|  |
| --- |
| **Part 2** – **session planner** |
| **Course** | Adult Sewing |
| **Teacher** | Sasha Hodge |
| **Session dates** | **WHAT to learn** | **HOW to learn** | **Review and changes** |
|  | Include employability, numeracy and literacy skills. Indicate acknowledgement activities |
|  | What will your learners know and be able to do? | How will you deliver, judge progress and evaluate? | How is it going? What adjustments are needed? |
| **1** | 23/04/2021 | Complete beginners will learn the basics of how to set up and use a sewing machine, the difference between knit and woven, and the importance of grainlines in fabric. They will also learn practical techniques to cutting fabric accurately. | 1. Explanation of sewing machine parts and basic machine care.
2. Practice sewing straight lines on paper.
3. Tutorial on threading machine.
4. Practice sewing straight lines, backstitching, pivoting corners, rounded lines and zig zag edges
5. Explanation of different fabrics and their uses
6. Tutorial on grainlines and selvedge
7. Choose appropriate fabric and trace tote bag pattern onto it.
8. Tutorial on cutting straight and accurate lines.
9. Cut pieces for tote bag.
 |       |
| **2** | 30/04/2021 | * Practice to help memorisation of threading machine.
* How and why of pressing seams.
* Practical pressing technique.
* Understanding seam allowance.
* How and why to topstitch.
 | 1. Review on threading machine.
2. Explanation of seam allowance
3. Sew side seams of bag
4. Tutorial on ironing seams
5. Press seams open.
6. Sew bag base across.
7. Sew straps together, pull inside out using bodkin tool
8. Roll straps between fingers to push seams out and press.
9. Topstitch straps.
 |       |
| **3** | 7/05/2021 | * Practice to help memorisation of threading machine.
* How to use unpicker tool
* How a basic lining works
* Practical experience using pivoting technique
 | 1. Review on threading machine.
2. Pin straps in place and stay stitch.
3. Attach lining to outer of bag
4. Unpick section of lining to pull through
5. Topstitch lining opening and top of bag.
6. Topstitch crossed through squares to secure straps.
 |       |
| **4** | 14/05/2021 | * Practice to help memorisation of threading machine.
* How to use a zipper foot and simplest method of sewing a zip.
 | 1. Review on threading machine.
2. Tutorial on changing machine foot and how to use zipper foot.
3. Zig zag raw edges of pencil case pieces
4. Sew zipper onto pencil case pieces then topstitch
5. Sew pencil case seams
6. Press seams open.
 |       |
| **5** | 21/05/2021 | * Practice to help memorisation of threading machine.
* How to take accurate measurements.
* How to use measurements to choose between standard sizing.
* How to accurately trace patterns
* Basic understanding of pattern markings
 | 1. Review of pencilcase, what worked well, what didn’t, what could be done differently
2. Review on threading machine.
3. Start skirt (or dress) with darts and zip.
4. Measure self and compare to pattern size chart to choose size.
5. Trace master pattern using ruler.
6. Explanation of pattern markings
7. Cut paper pattern pieces.
 |       |
| **6** | 28/05/2021 | * Understanding of how to find the grainline, wrong and right side of fabric.
* Practical understanding of cutting and pinning techniques.
* Importance of keeping pattern pieces flat to ensure accuracy.
* How and why to use fusing.
 | 1. Revision on grainlines.
2. Tutorial on transferring pattern markings and pinning pattern to fabric
3. Pin pattern to fabric.
4. Tutorial on cutting neat and accurate lines around a pattern.
5. Cutting out fabric pieces.
6. Fuse waistband
 |       |
| **7** | 04/06/2021 | * Practice to help memorisation of threading machine.
* Understanding how to thread bobbin and importance of bobbin tension
* How to sew a dart and purpose of darts in a skirt.
* Different methods of edge finishing.
* How, when and why to use an overlocker.
 | 1. Revision on threading machine
2. Tutorial on winding bobbin thread.
3. Finishing raw edges – pinking shears, zig zag or overlocker.
4. Tutorial on sewing darts.
5. Practice and sew darts.
6. Press darts towards side seams.
 |       |
| **8** | 11/06/2021 | * How to insert a inset pocket.
* How to edgestitch.
* Purpose of edgestitching to secure interior fabric to inside.
 | 1. Sew openings of inset pockets, press and edgestitch.
2. Sew pocket bags together.
3. Sew a holding stitch at top of pocket bag to waist.
4. Pin pocket bags into side seams and sew together.
5. Sew side seams and press open
 |       |
| **9** | 18/06/2021 | * How to insert a centred channel zip.
* How to attach a waistband
* How and why you need to trim bulk in corners
* How to stitch in the ditch
 | 1. Insert zip
2. Attach waistband.
3. Trim corners, fold and press waistband.
4. Tutorial on ditch stitching.
5. Ditch stitch waistband down.
 |       |
| **10** | 25/06/2021 | * How to sew a curved hem
* How to sew a buttonhole
* How to hand sew a shank style button and why this is more secure.
 | 1. Tutorial on sewing a curved hem using a long stitch length.
2. Sew hem and press.
3. Tutorial on buttonholes.
4. Practice and sew buttonhole.
5. Tutorial on marking position and shanking hand sewn button.
6. Sew button on.
7. Try on and review
8. Discuss and decide on next project and appropriate fabric
 |       |
| **11** |  |       |       |       |
| **12** |  |       |       |       |