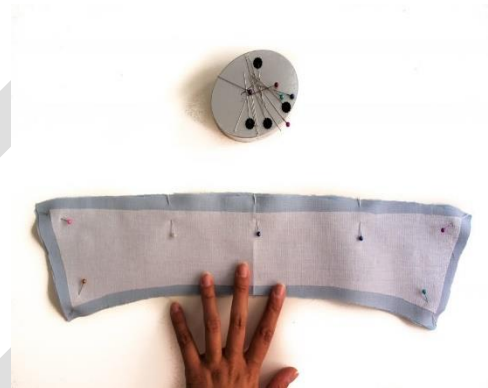
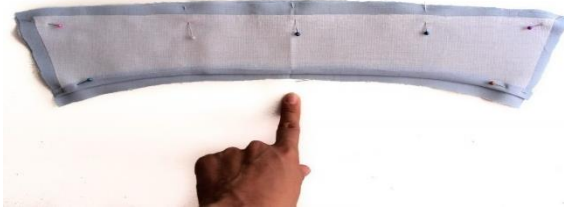
Classic	Shawl	Shirt
		

Standing collars

Mandarin collar	Polo
	

PREPARING THE COLLAR

1. There are two collar pieces, so the first thing we have to do is to interface one of them, without the seam allowances included.



2. The interfaced piece will be the outer collar and the no-interfaced piece will be the under-collar piece. Fold the seam allowance along the neckline of the back of the collar outer piece and press. Pin under collar to upper collar, right sides together and the edges well aligned.



3. Baste and stitch along the outer edge using a 1cm seam allowance, pivoting at the corners. Only the neckline section will remain open.
4. Trim the seam allowances to 5mm, clip corners and clip around the edge on the curves. Before turning it out, press the seams open if it is possible.



2. Turn the collar right side out and press it flat, rolling the seams slightly towards the under collar so it will not show on finished collar. Topstitch along three sides (2-3mm from the edge).



ATTACHING THE COLLAR

1. Place the collar on the right side of the garment keeping the interfaced piece upwards. Align the edges. Align the ends of the collar with the center of the front pieces. Secure the inner collar to the bodice with pins and baste. Sew using 1cm seam allowance taking care of not to sew the upper collar. Backstitch at the beginning and at the end of your stitch.



2. Press the seam allowance open and then press it towards the inside of the collar. This step is very important to have a perfect finish. Take the folded seam allowance from the upper collar to the wrong side of your garment, align the edge to the previous seam allowance. It is very important that it overlaps the stitching line. Secure with pins, baste and press.



