

## **FORM 2 TERM PLAN**

### **TERM 3**

**This revised plan focuses heavily on the practical application of garment construction, moving quickly from measurements to the final product.**

#### **Phase 1: Project Planning & Preparation**

- **Week 1: Lab Safety & Measurement Science**
  - Review of textiles lab safety and sanitation.
  - Demonstrating how to take accurate body measurements specifically for apron sizing (length and width).
  - **Activity:** Students partner up to record measurements on a project specification sheet.
- **Week 2: Pattern Drafting & Templates**
  - Drafting a basic apron pattern on brown paper or cardstock.
  - Understanding pattern markings: "Place on Fold," "Grain Line," and "Seam Allowance."
  - **Activity:** Cutting out the paper pattern template.
- **Week 3: Fabric Preparation & Layout**
  - Preparing the fabric (straightening ends and pressing).
  - Pinning the pattern to the fabric using the "Place on Fold" method to ensure symmetry.
  - **Activity:** Marking and cutting the main apron body and pocket pieces.

#### **Phase 2: Component Construction**

- **Week 4: Creating the Straps & Ties**
  - Measuring and cutting fabric strips for neck straps and waist ties.

- Folding and pressing techniques for clean-finished straps.
- **Activity:** Sewing the straps and ties using a narrow top-stitch.
- **Week 5: Pocket Design & Preparation**
  - Designing the shape of the patch pocket (square, rounded, or angled).
  - Preparing the pocket edges by pressing and hemming the top opening.
  - **Activity:** Pinning the pocket to the apron body for balanced placement.
- **Week 6: Curved Edge Management**
  - Techniques for hemming curved edges (the armhole area).
  - Using notches or stay-stitching to manage fabric fullness on curves.
  - **Activity:** Basting and stitching the curved side hems.

### **Phase 3: Assembly & Finalization**

- **Week 7: Structural Assembly**
  - Attaching the neck strap and waist ties to the main body.
  - Techniques for reinforcing stress points (back-stitching and square-stitching).
  - **Activity:** Permanent stitching of all straps.
- **Week 8: Final Hemming & Pocket Application**
  - Completing the side and bottom hems.
  - Permanent application of the patch pocket.
  - **Activity:** Final machine construction and removal of basting threads.
- **Week 9: Finishing & Quality Control**
  - Final pressing of the completed garment.
  - Trimming stray threads and checking for seam strength.
  - **Activity:** Product evaluation and grading against a rubric.

## **Project Deliverables**

- **Project Folder:** Includes measurements, the paper pattern, and a fabric swatch.
- **Completed Apron:** Must feature a patch pocket and reinforced straps.
- **Self-Evaluation:** A short checklist on the challenges faced during the cutting and sewing process.

## **Week 1 Lesson Plan: Safety First & Measuring Success**

**Form:** 2

**Week:** 1

**Subject:** Clothing and Textiles

**Duration:** 1hr

### **Lesson Objectives**

By the end of this lesson, students will be able to:

1. Identify and explain 5 critical safety rules for the textiles lab.
2. Demonstrate how to read a tape measure to the nearest 1/8 inch (or mm).
3. Accurately record body measurements required for a custom-fit apron.

### **Materials Needed**

- **For Safety:** Sewing lab safety checklist, sewing materials
- **For Measuring:** Flexible tape measures, "My Measurements" worksheet.

### **Introduction**

- Hook: Show a pair of "ruined" fabric shears (nicked or dull) and ask students what happens when we use the wrong tools or ignore rules.
- Discuss the difference between a regular classroom and a "Lab" (moving parts, heat, sharp objects).

### **The "Golden Rules" of Textiles**

- **Sharp Care:** Shears stay on the table; pass handles first.
- **Iron Safety:** Always stand the iron on its heel; "finger test" is forbidden.
- Needle guards and safety features are in place

### **Activity: The Hazard Hunt**

- Place "Safety Red Cards" next to common lab hazards (unplugged irons, open shears, messy floors).
- Students rotate in small groups to identify the hazard and write a "Fix-it" solution on their worksheet.

## The Science of Measurement

### Reading the Tape

- **Demo:** Use a giant cardboard "Tape Measure" to show the increments ( $\frac{1}{8}$ ,  $\frac{1}{4}$ ,  $\frac{1}{2}$ , 1).
- **Mini-Quiz:** Give students 3 "Quick Finds" (e.g., "Find  $5\frac{3}{8}$  inches and hold your finger there!").

### Measuring for an Apron

- Demonstrate the three key measurements needed for the project:
  - **A. Desired Length:** From center chest to mid-thigh/knee.
  - **B. Width:** Across the widest part of the torso (hips or waist).
  - **C. Neck Loop:** Measure a comfortable "drop" from the back of the neck to the chest.

### Activity: Partner Measuring Lab

- Students work in pairs to fill out their **Measurement Specification Sheet**.
- **Rule:** Measure twice, record once.
- *Teacher Tip:* Provide string for students to tie around their waist to find their natural "mid-point" for consistent measuring.

### Wrap-up & Reflection

- Exit Ticket: "Why is it better to have a measurement that is slightly too big rather than too small for a sewing project?" (Answer: You can always cut fabric away, but you can't easily add it back!).

