

CREATIVE FASHION & TEXTILES

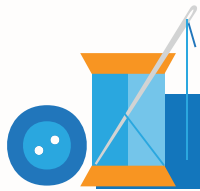
ELECTIVE



MAURITIUS INSTITUTE OF EDUCATION under the aegis of



MINISTRY OF EDUCATION AND HUMAN RESOURCE



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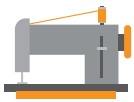
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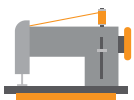
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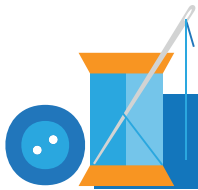
ELECTIVE



Lesson 6: Basic hand sewing stitches



Four class periods (35 minutes each)



BASIC HAND SEWING STITCHES

Competency 2.3:

- Work basic hand sewing stitching techniques

Purpose of activity:

- The purpose of this activity is to equip students with fundamental hand sewing skills that are important to make simple textile items.

Learning outcomes:

By the end of the lesson, students should be able to:

1. Identify the basic temporary and permanent hand sewing stitches used in the making of textile items.
2. State the main use of tacking, running and backstitches.
3. Sew neat and regular tacking, running, and backstitches.

Teaching trajectories/Implementation guidelines



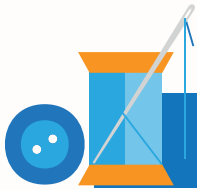
Activity 1: Pin, mark, thread.

Materials needed:

- sewing needle
- dressmakers' pins
- cotton perlé embroidery thread (any colour)
- a ruler, tailor's chalk
- a pair of trimming scissors
- two samples of calico fabric (20cm x 20cm) in lesson 5.

Instructions:

- Educators need to introduce the following basic hand sewing stitches: namely tacking, running and backstitches (visual aids can be used to illustrate each stitch).



BASIC HAND SEWING STITCHES



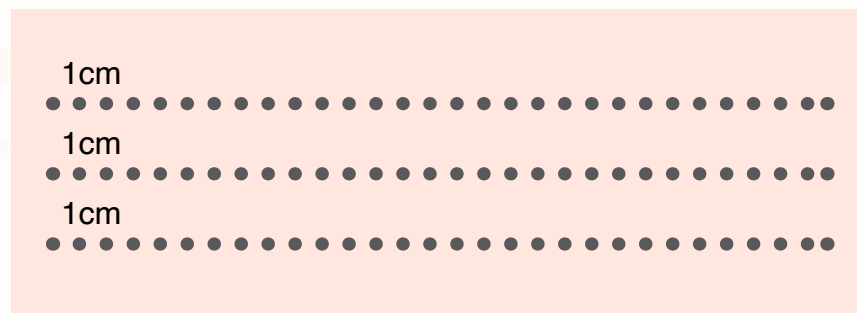
Note to Educator

Educators need to mention the following:

- **Tacking** is a temporary stitch. It is used to hold two pieces of fabrics together before sewing. It is removed once sewing is done.
- **Running stitches** resemble tacking stitches but shorter. They can also be used as decorative stitches on textile items such as cushions, bags or pencil cases.
- **Backstitches** are permanent stitches. They resemble sewing machine stitches. They are strong and can be used to sew seams securely.

- Educators will carry out a step-by-step demonstration as follows:

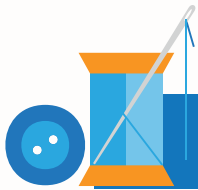
1. Pin both samples of calico fabrics together.
2. Use a ruler and tailor's chalk to draw three evenly spaced lines across the fabric. These lines will be the guidelines for working the three sewing stitches. Educators can also instruct the students to mark evenly 1 cm small dots along the guidelines to help them for stitching.



3. Guide students to choose the appropriate needle and single thread it with cotton perlé embroidery thread (length of thread: 50 -60 cm).



Safety: Educators should supervise students during the activity.



BASIC HAND SEWING STITCHES



Activity 2: Work out the stitches

Materials needed:

- Worksheet 1
- single threaded needle (of contrasting colour)
- dressmaker's pins
- a pair of trimming scissors
- sample of calico fabrics prepared from Activity 1
- a dressmaker's pen.

Instructions:

- Educators need to carry out a step-by-step demonstration to show how to work the following basic hand sewing stitches on the sample of calico fabric:
 1. Tacking stitch
 2. Running stitch
 3. Backstitch
- Educators may use the step-by-step procedures given below to conduct their demonstration.