3. To finish the collar, sew along the folded edge of the collar and topstitch along the edges to get a perfect finish.



4. Press collar carefully so the undercollar is flat and does not roll to the right side.

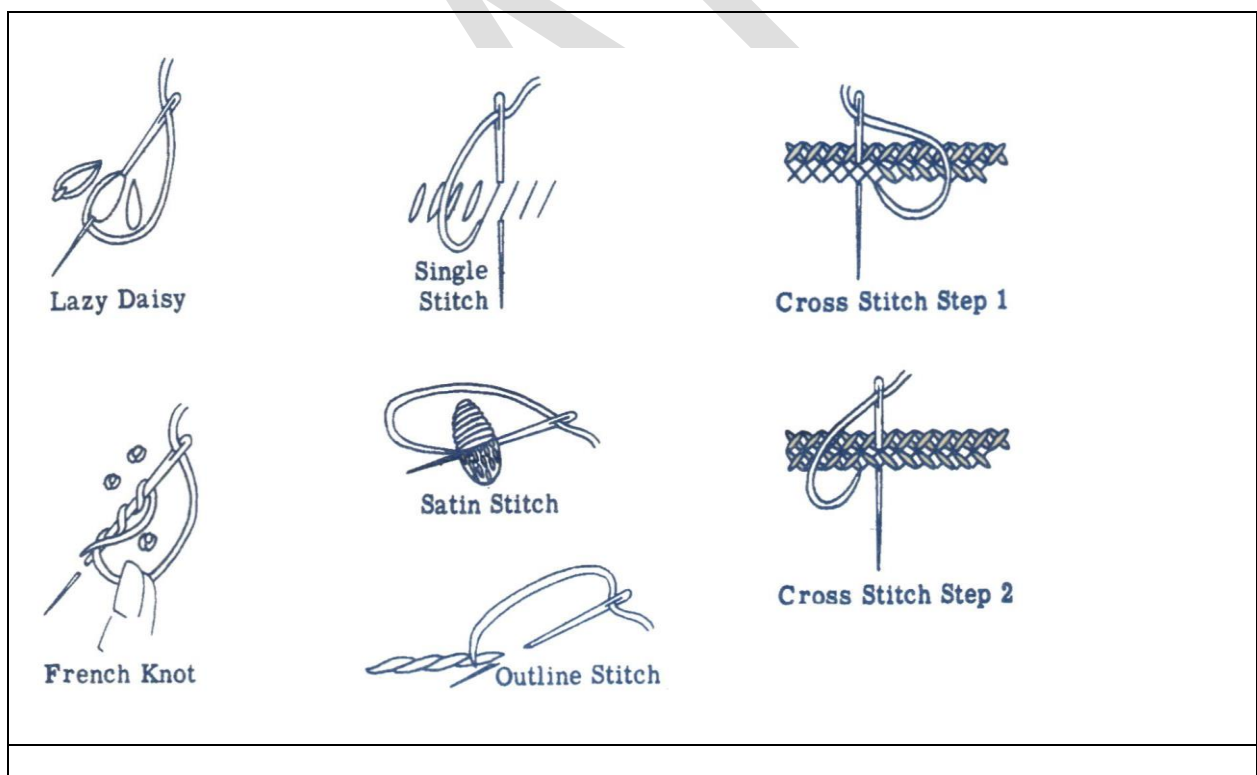


FORMAL ASSESSMENT Consumer Studies Gr. 9 – Clothing or Soft Furnishing Options	
Practical lesson 5 and 6	
Term 2	TOTAL: 20
Surname and Name:	Gr 9 _____

TERM 2: Practical lesson: 5 and 6 RUBRIC		MARKS: 20 x 2	
<i>Skills are relevant to both Clothing and Soft Furnishing Options</i>		Practical Lesson 5 Seams and seam finishes Practical Lesson 6 Edge finishes- facings, binding, or collar	
		Practical Lesson 5	Practical Lesson 6
Assessment Criteria	Handling of equipment		
	Does not need much assistance with equipment		
	Good discipline		
	Cutting straight and correct		
Sewing Skills		4	4
Assessment Criteria	Do not need a lot of help		
	Easily follows instructions		
	Workmanship		

	Pressing done	8	8
	Sewing stitches correct and even		
	Even tension, not too tight or loose		
Appearance and final finish of product			
Assessment Criteria	No loose threads hanging from work	8	8
	Sides neat and even		
	Article is correct according to instruction		
	Handed in on time		
	Product saleable		
	Presentation creative		

Embroidery stitches





Formal Assessment

Practical Skills test 2		Term 2	
Consumer Studies – Grade 9		Option: Clothing / Soft furnishing / Patchwork	
		Marking rubric	
Name:		Grade 9	
TASK	Decorative stitches		
		Assessment criteria 0 - 1 Unacceptable, does not meet the criteria 2 – Poor, meet some criteria 3 – Average, meets most criteria 4 – Good, meets all the requirements 5 – Excellent, exceeds all requirements	
DATE	EVALUATION	MARK	REMARKS
	Even stitches	4	
	Correct even tension	4	
	Stitches not too loose or pulling fabric	4	
	Fastened to stop unravelling	4	
	Pressed with no creases	4	
		20	
			TOTAL = 20

LEARNERS GUIDE

GRADE 9 TERM 3



1.1 MARK ALLOCATION

Learners work individually for Practical lessons and Skills tests.

The marks for the Practical Work are indicated below.

