Note to Leader and Parent

The 4-H Sewing Skills Progress Chart can be used along with project books to help young people determine which skills and knowledge they already have and which things they can learn. Keep this record for their use throughout their 4-H experience. Use it as a planning tool to help members direct their project and feel good about what they have accomplished.

When members have completed their project, they can use this chart to identify what they have learned and what they may want to learn during the next project year.

Please note that this tool is not exhaustive; other skills may be added as the member identifies them. Also, the list is not in any order, as young people will choose to make garments and items covering a wide variety of techniques. It is still important, however, to focus on the skills outlined for the project they are taking during the current year.

This tool is NOT designed to be used for competition between members nor should any leader or parent use this publication to compare two or more young people. Also, please do NOT attempt to have youth learn all the skills listed or force them to learn skills inappropriate for their knowledge, skill level, or interest.

Directions for Members

Please read the 4-H Sewing Skills Progress Chart carefully and place a check in the “Skills I know” column for skills you already know or have learned in previous years. With your leader, review the checklist again and mark the skills you want to learn or improve this year. Try to select two or three new sewing skills to learn in your project each year. Use your project book as a guide to select the skills you want to learn. Keep this checklist to help you plan what you want to make next year.
## Basic Sewing Tools
Label tools to prevent loss
Identify and use:
- Scissors or shears
- Pin cushion
- Thimble
- Seam ripper
- Seam gauge
- Measuring tape
- Silk pins
- Point turner
- Other

## Handstitching
Thread a needle
Secure hand stitches
Tie a small knot
Measure thread length
Basting
Running stitch
Back stitch
Overcast stitch
Blanket stitch
Slip stitch
Catch stitch
Blind stitch

## Fabric Knowledge
Identify:
- Selvage
- Lengthwise and crosswise grain
- True bias and item cut on bias
- Knits, wovens, and nonwovens
- Fiber and fabric differences
- Four natural fibers
- Care labels
- Care label symbols
- Right and wrong side of fabric
- Napped fabrics

Identify common fabrics:
- Gingham
- Denim
- Terry cloth
- Velvet
- Lace
- Seersucker

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(continued on page 3)
**Fabric Knowledge (continued)**

Challis

Percale

Other _______________________

One-way designs on fabric

Fabrics printed off-grain

Balanced and unbalanced plaid

Select notions and trims to match fabric

**Fabric Skills**

Pretreat fabric

Straighten ends

Pull some fabrics on grain

Create self-bias

Select color and type of thread

**Pattern Knowledge**

Take accurate body measurements

Determine pattern size

Determine fabric amount needed

Identify symbols on pattern

Locate information on envelope

Determine layout

Find needed pattern pieces

Make simple pattern adjustments

Place pattern on grain

Measure accurately

Calculate measurements

Pin fabric to pattern

Double check layout before cutting

Place pattern on fold

Use knit chart on pattern to determine stretch

Follow layout for napped fabric

Place pattern on plaid fabric

Place and cut out knit fabric

Cut pattern with long, even strokes

Follow pattern directions

Mark fabric with dressmaker carbon

Cut out notches

Make tailor tacks

**Interfacing**

Select correct type and weight

Apply sew-in interfacing

Apply fusible interfacing
Sewing Area Setup
Set up machine
Organize work area
Adjust lighting
Remove safety hazards
Straighten work area
Put items away promptly
Wash hands before sewing
Keep magnetic tools from electronic machines

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<tr>
<th>Skills I know</th>
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<th>Skills I have improved (date)</th>
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Sewing Machine
Refer to machine manual
Refer to sewing books
Identify parts of machine
Thread machine
Fill and insert bobbin
Bring bobbin thread up
Recognize balanced tension
Adjust upper tension
Adjust stitch length
Adjust pressure
Change machine needle
Recognize needle sizes and types
Remove lint from machine
Oil machine, if necessary
Replace sewing machine light
Identify attachments
Insert attachments
Use seam gauge
Use zipper foot
Identify a serger
Identify seam sewn on serger

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Machine Stitching
Straight stitch
Back stitch
Stitch in same place
Pivot
Use hand wheel correctly
Control speed
Make samples
Remove pins before sewing over them
Secure seams at both ends
Clip threads
Pull thread inside garment
Turn stitched area inside out
(continued on page 5)
**Machine Stitching** (continued)

- Gather fabric
- Apply zig-zag stitch
- Staystitch
- Understitch
- Stitch in the ditch
- Top stitch
- Match plaids or stripes
- Match notches
- Stitch dart
- Stitch gathers
- Sew casing for elastic or cord

**Seams**

- Sew even seams
- Sew curved seams
- Grade seams to reduce bulk
- Select seam finish appropriate for fabric and care
- Ease seams and hems
- Turn under and stitch seam
- Pink a seam
- Sew a French seam
- Sew a flat-fell seam
- Sew a mock flat-fell seam
- Select finish for knit garment
- Sew serged seam:
  - Flatlock
  - Overlock
  - Other ____________________________
- Reinforce seams
- Use seam and stay tapes
- Notch convex curves
- Clip concave curves

