

**K to 12 BASIC EDUCATION CURRICULUM
TECHNOLOGY AND LIVELIHOOD EDUCATION
HOME ECONOMICS -- DRESSMAKING
Grade 7/8 (Exploratory)**

Course Description:

This is an exploratory and introductory course which leads to **Dressmaking /Tailoring** National Certificate Level II (NC II). It covers **five** common competencies that a **Grade7/Grade 8** Technology and Livelihood Education (TLE) student ought to possess, namely: 1) using tools, equipment and paraphernalia; 2) performing mensuration and calculation; 3) practicing Occupational Health and Safety (OHS) procedures; 4) maintaining tools, equipment and paraphernalia and; 5) reading and interpreting drawing designs.

The preliminaries of this exploratory course include the following: 1) discussion on the relevance of the course; 2) explanation of key concepts relative to the course and; 3) exploration on career opportunities.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
Introduction 1. Basic concepts in Dressmaking/Tailoring 2. Relevance of the course 3. Career opportunities	The learner demonstrates understanding of basic concepts and underlying theories in dressmaking/tailoring.	The learner independently demonstrates common competencies in dressmaking/tailoring as prescribed in the TESDA Training Regulation.	1. Explain basic concepts in dressmaking/tailoring 2. Discuss the relevance of the course 3. Explore on opportunities for dressmaking/tailoring as a career	
PERSONAL ENTREPRENEURIAL COMPETENCIES - PECs (PC)				
1. Assessment of Personal Entrepreneurial Competencies and Skills (PECs) vis-à-vis a practicing entrepreneur/employee 1.1. Characteristics 1.2. Attributes 1.3. Lifestyle 1.4. Skills 1.5. Traits 2. Analysis of PECs in relation to a practitioner	The learner demonstrates understanding of one's PECs.	The learner recognizes his/her PECs and prepares an activity plan that aligns with that of a practitioner/entrepreneur in Dressmaking.	LO 1. Recognize PECs needed in Dressmaking. 1.1. Assess one's PECs: characteristics, attributes, lifestyle, skills, traits 1.2. Assess practitioner's: characteristics, attributes, lifestyle, skills, traits 1.3. Compare one's PECs with that of a practitioner /entrepreneur 1.4. Align one's PECs with that of a practitioner/entrepreneur	TLE_HEDM7/8PC-0k-1
ENVIRONMENT AND MARKET (EM)				
1. Key concepts of environment and market	The learner demonstrates understanding of environment and	The learner independently generates a business idea	LO 1. Generate a business idea that relates with a career choice	TLE_HEDM7/8EM-0k-1

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
2. Products and services available in the market 3. Differentiation of products and services 4. Customers and their buying habits 5. Competition in the market 6. SWOT Analysis	market that relates with a career choice in Dressmaking	based on the analysis of environment and market in Dressmaking.	in Dressmaking. 1.1. Conduct SWOT analysis 1.2. Identify the different products/services available in the market 1.3. Compare different products/services in computer hardware servicing business 1.4. Determine the profile potential customers 1.5. Determine the profile potential competitors 1.6. Generate potential business idea based on the SWOT analysis	
LESSON 1:USE OF SEWING TOOLS (UT)				
1. Sewing tools and equipment 2. Types and uses of sewing machines	The learner demonstrates understanding in the use of sewing tools in dressmaking/tailoring.	The learner independently uses tools in dressmaking/tailoring.	LO 1. Identify sewing tools and equipment and their uses 1.1. Identify sewing tools and equipment 1.2. Classify sewing machines 1.3. Describe uses of sewing tools	TLE_HEDM7/8U T-Oa-b-1
LESSON 2: CARRY OUT MEASUREMENTS AND CALCULATIONS (MT)				
1. Body measurements in ladies and men’s apparel	The learner demonstrates understanding in carrying out measurements in dressmaking/tailoring.	The learner independently carries out measurements and calculations based on job requirements.	LO 1. Obtain measurements 1.1. Select appropriate measuring tools 1.2. Take accurate body measurements 1.3. Read and record required measurements	TLE_HEDM7/8 MT-Oc-d-2

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
2. Metric conversion chart			LO 2. Perform simple calculations 2.1 Apply the systems of measurements 2.2 Perform simple calculations based on the job requirement 2.3 Demonstrates accurate reading measurements	TLE_HEDM7/8 MT-Oe-3
3. Estimate appropriate quantities			LO 3. Estimate appropriate quantities 3.1 Practice the fundamentals of arithmetic operations 3.2 Estimate cost of project materials	TLE_HEDM7/8 MT-Of-4
LESSON 3. READ AND INTERPRET PRODUCT DESIGNS (ID)				
1. Appropriateness of design according to: 1.1. Age 1.2. Customer's Preference 1.3. Body Physique 2. Principles of Design 3. Color Theory 4. Basic Hand Stitches	The learner demonstrates understanding in reading and interpreting product designs and specifications in dressmaking/tailoring.	The learner independently reads and interprets product designs in dressmaking/tailoring.	LO 1. Read and interpret specifications of product design 1.1. Assess the appropriateness of design based on the client's features 1.2. Read specifications 1.3. Apply the principles of design and color harmonies	TLE_HEDM7/8I D-Og-5
LESSON 4. PERFORM BASIC MAINTENANCE (BM)				
1. Machine Operation 1.1. Lower and Upper Threading of Sewing Machine 1.2. Common Sewing Machine Troubles and its Remedies	The learner demonstrates understanding in performing basic maintenance of sewing machine in dressmaking/tailoring.	The learner consistently performs basic maintenance of sewing machine in dressmaking/tailoring.	LO 1. Operate machine and assess its performance 1.1. Observe proper handling and cleaning of the machine 1.2. Identify correct procedures in machine operation	TLE_HEDM7/8B M-Oh-6

