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Creation of the FAME Creative Fashion Construction and Design Course Trainers' Toolkit

Lesson Plans Pack

Project Title: FAME (Fashion eMpowers NEETs)

Programme: Erasmus+

Work Package 2: Conceptual and Analytical Framework, and FAME Creative Fashion Construction and Design Course Development

Project website: <https://thefameproject.eu/>

Facebook: @fameproject

LinkedIn: <https://www.linkedin.com/company/fame-fashion-empowers-neets/>

Project 2025-1-MT01-KA220-VET-000351198

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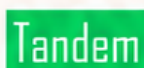
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Module 1: Clothing Construction Techniques

Session 1: Welcome, Orientation, Safety and Confidence Building

Session 2: Measurements, Pattern Literacy and Fabric Planning

Session 3: Pattern Layout, Cutting, Marking and Sewing

Session 4: Shaping, Construction Workflow, Joining Leg Seams and Crotch Seam

Session 5: Fitting Check, Waistband, Hem, Finishing and Quality Control

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Session 1: Welcome, orientation, safety and confidence building

Project information:

Project title:	FAME (FAME eMpowers NEETs)
Work package:	WP2 Conceptual and Analytical Framework, and FAME Creative Fashion Construction and Design Course Development
Training Module:	1 – Clothing Construction Techniques
Target group:	NEETs (Not in Education, Employment or Training)
Level:	Beginner
Duration:	3 hours
Delivery mode:	Face-to-face
Trainer:	
Date:	

Learning outcomes:

By the end of this session, participants will be able to:

1. Describe the structure and objectives of the training programme.
2. Identify entry-level career opportunities within the fashion and retail sectors.
3. Demonstrate awareness of workshop health and safety procedures.
4. Recognise and correctly use basic sewing tools and equipment.
5. Perform basic hand stitching techniques and simple machine stitching safely.

Practical application:

- Basic hand stitching (running stitch, backstitch)
- Introduction to the use of the sewing machine (posture, control, straight stitching)

Key competences addressed:

- ☒ Communication Skills
- ☒ Entrepreneurship
- ☒ Creativity and Innovation
- ☒ Teamwork and Collaboration
- ☒ Problem Solving
- ☒ Personal Development and Confidence building

Resources and Materials

- Presentation slides
- Course handbook & Course roadmap photo
- Name tags
- Sewing machine diagram
- Health and safety checklist
- Sewing machine practise sheets
- Reflection sheet & QR Code
- Sewing box for trainers
- Basic sewing kit for participants
- Fabric (recycled) samples
- Needles and thread
- Sewing machines
- PPE (safety glasses & Lab coat)

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Lesson Structure		
Allocated time:	Description:	Materials required:
10 minutes	Introduction and Orientation To welcome participants, establish expectations, and build confidence within the learning environment. Activities: - Greet participants individually. - Provide name tags. - Introduce yourself and explain your role. - Invite participants to briefly introduce themselves. Each participant states: - Their name - One hobby or interest - One thing they would like to learn during the course	- Attendance sheet - Pens
10 minutes	Activity 1: Icebreaker – "Fashion and Me" To build confidence and encourage communication among participants. Development: - Ask participants to choose a fashion item they are wearing or have worn recently. Example Questions: - Why did you choose that item today? - What is your favourite clothing item? - Have you ever customised or repaired an item of clothing?	

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10 minutes	Activity 2: Course Overview To explain the course structure and learning outcomes. Present: • Course objectives • Modules • Assessments • Expected attendance • Certification opportunities Present a visual roadmap of the course. - Sessions 1-12	- Presentation slides - Projector - Course handbook - Course roadmap photo
15 minutes	Activity 3: Discussion – Overview of Careers in the Fashion Industry To introduce learners to realistic entry-level career opportunities within the fashion industry. Discuss: - Different entry-level career opportunities in the fashion industry - The main responsibilities and job descriptions associated with these careers - The key competences required for different roles in the fashion industry	- Presentation slides
20 minutes	Activity 4: Workshop Safety and Equipment To familiarise participants with the learning environment. Show: - Sewing machine area - Fabric storage - First aid kit	- Sewing machines - Sewing box (hand sewing needles, fabric scissors, pins, tape measure) - PPE (safety glasses and lab coat)

