

SANGRAM

Institute Of Skill Development Center

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TECHNOLOGY AND LIVELIHOOD EDUCATION

CURRICULUM GUIDE

Exploratory Course on

DRESSMAKING / TAILORING

HOME ECONOMICS – DRESSMAKING / TAILORING (Exploratory)

Curriculum Guide for the Exploratory Course on DRESSMAKING /TAILORING

For you to get a complete picture of the complete TLE exploratory course on Dressmaking / Tailoring, you are hereby provided with the Curriculum Guide on Dressmaking / Tailoring.

Content Standard	Performance Standard	Learning Competencies	Project / Activities	Assessment	Duration
LESSON 1: USE OF SEWING TOOLS					
Demonstrate understanding of/on: 1. Sewing tools and equipment and their functions 2. Classifying the types of sewing machines and their uses	1. Sewing tools and equipment are identified 2. Types of sewing machines are classified and their uses are identified	LO1. Identify sewing tools and equipment and their uses	1. Producing a sewing kit and compiling the tools and supplies properly 2. Students will visit 2 or more dress/tailoring shop and analyze and classify the different sewing tools	<ul style="list-style-type: none"> • Written Test • Performance test 	3 hours
LESSON 2: CARRY OUT MEASUREMENTS AND CALCULATIONS					
Demonstrate understanding of/on: 1. Body measurements in ladies and men's apparel	1. Parts of the body are measured 2. Appropriate measuring tools are selected for job. 3. Reading of measurements is	LO1. Obtain measurements	1. Using a tape measure, get the length and width of a cloth to be used in making a table	<ul style="list-style-type: none"> • Written examination • Demonstration 	4 hours

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	practiced with accuracy. 4. Accurate measurements are obtained.		napkin 2. Taking body measurement needed for ladies/ men's apparel		
1. Metric conversion chart	1. English and Metric systems of measurement are identified and applied. 2. Simple calculations are performed based on the job requirement. 3. Reading of measurements is practiced with accuracy.	LO2. Perform simple calculations.	1. Students will take and record body measurements of client, gathered measurements will be converted to centimeters	<ul style="list-style-type: none"> • Written examination • Performance test 	4 hours
1. Estimate appropriate quantities	1. Reading of measurement is practiced with accuracy 2. The fundamentals of arithmetic operations are practiced with accuracy 3. Cost of project materials are estimated based on current price	LO3. Estimate appropriate quantities	1. Calculating materials needed in a certain suggested project	<ul style="list-style-type: none"> • Written examination • Performance test 	2 hours
LESSON 3: CREATE DESIGN FOR A SIMPLE PROJECT					
Demonstrate understanding of/on: 1. Principles of design 2. Color theory	1. Design for a simple project is sketched applying the principles of design and applying the color harmonies.	LO1. Sketch simple project design	1. Sketching a design for a pocket sewing tools organizer with different types of patch pockets.	<ul style="list-style-type: none"> • Written Examination • Performance test 	4 hours

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1. Basic hand stitches	1. Project produced in accordance to the specifications of designs	LO2. Produce simple project	<ol style="list-style-type: none"> 1. Creating patch pockets 2. Making a pocket sewing tools organizer with different types of patch pockets and labeled with basic hand stitches. 3. Sew an apron with creative patchwork 	<ul style="list-style-type: none"> • Demonstration • Written Examination 	6 hours
LESSON 4: PERFORM BASIC MAINTENANCE					
Demonstrate understanding of/on: <ol style="list-style-type: none"> 1. Machine operation <ul style="list-style-type: none"> • Lower and upper threading of sewing machine • Common sewing machine troubles and its remedies • Quality of stitches and tensions 2. Sewing machine and its troubles and remedies 	<ol style="list-style-type: none"> 1. Proper handling of machine is observed. 2. Correct procedures in machine operation are identified. 3. Common machine troubles are resolved. 	LO1. Operate machine and assess its performance	<ol style="list-style-type: none"> 1. Making sample runs (straight and circular lines) 2. Assess a sewing machine 	<ul style="list-style-type: none"> • Written examination • Performance test 	5hours
1. Care of Sewing Machine	<ol style="list-style-type: none"> 1. Regular cleaning of machine is observed 2. Safety procedures in machine cleaning are followed. 3. Regular maintenance 	LO2. Clean and lubricate machine	<ol style="list-style-type: none"> 1. Cleaning and lubricating sewing machines and other tools like pair of scissors, 	<ul style="list-style-type: none"> • Written examination • Observation 	5hours

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	schedules are observed and recorded.		shears and others.		
LESSON 5: PRACTICE OCCUPATIONAL SAFETY AND HEALTH					
Demonstrate understanding of: 1. Hazards and risks identification and control	1. Workplace hazards and risks are identified and clearly explained.	LO1. Identify and evaluate hazards and risks	1. Poster making on hazards and risks	<ul style="list-style-type: none"> • Situation analysis • Practical examination • Written examination 	1 hours
1. Organizational safety and health protocol 2. Contingency measures and procedures	1. Occupational Health and Safety (OHS) procedures for controlling hazards and risk are strictly followed.	LO2. Control hazards and risks	1. Conduct an interview in school or in the community who has a specific responsibility for safety	<ul style="list-style-type: none"> • Written examination 	2hours
					40 hours

“By three methods we may learn wisdom: First, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is the bitterest.”

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