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
1.3. Quality Stitches and Tensions 2. Troubles and remedies of sewing machine			1.3. Resolve common machine troubles	
3. Care of Sewing Machine			LO 2. Clean and lubricate machine 2.1 Observe regular cleaning of machine 2.2 Follow the safety procedures in machine cleaning 2.3 Perform regular maintenance schedules	TLE_HEDM7/8B M-Oi-7
LESSON 5. PRACTICE OCCUPATIONAL SAFETY AND HEALTH				
1. Hazards and Risks Identification and Control	The learner demonstrates understanding in practicing occupational safety and health in dressmaking/tailoring.	The learner consistently practices occupational safety and health in dressmaking/tailoring.	LO 1. Identify and evaluate hazards and risks 1.1. Explain workplace hazards and risks 1.2. Identify hazards and risks in the workplace 1.3. Explain the causes of hazards and risks	TLE_HEDM7/8B M-Oj-8

**K to 12 BASIC EDUCATION CURRICULUM
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HOME ECONOMICS – DRESSMAKING**

GRADE 9

Course Description:

This curriculum guide on DRESSMAKING leads to National Certificate Level II (NC II). This course is design for Grade 9 student to develop knowledge, skills, and attributes to perform the tasks on DRESSMAKING. It covers core competencies namely 1) Produce sleeping garments; 2) Produce children’s wear; \

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
Introduction 1. Core concepts in dressmaking 2. Relevance of the course 3. Career opportunities	The learner demonstrates understanding of core concepts and theories in dressmaking.	The learner independently demonstrates core competencies in dressmaking as prescribed in the TESDA Training Regulation.	1. Explain core concepts in dressmaking 2. Discuss the relevance of the course 3. Explore on opportunities for dressmaking as a career	
CONCEPT REVIEW				
PERSONAL ENTREPRENEURIAL COMPETENCIES - PECs (PC)				
1. Dimensions of Personal Entrepreneurial Competencies 1.1. Three Clusters of PECs (Achievement, Planning, Power Clusters) 1.2. Characteristics 2. Assessment of Personal Competencies and Skills (PECs)	The learner comprehends Personal Entrepreneurial Competencies – its dimensions and characteristics.	The learner recommends specific strategies to improve ‘weak’ areas and sustain ‘strong’ areas of their PECs.	LO 1. Assess Personal Entrepreneurial Competencies 1.1. Explain dimensions/clusters of PECs and the different characteristic traits per cluster 1.2. Evaluate one’s PECs	TLE_HEWM10PC-Ik-1
BUSINESS ENVIRONMENT AND MARKET (EM)				
1. Factors included in the Business Environment 2. Spotting and Identifying Business Opportunities	The learner demonstrates understanding of the different factors that influence the business environment	The learner analyzes how factor influence the business environment. The learner relates experience in generating business ideas or identifying business opportunities.	LO 2. Understand the business environment and business ideas 2.1 Explain how different factors influence the business environment 2.2 Explain procedures	TLE_HEHW10EM-Ik-1

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			for generating business ideas or identifying business opportunities 2.3 Generate business ideas and identify business opportunities	
Quarter I				
LESSON 1: PRODUCE SLEEPING GARMENTS (SG)				
1. Principles and elements of design 2. Types of fabrics 3. Fabric properties 4. Types of sleeping garments 5. Characteristics of a sleeping garments 6. Project plan for sleeping garments 7. Tools, materials and equipment needed 8. Measurements needed in sewing sleeping garments 9. Procedures in drafting basic/block pattern for sleeping garments 10. Drafting basic/block pattern 11. Pattern Symbols 12. Manipulating basic/block pattern 13. Techniques in cutting final pattern	The learner demonstrates understanding on the principles of designing and sewing of sleeping garments	The learner plan, design and sew sleeping garments.	LO 1. Draft and cut pattern for sleeping garments 1.1. Plan garment design 1.2. Take client's body measurement 1.3. Draft basic/ block pattern 1.4. Manipulate Patterns 1.5. Cut final Pattern	TLE_HEDM9SG-Ia-f-1
14. Fabric care 15. Characteristics of fabrics 16. Selection of fabrics suited for sleeping garments design 17. Marking tools 18. Principles of laying out the fabric 19. Principle of laying out patterns 20. Laying out pattern pieces 21. Transferring pattern marks and symbols onto the fabric 22. Guidelines in cutting fabric 23. Fabric cutting			LO 2. Prepare and cut materials for sleeping garments 2.1 Prepare materials 2.2 Lay- out and pin patterns on fabrics 2.3 Cut fabrics	TLE_HEDM9SG-Ig-i-2
Quarter II				
LESSON 1: PRODUCE SLEEPING GARMENTS (SG)				