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	- Fire exits - Waste disposal area Demonstrate: - Correct handling of sewing needles - Safe storage - What to do if a needle is dropped - Carrying scissors with blades closed - Passing scissors safely - Sewing machine controls - Correct seating position while sewing. - Foot pedal use - Switching machine on and off - Closed shoes - Keeping long hair tied back - Safety glasses - Fire exits - Assembly points	- First aid kit - Health and Safety checklist - Sewing machine diagram worksheet
45 minutes	Activity 5: Hand Stitching Practice Develop fine motor skills and confidence. Demonstrate: - Threading techniques - Running Stitch - Backstitch Example Task: - Sew along on a marked straight line with running stitches - Stitch the first letter of your name using backstitch.	- Fabric squares - Hand sewing needles - Embroidery needles - Thread - Needle threaders - Pencil - Ruler

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	Real-Life Use: - Running stitch: Used for temporary seams and simple repairs. - Backstitch: Used for repairing torn seams and creating strong seams.	
60 minutes	Activity 6: Sewing Machine Introduction Demonstrate: - Parts of the sewing machine - Sitting position - Hand placement - Eye position Task: - Label a sewing machine diagram worksheet - Practise straight stitching by following printed lines and corners on paper.	- Sewing machines - Fabric samples - Thread - Bobbins - Sewing machine diagram worksheet - Sewing practice sheets
10 minutes	Conclusion: Reflection and Discussion Use QR code to answer the following questions: - What did you learn today? - Which activity did you enjoy most? - Which safety rule do you think is the most important? - How confident do you feel? Use a confidence scale: - ★ 1 = Not confident - ★★ 2 = Somewhat confident - ★★★ 3 = Confident - ★★★★ 4 = Very confident - ★★★★★ 5 = Ready for the next lesson https://forms.gle/5MMFqfpTxVRbfWwv9	- QR Code linked to reflection sheet - Mobile phones/tablets - Reflection sheet (backup) - Pens

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Assessment Method:	Follow-up activities
▪ Observation ▪ Self-assessment ▪ Practical task	▪ Practice running stitch and backstitch at home. ▪ Complete a personal learning goals worksheet. ▪ Research one fashion-related career pathway of interest.

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Session 2: Measurements, Pattern Literacy and Fabric Planning

Project information:

Project title:	FAME (FAME eMpowers NEETs)
Work package:	WP2 Conceptual and Analytical Framework, and FAME Creative Fashion Construction and Design Course Development
Training Module:	1 – Clothing Construction Techniques
Target group:	NEETs (Not in Education, Employment or Training)
Level:	Beginner
Duration:	3 hours
Delivery mode:	Face-to-face
Trainer:	
Date:	

Learning outcomes:

By the end of this lesson, participants will be able to:

1. Take and record accurate body measurements required for constructing a basic pair of trousers.
2. Identify and interpret common pattern pieces and pattern markings.
3. Prepare fabric by laying out pattern pieces correctly, following grainline and fabric direction to minimise fabric waste.
4. Transfer pattern markings accurately onto fabric using appropriate marking tools.
5. Demonstrate basic sewing machine operation by sewing straight stitches and constructing a simple seam while following safe working practices.

Practical application:

- Lay out trouser pattern pieces correctly.
- Transfer markings from the pattern onto the fabric.
- Practise straight stitching and basic seams using a sewing machine.

Key competences addressed:

- ☒ Communication Skills
- ☒ Entrepreneurship
- ☒ Creativity and Innovation
- ☒ Teamwork and Collaboration
- ☒ Problem Solving
- ☒ Personal Development and Confidence building

Resources and Materials

- Presentation slides
- Trouser pattern pieces (front, back & waistband)
- Fabric
- Sewing box (including fabric scissors, pins, pin cushion, measuring tape, tailor's chalk/fabric marker, thread)
- Sewing machines
- Iron and ironing board
- Body measurement record sheet
- Safety and step-by-step instruction sheet
- Reflection sheet & QR Code