Practical Lesson 7:	25
Practical Lesson 8:	25
Practical Lesson 9:	25
Practical Skills Test 3: (used for term 4)	25
Total	75

The Informal Activities is done to inculcate the skills that will be assessed in the Practical Lessons, which contributes to SBA marks for Term 3. Exemplary assessment tools for the practical lessons are included. The Skills Test forms part of the PAT mark of term 4

Purpose of Sleeves

Sleeves simply serve to cover and protect the arms and shoulders, keeping them out of the sun or providing a level of warmth. Beyond their practical function, different styles of sleeves add to a garment's silhouette and style and can create movement and structure to the piece.

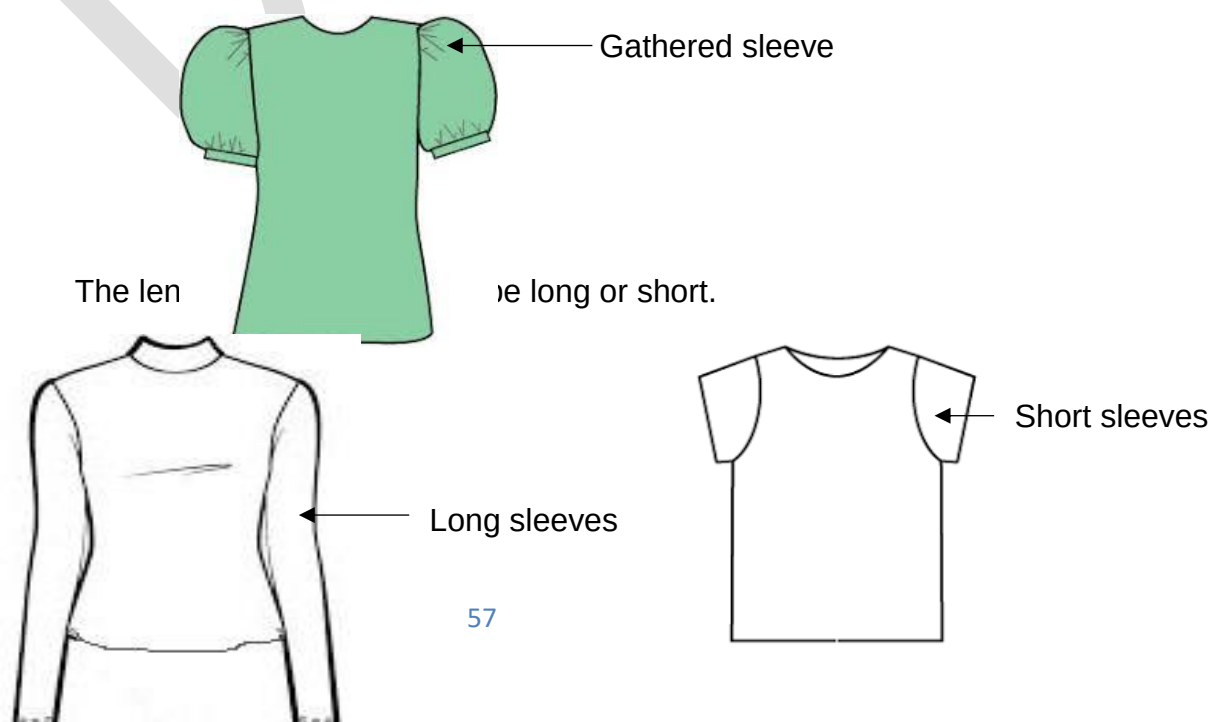
After a garment has been fit, see if the armholes fit correctly. The sleeves are then inserted. The sleeve is always larger than the armhole to ensure a better fit.

1.1 Types of sleeves:

- **Set-in sleeve:**

The set-in sleeve is most widely used. As the name implies, the sleeve is set into the armhole of the garment. It is cut as a separate piece and after completing the sleeve, set into the armhole.