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<ol style="list-style-type: none"> 1. Pre-assembling procedure 2. Pressing techniques 3. Kinds of seams and seam finishes 4. Preparing parts for sewing 5. Unit method of assembling sleeping garments 6. Procedure in assembling sleeping garments 			<p>LO 3. Assemble sleeping garments parts</p> <ol style="list-style-type: none"> 3.1 Prepare cut parts 3.2 Sew and assemble sleeping garments parts 	<p>TLE_HEDM9SG-IIa-g-3</p>
<ol style="list-style-type: none"> 6.1. Finishing touches 6.2. Hemming stitches 6.3. Attaching fastener 7. Trimming techniques for sleeping garments 8. Evaluation of finished sleeping garments 9. Pressing tools, materials and equipment 10. Procedure in pressing sleeping garments 11. Application of heat and pressure on sleeping garments 12. Labeling of garments 13. Kinds of packaging materials 14. Procedures in packaging finished garments 			<p>LO 4. Apply finishing touches on sleeping garments</p> <ol style="list-style-type: none"> 4.1 Apply finishing touches 4.2 Alter completed garment 4.3 Press finished garment 4.4 Pack finished garment 	<p>TLE_HEDM9SG-IIh-j-4</p>
<p>Quarter III LESSON 2: PRODUCE CHILDREN’S WEAR (CW)</p>				
<ol style="list-style-type: none"> 1. Designs of children’s wear 2. Characteristics of a well-fitted children’s wear 3. Types of fabrics suited for children’s dresses 4. Types of sleeves <ol style="list-style-type: none"> 4.1. Set-in 4.2. Puff 4.3. Bell 4.4. Butterfly 4.5. Angel 5. Types of collars <ol style="list-style-type: none"> 5.1. Peter pan 5.2. Sports 5.3. Sailors 5.4. Flat 6. Types of skirts <ol style="list-style-type: none"> 6.1. pencil 6.2. balloon 6.3. pleated 6.4. sheared or gathered 	<p>The learner demonstrates understanding on the principles of designing and sewing children’s wear</p>	<p>The learner plan, design and sew children’s wear.</p>	<p>LO 1. Draft and cut pattern for children’s dress</p> <ol style="list-style-type: none"> 1.1. Plan garment design 1.2. Take client’s body measurement 1.3. Draft basic/ block pattern 1.4. Manipulate Pattern 1.5. Cut final Pattern 	<p>TLE_HEDM9CW-IIIa-h-5</p>

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<ul style="list-style-type: none"> 6.5. peplum 6.6. bubble 7. Types of facing and interfacing 8. Types of pockets <ul style="list-style-type: none"> 8.1. Patch 8.2. Seam 8.3. Welt 9. Project plan for children’s wear 10. Body measurements for children’s wear 11. Procedure in taking body measurement for children’s wear 12. Procedures in drafting basic/block pattern for children’s wear 13. Manipulating basic/block pattern for children’s wear 14. Techniques in cutting final pattern 				
<ul style="list-style-type: none"> 15. Accessories and accents for children’s wear 16. Laying out pattern pieces for children’s wear 17. Transferring of marks onto the fabric 18. Cutting fabrics 			<p>LO 2. Prepare and cut materials for children’s dress</p> <ul style="list-style-type: none"> 2.1 Prepare materials 2.2 Lay- out and pin pattern on fabric 2.3 Cut fabric 	<p>TLE_HEDM9CW-IIIi-j-6</p>
<p>Quarter IV LESSON 2: PRODUCE CHILDREN’S WEAR (CW)</p>				
<ul style="list-style-type: none"> 1. Pre-assembling procedure for children’s wear 2. Techniques pressing in children’s wear 3. Preparing parts for sewing 4. Unit method of assembling 5. Procedure in assembling children’s dress. 			<p>LO 3. Assemble garment parts for children’s wear</p> <ul style="list-style-type: none"> 3.1 Prepare cut parts 3.2 Sew and assemble children’s wear 	<p>TLE_HEDM9CW-Iva-h-7</p>
<ul style="list-style-type: none"> 1. Finishing touches <ul style="list-style-type: none"> 1.1. Hemming stitches* 1.2. Types of fasteners 1.3. Buttons* 1.4. Snap* 1.5. hook and eye* 1.6. zipper* 1.7. magnetic tape* 2. Attaching fastener 3. Trimming techniques for children’s wear 4. Procedure in pressing children’s wear 			<p>LO 4. Apply finishing touches on children’s wear</p> <ul style="list-style-type: none"> 4.1 Apply finishing touches 4.2 Alter completed garment 4.3 Press finished garment 4.4 Pack finished garment 	<p>TLE_HEDM9CW-IVi-j-8</p>

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5. Application of heat and pressure on children's wear 6. Characteristics of a well-fitted children's wear 7. Evaluation of finished children's wear 8. Labeling of garments 9. Kinds of packaging materials 10. Procedure in packing of children's wear				
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TECHNOLOGY AND LIVELIHOOD EDUCATION
HOME ECONOMICS – DRESSMAKING
GRADE 9**

Course Description:

This curriculum guide on DRESSMAKING leads to National Certificate Level II (NC II). This course is design for Grade 9 student to develop knowledge, skills, and attributes to perform the tasks on DRESSMAKING. It covers core competencies namely 1) Produce sleeping garments; 2) Produce children’s wear