## LIST OF MATERIALS

- **Fabric:** 2 yards (or meters) of a medium-weight woven fabric.
  - *Best options:* Cotton drill, canvas, denim, or heavy linen. (Avoid stretchy knits or very thin silks).
- **All-Purpose Thread:** 1 spool of matching polyester or heavy-duty cotton thread.
- **Drafting Paper:** 1 large sheet of brown paper
- **Fabric Shears:** High-quality, sharp scissors dedicated strictly to fabric.
- **Paper Scissors:** To cut out the paper pattern (never use fabric shears on paper!).
- **Tailor's Chalk or Fabric Pens:** For marking measurements and notches directly onto the cloth.
- **Seam Ripper:** Essential for the inevitable "learning curves" and fixing mistakes.
- **Straight Pins & Pincushion:** To hold the pattern to the fabric and pieces together.
- **Flexible Measuring Tape:** For taking body measurements.
- **Clear Sewing Ruler (or Yardstick):** For drafting straight lines and ensuring the grainline is accurate.
- **Iron & Ironing Board:** Crucial for "pressing as you go"—the secret to a professional-looking garment.



## SEWING ROOM SAFETY GUIDE

### Needle & Pin Safety

- **Use a Pincushion:** Never leave pins or needles loose on the table or stuck into the arms of chairs. Always return them to a pincushion or magnetic bowl immediately after use.
- **The "Mouth" Rule:** Never put pins or needles in your mouth. It is a major choking hazard and can lead to accidental ingestion.
- **Count Your Tools:** Briefly count your needles before you start and after you finish to ensure none have fallen into the carpet or fabric folds.
- **Discard Damaged Tools:** If a needle is bent, rusted, or dull, dispose of it safely in a hard-sided container (like an old pill bottle) rather than throwing it directly into the trash.

### Cutting Etiquette

- **Fabric Only:** Only use fabric shears on fabric. Cutting paper, tape, or wire with them will dull the blades instantly.
- **Pass with Care:** When handing scissors to someone else, pass them handle-first with the blades closed.
- **Cut Away:** Always cut away from your body and keep your free hand well clear of the blade's path.

### Workstation Management

- **Clear the Clutter:** Keep your immediate sewing area free of food, drinks, and unnecessary items to prevent staining your project.
- **Manage Thread Length:** Avoid using pieces of thread longer than your arm's length. Longer threads are more likely to tangle, knot, and cause frustration.
- **Proper Lighting:** Always sew in a well-lit area to prevent eye strain and ensure your stitches are accurate.
- **Posture Matters:** Sit in a chair that supports your back, and take a "stretch break" every 30 minutes to avoid neck and shoulder tension.

### Clean-Up Protocol

- **Thread Scraps:** Collect small thread "snips" and fabric scraps in a small bin rather than letting them fall to the floor.

# Classroom Activity Sheet: The Sewing Safety & Problem-Solving Challenge

This sheet is designed to help you identify common sewing room hazards and learn the professional solutions used by experts.

## Section 1: Safety & Tool Management

The Scenario	Immediate Action	The Professional Rule
<b>A. The "Lost" Needle:</b> You drop a needle and cannot see it on the floor. Other students are nearby.	<b>Freeze.</b> Ask everyone to stay still. Use a magnet or a flashlight flat against the floor to find the shadow.	<b>"If it's not in your hand, it's in the cushion."</b> Never leave needles on tables or stuck in clothes.
<b>B. The Shared Shears:</b> Your partner needs the scissors, so you toss them across the table.	<b>Retrieve and Inspect.</b> Check if the blades are nicked or if the "hinge" is loose from the impact.	<b>"Handle-First Hand-off."</b> Close the blades, hold the sharp end, and offer the handle to your partner.
<b>C. The "Paper" Cut:</b> You see a classmate about to use fabric shears to cut out a paper pattern or cardboard.	<b>Stop them immediately.</b> Provide a pair of designated "utility" or paper scissors.	<b>"Fabric is for Fabric."</b> Paper contains minerals that dull professional blades instantly.

## Section 2: Technique & Troubleshooting

The Scenario	Immediate Action	The Professional Rule
<b>D. The Long Thread Tangle:</b> You used a very long piece of thread to avoid re-threading, but now it's a knotty mess.	<b>Cut and Start Over.</b> It is better to re-thread than to pull a knot through your fabric and ruin it.	<b>"The Arm's Length Limit."</b> Thread should only be the length of your arm (approx. 18–24 inches).
<b>E. The "Fighting" Fabric:</b> The fabric is too thick. You are using the table to push the back of the needle through.	<b>Stop.</b> You are going to snap the needle. Get a <b>thimble</b> or a rubber needle puller.	<b>"Never Force the Needle."</b> Use a thimble to protect your fingers and a "rocking" motion for thick layers.
<b>F. The "Bird's Nest":</b> You finish your stitches only to find a giant mess of looped thread on the back of the fabric.	<b>Unpick the stitches.</b> Carefully use a seam ripper to remove the loops without cutting the fabric.	<b>"Check the Back Every Stitch."</b> Use your non-dominant hand to feel the underside of the work as you sew.