

PROPOSED COURSE STRUCTURE FOR BEGINNERS SEWING & DRESSMAKING

PROPOSED DATES	LEARNING OBJECTIVES	AREAS COVERED
Week 1	<p>Understanding the structure and basic requirements for the course. *Indicates a worksheet handed out in class.</p> <p>Introduction to style selection & materials estimating</p> <p>Likely outcomes at the end of the course.</p>	<p>Equipment list*, types of suitable fabric and thread*, checking body measurements*, sizing* and fabric estimating*.</p> <p>Understanding pattern envelope terms and common symbols used on patterns, grain line measuring, and measuring pattern pieces accurately*.</p> <p>Making pattern adjustments.</p> <p><i>Home work:- prepare pattern pieces, buy & prepare fabric, buy thread to match and sewing items for next week</i></p>
Week 2	<p>Understanding patterns and how to lay-up and cut out a garment.</p> <p>Guidance on best seams for the fabric and style.</p> <p>Preparing garments for the first fitting stage.</p> <p>Complete laying up and cutting out in class.</p>	<p>Preparation of fabric for laying up and cutting out, grain line measuring when laying up*.</p> <p>Pinning pattern to fabric and cutting out accurately*.</p> <p>Making main types of seams and finishes*- complete at home.</p> <p>Tacking* the main body shell together e.g. suppression in garments, main seams, but not set-in sleeves, facings or collars etc. Complete tacking together at home.</p> <p><i>Home work:-Practice sewing different seam types and finishes described in Week 2 on your own sewing machine.</i></p>
Week 3	<p>Understanding suppression methods used in garment making.</p> <p>Sewing machine's main functions</p> <p>Check the fitting of garments</p> <p>Seam finishing using over-locker</p> <p>Pressing methods</p>	<p>Introduction to the sewing machine*.</p> <p>As applicable to fabric chosen over-lock main seams before sewing main sections together.</p> <p>Construction of darts* and gathers* to be practiced on scrap fabric.</p> <p>Pressing as you go.</p> <p>Tutor to check fitting and garment balance on each student and alter as required.</p> <p><i>Home work:-Mark fitting alterations using tailor's chalk or removable water based felt tips. Take out tacking on main seams, as zip needs to go in next. Make up darts and press towards centre, or down if horizontal. Machine the seam where the zip will be inserted.</i></p>

<p>Week 4</p>	<p>Understanding how to insert a zip into a seam.</p> <p>Use of interfacings for edges</p> <p>Construction of main seams</p> <p>Pressing as you go recap</p>	<p>Bring an old zip (and a zipper foot if you are using your own machine). Make a worked sample of a lapped zip* on your spare fabric. Once mastered insert a new zip into the garment being made. Machine the other main seams using corrected fitting markings. Facings for neckline and edges* <i>Home work:- complete the seams and neaten the raw edges at home if not already over-locked in class and once you have inserted the zip and lightly press as described in class.</i></p>
<p>Week 5</p>	<p>Understanding how to finish edges of garments.</p> <p>Hemming methods</p> <p>Introduction to other methods of fastening.</p>	<p>Construction of waist finishes on skirts*, Bring spare fabric to make worked samples to gain confidence.</p> <p>Fasteners on edgings*</p> <p>Types of hem finishes*-samples shown Including hand stitches most suitable for hems. <i>Home work:-Once you have mastered the waist or neck/armhole edge finish as a sample in scrap fabric apply the method to your own garment, lightly press.</i></p>
<p>Week 6</p>	<p>Completion of the garment to include final fitting.</p> <p>Final pressing</p> <p>Evaluation of the course and feedback to tutor</p> <p>Future learning opportunities</p>	<p>Final Fitting stage - levelling the hem</p> <p>Advice on most suitable hem finish for each garment.</p> <p>How to shrink the curve of hems in wide skirts. Complete hand stitching hems at home.</p> <p>Options for machine top-stitched hems depending on fabric and style.</p> <p>Final pressing of garment</p> <p>Course feedback forms* to be completed and returned</p>