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
<p>Introduction</p> <ol style="list-style-type: none"> 1. Core concepts in dressmaking 2. Relevance of the course 3. Career opportunities 	<p>The learner demonstrates understanding of core concepts and theories in dressmaking.</p>	<p>The learner independently demonstrates core competencies in dressmaking as prescribed in the TESDA Training Regulation.</p>	<ol style="list-style-type: none"> 1. Explain core concepts in dressmaking 2. Discuss the relevance of the course 3. Explore on opportunities for dressmaking as a career 	
<p>CONCEPT REVIEW</p> <p>PERSONAL ENTREPRENEURIAL COMPETENCIES - PECs (PC)</p>				
<ol style="list-style-type: none"> 1. Dimensions of Personal Entrepreneurial Competencies <ol style="list-style-type: none"> 1.1. Three Clusters of PECs (Achievement, Planning, Power Clusters) 1.2. Characteristics 2. Assessment of Personal Competencies and Skills (PECs) 	<p>The learner comprehends Personal Entrepreneurial Competencies – its dimensions and characteristics.</p>	<p>The learner recommends specific strategies to improve ‘weak’ areas and sustain ‘strong’ areas of their PECs.</p>	<p>LO 1. Assess Personal Entrepreneurial Competencies</p> <ol style="list-style-type: none"> 1.1. Explain dimensions/clusters of PECs and the different characteristic traits per cluster 1.2. Evaluate one’s PECs 	<p>TLE_HEWM10PC-Ik-1</p>
<p>BUSINESS ENVIRONMENT AND MARKET (EM)</p>				
<ol style="list-style-type: none"> 1. Factors included in the Business Environment 2. Spotting and Identifying Business Opportunities 	<p>The learner demonstrates understanding of the different factors that influence the business environment</p>	<p>The learner analyzes how factor influence the business environment.</p> <p>The learner relates experience in generating business ideas or identifying business opportunities.</p>	<p>LO 2. Understand the business environment and business ideas</p> <ol style="list-style-type: none"> 2.1 Explain how different factors influence the business environment 2.2 Explain procedures for generating business ideas or identifying business 	<p>TLE_HEHW10EM-Ik-1</p>

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			opportunities 2.3 Generate business ideas and identify business opportunities	
Quarter I				
LESSON 1: PRODUCE SLEEPING GARMENTS (SG)				
<ol style="list-style-type: none"> 1. Principles and elements of design 2. Types of fabrics 3. Fabric properties 4. Types of sleeping garments 5. Characteristics of a sleeping garments 6. Project plan for sleeping garments 7. Tools, materials and equipment needed 8. Measurements needed in sewing sleeping garments 9. Procedures in drafting basic/block pattern for sleeping garments 10. Drafting basic/block pattern 11. Pattern Symbols 12. Manipulating basic/block pattern 13. Techniques in cutting final pattern 	The learner demonstrates understanding on the principles of designing and sewing of sleeping garments	The learner plan, design and sew sleeping garments.	LO 1. Draft and cut pattern for sleeping garments 1.1. Plan garment design 1.2. Take client's body measurement 1.3. Draft basic/ block pattern 1.4. Manipulate Patterns 1.5. Cut final Pattern	TLE_HEDM9SG-Ia-f-1
<ol style="list-style-type: none"> 14. Fabric care 15. Characteristics of fabrics 16. Selection of fabrics suited for sleeping garments design 17. Marking tools 18. Principles of laying out the fabric 19. Principle of laying out patterns 20. Laying out pattern pieces 21. Transferring pattern marks and symbols onto the fabric 22. Guidelines in cutting fabric 23. Fabric cutting 			LO 2. Prepare and cut materials for sleeping garments 2.1 Prepare materials 2.2 Lay- out and pin patterns on fabrics 2.3 Cut fabrics	TLE_HEDM9SG-Ig-i-2
Quarter II				
LESSON 1: PRODUCE SLEEPING GARMENTS (SG)				
<ol style="list-style-type: none"> 1. Pre-assembling procedure 2. Pressing techniques 3. Kinds of seams and seam finishes 4. Preparing parts for sewing 5. Unit method of assembling sleeping garments 6. Procedure in assembling sleeping garments 			LO 3. Assemble sleeping garments parts 3.1 Prepare cut parts 3.2 Sew and assemble sleeping garments parts	TLE_HEDM9SG-IIa-g-3

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<ul style="list-style-type: none"> 6.1. Finishing touches 6.2. Hemming stitches 6.3. Attaching fastener 7. Trimming techniques for sleeping garments 8. Evaluation of finished sleeping garments 9. Pressing tools, materials and equipment 10. Procedure in pressing sleeping garments 11. Application of heat and pressure on sleeping garments 12. Labeling of garments 13. Kinds of packaging materials 14. Procedures in packaging finished garments 			<p>LO 4. Apply finishing touches on sleeping garments</p> <ul style="list-style-type: none"> 4.1 Apply finishing touches 4.2 Alter completed garment 4.3 Press finished garment 4.4 Pack finished garment 	<p>TLE_HEDM9SG-IIh-j-4</p>
<p>Quarter III LESSON 2: PRODUCE CHILDREN’S WEAR (CW)</p>				
<ul style="list-style-type: none"> 1. Designs of children’s wear 2. Characteristics of a well-fitted children’s wear 3. Types of fabrics suited for children’s dresses 4. Types of sleeves <ul style="list-style-type: none"> 4.1. Set-in 4.2. Puff 4.3. Bell 4.4. Butterfly 4.5. Angel 5. Types of collars <ul style="list-style-type: none"> 5.1. Peter pan 5.2. Sports 5.3. Sailors 5.4. Flat 6. Types of skirts <ul style="list-style-type: none"> 6.1. pencil 6.2. balloon 6.3. pleated 6.4. sheared or gathered 6.5. peplum 6.6. bubble 7. Types of facing and interfacing 8. Types of pockets <ul style="list-style-type: none"> 8.1. Patch 8.2. Seam 8.3. Welt 9. Project plan for children’s wear 	<p>The learner demonstrates understanding on the principles of designing and sewing children’s wear</p>	<p>The learner plan, design and sew children’s wear.</p>	<p>LO 1. Draft and cut pattern for children’s dress</p> <ul style="list-style-type: none"> 1.1. Plan garment design 1.2. Take client’s body measurement 1.3. Draft basic/ block pattern 1.4. Manipulate Pattern 1.5. Cut final Pattern 	<p>TLE_HEDM9CW-IIIa-h-5</p>