Lesson Structure		
Allocated time:	Description:	Materials required:
15 minutes	Introduction - Introduce the objectives of the session and revise the safety procedures for handling fabric scissors, pins and sewing machines. - Explain the importance of grainlines, pattern symbols and accurate fabric preparation.	- Attendance sheet - Pens - Presentation slides - Sample pattern pieces
30 minutes	Activity 1: Introduction to Machine Stitching - Demonstrate how to thread the sewing machine, control the sewing speed and sew straight lines on fabric scraps. - Participants will practise straight stitching and create a simple seam sample.	- Sewing machines - Thread - Fabric scraps - Fabric samples for a seam
30 minutes	Activity 2: Taking Body Measurements - Demonstrate how to take accurate body measurements, including the waist, hips, crotch depth and trouser length. - Participants will work in pairs to practise taking measurements and recording them on a measurement sheet while maintaining professionalism, respect and privacy.	- Body measurement record sheet - Pens - Measuring tapes
50 minutes	Activity 3: Pattern Literacy Introduce pattern literacy by demonstrating: - Identifying different pattern pieces (e.g. front leg, back leg, waistband) - Reading pattern symbols and markings - Understanding grainlines - Identifying notches, grainlines, stitching line and cutting lines	- Presentation slides - Pattern pieces of trousers

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	- Recognising seam allowances - Following pattern layout instructions Participants will identify pattern symbols and markings.	
40 minutes	Activity 4: Pattern layout on fabric, pinning, cutting and marking - Demonstrate pattern layout on fabric, considering fabric direction and wastage of fabric. - Demonstrate how to pin pattern pieces and cut out the first pattern piece. - Demonstrate how to transfer all pattern markings using tailor's chalk and a measuring tape. - Participants will lay the paper pattern on the fabric, pin and cut the first pattern piece. Transfer all the markings.	- Pattern pieces of trousers (front, back & waistband) - Pins - Tailor's chalk - Measuring tape - Fabric
15 minutes	Reflection and Discussion (Closure Activity) Use QR code to answer the following questions: - What is one new skill that you learned today? - Which activity did you enjoy the most and why? - How confident do you feel about taking body measurements and reading pattern markings? - What did you find most challenging during today's session? - If you were to repeat today's activities, what would you do differently? - Why do you think accurate measurements and fabric preparation are important before constructing a garment? https://forms.gle/c2i3T7fVP79hCGkHA	- QR Code linked to reflection sheet - Mobile phones/tablets - Reflection sheet (backup) - Pens



Assessment Method:	Follow-up activities
▪ Observation ▪ Self-assessment ▪ Practical task ▪ Questioning and discussion	▪ Review the pattern symbols, grainlines, notches and seam allowances covered during the lesson. ▪ Reflect on one skill learned during the session and identify one area for improvement.

Session 3: Pattern Layout, Cutting, Marking and Sewing

Project information:

Project title:	FAME (FAME eMpowers NEETs)
Work package:	WP2 Conceptual and Analytical Framework, and FAME Creative Fashion Construction and Design Course Development
Training Module:	1 – Clothing Construction Techniques
Target group:	NEETs (Not in Education, Employment or Training)
Level:	Beginner
Duration:	3 hours
Delivery mode:	Face-to-face
Trainer:	
Date:	

Learning outcomes:

By the end of this lesson, participants will be able to:

1. Cut out all pattern pieces of the trousers accurately while following pattern markings and grainlines.
2. Transfer pattern markings correctly onto fabric using appropriate marking tools.
3. Assemble the trouser pieces by pinning, tacking and machine stitching the side seams and inner leg seams.
4. Press seams correctly using safe ironing techniques to improve garment quality.
5. Finish raw fabric edges using zigzag stitching to prevent fraying.
6. Demonstrate safe working practices and collaborate effectively throughout practical garment construction.

Practical application:

- Complete cutting of all trouser pattern pieces.
- Transfer all pattern markings accurately onto the fabric.
- Construct the trouser side seams and inner leg seams.
- Press seams open using an iron.
- Neaten seam allowances using zigzag stitching.