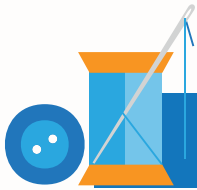
Safety: Educators should supervise students as they work out the stitches on their respective samples.

- At the end of the activity, provide each student with worksheet 1. Educators should instruct students to pin their respective sample on the worksheet. Student will label each basic hand sewing stitch on the fabric sample, using a fabric pen.



Note to Educator

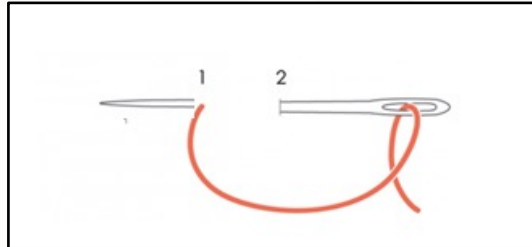
Start and finish all stitches by working a double backstitch



BASIC HAND SEWING STITCHES

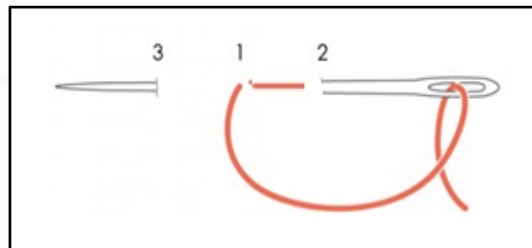


How to work a double backstitch?



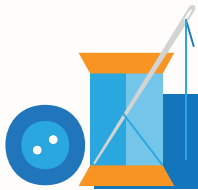
Step 1:

Begin the backstitch by inserting the single threaded needle from the back of the fabric and pulling it out at **point 1**. Then, insert the needle at **point 2** and pull it out at **point 1** again as illustrated in the picture.



Step 2:

Next, insert the needle in the fabric at **point 2** once more and remove it at point 3 (approx. 0.5cm away) as shown in the picture, thus forming a **double backstitch**.



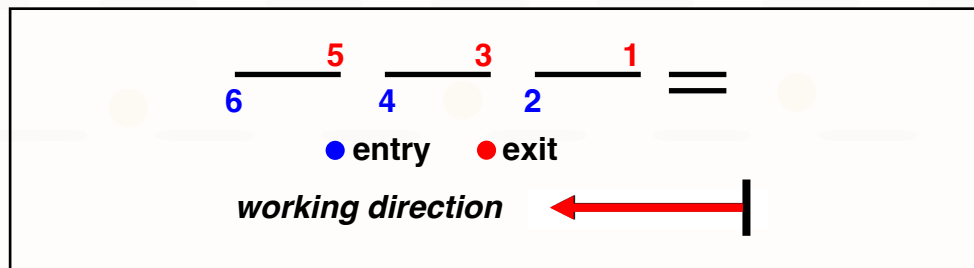
BASIC HAND SEWING STITCHES



How to work tacking stitches?

Step 1:

Using a single threaded needle, start with a double backstitch first.



Step 2:

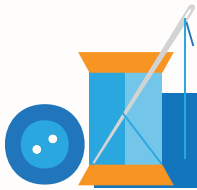
Then, begin a tacking stitch by inserting the needle in the fabric at **point 1** and taking it out at **point 2** as illustrated in the picture.

Step 3:

Repeat the steps until the end of the fabric by making regular stitches of about 1 cm along the marked line.

Step 4:

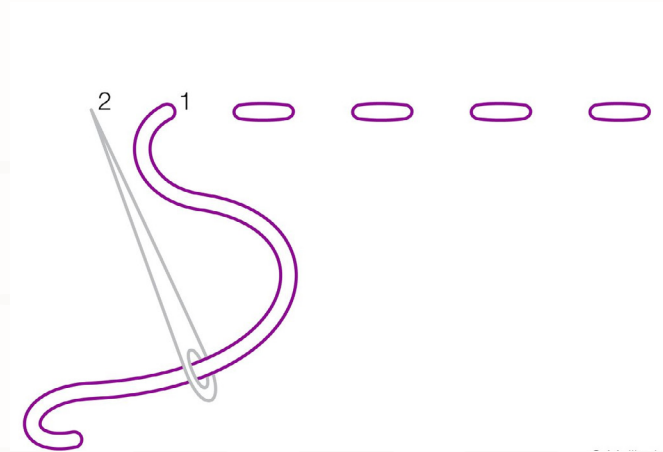
Finish with a double backstitch.