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<ul style="list-style-type: none"> 10. Body measurements for children’s wear 11. Procedure in taking body measurement for children’s wear 12. Procedures in drafting basic/block pattern for children’s wear 13. Manipulating basic/block pattern for children’s wear 14. Techniques in cutting final pattern 				
<ul style="list-style-type: none"> 15. Accessories and accents for children’s wear 16. Laying out pattern pieces for children’s wear 17. Transferring of marks onto the fabric 18. Cutting fabrics 			<p>LO 2. Prepare and cut materials for children’s dress</p> <ul style="list-style-type: none"> 2.1 Prepare materials 2.2 Lay- out and pin pattern on fabric 2.3 Cut fabric 	<p>TLE_HEDM9CW-IIIi-j-6</p>
<p>Quarter IV LESSON 2: PRODUCE CHILDREN’S WEAR (CW)</p>				
<ul style="list-style-type: none"> 1. Pre-assembling procedure for children’s wear 2. Techniques pressing in children’s wear 3. Preparing parts for sewing 4. Unit method of assembling 5. Procedure in assembling children’s dress. 			<p>LO 3. Assemble garment parts for children’s wear</p> <ul style="list-style-type: none"> 3.1 Prepare cut parts 3.2 Sew and assemble children’s wear 	<p>TLE_HEDM9CW-Iva-h-7</p>
<ul style="list-style-type: none"> 5.1. Finishing touches 5.2. Hemming stitches 6. Types of fasteners <ul style="list-style-type: none"> 6.1. buttons 6.2. snap 6.3. hook and eye 6.4. zipper 6.5. magnetic tape 7. Attaching fastener 8. Trimming techniques for children’s d 9. Procedure in pressing children’s wear 10. Application of heat and pressure on children’s wear 11. Characteristics of a well-fitted children’s wear 12. Evaluation of finished children’s wear 13. Labeling of garments 14. Kinds of packaging materials 15. Procedure in packing of children’s wear 			<p>LO 4. Apply finishing touches on children’s wear</p> <ul style="list-style-type: none"> 4.1 Apply finishing touches 4.2 Alter completed garment 4.3 Press finished garment 4.4 Pack finished garment 	<p>TLE_HEDM9CW-IVi-j-8</p>

**K to 12 BASIC EDUCATION CURRICULUM
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HOME ECONOMICS – DRESSMAKING**

GRADE 10 (Specialization)

Course Description:

Prerequisite: Grade 9 Dressmaking

This curriculum guide on **Dressmaking** leads to National Certificate Level II (NC II). This course is design for a **grade 10** student to develop knowledge, skills, and attitude to perform tasks on Dressmaking. It covers three competencies that a grade 10 Technology and Livelihood Education (TLE) student ought to possess namely: 1) Produce ladies skirt; 2) Produce ladies blouse and 3) Produce ladies trousers. The preliminaries of this specialization course includes the following: 1) Explain core concepts in dressmaking; 2) Discuss the relevance of the course 3) Explore on opportunities for dressmaking as a career.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
Introduction 1. Core concepts in dressmaking 2. Relevance of the course 3. Career opportunities	The learner demonstrates understanding of core concepts and principles in dressmaking.	The learner independently demonstrates core competencies in dressmaking as prescribed in the TESDA Training Regulation.	1. Explain core concepts in dressmaking 2. Discuss the relevance of the course 3. Explore on opportunities for dressmaking as a career	
PERSONAL ENTREPRENEURIAL COMPETENCIES - PECs				
1. Assessment of Personal Competencies and Skills (PECs) vis-à-vis a practicing entrepreneur in the locality. 1.1. Characteristics 1.2. Lifestyle 1.3. Skills 1.4. Traits 2. Analysis of PECs in relation to a practitioner 3. Application of PECs to the chosen business/career	The learner demonstrates understanding of one's PECs in Dressmaking.	The learner independently creates a plan of action that develops/strengthens one's PECs in Dressmaking.	LO 1. Develop and strengthen PECs needed in Dressmaking. 1. Identify areas for improvement, development and growth 2. Use one's PECs for a business or career choice 3. Create an action plan to ensure success in the business or career choice	TLE_HEWM10PC-Ik-1
ENVIRONMENT AND MARKET (EM)				
1. Product development 2. Key concepts of developing a product 3. Finding value for the product 4. Innovation 4.1. Unique Selling Proposition (USP)	The learner demonstrates understanding of environment and market for the Dressmaking in one's locality.	The learner independently creates a business vicinity map reflective of potential Dressmaking market within the locality.	LO 1. Develop a product/ service in Dressmaking 1.1. Explain what makes a product unique and competitive 1.2. Identify what is of "Value" to the customer 1.3. Apply creativity and Innovative techniques to develop marketable product 1.4. Employ a Unique Selling Proposition (USP) to the	TLE_HEHW10EM-Ik-1

