

FORM 3

25 weeks (4 lessons per week)

Module	Form 3	Unit No.	Description of Topic	Resources	Number of lessons	Comments
1	Aids to Sewing				Double lessons	
		1.1	The appropriate selection and care of sewing tools and equipment required for sewing.			
		1.1.1	Needlework box (small equipment)			
		1.1.2	Needlework room (large equipment)			
		1.1.3	Selection of different threads available on the market.		1	
		1.1.4	Safety with particular reference to the sewing machine and the iron.			
		1.2	The proper use of the sewing machine and the iron.		1	
		1.2.1	Historical background			
		1.2.2	Different kinds of sewing machines			
		1.2.3	Correct threading			
		1.2.4	Straight stitch, reverse, zig-zag, overlock, turning a corner.		1	
		1.2.5	Different parts of the sewing machine			
		1.2.6	Attachments: zipper foot and buttonhole foot.			
		1.2.7	Choice of needles and thread for different fabrics.		1	
		1.2.8	Common faults and remedies - thread breaking, needle breaking and incorrect tension (looped or skipped stitches).			
		1.2.9	Care of the sewing machine.		1	
		1.2.10	Different types of irons, ironing equipment, care and use.		$\frac{1}{2}$	
		1.3	Temporary Stitches: long and short, even, tailor's and diagonal tacking. (To include samples in portfolio)		1	
		1.3.1	Permanent Stitches: Joining: machining, back stitch, running stitch. Neatening Stitches: zig-zag and overlock. Decorative Stitches: embroidery stitches.		$\frac{1}{2}$	

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2	Textiles					
		2.1	Investigating textiles			
		2.1.1	What are textiles and what are they used for?		1	
		2.1.2	Textiles in the home			
		2.1.3	Textiles outside the home			
		2.1.4	Textiles for clothes			
		2.1.5	Choosing what to wear for different people:Children, teenagers, adults,the elderly and people with special needs.Choosing what to wear for different activities throughout the day.			
		2.1.6	Clothes for different occasions and occupations			
		2.1.7	Reasons for wearing clothes: Human needs.Comfort, protection,appearance, aesthetics & material factor(identity and status)			
		2.2.1	The structure, properties and behaviour of fibre, yarn and fabric.		2	
		2.2.2	Properties: Absorption, crease resistance, fire resistance, shrinkage, sunlight resistance.			
		2.2.3	Simple tests on fabrics:Water absorption (beaker and hoop methods), crease recovery, flammability and resistance to light and shrinkage.			
		2.2.4	Identification of the right and wrong side of fabric, straight grain, warp, weft, selvedge, bias, strength and stretch.			1/2

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		2.2.5	The main stages from Fibre to Fabrics / filament and staple fibres		1	
		2.2.6	Basic classification of different fabrics : Natural, man-made and synthetics			
		2.2.7	Source of the natural fibres: Wool, cotton, linen,silk.		1	
		2.2.8	Name and identify through diagrams the different methods of fabric construction: weaving, knitting, bonding, felting,macrame, lacemaking and crochet.		2	
		2.2.9	Knowledge and understanding of basic construction methods: plain weave, basket weave, twill weave, satin weave, warp knitting and weft knitting.			
		2.2.10	The relationship of fabric construction to fabric properties and fitness for purpose. The properties affecting strenght, resistance to abrasion, stretch and recovery, comfort, appearance, handle and drape of fabrics constructed by these methods.		1	
		2.2.11	Naming, identification (including samples in file) and use of : calico, gingham, denim, flannelette, towelling, linen, nylon, viscose, lycra, felt, velvet corduroy, acrylic, fur, satin and tweed.		½	
		2.2.12	Fabric and Yarn finishes. (Including Trade Names) mercerizing (yarn), flame retardent, crease resistance, shrink resistance, stain resistance, water proofing, moth proofing, anti pilling, anti static, crease holding, trubenzizing, calendering, beetling and brushing.		2	
		2.2.13	Care label symbols in detail: washtub, bleaching triangle, drying square, dry cleaning circle and ironing.		½	