BASIC HAND SEWING STITCHES



How to work running stitches?



Step 1:

Using a single threaded needle, start with a double backstitch.

Step 2:

Then, begin the running stitch by inserting the needle in the fabric (like working tacking stitches)

Step 3:

Make regular small running stitches (0.5cm long) by inserting the threaded needle in and out of the fabric along the marked line.

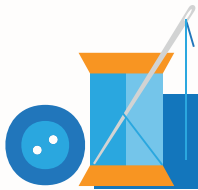
Step 4:

Finish with a double backstitch.



Note to Educator

Note to Educator- Sewing trail exercises are included in students' worksheets (Activity 3) to guide them for further practice. Guide them to transfer the trails using dressmaker's carbon paper or draw with fabric pen/ tailor's chalk on their fabric sample. They can use different colours of thread to practise.



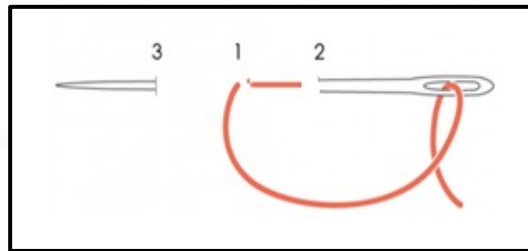
BASIC HAND SEWING STITCHES



How to work backstitches?

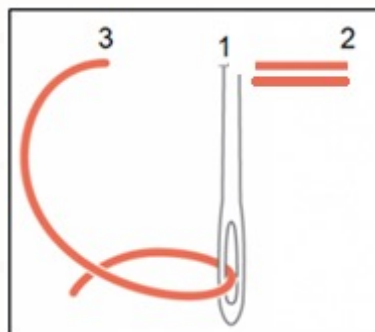
Step 1:

Using a single threaded needle, start with a double backstitch.



Step 2:

Then, to continue the stitch, bring the needle out at **point 3** about 0.5 cm away from **point 1** as illustrated in **Diagram A**.



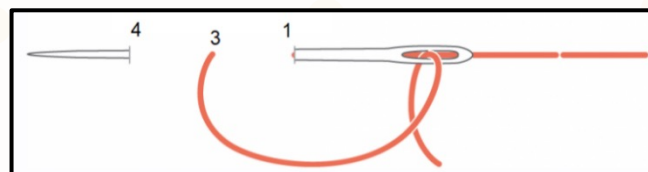
Step 3:

Insert needle back at **point 1** (**Diagram B**).

Step 4:

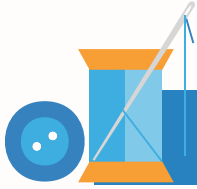
Remove needle further away at **point 4** (**Diagram C**).

(Note: point 4 is also 0.5 cm away from point 3).



Step 5:

Repeat the process along the marked line, making sure that stitches are regular. Finish with a double backstitch.



BASIC HAND SEWING STITCHES



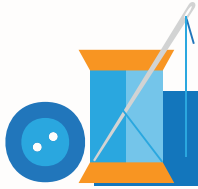
Activity 3: Match the stitch

Materials needed:

- Worksheet 2
- a ruler
- a pencil

Instructions:

- Give each student the Worksheet 2.
- Explain this activity to students. Students need to match the basic hand sewing stitch in Column A to its corresponding description in Column B
- Correction of the activity.



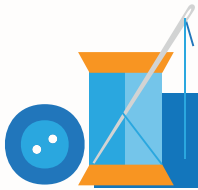
ACTIVITY 1 | BASIC HAND SEWING STITCHES

Worksheet for Activity 1: Basic hand sewing stitches

Instructions:

1. Pin your completed sample in the box provided.
2. Use a dressmaker's pen to label each of the basic hand sewing stitch on the fabric sample.

NAME OF STUDENT:



ACTIVITY 1 | MATCH THE STITCH

Worksheet 2: Match the stitch

Instruction:

- Match the basic hand sewing stitch in Column A to its corresponding description in Column B.

Column A	Column B
Tacking stitch	It is a permanent stitch and is strong.
Running stitch	It is a temporary stitch used to hold two pieces of fabric together before sewing.
Backstitch	It is used to decorate textile items such as cushion.

Column A	Column B
Tacking stitch	It is a permanent stitch and is strong.
Running stitch	It is a temporary stitch used to hold two pieces of fabric together before sewing.
Backstitch	It is used to decorate textile items such as cushion.

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