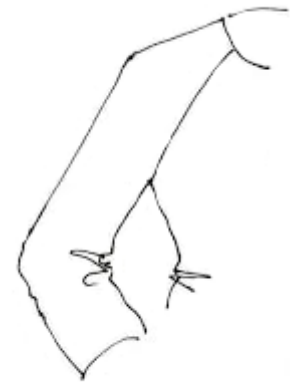
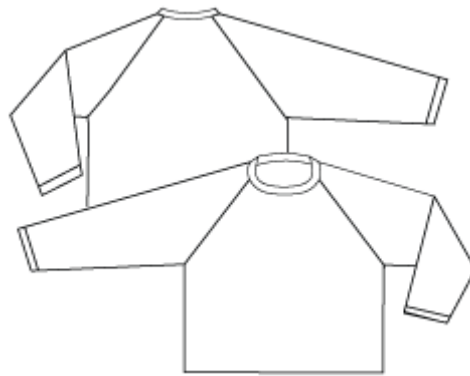
The set-in sleeve can have many variations. The top edge, or head can differ – some sleeves are more gathered than other.



- **The Raglan sleeve:**

The raglan sleeve is also attached to the garment, but is joined in one continuous seam which runs from the neckline to the underarm.

Raglan sleeves are comfortable to wear and are widely used in sports clothes and children's wear. It is also ideal to accommodate hard-to-fit shoulders.



- **Cut-on sleeve**

/ Kimono sleeve

The cut-on sleeve is the easiest to make as it is just an extension of the bodice of the garment.



1.2

Sleeve finishes

The sleeve edge can be finished off by using different methods:

Self-hem:

- The edge of the sleeve can be finished off with any one of the following types of hems:

Machine sewn hems

- The edge of the sleeve can be single- or double folded and sewn in with straight stitches.

Hand sewn hems

- The hem can be sewn in with hemstitches or blind-hem stitches

Casing with elastic:

- A casing is sewn at the edge of the sleeve and an elastic is inserted.

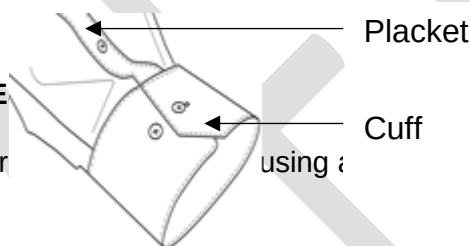
Cuffs and plackets:

- Cuffs are bands of fabric attached to the bottom of sleeves.
- The cuff can either be attached with or without a placket.
- Without a placket: it will be big enough to fit over the hand or arm without an opening.
- With a placket: it is usually on a long sleeve shirt where the cuff needs to fit snugly over the wrist. There are different types of plackets. Follow the instructions on the commercial pattern to complete the placket.

DIFFERENT HAND STICHE

What is an embroidery

Is the craft of decorating fabric



using :

apply thread or yarn.

Hems

A hem is a finishing that is used on the bottom edge of an article. It can be the hem of clothing, curtains, table cloths, the edge of a ruffle, etc. The hem should be even and very neat.

The width of the hem:

The width of the hem will be determined by the type of garment / article.

Wide hems are used on:

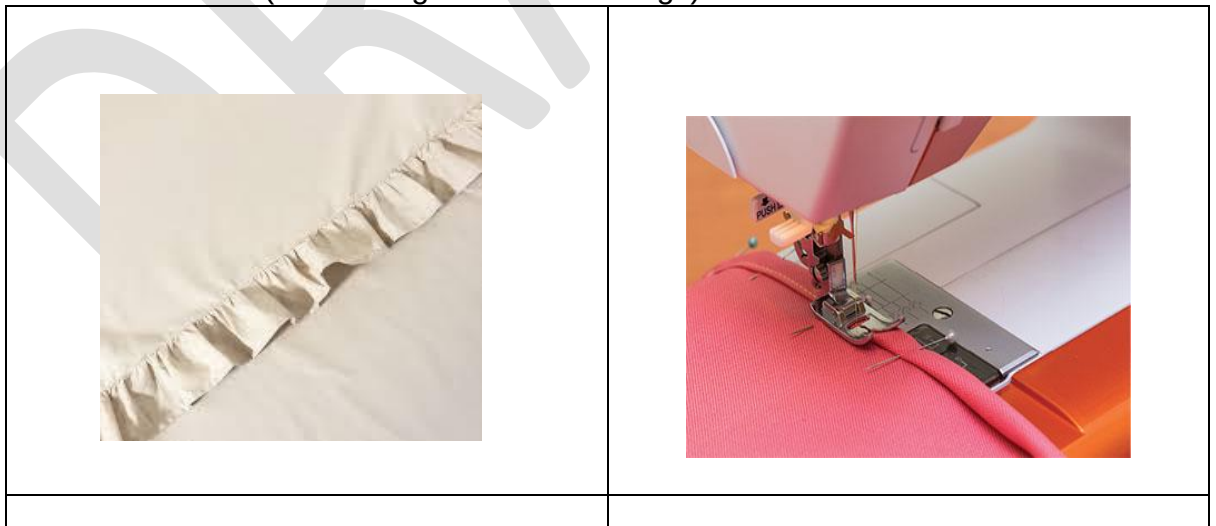
- **narrow** and **tight-fitting** garments, for example pencil skirt and tight-fitting dresses
- curtains