Key competences addressed:

- ☒ Communication Skills
- ☒ Entrepreneurship
- ☒ Creativity and Innovation
- ☒ Teamwork and Collaboration
- ☒ Problem Solving
- ☒ Personal Development and Confidence building

Resources and Materials

- Trouser pattern pieces
- Sewing box
- Sewing machines
- Iron and ironing board
- Pressing cloth
- Safety and step-by-step instruction sheet
- Presentation slides
- FAME Skills Passport Sheet



Lesson Structure		
Allocated time:	Description:	Materials required:
15 minutes	Introduction - Welcome participants and briefly recap the previous session on body measurements, pattern literacy and fabric preparation. - Review health and safety procedures when using sewing machines, scissors and irons. - Explain today's objective: constructing the first sections of the trousers while maintaining accuracy and quality. - Demonstrate the correct sequence of construction before participants begin.	- Presentation slides - Pattern pieces of trousers - Safety and step-by-step instruction handout - Sewing equipment
40 minutes	Activity 1: Continue cutting the pattern pieces of the trousers and transfer all the pattern markings - Demonstrate accurate cutting techniques while following the cutting line. - Demonstrate how to transfer all notches and other pattern markings onto the fabric using tailor's chalk. - Participants complete cutting all remaining trouser pieces. - Participants transfer every pattern marking before construction begins. - Trainer circulates to provide individual guidance and check accuracy.	- Pattern pieces - Fabric - Fabric scissors - Tailor's chalk - Pins - Measuring tape
45 minutes	Activity 2: Pin, tack and machine stitch the side seams and inner leg seams - Demonstrate how to align matching notches and pattern markings. - Demonstrate correct pinning and tacking techniques before machine stitching. - Explain seam allowance and maintaining a consistent stitching line.	- Sewing machines - Thread - Pins - Hand sewing needles



	- Participants pin, tack and machine stitch both side seams and inner leg seams. - Trainer checks seam accuracy and sewing machine control.	- Tacking thread - Fabric pieces
35 minutes	Activity 3: Press open all the seams - Demonstrate safe ironing procedures and explain the importance of pressing during garment construction. - Demonstrate how to press seams open without stretching or distorting the fabric. - Participants press each completed seam open using the correct ironing technique.	- Iron - Ironing board - Pressing cloth
30 minutes	Activity 4: Neatening of Seams using zigzag stitching - Demonstrate how to adjust the sewing machine to the zigzag stitch. - Explain the purpose of seam finishing in preventing fabric fraying and improving durability. - Demonstrate zigzag stitching and trim the excess on a fabric scrap. - Participants finish all seam allowances using zigzag stitching.	- Sewing machines - Thread - Fabric scraps
15 minutes	Reflection and Discussion (Closure Activity – Skills Passport) - Provide each participant with a FAME Skills Passport to record the practical skills developed during the session. - Ask participants to reflect on their learning by indicating whether they completed each skill independently, with support, or if they need further practice. - Encourage participants to identify one skill they feel confident about and one skill they would like to improve in the next session.	- FAME Skills Passport Sheet - Pens



	- Facilitate a short group discussion, inviting volunteers to share a new skill they learned or an achievement they are proud of. - Conclude the session by providing positive feedback and outlining the practical skills to be covered in the following lesson.	
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Assessment Method:	Follow-up activities
▪ Observation ▪ Self-assessment ▪ Practical task ▪ Questioning and discussion	▪ Review the construction sequence completed during today's lesson. ▪ Reflect on one skill successfully achieved and identify one technique to improve before the next session.

Session 4: Shaping Construction Workflow, Joining Leg Seams and Crotch Seam

Project information:

Project title:	FAME (FAME eMpowers NEETs)
Work package:	WP2 Conceptual and Analytical Framework, and FAME Creative Fashion Construction and Design Course Development
Training Module:	1 – Clothing Construction Techniques
Target group:	NEETs (Not in Education, Employment or Training)
Level:	Beginner
Duration:	3 hours
Delivery mode:	Face-to-face
Trainer:	
Date:	

Learning outcomes:

By the end of this lesson, participants will be able to:

1. Assemble the trouser legs by accurately pinning, tacking and machine stitching the crotch seam.
2. Press the crotch seam correctly using safe ironing techniques to improve garment quality.
3. Finish raw fabric edges using zigzag stitching to prevent fraying and strengthen the garment.
4. Prepare the waistband by accurately folding, pinning and tacking it ready for attachment.

