

THIRD TERM

WEEKLY LESSON NOTES

WEEK 4

Week Ending: 21-07-2023	Day:	Subject: Career Technology	
Duration: 60MINS		Strand: Designing & Making Of Artefacts	
Class: B8	Class Size:	Sub Strand: Planning To Make Sewing Artefacts	
Content Standard: B8.5.3.1 Demonstrate understanding of planning for making artefacts/products and table setting		Indicator: B8.5.3.1.3: Planning to make sewing artefacts/products	Lesson: 1 of 2
Performance Indicator: Learners can plan to make sewing artefacts/products		Core Competencies: CP 6.5: CI 5.4: CI 5.2: CI 6.10:	
Reference: Career Technology Curriculum Pg. 68			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Begin the lesson by asking learners if they have ever noticed the lines or stitches that hold fabric pieces together in clothing or other sewn items.</p> <p>Introduce the concept of seams and explain that they are the lines of stitching that join two or more fabric pieces together in sewing.</p>		
PHASE 2: NEW LEARNING	<p>Write the word "seams" on the board or chart paper and ask learners if they have any ideas or prior knowledge about what seams are.</p> <p>Facilitate a class discussion to develop a shared definition of seams. Guide learners to understand that seams are the lines of stitching that secure fabric pieces together in sewing.</p> <p>Present samples or illustrations of different types of seams, such as plain seams, French seams, zigzag seams, and flat-felled seams.</p> <p>Describe each type of seam and explain its characteristics and typical applications. For example:</p> <ul style="list-style-type: none"> • <i>Plain seam: The most basic type of seam where two fabric edges are stitched together with a straight stitch.</i> • <i>French seam: A type of seam that encloses the raw edges of fabric within the seam for a clean finish.</i> • <i>Zigzag seam: A seam created using a zigzag stitch, often used to prevent fabric fraying.</i> • <i>Flat-felled seam: A strong and durable seam commonly used in denim or heavy fabrics, where the raw edges are enclosed and stitched flat.</i> <p>In groups, distribute sewing needles, thread, and fabric scraps to the learners.</p>	Pictures and charts of food	

	<p>They practice sewing different types of seams on the fabric scraps, following your demonstration and guidance.</p> <p><u>Assessment</u></p> <ol style="list-style-type: none"> 1. Name three types of commonly used seams and describe their characteristics. 2. What is the purpose of a French seam? Provide an example of when you might use it. 3. How is a zigzag seam different from a plain seam? When would you use a zigzag seam? 4. Describe a flat-felled seam and its advantages in sewing heavier fabrics. 5. Can you think of any other types of seams used in sewing? Describe one of them. 6. How would you finish the raw edges of a plain seam to prevent fraying? 7. Imagine you are sewing a pair of jeans. Which type of seam would you use for the inseam, and why? 	
<p>PHASE 3: REFLECTION</p>	<p>Recap the main points discussed in the lesson, emphasizing the definition of seams and the different types of commonly used seams in sewing.</p> <p>Ask learners to reflect on the importance of understanding and using appropriate seams in sewing projects to ensure durability and a neat appearance.</p>	

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		Lesson: 2 of 2
Performance Indicator: Learners can plan to make sewing artefacts/products		Core Competencies: CP 6.5: CI 5.4: CI 5.2: CI 6.10:
Reference: Career Technology Curriculum Pg. 68		
Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	<p>Revise with learners to review their understanding in the previous lesson.</p> <p>Share performance indicators with learners.</p>	
PHASE 2: NEW LEARNING	<p>Begin the lesson by asking learners if they have noticed different types of seams in their clothing or other sewn items.</p> <p>Explain that seams are an essential part of sewing and play a crucial role in joining fabric pieces together.</p> <p>Present samples or illustrations of different types of seams, such as plain seams, French seams, lapped seams, and bound seams.</p> <p>Discuss each type of seam and ask learners to identify and classify them into two groups: conspicuous and inconspicuous seams.</p> <ul style="list-style-type: none"> • <i>Conspicuous seams are noticeable on the outside of the garment and often serve a decorative purpose.</i> • <i>Inconspicuous seams, on the other hand, are hidden or less noticeable on the outside of the garment.</i> <p>Discuss the basic rules for making seams, focusing on factors such as stitch length, seam allowances, and finishing techniques.</p> <p>Explain that the choice of stitch length depends on the fabric type and desired strength of the seam. For example, lighter fabrics may require shorter stitches, while heavier fabrics may need longer stitches.</p> <p>Emphasize the importance of maintaining consistent seam allowances, which are the distances between the fabric edge and the line of stitching. Show examples of different seam allowances and their common widths (e.g., 1/4 inch, 5/8 inch).</p>	Sewing needles and thread, Fabric scraps

	<p>Discuss various finishing techniques for seams, such as serging, zigzag stitching, or pinking, to prevent fraying and enhance the seam's durability and appearance.</p> <p>Distribute sewing needles, thread, and fabric scraps to the learners.</p> <p>Learners practice making different types of seams using the basic rules discussed in the previous step.</p> <p><u>Assessment</u></p> <ol style="list-style-type: none"> 1. What are seams in sewing? 2. Name two examples of conspicuous seams. 3. Give an example of an inconspicuous seam. 4. How would you classify a plain seam? Is it conspicuous or inconspicuous? 5. What factors should be considered when choosing the stitch length for a seam? 6. Define seam allowance and give an example of a common seam allowance measurement. 7. Why is it important to maintain consistent seam allowances in sewing? 8. Explain why finishing techniques, such as serging or zigzag stitching, are used on seams. 9. What are some methods used to prevent fabric fraying in seams? 10. How can understanding and following the basic rules for making seams improve the overall appearance and durability of a sewing project? 	
<p>PHASE 3: REFLECTION</p>	<p>Recap the main points discussed in the lesson, including the classification of seams into conspicuous and inconspicuous categories and the basic rules for making seams.</p> <p>Encourage learners to apply their knowledge of seam classification and the basic rules when working on sewing projects to achieve desired results.</p> <p><u>Homework</u></p> <p>Have learners examine garments or fabric items at home or online and identify and analyze different seams, classifying them as conspicuous or inconspicuous. They can create a collage or presentation to showcase their findings.</p>	