

SEWING

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 4th grader might feel comfortable attempting 6th grade level skills, but it is unlikely a 4th grade level exhibitor will be able to successfully master the 10th 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 as web sites, 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
- Stitch 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
- gather fabric
- insert zipper
- use a drawstring
- hand-stitch a hem
- sew a simple sleeve
- apply purchased trim or ribbons
- sew patch or inseam pockets
- use a simple lining
- do a machine blind hem
- apply machine topstitching
- do a machine topstitched hem
- sew with knit
- insert elastic
- apply facings
- sew buttons
- apply binding
- use batting

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

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

- make darts
- set in sleeves
- insert a lapped zipper
- hand-stitch a hem
- make buttonholes
- sew tucks or pleats
- sew ruffles
- hand sew buttons
- apply trim
- sew a simple lining
- sew patch pockets
- apply bindings
- do a machine topstitched hem
- sew facings
- apply ribbings
- sew a simple collar
- do a machine blind hem
- sew with knit
- match fabric design
- use fiberfill
- apply machine appliqué
- insert piping
- apply machine topstitching
- construct with a serger
- sew inseam pockets

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

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

- make darts
- set in sleeves
- sew facing
- apply ribbing
- apply a collar
- sew on buttons
- use doll joints
- apply inseam pockets
- apply front hip pockets
- match fabric design
- apply trims
- apply machine or hand appliqué
- apply machine topstitching
- insert a lapped zipper
- insert an invisible zipper
- insert a separating zipper
- insert a fly front zipper
- do machine quilting
- do a hand-stitched hem
- do a machine topstitched hem
- do a machine blind hem
- attach cuffs
- apply binding
- sew lining
- apply ruffles
- insert piping
- make buttonholes
- use fiberfill
- apply patch pockets
- use a twin needle
- apply tucks/pleats
- construct with a serger
- apply machine embroidery

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

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

- make darts
- make tucks
- add lining
- add facings
- add plackets
- add lapels
- make sleeves
- add gathers
- apply trim
- apply ribbing
- add a drawstring
- use shaped seams
- use fiberfill and/or batting
- add a waistband
- add patch pockets
- add front hip pockets
- match fabric design
- make shoulder pads
- apply machine embroidery
- coordination of fabric for quilted item
- attach cuffs
- make pleats
- insert elastic
- add boning
- apply a collar
- insert piping
- make a neckband
- add vents
- sew buttons
- add underlining
- add ruffles
- sew with knit
- make button loops
- do hand beading
- add inseam pockets
- add welt pockets
- use twin needle
- create bound edges
- hand/machine beading
- make a reversible item
- do machine or hand quilting
- apply machine or hand appliqué
- apply machine topstitching
- insert an invisible zipper
- insert a separating zipper
- insert a fly front zipper
- insert a lapped zipper
- insert a handpicked zipper
- do a machine topstitched hem
- do a machine blind hem
- do a hand-stitched hem
- make self-covered buttons
- use specialty threads
- make self-enclosed seams
- sew with difficult fabric
- construct with a serger
- make machine buttonholes
- make bound buttonholes
- piece quilted item
- other skills not listed above

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

Sewing, Wearable

Description:

The sewing project teaches fabric selection, pattern selection and sewing machine use to construct garments and outfits to be worn by the 4-H member or another person.

State Fair Entries:

5 junior exhibits per county; one per grade level

6 senior exhibits per county; one per category

Exhibit Guidelines:

Older youth enrolled in the 4-H sewing project for the first time may not feel comfortable demonstrating their assigned grade level skills. In this instance the county 4-H youth development educator may, at the request of the 4-H member and parent, assign the member to a lower-level grade level to develop fundamental skills.

Provide a completed sewing skills card, 4-H 925c-W, with the exhibit. Skills sheets are for judging purposes only and will not be returned to the exhibitor.

Judges evaluating exhibits should recognize individual differences and creativity, therefore using information in this document as a guide rather than a requirement.

Junior Exhibit Class Guidelines:

Grade 3: Create one clothing article to be worn by the 4-H member or another person demonstrating at least 2 skills from Sewing Skills and Techniques, 4-H-925-SC-W.