Practical application:

- Join the trouser legs by sewing the crotch seam.
- Press the crotch seam open to improve garment shape.
- Neaten seam allowances using zigzag stitching.
- Prepare the waistband ready for attachment in the following session.

Key competences addressed:

- ☒ Communication Skills
- ☒ Entrepreneurship
- ☒ Creativity and Innovation
- ☒ Teamwork and Collaboration
- ☒ Problem Solving
- ☒ Personal Development and Confidence building

Resources and Materials

- Waistband pattern piece
- Sewing machines
- Sewing box
- Iron and ironing board
- Pressing cloth
- Presentation slides
- Safety and step-by-step instruction handout
- FAME Skills Passport Sheet



Lesson Structure		
Allocated time:	Description:	Materials required:
15 minutes	Introduction - Welcome participants and recap the previous session on constructing the side seams and inner leg seams. - Explain how today's activities continue the garment construction process by joining both trouser legs. - Review safe use of sewing machines and irons. - Demonstrate the correct construction sequence before participants begin.	- Presentation slides - Safety and step-by-step instruction handout - Sewing equipment
45 minutes	Activity 1: Pin, tack and machine stitch the crotch seam - Demonstrate how to correctly align the front and back crotch seams while matching notches and seam allowances. - Demonstrate pinning and tacking techniques to prevent shifting during stitching. - Demonstrate machine stitching using the correct seam allowance. - Participants pin, tack and machine stitch the crotch seam while the trainer provides individual guidance and feedback.	- Sewing machines - Thread - Pins - Hand sewing needles
20 minutes	Activity 2: Press open crotch seam - Demonstrate safe ironing procedures and explain the importance of pressing each construction stage. - Demonstrate how to press the crotch seam carefully without stretching or distorting the fabric. - Participants press the completed seam and inspect their work for accuracy and quality.	- Iron - Ironing board - Pressing cloth



20 minutes	Activity 3: Neaten edges - Demonstrate how to finish raw edges using the zigzag stitch. - Explain how seam finishing improves garment durability and prevents fraying. - Participants neaten the crotch seam. - Trainer checks stitch quality and provides feedback where necessary.	- Sewing machines - Thread
65 minutes	Activity 4: Prepare the waistband - Pin and tack - Demonstrate how to identify the waistband piece and prepare it for attachment. - Demonstrate folding, pressing, pinning and tacking the waistband while ensuring correct alignment. - Participants prepare their waistband ready for stitching for the following lesson. - Trainer checks accuracy before participants finish the activity.	- Waistband pieces - Pins - Hand sewing needles - Iron and ironing board - Measuring tape
15 minutes	Reflection and Discussion (Closure Activity – Skills Passport) - Provide participants with their FAME Skills Passport. - Ask participants to record the practical skills they completed during today's session. - Participants indicate whether they completed each skill independently, with some support, or require further practice. - Invite volunteers to share one achievement from today's lesson and one skill they would like to improve in the next session. - Conclude the lesson by providing positive feedback and introducing the next stage of constructing the waistband.	- FAME Skills Passport Sheet - Pens



Assessment Method:	Follow-up activities
▪ Observation ▪ Self-assessment ▪ Practical task ▪ Questioning and discussion	▪ Review the correct construction sequence completed during today's lesson. ▪ Practise pinning and tacking techniques to improve accuracy before attaching the waistband. ▪ Reflect on one construction skill successfully achieved and identify one technique to improve before the next session.

