Unit 01: Sewing Lab: Sewing Safety

Content Area: **Family and Consumer Sciences**
Course(s):
Time Period: **Marking Period 1**
Length: **6 class periods**
Status: **Published**

Brief Summary of Unit

Students will identify safety concerns in the sewing classroom and apply safety concerns to a variety of pieces of hand sewing equipment and the sewing machine. Students will identify the hand sewing equipment available in the room and the appropriate use of each piece. Throughout the cycle, students will evaluate many situations and will be able to choose the equipment to help with the task and demonstrate safe operation of all classroom equipment. Students will proceed through the activities in this unit based on their affinity for and ability to incorporate safe sewing practices.

In this course, students are provided with opportunities to develop skills that pertain to a variety of careers. When completing this course, students can make informed choices and pursue electives in the FCS program that further their study and contribute toward the formation of career interest.

Reviewed Summer 2026

Standards

Standards for Mathematical Practice (2023)

MATH.K-12.1 Make sense of problems and persevere in solving them

MATH.K-12.5 Use appropriate tools strategically

Practices of English Language Arts (2023)

ELA.K-12.1 Developing Responsibility for Learning: Cultivating independence, self-reflection, and responsibility for one’s own learning.

Comprehensive Health and Physical Education Practices (2020)

HE.K-12.P.3 Communicating clearly and effectively (verbal and nonverbal)

Comprehensive Health and Physical Education (2020)

2.3.8.PS.1: Assess the degree of risk in a variety of situations, and identify strategies needed to reduce deliberate and non-deliberate injuries to self and others

Career Readiness, Life Literacies and Key Skills (2026)

9.4.KC.6-8.1 Develop and apply group norms to support collaboration, shared responsibility, and respectful interactions with peers.

Computer Science, Innovation, and Society

8.2.NT.6-8.3 Safely use appropriate measuring instruments, hand tools, power tools, machines, and materials to construct a prototype.

National Standards for Family and Consumer Sciences Education:

16.2.1: Apply appropriate terminology for identifying, comparing, and analyzing the most common generic textile fibers and fabrics.

16.7.4: Demonstrate procedures for reporting and handling accidents, safety, and security incidents.

ELD standards:

Standard 1: Language for Social and Instructional Purposes

English language learners communicate for social and instructional purposes within the

school setting.

Essential Questions

Students will keep considering….

SEWING SAFETY

Why should thinking about safety first be a lifelong habit?

When should safety concerns be addressed when engaging in a new activity?

How does being in a large group setting shape and change our safety concerns?

How should safety rules be communicated?

Where can safety information be acquired for a new activity?

What safety precautions should be taken when utilizing hand sewing equipment, a sewing machine, and an iron?

SEWING EQUIPMENT

Why is utilizing the correct equipment for a task essential to the success of a project?

What is the best way to become accustomed to using a new piece of equipment?

How much practice is needed to learn a new skill?

Why is practice with a new piece of equipment or a task important?

What are the different challenges associated with utilizing a sewing machine and hand sewing equipment?

What problems could be solved with sewing skills?

Students Will Know

- Basic first-aid procedures in case of an accident.
- Basic Handsewing Skills
- How to control the speed and accuracy of a sewing machine.
- Safe operation of a sewing machine.
- Safety essentials for using each sewing tool and piece of equipment available in the sewing room.
- The benefit of utilizing the correct piece of equipment for a task.
- The Design Model and its connection to problem solving
- The differences between natural and synthetic fibers (optional)
- The name and function of each sewing tool and piece of equipment available in the sewing room.
- The name and function of sewing machine parts.

Students Will Be Skilled At

- Basic handsewing skills
- Choosing the correct piece of equipment to accomplish a goal or task
- Controlling a sewing machine for speed and accuracy
- Demonstrating safe behaviors in the sewing room

- Evaluating challenges in the sewing room and suggesting multiple ways to solve each challenge
- Explaining a problem they are having with their equipment utilizing correct terms
- Explaining and identifying the differences between natural and synthetic fibers (optional)
- Threading a sewing machine
- Utilizing the Design Model to solve real world problems with their sewing skills

Evidence/Performance Tasks

FCS courses are designed to promote skill attainment. Student progression and pace through which they proceed through the performance tasks is based on their affinity for and ability to reach skill attainment. The teacher will determine formative and summative skill attainment; alternative assessments will be incorporated for each student based on their strengths and challenges.

- Choose the correct piece of sewing equipment to complete a task independently
- Correctly address an accident if one occurs
- Demonstrate safe behaviors in the sewing room throughout the cycle
- Demonstrate skill acquisition via "paper pillow quiz"
- Demonstrate the ability to thread and safely control a sewing machine
- Demonstrate understanding of the differences between natural and synthetic fibers in differentiated ways at the discretion of the teacher (optional)
- Evaluate situations and challenges, suggest possible ways to address the situation, choose the correct equipment to solve the challenge and safely execute a process to address the situation.
- Identify the parts of a sewing machine
- Identify, define and utilize small sewing equipment during lab experiences or in a written assessment
- Sew 4 basic handsewing stitches and 2 buttons for evaluation
- Sew a ⅝” seam, incorporating a proper backstitch
- Sew on paper lines and submit 5 that demonstrate proper speed, accuracy and direction of project materials.
- Thread a sewing machine correctly
- Utilize all skills and concepts learned throughout the unit to complete sewing projects.

Learning Plan

- Allow time for teacher led discussion and identification of each piece defined and found during the scavenger hunt.
- Develop a written vocabulary sheet describing the equipment available in the sewing room and set up a scavenger hunt for the equipment.
- Develop and provide parts of the machine reference sheet for students to keep on hand.
- Encourage students to suggest first aid solutions to common sewing accidents
- Facilitate student work in determining the most important safety concerns in the sewing room and afford them the opportunity to design a poster illustrating their ideas

- Have students sew on paper lines to practice speed, accuracy and control of the sewing machine
- Pre-assess student knowledge of hand sewing equipment to determine existing knowledge.
- Provide opportunities for students to discuss / reflect on a time they hurt themselves and connect unit learning to ways they could have prevented the accident.
- Provide teacher led demonstrations on how to thread the sewing machine and how to sew a ⅝" seam.
- Provide teacher led discussion regarding the parts of the sewing machine and their functions.

Materials

The materials used in this course allow for integration of a variety of instructional, supplemental, and intervention materials that support student learners at all levels in the school and home environments.

Associated web content and media sources are infused into the unit as applicable and available

The link that connects to district approved textbooks and resources utilized in this course can be found on the Curriculum and Instruction webpage: CORE BOOK LIST

Any additional resources, not included in the current Core Book List, must be explicitly presented to and reviewed by the supervisor the week before the resource is included into lesson plans. This ensures resources are reviewed and vetted for relevance and appropriateness prior to implementation.

- Instructions for activity
- Needles
- Paper sewing lines
- Paper Sewing Quiz
- Safety Worksheets
- Sample fabric pieces
- Scavenger Hunt Supplies: equipment and worksheets
- Scissors and shears
- Sewing machine diagrams
- Sewing machines
- Straight Pins
- Summative Evaluation Materials
- Thread and bobbins

Suggested Strategies for Modifications

https://docs.google.com/spreadsheets/d/1ZSDsCUamViCaBpr1lPOB7FJEC-

jx4KnDjZzegIUKeMg/edit?usp=sharing