Grade 4: Create one clothing article to be worn by the 4-H member or another person demonstrating at least 2 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in the prior grade.

Grade 5: Create one clothing article or a simple two-piece outfit to be worn by the 4-H member or another person demonstrating at least 3 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in prior grades.

Grade 6: Create two garments that can be worn together to be worn by the 4-H member or another person demonstrating at least 4 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in prior grades.

Grade 7: Create an outfit that can be worn by the 4-H member or another person demonstrating at least 5 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in prior grades.

Senior Exhibit Category Class Guidelines (grades 8-12 suggested):

Youth may enter an exhibit in one or more categories. Create an outfit from one of the categories defined below that can be worn by the exhibitor or another person demonstrating at least 6 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in prior grades.

All senior sewing outfits exhibited in Fashion Revue must be made and worn by the exhibitor.

DEFINITION OF AN OUTFIT: An outfit is a garment or garments that when put together make a complete look - such as one- or two-piece dress, or one- or two-piece pant suit, or a three-piece combination, such as pants, vest, and blouse or shirt.

Informal or Casual Wear: A complete outfit of 1 or 2 pieces suitable for school, weekend, or casual, informal activities. A complete outfit is defined as a garment or garments that when put together make a complete look - such as one- or two-piece dress, or one- or two-piece pant suit, or a three-piece combination, such as pants, vest, and blouse or shirt.

Dress Up: This is suitable for special, church, or social occasions that are not considered to be formal. It may be an outfit of one or more pieces with or without its own costume coat or jacket (lined or unlined). This is not an outfit that would be worn to school, weekend, or casual, informal activities.

Free Choice: A complete outfit comprised of garments that do not fit in the other classifications. A complete outfit is defined as a garment or garments that when put together make a complete look - such as one- or two-piece dress, or one- or two-piece pant suit, or a three-piece combination, such as pants, vest, and blouse or shirt. Individual garment examples include: tennis wear, swim wear, athletic or sportswear, lounge wear, riding habits, historic, dance, theatrical, or international costumes, capes, and unlined coats.

Suit or Coat: The suit consists of two pieces including a skirt or pants and its own lined jacket. It is not a dress with jacket as in "dress up wear". The coat is a separate lined coat. It will be judged separately as a coat with its own accessories.

Separates: Consists of three garments that must be worn as a coordinated complete outfit. A complete outfit is defined as a garment or garments that when put together make a complete look - such as one- or two-piece dress, or one- or two-piece pant suit, or a three-piece combination, such as pants, vest, and blouse or shirt. Each piece should be versatile enough to be worn with other garments.

Formal Wear: This outfit may be one or more pieces suitable for any formal occasion, such as proms, weddings, and formal evening functions.

Sewing, Non-Wearable

Description:

The sewing project teaches fabric selection, pattern selection and sewing machine use to construct items used around the home or other purposes.

State Fair Entries:

10 exhibits per county; one per grade level

Exhibit Guidelines:

Older youth enrolled in the 4-H sewing project for the first time may not feel comfortable demonstrating their assigned grade level skills. In this instance the county 4-H youth development educator may, at the request of the 4-H member and parent, assign the member to a lower-level grade level to develop fundamental skills.

Provide a completed sewing skills card, 4-H 925c-W, with the exhibit. Skills sheets are for judging purposes only and will not be returned to the exhibitor.

Judges evaluating exhibits should recognize individual differences and creativity, therefore using information in this document as a guide rather than a requirement.

Exhibit Class Guidelines:

Grade 3: Create one non-wearable sewn item demonstrating at least 2 skills from Sewing Skills and Techniques, 4-H-925-SC-W.

Grade 4: Create one non-wearable sewn item, or set of items, demonstrating at least 2 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in the prior grade.

Grade 5: Create one non-wearable sewn item, or set of items, demonstrating at least 3 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in prior grades.

Grade 6: Create one non-wearable sewn item, or set of items, demonstrating at least 4 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in prior grades.

Grade 7: Create one non-wearable sewn item, or set of items, demonstrating at least 5 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in prior grades.

Grades 8, 9, 10, 11 and 12: Create one non-wearable sewn item, or set of items, demonstrating at least 6 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in prior grades.