Module	Form 3	Unit No.	Description of Topic	Resources	Number of lessons	Comments
		3.1	Fashion			
		3.1.1	Fashion:Eight and a half heads.Drawing fashion to given themes such as -at the seaside,ancient Egypt etc. Fashion designers (naming three), brand names,street wear and other words pertaining to fashion, such as fashionable, trendy, fashion collection, cat walks, Haute Couture, fashion houses and mood boards.Create one mood board.			
		3.1.2	Personal image - figure types - showing and concealing figure features.		2	
4	Creative Design and Work					
		4.1	Fabric colouring and embellishment			
		4.1.2	The colour wheel			
			Primary and Secondary Colours, tones and shades, colour association and teaming colours.		1	
		4.1.3	Dyeing Fabrics using natural (beetroot, tea, nuts etc.) and synthetic dyes (hot and cold water dyes, fabric markers, crayons, acrylic and paste paints)			
		4.1.4	Samples:Tie and dye and Batik.		2	
		4.1.5	Fabric Printing and Stenciling		1	
		4.1.6	Making a simple item using one method of colouring fabric.		1	
		4.1.7	Fabric embellishment to enhance the item using hand embroidery.		2	

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5	The role of the consumer					
		5.1	Who is the consumer?		1	
		5.1.2	How to be an informed consumer.			
		5.1.3	Mail order, shops, boutiques, chain stores and online shopping.			
		5.1.3	Basic rights and obligations regarding the purchase of equipment, clothing and accessories.			
6	The construction of a garment.					
		6.1	Use of commercial pattern envelopes and pattern magazines.		1	
		6.1.2	The making of a simple skirt or trousers. The design brief approach is to be followed.			
		6.1.3	Choice of style and appropriate material, estimation of material, laying and pinning of pattern pieces on to fabric, methods of transferring pattern markings (burda and pattern envelope), steps to follow to assemble a garment and sewing processes involved (skirt and trousers).		8	

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7	Portfolio					
		7.1	Samples of the following:			
		7.1.2	Temporary Stitches: long and short, even, tailor's and diagonal tacking.		1	
		7.1.3	Permanent Stitches: Joining: machining, back stitch, running stitch. Neatening Stitches: zig-zag and overlock. Decorative Stitches: embroidery stitches.		½	
		7.1.4	Tie and dye (Natural and syntechic dyes)			
		7.1.5	Seams -Open (neatened with zig-zag, overlock, three step zig-zag, pinked and machine edged. French seam, Double stitched and lapped seams.		3	
		7.1.6	Methods of disposing of fullness- gathers, darts, pleats (knife, box and inverted), tucks, shirring elastic and casing, (at least four of these).		3	
		7.1.7	Edge finishes - to include different hem finishes such as herringbone stitch for wool or thick fabric, hemming, slip hemming and turned and machine stitched hem.		1	
		7.1.8	Pockets - hip yoke, patch (square and round) and in-seam.		4	
		7.1.9	4 Fashion Drawings (Trouser and skirt outfits)			
		7.1.10	1 Mood Board			

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			Titles of useful books / URLs			
			Title of book	Author/s		
			All about fabrics	Holland, Stephanie K.		
			Textiles Technology to GCSE	Down, Jane		
			Design and Technology Textiles Foundation course	Chapman, E., Janet Inglis & Sue Plews.		
			Skills in Textiles Technology	Sinclair, Rose		
			Home Economics in Action: Textiles	Carter, Christine & Crabtree		
			Skills in Home Economics:Textiles	Ridgwell, Jenny & Louise Davies		
			Testing fabric properties in-service 1999	Grech, Carmen		
			www.simplicity.com	Internet		
			http://www.dolceta.eu/	Internet		
			www.inaminuteago.com	Internet		
			www.fashion-era.com			