

# Grade 7 Needlework Term Plan

Term Focus: Mastering Basic Stitches and Applying Them to Create Wall Art

## Overview

This term plan is designed for Grade 7 Needlework classes, guiding students from an introduction to basic hand stitches, through skill development, and culminating in a hands-on wall art embroidery project. The plan emphasizes creativity, technical skill, and practical application.

## Learning Outcomes

- Identify and describe basic hand stitches and their uses.
- Demonstrate proficiency in creating various basic stitches.
- Apply stitching techniques to a creative wall art embroidery project.
- Develop fine motor skills, patience, and attention to detail.
- Collaborate and share feedback in a classroom setting.

## Term Schedule

### Weeks 1-2: Hand sewing Health and Safety Checklist

- Mishap Scenarios & First Aid Response
- Cause, Risk & Prevention Poster

### Week 3-4: Introduction to Needlework & Basic Stitches

- Class rules, safety, and hand-sewing materials overview (needles, threads, thimbles, fabric types).
- Introduction to basic hand stitches:
  - Running stitch
  - Back stitch
  - Blanket stitch
  - Chain stitch
  - French knot
  - Cross stitch
  - Overcasting stitch
  - Hemming stitch
  - Stem stitch
  - Satin stitch

Visual demonstrations and discussion of when and why each stitch is used.

### Weeks 5-6: Create the Fabric Base for the Wall Art

#### Creating the Design on the Base.

- Students sketch shapes (circles and squares) on the base.

## Weeks 7-11: Combining Stitches & Decorative Techniques

- Students practice each stitch on a sampler square of fabric.
- Step-by-step instruction, peer feedback, and teacher support.
- Discussion of common mistakes and troubleshooting tips.
- Practical sewing in class: students use learned stitches to outline and/or fill the shapes.
- Ongoing teacher feedback and peer support.

## Assessment

- Participation and engagement in class activities (ongoing).
- Final wall art embroidery project (summative assessment) — judged on technique, creativity, and application of stitches.

## Materials Needed

- Assorted needles and threads (various colors)
- Fabric (domestic)
- Ruler, tailors chalk, fabric pencil, stick
- Pencils, sketchbooks/paper for design planning
- Scissors, thimbles, common pins

This term plan not only equips students with foundational sewing skills but also encourages them to express their creativity through design—all while building confidence in their handiwork.