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| **Skills** | **Degree of difficulty****Easy ✯** | **Degree of difficulty****Moderate ✯✯** | **Degree of difficulty****Advanced ✯✯✯** | **Degree of difficulty****Expert ✯✯✯✯** |
| **Sewing Tools****Identify & Use** | * Scissors/Shears/ Pinking shears
* Pin and Pincushion
* Proper pinning technique
* Marking tools (chalk, marking pencil, Tracing paper and wheel)
* Measuring tools: ruler, tape measure, seam gauge etc.
* Seam ripper
* Pressing cloth
* Pattern weights
 | * Rotary cutter and mat
* Specialized rulers
* Correct pins for fabric types
* Pressing ham, sleeve roll
* Point press
 |  |  |
| **Hand sewing skills** | * Thread a hand sewing needle
* Tie a knot
* Use a basting stitch
* Use an overhand/whip stitch
* Use a running stitch
* Use a backstitch
* Top stitch
* Replace buttons
* Repair seams
* Hem by hand
 | * Straight stitch
* Stem stitch
* Satin stitch
* Wrapped or woven running stitch
* Wrapped or woven back stitch.
* Use blanket stitch
 | * French knot
* Chain stitch
* Split stitch
* Couching stitch
* Pekinese stitch
 | * Feather stitch
* Detached chain stitch
* Fly stitch
* Woven wheel stitch
* Bouillon knot
 |
| **Decorative elements**  | * Applique
* Machine decorative stitching
* Button décor
* Apply trim
* Ruffles/Gathered trim
* Smocking
 | * Rickrack trim
* Lace trim
* Fringe
* Inserts
* Pleats: knife, box, inverted box, tuxedo
* Pintucks/Cross tucks
* Reverse applique/cutouts
* Webbing
* D-ring
 | * Quilting
* Binding
* Patchwork
* Colour blocking
* Piping
* Homemade pompoms
* Twisted/wave tucks
* Grommets
 | * Shirt or pant yokes
* Rouching using elastic thread (shirring)
* Smocking
 |
| **Sewing Machine** | * Name the parts of the machine
* Thread the machine
* Fill and insert bobbin
* Change machine needle
* Control machine speed
* Control fabric while using sewing machine
* Change the length of straight stitch
* Change the length and width of zig-zag stitch
* Use correct seam allowance when sewing
* Pivot
* Use a zipper foot
 | * Know the proper use of straight stitch, basting stitch, zigzag and serger
* Recognize balanced tension
* Adjust upper tension
* Adjust lower tension
* Use special/decorative stitches on machine
* Use buttonhole foot
* Choose correct machine needle for fabric
 | * Use an invisible zipper foot
* Guided machine quilting (feed dogs engaged)
* Machine Embroidery
* Use twin needle
 | * Free motion quilting (with feed dogs lowered)
 |
| **Serger**  | * Use serger to sew straight seam
* Use serger to finish seam
* Knot & clip serger seam
* Use seam sealant to finish end of seam
* Use thread back through stitching to finish end of seam
* Recognize balanced tension
 | * Use serger to sew curved seam
* Adjust tension
* Adjust stitch length& width
* Use rolled hem
 | * Use serger to sew inside corner
* Change needles
* Use serger for gathering
 | * Specialty stitches using serger.
 |
| **Textiles** | * Difference between knit and woven fabric
* Lengthwise grain
* Crosswise grain
* Bias
* Selvage
* Matching thread for project
* Sew with cotton, polyester, rayon, single knit, double knit, canvas, broadcloth, duck, flannel, poplin
 | * Understand fiber to yarn relationship
* Suitable fabric choice for patterns
* Identify notions and trims needed for specific fabrics
* Use decorative threads on machine
* Sew with linen, quilted fabric, coated fabric, pre-pleated fabric
 | * Understand fiber contents and characteristics
* Sew with chiffon, nylon, silk, ripstop,
* Sew with nap: terry cloth, velvet, velour, corduroy, suede, wool, fleece, vinyl, seersucker, lace
 | * Sew with specialty hair fibers (fur, faux fur)
* Sew with satin, spandex, swimwear, taffeta, leather, faux leather, chenille, crepe, charmeuse, beaded fabric, metallic, faille, georgette, lame,
* Incorporate wearable tech (LED lights etc)
 |
| **Patterns** | * Select appropriate fabric for pattern
* Lay out pattern
* Cut out pattern
* Take body measurement
* Pin and cut out garment
* Follow pattern guide with assistance
 | * Make minor pattern adjustments
* Use pattern pieces and markings
* Determine pattern size & type
* Compare body measurements to pattern measurements
* Lay out pattern on fabric using pattern guide
* Transfer pattern markings to fabric using chalk, marking pens, tracing wheel and carbon paper etc.