Session 5: Fitting Check, Waistband, Hem and Quality Control

Project information:	
Project title:	FAME (FAME eMpowers NEETs)
Work package:	WP2 Conceptual and Analytical Framework, and FAME Creative Fashion Construction and Design Course Development
Training Module:	1 – Clothing Construction Techniques
Target group:	NEETs (Not in Education, Employment or Training)
Level:	Beginner
Duration:	3 hours
Delivery mode:	Face-to-face
Trainer:	
Date:	

Learning outcomes:
By the end of this lesson, participants will be able to: 1. Machine stitch the waistband accurately using the correct construction sequence. 2. Press and finish the waistband seam while maintaining a professional garment finish. 3. Insert elastic correctly into the waistband and secure it evenly. 4. Pin, tack and machine stitch an even hem on the trousers. 5. Carry out a final quality check on the completed garment while following safe working practices.

Practical application:
- Stitch the waistband onto the trousers. - Press and neaten the waistband seam. - Insert and secure the elastic waistband. - Complete the trouser hem. - Inspect the finished garment for quality and presentation.

Key competences addressed:	Resources and Materials
☒ Communication Skills ☒ Entrepreneurship ☒ Creativity and Innovation ☒ Teamwork and Collaboration ☒ Problem Solving ☒ Personal Development and Confidence building	▪ Elastic, safety pin or bodkin ▪ Sewing machines ▪ Sewing box ▪ Iron and ironing board ▪ Pressing cloth ▪ Presentation slides ▪ Quality control checklist ▪ Safety and step-by-step instruction handout ▪ FAME Skills Passport Sheet

Lesson Structure		
Allocated time:	Description:	Materials required:
15 minutes	Introduction - Welcome participants and briefly recap the previous lesson on joining the trouser legs and preparing the waistband. - Explain that today's session focuses on completing the waistband, inserting the elastic and finishing the trousers. - Review safe working practices when using sewing machines, irons and sharp tools. - Demonstrate the completed garment so participants understand the final outcome.	- Presentation slides - Safety and step-by-step instruction handout - Sewing equipment
45 minutes	Activity 1: Machine stitch the waistband - Demonstrate how to align the waistband correctly with the waist edge. - Explain the importance of matching seam allowances and maintaining even stitching. - Demonstrate machine stitching while leaving an opening for elastic insertion. - Participants machines stitch the waistband while the trainer provides guidance and individual feedback.	- Sewing machines - Waistband pieces - Thread - Pins - Hand sewing needles
20 minutes	Activity 2: Press the waistband - Demonstrate how to press the waistband to create a neat finish. - Participants press the waistband while checking the overall appearance of their garment.	- Iron - Ironing board - Sewing machines - Thread



20 minutes	Activity 3: Inserting elastic - Demonstrate how to attach a safety pin or bodkin to guide the elastic through the waistband casing. - Demonstrate how to secure both ends of the elastic evenly without twisting. - Participants insert the elastic, adjust the gathers evenly and stitch the opening closed. - Trainer checks the fit and even distribution of the elastic.	- Elastic - Safety pins or bodkin - Sewing machines - Thread - Scissors
65 minutes	Activity 4: Pin, tack and machine stitch the hem - Demonstrate how to measure and fold an even hem allowance. - Demonstrate pinning, tacking and pressing the hem before hand stitching. - Participants complete the trouser hems using slip stitch (hand stitching) or machine stitching while maintaining a consistent hem depth. Press the hem. - Once completed, participants inspect their finished trousers using a simple quality control checklist. - Trainer provides constructive feedback and celebrates participants' achievements.	- Measuring tape - Pins - Hand sewing needles - Thread - Iron and ironing board - Quality control checklist
15 minutes	Reflection and Discussion (Closure Activity – Skills Passport) - Participants complete their FAME Skills Passport by recording the practical skills achieved during today's lesson. - Participants indicate whether they completed each skill independently, with some support or require further practice.	- FAME Skills Passport - Pens



	- Invite participants to share one achievement they are proud of and one skill they would like to continue developing. - Conclude the session by congratulating participants on completing their first garment and discussing how these construction skills relate to employment within the fashion industry.	
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Assessment Method:	Follow-up activities
▪ Observation ▪ Self-assessment ▪ Practical task ▪ Questioning and discussion	▪ Review the completed garment using the quality control checklist and identify one strength and one area for improvement. ▪ Practise waistband and hemming techniques on fabric samples to improve accuracy and confidence. ▪ Reflect on the garment construction process and update the FAME Skills Passport with the skills gained throughout the module.