

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

**HOME ECONOMICS – DRESSMAKING / TAILORING
(Exploratory)**

Content Standard	Performance Standard	Learning Competencies	Project / Activities	Assessment	Duration
LESSON 1: USING SEWING TOOLS					
<p><i>Demonstrate understanding of/on:</i></p> <ol style="list-style-type: none"> 1. Sewing tools and equipment and their functions 2. Classifying the types of sewing machines and their uses 	<ol style="list-style-type: none"> 1. Sewing tools and equipment are identified 2. Types of sewing machines are classified and their uses are identified 	<p>LO1. Identify sewing tools and equipment and their uses</p>	<ol style="list-style-type: none"> 1. Drawing sewing tools and equipment and their functions 2. Producing a sewing kit and compiling the tools and supplies properly 	<ul style="list-style-type: none"> • Written Test • Performance test 	<p>3 hours</p>

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LESSON 2: CARRYING OUT MEASUREMENTS AND CALCULATIONS					
<p><i>Demonstrate understanding of/on:</i></p> <ol style="list-style-type: none"> Measurement <ul style="list-style-type: none"> Measuring devices and their uses Taking body measurements 	<ol style="list-style-type: none"> Parts of the body are measured Appropriate measuring tools are selected for job. Reading of measurements is practiced with accuracy. Accurate measurements are obtained. 	LO1. Obtain measurements	<ol style="list-style-type: none"> Using a tape measure, get the length and width of a cloth to be used in making a table napkin Taking body measurement needed for ladies/boys apparel 	<ul style="list-style-type: none"> Written examination Demonstration 	6 hours
<ol style="list-style-type: none"> Identifying types of measurements Converting units of measurement 	<ol style="list-style-type: none"> English and Metric systems of measurement are identified and applied. Simple calculations are performed based on the job requirement. Reading of measurements is practiced with accuracy. 	LO2. Perform simple calculations.	<ol style="list-style-type: none"> Calculating materials needed in a certain suggested project (Tissue holder). Unit conversion 	<ul style="list-style-type: none"> Written examination Performance test 	4 hours
<ol style="list-style-type: none"> Estimating quantities of pattern paper, fabrics, threads, buttons and other supplies Costing of Materials 	<ol style="list-style-type: none"> Cost of project materials is estimated based on current price 	LO3. Estimate appropriate quantities	<ol style="list-style-type: none"> Estimating materials for a simple project 	<ul style="list-style-type: none"> Written examination Performance test 	4 hours

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LESSON 3: CREATING DESIGN FOR A SIMPLE PROJECT					
<p><i>Demonstrate understanding of/on:</i></p> <ol style="list-style-type: none"> 1. Principles of design 2. Color theory <ul style="list-style-type: none"> • Color combinations 	<ol style="list-style-type: none"> 1. Design for a simple project is sketched applying the principles of design and applying the color harmonies. 	LO1. Sketch simple project design	<ol style="list-style-type: none"> 1. Making simple project design 2. Sketching a design for a pocket sewing tools organizer with different types of patch pockets. 	<ul style="list-style-type: none"> • Written Examination • Performance test 	4 hours
<ol style="list-style-type: none"> 1. Basic hand stitches 	<ol style="list-style-type: none"> 1. Project produced in accordance to the specifications of designs 	LO2. Produce simple project	<ol style="list-style-type: none"> 1. Creating patch pockets 2. Making a pocket sewing tools organizer with different types of patch pockets and labeled with basic hand stitches. 	<ul style="list-style-type: none"> • Demonstration • Written Examination 	6 hours

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LESSON 4: PERFORMING BASIC MAINTENANCE					
<p><i>Demonstrate understanding of/on:</i></p> <ol style="list-style-type: none"> Machine operation <ul style="list-style-type: none"> Lower and upper threading of sewing machine Common sewing machine troubles and its remedies Quality of stitches and tensions 	<ol style="list-style-type: none"> Proper handling of machine is observed. Correct procedures in machine operation are identified. Common machine troubles are resolved. 	LO1. Operate machine and assess its performance	<ol style="list-style-type: none"> Making sample runs (straight and circular lines) 	<ul style="list-style-type: none"> Written examination Performance test 	5 hours
<ol style="list-style-type: none"> Care of Sewing Machine 	<ol style="list-style-type: none"> Regular cleaning of machine is observed Safety procedures in machine cleaning are followed. Regular maintenance schedules are observed and recorded. 	LO2. Clean and lubricate machine	<ol style="list-style-type: none"> Cleaning and lubricating sewing machines and other tools like pair of scissors, shears and others. 	<ul style="list-style-type: none"> Written examination Observation 	5 hours

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LESSON 5: PRACTICING OCCUPATIONAL SAFETY AND HEALTH					
<i>Demonstrate understanding of:</i> 1. Hazards and risks identification and control 2. Organizational safety and health protocol	1. Workplace hazards and risks are identified and clearly explained.	LO1. Identify and evaluate hazards and risks	1. Identifying hazards and risks in the workplace. 2. Demonstrating organizational safety and health protocol	<ul style="list-style-type: none"> • Situation analysis • Practical examination • Written examination 	2 hours
1. Contingency measures and procedures	1. Occupational Health and Safety (OHS) procedures for controlling hazards and risk are strictly followed.	LO2. Control hazards and risks	1. Film viewing	<ul style="list-style-type: none"> • Written examination 	1 hours
					40 hours