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			product/service	
5. Selecting business idea 6. Key concepts of selecting a business idea 6.1 Criteria 6.2 Techniques			LO 2. Select a business idea 2.1 Enumerate various criteria and steps in selecting a business idea 2.2 Analyze a business idea based on the criteria/techniques set 2.3 Apply the criteria/steps in selecting a viable business idea	TLE_HEHW10EM-Ik-2
7. Branding			LO 3. Develop a brand for the product 3.1 Identify the benefits of having a good brand 3.2 Enumerate the criteria in developing a brand 3.3 Create a unique product brand	TLE_HEHW10EM-Ik-3
Quarter 1				
LESSON 1: PRODUCE LADIES' SKIRTS (SK)				
1. Principles and elements of design 2. Types of fabrics suited for ladies skirt 3. Fabric Properties 4. Body measurements for ladies skirt 5. Procedure in taking body measurement for ladies skirts 6. Types of ladies skirts 7. Types of facing and interfacing 8. Procedures in drafting ladies skirts 9. Drafting basic/block pattern 10. Manipulating basic/block pattern 11. Techniques in cutting final pattern	The learner demonstrates understanding on the principles of designing and sewing of ladies skirts.	The learner plan, design and sew ladies skirts.	LO 1. Draft and cut pattern for ladies skirts 1.1. Plan garment design 1.2. Take client's body measurement 1.3. Draft basic/ block pattern 1.4. Manipulate Pattern 1.5. Cut final Pattern	TLE_HEDM10SK-Ia-c-1
12. Characteristics of fabrics 13. Selection of accessories suited on fabric types and designs 14. Principles of laying out the			LO 2. Prepare and cut materials for ladies skirts 2.1 Prepare materials 2.2 Lay- out and mark pattern on	TLE_HEDM10SK-Id-2

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
fabric 15. Laying out pattern pieces 16. Transferring of marks onto the fabric			material 2.3 Cut materials	
17. Pre-assembling procedure 18. Pressing techniques 19. Procedure in assembling ladies skirts 20. Preparing parts for sewing 21. Unit method of assembling ladies skirts 22. Characteristics of a well-fitted ladies skirts 23. Evaluation of finished ladies skirts			LO 3. Assemble garment parts for ladies skirts 3.1 Prepare cut parts 3.2 Sew and assemble athletic ladies skirts 3.3 Alter completed garment	TLE_HEDM10SK-Ie-i-3
24. Finishing touches 24.1. Hemming stitches 24.2. Attaching fasteners 25. Trimming techniques for ladies skirt 26. Procedure in pressing ladies skirts 27. Application of heat and pressure on ladies skirts 28. labeling of garments 29. Kinds of packaging materials 30. Procedures in packaging finished garment			LO 4. Apply finishing touches on ladies skirts 4.1 Apply finishing touches 4.2 Press finished garment 4.3 Pack finished garment	TLE_HEDM10SK-Ij-4
Quarter II				
LESSON 2: PRODUCE LADIES' BLOUSE (BL)				
1. Designs of blouse 2. Types of fabrics suited for ladies blouse 3. Types of necklines 4. Types of sleeves 4.1. Set-in 4.2. Puff 4.3. Kimono	The learner demonstrates understanding on the principles of designing and sewing of ladies blouse.	The learner plan, design and sew ladies blouse.	LO 1. Draft and cut pattern for ladies blouse 1.1. Plan garment design 1.2. Take client's body measurement 1.3. Draft basic/ block pattern 1.4. Manipulate Pattern 1.5. Cut final Pattern	TLE_HEDM10BL-IIa-d-5

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
4.4. Raglan 4.5. Dolman 5. Types of facing and interfacing 6. Types of pockets 6.1. Patch 6.2. Welt 7. Body measurements for ladies blouse 8. Procedure in taking body measurement for ladies blouse 9. Procedures in drafting ladies blouse 10. Drafting basic/block pattern for ladies blouse 11. Manipulating basic/block pattern for ladies blouse 12. Techniques in cutting final pattern				
13. Accessories and Accents for ladies blouse 14. Laying out pattern pieces for ladies blouse 15. Transferring of marks onto the fabric 16. Cutting the fabric			LO 2. Prepare and cut materials for ladies blouse 2.1 Prepare materials 2.2 Lay- out and mark pattern on material 2.3 Cut materials	TLE_HEDM10BL-IIe-6
17. Pre-assembling procedure for ladies blouse 18. Pressing techniques ladies blouse 19. Procedure in assembling ladies blouse 20. Preparing parts for sewing ladies blouse 21. Unit method of assembling ladies blouse 22. Characteristics of a well-fitted ladies blouse 23. Evaluation of finished ladies blouse			LO 3. Assemble garment parts for ladies blouse 3.1 Prepare cut parts 3.2 Sew and assemble ladies blouse 3.3 Alter completed garment	TLE_HEDM10BL-IIi-i-7

