



Clothing – Sewing Expressions
Skills Checklist Level 1

Mastering these sewing skills will provide a solid foundation upon which the member may build skills. To achieve success in this project the skills listed below will help 4-H leaders know what to teach and 4-H member to know what they need to learn. Have your leader initial and date each skill as completed. Each level may take more than one year to complete. You need to be able to check off 10-12 skills each year. 4-H member must complete Level 1 before beginning Level 2 and complete Level 2 before beginning Level 3, or have club leader and/or 4-H Professional approval to advance a level.

| Level 1: Under Construction (complete a minimum of 10 skills each year for completion.) | Date Completed | Approved By |
|---|-----------------------|--------------------|
| 1. Develop a storage unit for sewing tools | _____ | _____ |
| 2. Name six parts of the sewing machine | _____ | _____ |
| 3. Fill and insert a bobbin | _____ | _____ |
| 4. Change a sewing machine needle | _____ | _____ |
| 5. Experiment with stitch width regulator and make a sample showing straight stitching to zigzag stitching | _____ | _____ |
| 6. Experiment with stitch length regulator and make a sample stitching from 1 to 4 | _____ | _____ |
| 7. Learn to control speed on the foot pedal | _____ | _____ |
| 8. Learn what basting is and how to baste | _____ | _____ |
| 9. Learn what under stitching is and how to under stitch | _____ | _____ |
| 10. Use the seam guide on the sewing machine | _____ | _____ |
| 11. Learn how to pivot with the needle down | _____ | _____ |
| 12. Learn the difference between a knit and woven fabric | _____ | _____ |
| 13. Learn to identify the raw and selvage edges of fabric | _____ | _____ |
| 14. Learn to read the back of a pattern envelope and know the recommended fabric, notions, and how much yardage to purchase | _____ | _____ |
| 15. Learn to read a pattern guide for sewing instructions and pattern layout | _____ | _____ |
| 16. Learn to recognize pattern symbols and properly mark them on your fabric | _____ | _____ |
| 17. Learn the difference between pressing and ironing | _____ | _____ |
| 18. Learn to backstitch at end of seams | _____ | _____ |
| 19. Sew a straight seam | _____ | _____ |
| 20. Sew a curved seam | _____ | _____ |
| 21. Learn to grade seam allowances | _____ | _____ |
| 22. Sew an edgestitch finish on seams | _____ | _____ |
| 23. Sew a zigzag finish on seams | _____ | _____ |
| 24. Sew casing for elastic | _____ | _____ |

| | Date Completed | Approved By |
|--|-----------------------|--------------------|
| 25. Machine stitch a hem | _____ | _____ |
| 26. Thread a hand needle | _____ | _____ |
| 27. Tie a knot in a single or double strand of thread | _____ | _____ |
| 28. Learn the straight of grain on fabric | _____ | _____ |
| 29. Learn to read the end of bolt of fabric for width of fabric, fiber content, and care instructions | _____ | _____ |
| 30. Use one type of interfacing | _____ | _____ |
| 31. Apply hooks & eyes | _____ | _____ |
| 32. Stitch in the ditch | _____ | _____ |