Narrow hems are used on:

- wide garments, for example a wide dress or skirt. A wide garment should not have a wide hem, because there will be extra fullness (pleats) in the hem, and the hem will not lie flat and look neat.
- bed- and table linen
- blouses
- lingerie (underwear)
- aprons
- frills (on clothing or soft furnishings)



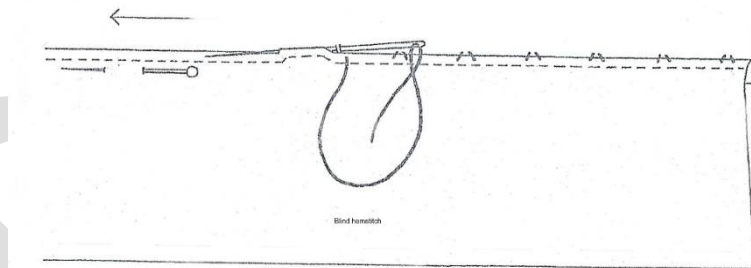


Methods to sew in hems:

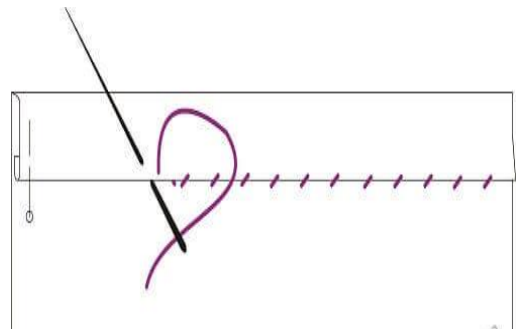
Hand sewn hems:

- Hems that are meant to be invisible, are sewn by hand.
- Hand-sewn hems are used on thick fabric and smart clothes, e.g. coats, jackets and pencil skirts.

Blind-hemstitch is used when the hem should be **almost invisible** on the **right** side of the garment.



Hemstitches are small, strong stitches sewn on the wrong side of the garment, and **shows on the right side** of the garment.

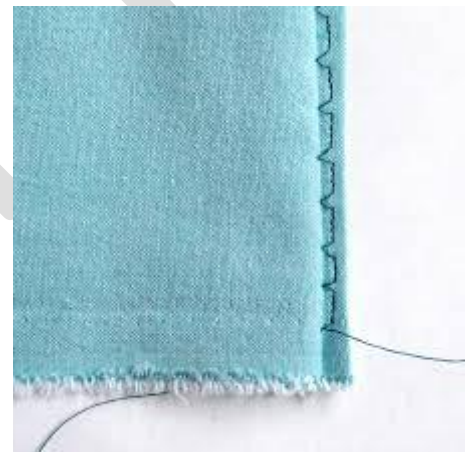


Machine sewn hems:

- **Narrow** hems can be sewn with straight stitches with the sewing machine, for example hems in blouses, shirts, underwear, pajamas and aprons.



- **Wide** hems can also be sewn in with the **sewing machine** with:
 - **Straight stitches** when applicable to the type of garment, for example curtains.
 - **Blind hemstitches** – use the **blind hemstitch presser foot** of the sewing machine to sew in the hem.