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
24. Types of fasteners 24.1. Buttons* 24.2. snap* 24.3. hook and eye* 24.4. zipper* 25. Finishing touches 25.1. Hemming stitches* 25.2. Attaching fastener* 26. Trimming techniques for ladies blouse 27. Procedure in pressing ladies blouse 28. Application of heat and pressure on ladies blouse 29. Labeling of garments 30. Kinds of packaging materials 31. Procedure in packaging finished garments			LO 4. Apply finishing touches on ladies blouse 4.1 Apply finishing touches 4.2 Press finished garment 4.3 Pack finished garment	TLE_HEDM10BL-IIj-8
Quarter III LESSON 3: PRODUCE LADIES' TROUSERS (TR)				
1. Designs of ladies trousers 2. Types of fabrics suited for ladies trousers 3. Types of pockets 3.1. Patch* 3.2. Seam* 3.3. Welt* 4. Types of facing and interfacing 5. Body measurements for ladies trousers 6. Procedure in taking body measurement for ladies trousers 7. Procedures in drafting ladies trousers 8. Drafting basic/block pattern for ladies trousers 9. Manipulating basic/block pattern for ladies trousers	The learner demonstrates understanding on the principles of designing and sewing ladies trousers.	The learner plan, design and sew ladies trousers	LO 1. Draft and cut pattern for ladies trousers 1.1. Plan garment design 1.2. Take client's body measurement 1.3. Draft basic/ block pattern 1.4. Manipulate Pattern 1.5. Cut final Pattern	TLE_HEDM10TR-IIIa-h-9

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
10. Techniques in cutting final pattern				
11. Laying out pattern pieces for ladies trousers 12. Transferring of marks onto the fabric 13. Cut fabric			LO 2. Prepare and cut materials for ladies trousers 2.1 Prepare materials 2.2 Lay- out and mark pattern on material 2.3 Cut materials	TLE_HEDM10TR-IIIi-j-10
Quarter IV				
LESSON 3: PRODUCE LADIES' TROUSERS (TR)				
1. Pre-assembling procedure for ladies trousers 2. Pressing techniques ladies trousers 3. Procedure in assembling ladies trousers 4. Preparing parts for sewing ladies trousers 5. Unit method of assembling ladies trousers 6. Characteristics of a well-tailored ladies trousers 7. Evaluation of finished ladies trousers			LO 3. Assemble garment parts for ladies trousers 3.1 Prepare cut parts 3.2 Sew and assemble ladies trousers 3.3 Alter completed garment	TLE_HEDM10TR-Iva-h-11
8. Types of fasteners 9. Buttons 9.1. Snap 9.2. hook and eye 9.3. zipper 10. Finishing touches 10.1. Hemming stitches 10.2. Attaching fastener 11. Trimming techniques for ladies trousers 12. Procedure in pressing ladies trousers			LO 4. Apply finishing touches on ladies trousers 4.1 Apply finishing touches 4.2 Press finished garment 4.3 Pack finished garment	TLE_HEDM10TR-IVi-j-12

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
13. Application of heat and pressure on ladies trousers 14. Labeling of garments 15. Kinds of packaging materials 16. Procedure in packaging finished garments				

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GLOSSARY

Accessories	articles of clothing worn to complete or to complement one's outfit.
Accuracy	the exactness of a measured distance or circumference
Altering	changing portion of a garment so that it fits the body
Apparel	clothing or dress
Bartacking machine	This is used in reinforcing the opening and closing of pockets
Balance wheel	sets the mechanism in motion.
Band wheel crank	leads the balance wheel through the belt connection. Band wheel crank moves the band wheel.
Belt	connects the balance wheel to the drive wheel.
Belt guide	holds the belt to its place.
Belt shifter	removes the belt from the wheel.
Bias	cloth that us cut slantwise across the grain
Bobbin	is a metal spool for winding thread.
Bobbin case	holds the bobbin.
Bobbin winder	controls the bobbin while winding thread.
Bust	lift your arms to the side.
Bust to bust	measure from your one nipple to your other nipple.
Button attachment machine	This is used in attaching buttons to the garments.
Button holer machine	This is used in making buttonholes on garments.

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Cabinet	holds the head of the machine by interlocking screw on the hinges.
Calculation	the process or an act of calculating
Calculator	an electronic device used for speed computation
Conversion	a change of figures like changing from centimeters to inches and vice versa
Cost	the amount paid or charge for something that is acquired
Cutting tools	a cutting implement; a tool for cutting.
Design	the arrangement of parts, details, forms, and colors to produce something new
Double needle machine	This is used in the construction of the different kinds of clothing especially for the inseam, out seam and side seam.
Dressmaker's carbon paper	also called dressmaker's tracing paper is a specially waxed carbon paper that transfer's the tracing wheel's markings to the fabric.
Dress guard	protects the dress from the wheel.
Embroidery machine	This is used in making fancy stitches and in making different kinds of embroidery stitches on fabrics for the barong tagalog, pillow cases, linen, and other novelty items.
Fabric	the cloth used in making garments.
Feed dog	moves the fabric while sewing.
Firm weave	a weave in which the yarns or threads are tightly twisted and placed close together
Flax	a plant which produces linen fiber
French curve	This is used to shape the depth of the neckhole and armhole of the pattern.
Garment	any article of clothing
Grainline	the direction in which the yarns or threads are woven
Hand needle	used in making temporary stitches and buttonholes. Sizes of 7 to 10 are for general hand sewing.
Hemline	the marked line at the bottom of the garment where the hem is turned
Hi-speed lockstitch sewing machine	This is sometimes called „straight stitching machine or industrial sewing machine. It has automatic lubrication and is used by tailors and