**Sleeves**

- Select correct shoulder pad
- Identify and sew:
  - Set-in sleeves
  - Raglan sleeves
  - Kimono sleeves
- Sew a cuff
- Make a placket
- Other ____________________________
**Necklines and Collars**
Recognize and apply:
- Plain facings
- Convertible collar
- Shawl collar
- Peter Pan collar
- Knit band
- Turtleneck
- Other ____________________________

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**Pockets**
Recognize and apply:
- Patch pocket
- Set-in pocket
- Welt pocket

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**Waistline**
Recognize and apply:
- Elastic or drawstring casing
- Faced waistline
- Skirt or pants waistband
- Waistband with elastic inset
- Waistband with belt loops

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**Fasteners**
Select correct size button
Mark buttonholes
Sew on a shank button
Sew on a two- or four-hole button
Sew on a button by machine
Sew a machine buttonhole
Sew a bound buttonhole
Cover a button
Sew on hooks and eyes
Sew on snaps
Attach hook and loop tape
Apply grommets
Attach frogs or toggles

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**Zippers**
Apply:
- Lapped zipper
- Centered zipper
- Fly zipper
- Separating zipper
- Invisible zipper
- Hand-picked zipper
- Repair a zipper

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**Hem and Hem Edges**

- Measure hem for another person
- Choose correct hem width
- Choose correct hem stitch
- Create even hem width
- Ease hem to prevent puckers
- Hand stitch hem
- Machine stitch hem
- Top stitch hem
- Machine hem heavy fabric
- Sew Hong Kong hem
- Sew rolled edge
- Apply bias tape
- Make bias tape
- Fringe an edge
- Line a garment
- Underline a garment

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**Pressing**

- Finger press
- Press as you sew
- Recognize and prevent scorching
- Prevent shine on the right side
- Know differences between pressing and ironing
- Use correct iron setting for fiber and fabric
- Select and use dry or steam iron
- Press darts
- Press hems
- Press gathers and eased areas
- Press sleeves
- Press a shirt
- Press napped fabrics
- Press on wool
- Final press
- Use a press cloth or mitt
- Make a pressing aid
- Use a seam roll
- Use a point presser
- Use a pressing ham
- Use a pounding block
- Fill and remove water from iron
- Shut off iron after use
- Store iron correctly
- Clean off residue on iron’s sole plate
- Set up, take down, and adjust board
- Replace ironing board cover and pad

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### Other Techniques (continued)

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<tr>
<td>Use rotary cutter</td>
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<td>Sew a preprinted panel</td>
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<td>Adapt garment for person with a disability</td>
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<td>Quilt fabric</td>
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<td>Stencil or apply fabric paint</td>
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<td>Apply sequins or beads</td>
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<td>Appliqué fabric</td>
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<td>Recycle a garment</td>
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<td>Sew a gusset</td>
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<td>Prepare garments to give away</td>
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<td>Sew on sheer fabrics</td>
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<td>Sew on wool fabric</td>
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<td>Sew on napped fabric</td>
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<td>Sew on knit fabric</td>
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### Consumer

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<tr>
<td>Calculate time and savings</td>
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<td>Calculate percentage discounts</td>
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<td>Complete a catalog order</td>
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<td>Make a return</td>
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<td>Plan purchases</td>
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<td>Comparison shop</td>
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<td>Write a complaint or a complimentary letter</td>
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<td>Recognize good fit</td>
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<td>Visit or use:</td>
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<tr>
<td>Dry cleaner</td>
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<td>Alterations person</td>
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<td>Shoe repair</td>
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### Selection and Design

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<tr>
<td>Use design elements in choosing accessories</td>
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<tr>
<td>Tie a bow</td>
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<td>Tie a scarf</td>
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<td>Tie a tie</td>
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Care
Use a lint brush
Steam or hang out wrinkles
Reposition fasteners
Make simple repairs
Shorten a garment
Lengthen a garment
Patch a garment
Darn a hole
Ease snagged yarn inside garment
Sort laundry by care instructions and color
Select type and amount of detergent
Operate washer and dryer
Hand wash a sweater
Hand wash hose or socks
Block a sweater before washing
Fold a sweater
Press a shirt
Press slacks
Hang slacks
Hang napped and bias garment
Recognize and remove fabric pills
Prevent stains
Recognize that stains must be removed promptly
Stain-removal techniques
Select correct size shoes and socks
Polish shoes
Pack clothing for a trip
Dry clothes on a line
Use a clothes brush
Prevent and treat static cling

Other Techniques
Turn a tube of fabric
Miter corners
Scallop an edge
Apply decorative stitches
Apply piping
Make a tassel
Make a pompom
Stuff a toy or other item
Apply trim to a garment
Apply ribbing
Make ruffles
Make tucks
Make pleats
Enlarge a pattern

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(continued on back panel, page 9)
**Record of Sewing Experiences**

In each of the boxes, place a swatch of fabric and/or a sketch or picture of yourself and what you have made. This record of accomplishment will help you remember the many things you did or learned in your projects.

PROJECT ___________________________ PROJECT ___________________________
DATE _______________________________ DATE _______________________________

PROJECT ___________________________ PROJECT ___________________________ PROJECT ___________________________
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