

# Indiana 4–H Sewing Skills and Techniques

Youth and their mentor/volunteer leader/instructor should use this chart as a guide when deciding appropriate skills to incorporate in a sewing wearable or non-wearable article, garment or outfit for exhibit. While this list is a guide, it is not meant to be an all-inclusive list and youth should demonstrate skills they are most comfortable mastering. For example, some youth in a 4<sup>th</sup> grader might feel comfortable attempting 6<sup>th</sup> grade level skills, but it is unlikely a 4<sup>th</sup> grade level exhibitor will be able to successfully master the 10<sup>th</sup> grade level skills. Exhibited items must demonstrate the minimum skill techniques from their given grade level but may also include higher/lower-level techniques that have been mastered. Any higher/lower-level techniques will not be counted as part of the minimum skills, but nevertheless will be evaluated for quality. Youth are encouraged to utilize a number of resources such a website, print material, social media, and television shows when learning sewing skills and techniques. Skills learned from these types of resources may be demonstrated provided they are age/grade appropriate.

**Grade 3** Demonstrate at least 2 of the following skills:

- Insert elastic or drawstring
- Sew and trim a crotch curve
- Machine topstitch hems
- Use a simple seam finish
- Stitch in the ditch

**Grade 4** Demonstrate at least 2 of the following skills:

- Use interfacing
- Staystitch and under stitch
- Apply a facing or binding
- Stich curved seams
- Trim and grade seams
- Work with fiberfill
- Machine topstitch hems

Seam finishes are recommended on all exposed seams.

**Grade 5** Demonstrate at least 3 of the following skills:

- Match fabric design
- Insert zipper
- Hand-stitch a hem
- Apply purchased trim or ribbons
- Use a simple lining
- Apply machine topstitching
- Sew with knit
- Apply facings
- Apply binding
- Gather fabric
- Use a drawstring
- Sew a simple sleeve
- Sew patch or inseam pockets
- Do a machine blind hem
- Do a machine topstitched hem
- Insert elastic
- Sew buttons
- Use batting

Seam finishes are recommended on all exposed hems (except knits). Interfacing, understitching and trimming should be used when appropriate.

**Grade 6** Demonstrate at least 4 of the following skills:

- Make darts
- Insert a lapped zipper
- Make buttonholes
- Sew ruffles
- Apply trim
- Sew patch pockets
- Do a machine topstitched hem
- Apply ribbings
- Do a machine blind hem
- Match fabric design
- Apply machine appliqué
- Apply machine topstitching
- Sew inseam pockets
- Set in sleeves
- Hand-stitch a hem
- Sew tucks or pleats
- Hand sewn buttons
- Sew a simple lining
- Apply bindings
- Sew facings
- Sew a simple collar
- Sew with knit
- Use fiberfill
- Insert piping
- Construct with a serger

Seam finishes are recommended on all exposed seams (except knits). Interfacing, understitching and trimming should be used when appropriate.

**Grade 7** Demonstrate at least 5 of the following skills:

- Make darts
- Apply ribbing
- Use doll joints
- Match fabric design
- Apply machine topstitching
- Insert a fly front zipper
- Do a machine blind hem
- Sew lining
- Make buttonholes
- Use a twin needle
- Apply machine embroidery
- Set in sleeves
- Apply a collar
- Apply inseam pockets
- Apply trims
- Insert a lapped zipper
- Do machine quilting
- Attach cuffs
- Apply ruffles
- Use fiberfill
- Apply tucks/pleats
- Sew facing
- Sew on buttons
- Apply front hip pockets
- Apply machine or hand appliqué
- Insert a separating zipper
- Do a hand-stitched hem
- Apply binding
- Insert piping
- Apply patch pockets
- Construct with a serger

Seam finishes are recommended on all exposed seams (except knits). Interfacing, understitching and trimming should be used when appropriate.

**Grades 8, 9, 10, 11 and 12** Demonstrate at least 6 of the following skills:

- Make darts
- Add facings
- Make sleeves
- Apply ribbing
- Use fiberfill and/or batting
- Add front hip pockets
- Apply machine embroidery
- Make tucks
- Add plackets
- Add gathers
- Add a drawstring
- Add a waistband
- Match fabric design
- Coordination of fabric for quilted item
- Add lining
- Add lapels
- Apply trim
- Use shaped seams
- Add patch pockets
- Make shoulder pads
- Attach cuffs
- Make pleats
- Apply a collar
- Add vents
- Add ruffles
- Do hand beading
- Use twin needle
- Make a reversible item
- Apply machine topstitching
- Insert a fly front zipper
- Do a machine topstitched hem
- Make self-covered buttons
- Sew with difficult fabric
- Make bound buttonholes
- Insert elastic
- Insert piping
- Sew buttons
- Sew with knit
- Add inseam pockets
- Create bound edges
- Do machine or hand quilting
- Insert an invisible zipper
- Insert a lapped zipper
- Do a machine blind hem
- Use specialty threads
- Construct with a serger
- Piece quilted item
- Add boning
- Make a neckband
- Add underlining
- Make button loops
- Add welt pockets
- Hand/machine beading
- Apply machine or hand appliqué
- Insert a separating zipper
- Insert a hand-picked zipper
- Do a hand-stitched hem
- Make self-enclosed seams
- Make machine buttonholes
- Other skills not listed above

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