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	Dressmakers.
Hips	measure around the fullest part of your hips.
Household fabrics	curtains, carpets, bed linen, etc.
IMC	Individual Measurement Chart
Knit	connected loops of yarn with big needles to form a fabric
Label (for clothes)	a card, fabric or paper marked and attached to an object to indicate its contents, manufacturer, care, and origin
Legs	support the cabinet of the machine.
Length	the longer or longest dimension of an object to measure
Lingerie (lohn-zhu-ray)	girls' and women's under-clothing such as slips, panties, bras, girdles, robes, pajamas, and nightgowns.
Lockstich sewing machine	This is usually used in homes and sometimes in school. This is also called -domestic sewing machine . It is run by foot and may also be converted to electric power machine.
Lower bust	measure around the torso directly under the bust line.
I-square/ tailor square or "I"	is used to transfer measurements to the draft pattern. It also divides the garment into the desired measurement. It has perfect squares and is useful in making straight lines and numbers. It can also function as a tape measure.
Measuring tools	an instruments used for obtaining quantities, dimensions or forces of real world objects.
Measurement	a systematic procedure of determining the quantity or extent of the entire measurable dimension
Metric system	a decimal system of physical units based on a unit of length known as the meter (greek metron, -measure)
Needle	is a slender tool attached in the needle clamp used for sewing.
Needle bar	holds the needle in place.
Needle clamp	holds and tightens the needle.
Neutral color	a "dim" tone, made by mixing complementary colors

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Pincushion	a pincushion holds the straight pins and needles while working to prevent accidents.
Over edging machine	Other companies call it-small machine . It finishes the raw edges of the pattern for construction.
Pattern	a piece of paper usually one-half of the body parts used as a guide in cutting the garments
Pitman rod	holds the treadle to band wheel crank.
Plaid	a pattern consisting of colored bars or stripes which cross each other to form squares, repeated on the fabric
Presser bar lifter	moves the presser foot.
Presser foot	holds the fabric in place while sewing.
Print	to stamp or press a design onto a fabric surface; fabric printed with a surface design (not dyed)
Ravel	to become unwoven; to separate or untwist threads or yarns
Rulers	a ruler measuring 12 inches or even 18 inches, either clear or solid used for measuring and drawing straight seam lines and cutting lines. It also aids in connecting lines.
Scissor	a cross-blade cutting instrument about 5 inches 6 inches long with two small looped handles
Seam	any stitching or sealing of two pieces at the edges
Selvage	each side of a woven fabric, finished with a woven edge
Sewing gauge	a small ruler with a sliding guide and is about six inches long. This gauge is used for measurements at hem lines, button holes and areas where other small measurements require checking, such as pleats and tucks.
Sewing machine	a textile machine used to stitch fabric, cards and other material with thread.
Sewing needle threader	it aids in putting the thread to the needle.
Sewing tools	instruments that aid in accomplishing a sewing task
Shears	scissor-type cutting device with one large handle, one small
Sheer	very thin or transparent fabrics
Shoulder to bust	measure from tip of the shoulder to the centre of bust (nipple).

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Slide plate	is a movable plate that covers the shuttle and bobbin case.
System	the English system has inches for its basic unit
Shuttle	holds the bobbin case while sewing.
Spool pin	is the thread holder.
Stitch regulator	checks the length of the stitches.
Stop motion screw	hinders moving when loosened and start.
Style	a quality or type of clothing
Tailor's chalk	This is essential as a marker for use on materials. Tailor's chalk is available in a range of colors and is removed by brushing.
Tape measure	a flexible measuring device used in taking body measurements.
Thimble	a small hard pitted cup worn for protection on the finger that pushes the needle in <u>sewing</u> .
Thread guide	keeps the thread in position.
Thread take up lever	releases the thread and interlocks with the bobbin thread.
Treadle	is where the feet are stationed to drive the band wheel through the pitman rod.
Tension	controls the looseness and tightness of stitches.
Texture	the surface characteristics of a fabric, which can be seen or felt
Tint	whitened color
Tracing wheel	there are two types of tracing wheels, those with a serrated edge and those with a smooth edge. The serrated edge wheel produces dots on the fabric and is suitable for most types of fabrics. The smooth edge wheel is best for delicate fabrics and unlike the serrated edge will not pierce more delicate fabrics. The smooth edge wheel creates a solid line.
Upper bust	measure around the torso directly above the bust line.
Upholstery	plastic or fabric coverings for furniture , usually more durable than fabric for clothing
Waist	measure around the waist.

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Warp yarn	lengthwise (up-and-down) yarn or thread in a woven fabric
Wax chalk	this is available in black or white and is used for woolen fabrics. Wax can be removed by pressing.
Weaving	process of forming a fabric on a loom by interlacing the warp and the filling (crosswise) yarns with each other
Width	measurement taken at the shortest dimension of the object to measure
Yardstick	a graduated measuring stick one yard in length.
Yarn	a continuous strand of twisted threads of natural or synthetic material, such as wool or nylon, used in weaving or knitting

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Code Book Legend

Sample: TLE_HEDM10TR-IIIa-h-9

LEGEND		SAMPLE	
First Entry	Learning Area and Strand/ Subject or Specialization	Technology and Livelihood Education_Home Economics Dressmaking	TLE_HE DM 10
	Grade Level	Grade 10	
Uppercase Letter/s	Domain/Content/ Component/ Topic	Produce Ladies' Trousers	TR
			-
Roman Numeral <i>*Zero if no specific quarter</i>	Quarter	First Quarter	III
Lowercase Letter/s <i>*Put a hyphen (-) in between letters to indicate more than a specific week</i>	Week	Week Eleven	a-h
			-
Arabic Number	Competency	Draft and cut pattern for ladies trousers	9

DOMAIN/ COMPONENT	CODE
Personal Entrepreneurial Competencies	PC
Environment and Market	EM
Produce Ladies' Skirts	SK
Produce Ladies' Blouse	BL
Produce Ladies' Trousers	TR

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