|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 |  |