1. Openings

Openings allow a garment to fit over the head, hands or hips when dressing and undressing. An opening is also needed when making a bag, pillow case, duvet cover, etc.

1.1 What are the requirements for a good opening?

- The opening must be long enough.
- Openings should be as invisible as possible and must close securely with a fastening that suits the garment / article.
- The opening should be completed before fastenings are attached.
- The opening must suit the garment / article as well as the fabric.

1.2 Where are openings used in garments / articles?

- At the neckline of shirts, blouses or dresses.
- In the waistline of skirts and pants.

- At the wrists of the sleeve - cuff.
- Bags and pocket closures.
- In bedding - pillow cases, duvet covers, etc.

DRAFT

2. Fasteners

Fasteners are used for **securely** closing the two sections of an opening.

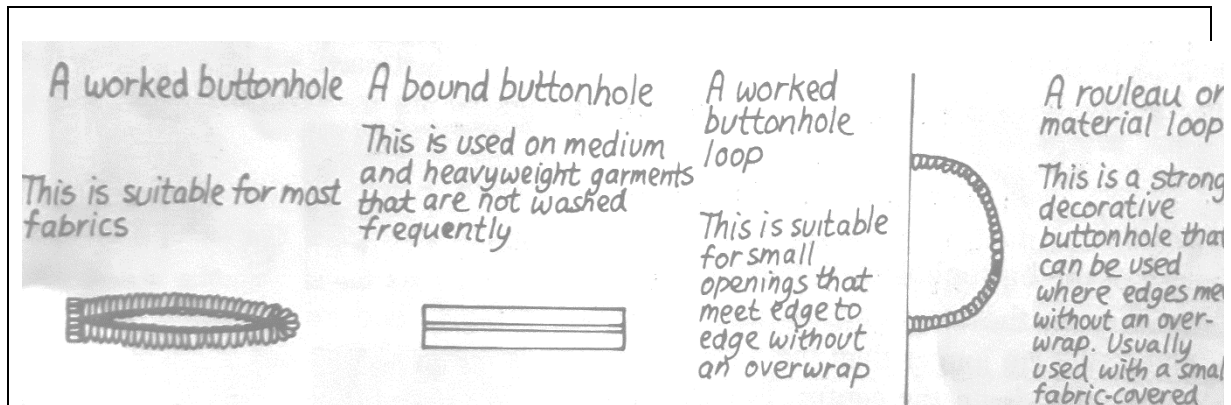
Choose a fastener that is suitable for the type of opening and the type of article.

2.1 Types of fasteners:

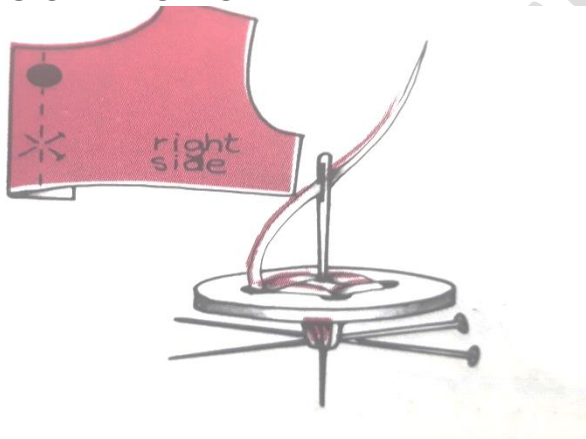
Buttons and buttonholes: Buttons and buttonholes are used extensively on garments / articles where the openings are subjected to strain and need to close securely. It is used in blouses, shirts, jackets, dresses, jerseys, bags, pillows, duvet covers, etc. Women's clothing fastens right over left, and Men's clothing fastens left over right.	
Zips: Zips are the most commonly used fasteners in garments and articles. Zips are strong, secure and not difficult to use. It is used in pants, skirts, dresses, Bags, pillow covers, etc.	

