

Week 1

Introduction to Sewing tool and machine

Objective: Familiarise with basic sewing tools and the sewing machine.

Topics:

- Safety in sewing room.
- Overview of sewing tool.
- Introduction to the sewing machine parts
- How to wind a bobbin
- How to thread a sewing machine
- Tension setting
- How to sew in a straight line and curved lines.
- Troubleshooting common sewing machine problems.

Activity

Make scrunchie/bookmark.

Week 2

Mastering Hand-sewing and Finishing Techniques

Objective: Practise essential hand sewing techniques and different methods of finishing and hemming garments.

Topics

- Hand-sewing techniques: Running stitch, backstitch, hemming stitch and slip stitch
- Finishing raw edges.
- Hemming techniques

Activity: Make a simple envelope pillowcase (introducing measuring and cutting fabric).

Week 3

Understanding Patterns.

Objective: Learn how to read, understand, and cut out sewing patterns and basic construction.

Topics:

- Introduction to simple patterns and how to choose fabric.
- Laying out and cutting fabric based on a pattern.
- Pinning and marking fabric.
- Zipper installation.

Activity: Finish sewing a zipper pouch, emphasizing neat seams and proper construction.

Week 4

Garment Alteration

Objective: Have an understanding of how to carry out basic garment alterations.

Topics:

- Shortening or lengthening trousers
- Taking in or letting out garments.
- Closure and fasteners- buttons, snaps, hooks.

Activity: Student may bring an item to alter from home or class works together on some provided alteration project/s.

Week 5

Final Project

Objective: To create a complete functional item using techniques learned during the course.

Activity: Complete a final project of choice e.g., simple skirt, pyjamas pant, structured tote bag, apron, shift or tunic dress, laptop sleeve. Etc

Students will review their skills and determine what they feel confident with. Tutor will then guide on picking a project that matches individual's skills and provide support in executing each chosen project.