



**Matthew Halton High School**  
**Ready, Set, Sew!**  
**Course Outline**  
**Fall 2019**  
**Instructor: B. Whitford**

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### ***General Information***

- Ready, Set, Sew!
- FAS1030 – Sewing Fundamentals
  - 1 Credit
- Instructor – B. Whitford
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### ***Course Description***

- In this course, students will explore the question “Sew what?” as they discover both the practical and creative benefits that a knowledge of sewing can provide.
- The outcomes for this course include safe use and care for sewing and pressing equipment, and application of these skills during project assembly. Students will be asked to use sewing machines, sergers, pressing and cutting equipment, as well as other sewing notions and tools to assemble various projects.
- This course is a prerequisite for most other related fashion studies modules. High school students who complete this course, are able to continue with further courses in the fashion studies cluster (such as creating home décor, quilting, sewing clothing, creative costuming, recycle and restore, specialty fabrics, etc.).
- Course Fee: \$25 per student

### ***Projects/Course Evaluation***

- Knowledge Outcomes – 50%
- Skill Outcomes – 45%
- Other Outcomes – 5%

### ***Safety***

- During the course, students will be using a variety of machines and equipment that have the potential to cause injury. Your safety is extremely important; therefore, we will complete a series of activities concerning safety before students will be allowed to work in the sewing lab. We encourage you to value correct and safe use of all technology and equipment in the sewing lab for the health and well-being of all students.

## Knowledge Outcomes:

- **1. identify and demonstrate appropriate use of sewing equipment**
  - 1.1 identify and explain the main parts of the sewing machine and serger
  - 1.2 demonstrate correct threading and basic sewing techniques
- **2. identify and demonstrate use and care of pressing equipment**
  - 2.1 explain the differences between pressing and ironing
  - 2.2 describe the importance of pressing as you sew
  - 2.3 identify the different pressing equipment
  - 2.4 demonstrate correct pressing techniques using pressing aids
- **3. identify and demonstrate use and care of cutting tools and sewing notions**
  - 3.1 demonstrate correct cutting techniques using a variety of cutting tools
  - 3.2 demonstrate appropriate use of sewing notions
- **4. identify and define terminology related to the construction of fabric**
  - 4.1 identify the classifications of fibres, including:
    - 4.1.1 natural
    - 4.1.2 manufactured
  - 4.2 explain the differences among woven, nonwoven and knit fabrics
- **5. identify international care symbols**
  - 5.1 identify the care of fabrics
  - 5.2 give examples of the information on care labels



## Skill Outcomes:

- **6. demonstrate techniques as they relate to the project**
  - 6.1 prepare fabric
  - 6.2 pin and cut accurately
  - 6.3 transfer markings
  - 6.4 sew a balanced stitched seam, demonstrating:
    - 6.4.1 appropriate stitch length
    - 6.4.2 even seam allowance
    - 6.4.3 an appropriate seam finish
  - 6.5 complete the project using appropriate techniques
- **7. apply basic construction skills at an appropriate level in assembling a project**
  - 7.1 demonstrate management skills
  - 7.2 use resources appropriately
  - 7.3 demonstrate the use of three construction techniques at the introductory level or higher
- **8. demonstrate safe and proficient use of sewing equipment, pressing equipment, cutting tools and sewing notions**

## Other Outcomes:

- **9. identify copyright restrictions and permissions and put them into practice**
- **10. demonstrate basic competencies**
  - 10.1 demonstrate fundamental skills to:
    - 10.1.1 communicate
    - 10.1.2 manage information
    - 10.1.3 use numbers
    - 10.1.4 think and solve problems
  - 10.2 demonstrate personal management skills to:
    - 10.2.1 demonstrate positive attitudes and behaviors
    - 10.2.2 be responsible
    - 10.2.3 be adaptable
    - 10.2.4 learn continuously
    - 10.2.5 work safely
  - 10.3 demonstrate teamwork skills to:
    - 10.3.1 work with others
    - 10.3.2 participate in projects and tasks
- **11. make personal connections to the cluster content and processes to inform possible pathway choices**
  - 11.1 complete/update a personal inventory; e.g., interests, values, beliefs, resources, prior learning and experiences
  - 11.2 create a connection between a personal inventory and occupational choices