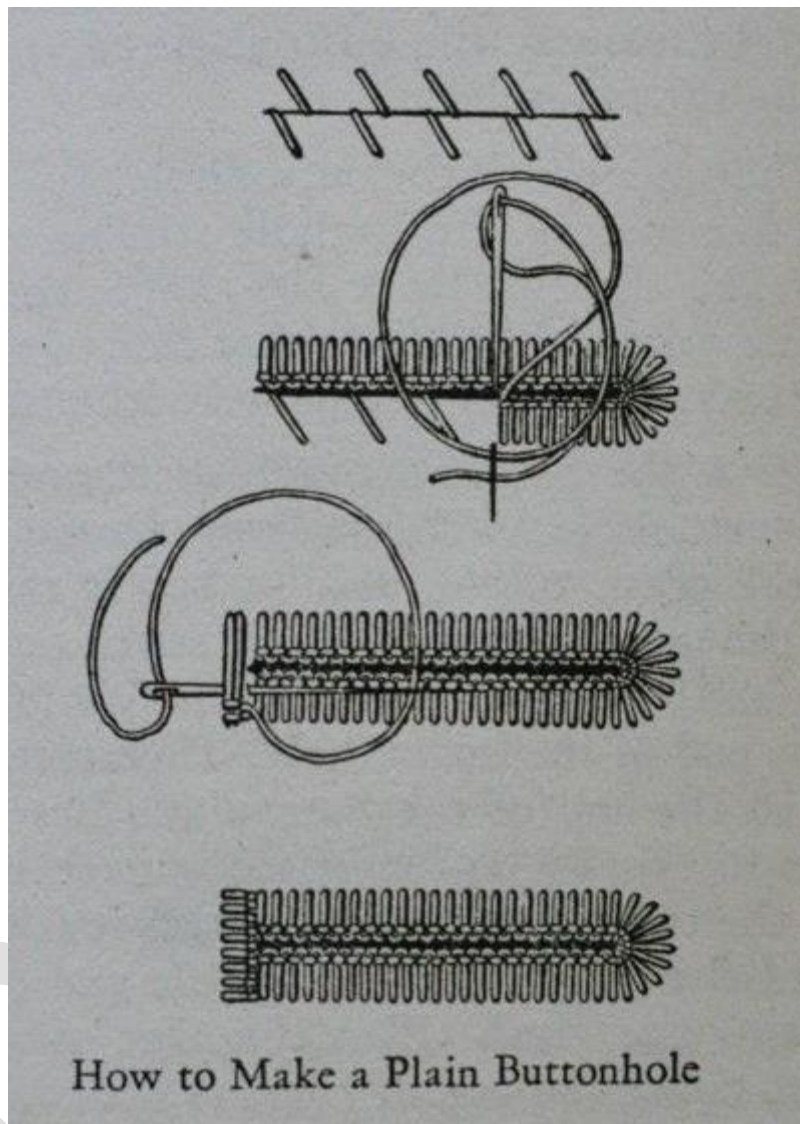
Snap fasteners: A convenient fastener for babies clothing, duvet covers, pillows, etc.	
Hooks and eyes: Used as a closure on pants and in ladies' underwear, e.g., ladies' bras.	
Velcro This fastening is used in openings which have to close securely, for example windbreakers, shoes, shorts and clothing for the disabled.	

Button holes



SEWING ON A BUTTON



SEWING A BUTTONHOLE BY HAND**Practical Lesson 7, 8 and 9 (As chosen for the article)**

- Marking and attaching buttons/press studs/hooks/eyes or zips
- Marking and making buttonholes on samples/article
- Fasteners: Select an appropriate fastener for the article /item.
- Attach a button, zip, press studs/hooks and eye

FORMAL ASSESSMENT Consumer Studies Gr. 9 – Option: Patchwork and quilting	
Practical lesson 5 and 6	TOTAL: 20
Term 2	
Surname and Name:	Gr 9 _____