* Use a multi-sized pattern
 | * Follow pattern guide with only occasional help from teacher
* Fit a pattern by making adjustments.
* Lay out pattern “with nap”
* Use master pattern
* Add seam allowances to pattern
 | * Follow pattern guide with no help from teacher
* Know ease requirements
* Combine different patterns into one garment
* Draft pattern from pattern block
 |
| **Construction** | * Clip/notch curved seams
* Make gathers and ruffles
* Tape stretch seams for stability (or use stay stitch)
* Reduce bulk in seams
 | * Staystitch with grain of fabric
* Use fusible interfacing
* Use non-fusible interfacing
* Use knit interfacing
* Stitch darts
* Press darts
* Dart in heavy fabric (cut to reduce bulk)
 | * Trim and grade a seam
* Apply facings
* Stitch curved darts
* Stitch two ended dart
 | * Use self-made bias tape
 |
| **Neck line** | * Rounded neckline
	+ Ribbed
	+ Turned and stitched neck
* -Faced
 | * V neckline
* -faced
* -ribbing
* Round neckline
	+ Bias bound
* Mock turtleneck
* Cowl
* Hood
 | * Square neckline
* -mitered corners
* Keyhole neckline
* Shawl
* Peter pan collar
* Square neckline
	+ Faced
* Halter
* Strapless
 | * Collared neckline
* Tie neckline
* Stand up mandarin collar
* Sailor collar
* Scalloped
* Asymmetric
* Off the shoulder
* Illusion neckline
 |
| **Seams and finishes** | * Sew a straight seam
* Sew a square corner
* Sew a curved seam
* Backstitch at end of seams
* Sew an edgestitch finish on seam
* Topstitch
* Sew a zigzag finish on seams
* Sew knit seams
* Trim seams
* Stay stitching
* Serger finish seams
 | * Make gathers and ruffles
* Use a French seam
* Use a stretch stitch
* Use a clean finish seam (turn under and stitch)
* Pinked seam finish
* Reinforced seams
 | * Use a mock-felled seam
* Use a Hong Kong seam
* Under stitch
* Stitch in the ditch
 | * Use a bound seam (bias tape)
* Use a flat felled seam
 |
| **Fasteners** | * Buttons and Buttonhole
* Apply Velcro (hook & loop tape)
 | * Eyelet/Grommet
* Snaps
* Magnetic snaps
* Thread loops
 | * Self-fabric loops for buttons
* Snap tape
 |  |
| **Zippers** | * Centered zipper
 | * Apply lapped zipper
* Exposed zipper with facing
* Separating zipper
 | * Apply fly zipper
 | * Zipper in pocket
* Invisible zipper
 |
| **Sleeves** | * Kimono sleeve
* Raglan sleeve
 | * Drop sleeve
* Set in sleeve
 | * Ruffle sleeve
* Gathered sleeve
* Cap Sleeve
* Bias bound armhole
* Faced armhole
 | * Cuff
* Placket
* Puffed sleeve
* Bishop sleeve
 |
| **Pockets** | * Patch pockets, curved or square
* Inseam pockets
 | * Mitered corners
* Pocket flaps
* Kangaroo pockets
 | * Slash pocket
 | * Welt pocket
* Zippered pocket
 |
| **Waistlines** | * Elastic
* Elastic casing
* Drawstring
 | * Faced waistband
* Pleated waist
* Gathered waist
 | * Contoured waistband
* Eased waistline
 | * Straight or shaped yoke
 |
| **Hems** | * Ribbing used at hemline
* Slip stitch by hand
* Narrow, rolled hem
* Serger finished hem
* Turned and stitched hem
 | * Circular hem
* Catch stitch by hand
* Fused hem
 | * Faced hem
* Bound hem
* Bias hem
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