



**Catholic
Memorial**
HIGH SCHOOL

Year Long Course Plan

Department: Family and Consumer Education

Course: Clothing 1/Studio 880/881 8820883

Essential Learning Outcomes: After successfully completing this course, students will be able to:

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- 1) Exhibit safe practices in the use of the sewing machine, cutting tools & pressing tools.
- 2) Identify the parts of the basic sewing machine, how they function & its basic operation.
- 3) Take body measurements, analyze results & identify correct pattern size for self.
- 4) Prepare a woven & knit fabric for layout, layout the pattern, cut it out & mark construction symbols.
- 5) Construct 2 basic garments with woven & knit fabrics using correct techniques by reading & interpreting the written instruction sheets.
- 6) Choose colors that compliment their coloring and body shape.
- 7) Demonstrate the correct method of sewing on a button securely and hand hemming a garment.
- 8) Identify the origins of the art of patchwork and construct a basic quilted patchwork pillow.
- 9) Use basic sewing skills to construct a variety of projects for donation to charitable causes.
- 10) Identify the basic categories of fibers, fabric types and their care.

<i>Quarter 1</i>	<i>Quarter 2</i>
<p>Unit 1- Safety & Sewing Equipment (ELO 1)</p> <ul style="list-style-type: none"> • Identify safe & unsafe sewing practices • Identify and use sewing tools <p>ASSESSMENT: Written quiz</p> <p>Unit 2 – Knowing your Sewing Machine (ELO 2)</p> <ul style="list-style-type: none"> • Parts & Function of Machine • Operation & handling of machine • Demonstration of machine skills • Completion of Project 1: Catch-all Project • Technique: interpret basic written directions <p>ASSESSMENTS: Set of Stitching Exercise Sheets</p> <ul style="list-style-type: none"> • Individual demonstration of threading the machine • Sample seam • Written test : Parts/Function of Machine & sewing tools identification • Catch-all Bag Project • Studio: Fleece Headband <p>Unit 3- Beginner Clothing Project (ELO 3)</p> <ul style="list-style-type: none"> • Measurements & sizing • Determine correct pattern size • Basic alteration <p>ASSESSMENT: Personal pattern size confirmed</p>	<p>Unit 3-Beginner Clothing Project (ELO 4,5)</p> <ul style="list-style-type: none"> • Prepare woven fabric for layout • Layout pattern on fabric, pin • Cut out pattern pieces • Mark pattern pieces • Follow written instructions for construction of Project 2: boxer shorts, pj pants or capris • Techniques: elastic casing, seam finish on woven fabric <p>ASSESSMENT: Boxer shorts, pj pants or capris Project</p> <p>Unit 4 – Color & Clothing (ELO 6)</p> <ul style="list-style-type: none"> • Color Wheel • Personal color analysis to clothing <p>ASSESSMENT: Individual Color Palette & Season Booklet</p> <p>Unit 5: Secondary Sewing Project (ELO 4,5)</p> <ul style="list-style-type: none"> • Secondary Pattern Symbols • Knit fabric & stretch characteristics • Reinforcement of pattern layout, pinning, cutting & marking skills <p>ASSESSMENT: Individual demonstration of techniques</p>

Fleece Headband Project (Studio)	
<i>Quarter 3</i>	<i>Quarter 4</i>
<p>Unit 5 Secondary Sewing Project (conti,) (ELO 4&5)</p> <ul style="list-style-type: none"> • Construction of fleece jacket • Techniques: <ul style="list-style-type: none"> -Application of zipper -Trimming seams to reduce bulk <p>ASSESSMENT: Project 4 Polar Fleece Jacket</p> <p>Unit 6 Patchwork Pillow (ELO 7)</p> <ul style="list-style-type: none"> • History of patchwork • Cutting & piecing techniques • Basic quilting techniques • Studio: Completion of Norwegian Chicken Pin Cushion Project <p>ASSESSMENT: Project 5 Quilted Patchwork Pillow Studio: Norwegian Chicken Pin Cushion Project</p>	<p>Unit 7 Basic Mending: Hand sewing (ELO 8 & 10)</p> <ul style="list-style-type: none"> • Method of attaching a button • Method of hand sewing a hem • Basic textile information <p>ASSESSMENT: Samples of button attachment & hand sewn hem</p> <p>Unit 7B Studio: Spring Garment (ELO 5)</p> <ul style="list-style-type: none"> • Choose basic spring garment • Completion of basic spring garment <p>Assessment: Spring garment project</p> <p>Unit 8 Project for Donation (ELO 9)</p> <ul style="list-style-type: none"> • Read & interpret instruction sheet for project • Demonstrate basic preparation & construction techniques <p>ASSESSMENT: Semester Exam Project</p>