TERM 2: Practical lesson: 7, 8, 9 RUBRIC		MARKS: 20 x 3		
Skills		Practical Lesson 7 Armhole – sleeves, facings, binding Practical Lesson 8 Hems, (Assess either armhole OR neckline OR hems) Practical Lesson 9 Fastenings		
		Practical Lesson 7	Practical Lesson 8	Practical Lesson 9
Assessment Criteria	Handling of equipment			
	Does not need much assistance with equipment			
	Good discipline			
	Cutting straight and correct	4	4	4
Sewing Skills				
Assessment Criteria	Do not need a lot of help			
	Easily follows instructions			
	Workmanship			
	Pressing done			
	Sewing stitches correct and even			
	Even tension, not too tight or loose	8	8	8
Appearance and final finish of product				
Assessment Criteria	No loose threads hanging from work			
	Sides neat and even			
	Articles correct according to instruction			
	Handed in on time			
	Product saleable			
	Presentation creative	8	8	8

COSTS MAKING UP THE SELLING PRICE OF A PRODUCT.

- The cost of the raw materials needed to produce the product
- The cost of producing the product, e.g., labour costs and the time it takes to produce the product
- The overhead costs for running the business and marketing the product, e.g., electricity, rent, levies
- The profits required to make a business worthwhile

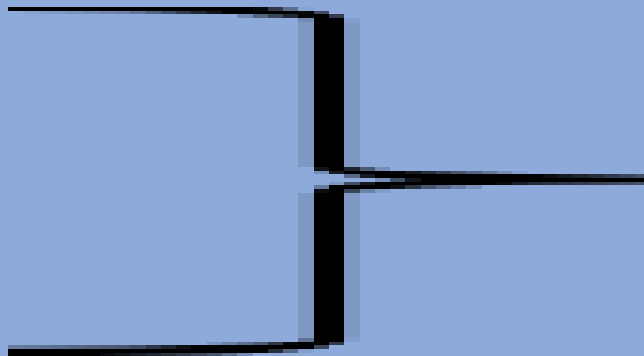
FORMAL ASSESSMENT Consumer Studies Gr. 9 – Option: Patchwork and quilting	
Practical lesson 5 and 6	Term 2
TOTAL: 20	
Surname and Name:	Gr 9 _____
The teacher tells you that the cost of your article you are making is as follows Fabric R15.00, Thread R2.00, Vilene R5.00, 2 buttons R3.00 and decorative threads for R16.00 1, Calculate how much your article cost 2. How much money would sewing 10 articles make for you? 3. Calculate how much will you sell the article if you want to make 50% profit?	
1. (7)	
2. (4)	
3. (9)	

Consumer Studies Gr. 9 – Option: Clothing OR Patchwork and Quilting		
Practical lesson 5 and 6 Term 2	Costing Marking guidelines	TOTAL: 20
Surname and Name:		Gr 9 _____
The teacher tells you that the cost of your article you are making is as follows Fabric R15.00, Thread R2.00, Vilene R5.00, 2 buttons R3.00 and decorative threads for R16.00 1, Calculate how much your article cost 2. Calculate how much will you sell the article if you want to make 50% profit? 3.How much money would sewing 10 articles make for you?		
1. Fabric Thread Vilene 2 buttons Decorative threads Total cost	R 15.00, ✓ R 2.00, ✓ R 5.00, ✓ R 3.00 ✓ <u>R16.00</u> ✓ R 41.00 ✓ ✓	7
2. Total cost Selling price	R41.00 + ✓50% R41.00 + <u>50</u> 100✓ 50% of R41.00✓ R20.50 ✓✓ R41.00 + ✓R20.50 ✓ R61.50 ✓✓	9
3.Selling price Number of articles Total amount made from	R61,50 10 10 articles x ✓R61.50 R✓615.00 ✓✓	4

LEARNERS GUIDE

GRADE 9

TERM 4



1.1 MARK ALLOCATION

Learners work individually for Practical lessons and Skills tests.

The marks for the **PRACTICAL BASED LEARNING** are indicated below.

Practicals term 1-3	75 marks	10%
Practical test	25 marks	15%
Total	100 marks	Term mark

PROJECT BASED LEARNING

Plan a 'Pop up Stall' on the school premises to serve and sell sewing products.

Consider the following:

- Renting a Stall from the school
- Location of the stall.
- Lay-out of the stall
- Hygiene and safety
- Permitted heating medium for the
- Products will be available for learners, teachers and community to buy