



Republic of the Philippines
Department of Education
National Capital Region
Schools Division Office – Muntinlupa City

SPECIAL PROGRAM IN TECHNICAL VOCATIONAL EDUCATION (SPTVE)
DRESSMAKING 10
Q3-Week-8

- I. Topic: **Altering Completed Garments**
- II. Objectives:
1. identify the characteristics of a well-fitted polo.
 2. determine the standard for pants.
 3. value the importance of identifying the fitting problems on men's casual apparel.

III. Brief Introduction of the Lesson

Characteristics of a well-fitted Polo Shirt

1. The neckline is properly done and laid flat over the shoulder.
2. The shoulder is flat and the armhole is comfortable for movement.
3. Pleats are correctly sewn.
4. Seams are straight.
5. The body part is comfortable.
6. Closures are properly attached.

Characteristics of a Well-made Collar

1. Edges are properly sewn.
2. Curves are smoothly done.
3. Pointed edges are neatly finished and have the same size and shape.
4. Collar is smoothly finished.

Characteristics of a Finished Sleeve

1. The sleeve is well rounded over the sleeve cap.
2. The sleeve is comfortable at the armhole.
3. Freedom of movement is felt.

Evaluation of Finished Clothing

1. Ease - is the garment comfortable around the armhole, neckline, and bodice?
2. Grain - is the garment cut in the lengthwise grain?
3. Line- Are the structural lines like dart, pocket, pleats, collar side seam, armhole, neckline, and hemline properly made?
4. Balance - Are the parts of the garment equally made with equilibrium. Are the collar tips the same? How about the pockets? The sleeves?
5. Set - Are the parts properly attached like the sleeves, the collar, the waistband, and pockets?

Fitting Chart for Trousers

PROBLEM	SOLUTION
1. Generally Wide- hang fabric vertically wide.	Take inside seams to give a smooth but comfortable fit and reduced waistband accordingly. Do not alter inside leg seams





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2. Generally too narrow The fabric pulls into horizontal folds at the waist, hips, and thighs	Let out both inside and outside leg seams along the entire length to give a smooth fit. Release waist darts and tucks a little if necessary and adjustable waistband.
3. Too wide across the back. The fabric hangs loose, diagonal folds across the seat.	Lower waistline, lengthen darts and take in <i>backside</i> seams only. If necessary, take in at center back seam by a maximum of 1cm/ ½in.
4. Too long from waist to crotch Fabric falls in loose wrinkles from crotch down onto upper leg at back and front.	Remove waistband and lift trousers to correct position, then reduce the size of the waist by taking in at side seams, darts and tucks if necessary. If this is not sufficient, lift the crotch seam by a maximum of 1cm/ ½in as well. Check fit finally with seam allowances snipped around a curve and pressed flat.
5. Too short from waist to crotch Fabric pulls into tight folds from crotch towards hips on both back and front.	Remove waistband and lower trousers to correct position, increasing the size of the waist by letting outside seams, darts, and tucks. Re-cut the crotch seam in a lower position if necessary, but this will reduce leg length, so check whether there is surplus length before altering.
6. Round tummy The fabric pulls into horizontal folds just below the waistline. Small wrinkles from crotch toward side seams show on front only.	Let out darts, tucks, and <i>front</i> side seam allowances and raise waist seam line to increase width and depth. Shorten darts if necessary.
7. Round bottom The fabric pulls into horizontal folds across the back only. Side seams drag towards the back of the garment.	Let out upper 10-15cm/4-6in of inside leg seams. Raise waistline in back only and shorten darts. Let out the <i>backside</i> seam allowance only.
8. Swayback Horizontal wrinkles from just below waistband.	Lower waist seam line on the back only and increase width of darts accordingly. Alter the angle of darts. If this does not correct the problem, take four darts instead of two, distributing excess fabric equally.
9. Large thighs Horizontal and diagonal wrinkles the form below hip level and across side seams.	Let out back and front side seam allowances from hip to upper thigh.

IV. Activities:

Activity 1

Directions: Choose a male representative from your family to serve as a model. Describe his clothes. Is it well-fitted? Based your reasons on the five concepts of a well-fitted garment. Write your answer on an extra sheet of paper.





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Activity 2

Directions: Evaluate your finished polo shirt. Base your evaluation on the following:

1. Ease
2. Grain
3. Line
4. Balance
5. Set

Activity 3

Directions: Give your recommendations or remedies on the following fitting problems. Write your answer on a separate sheet of paper.

PROBLEM		SOLUTION
1. Too long from waist to crotch		
2. Round Tummy		
3. Swayback		
4. Too wide across back		
5. Round bottom		



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V. Assessment:

Directions: Write the letter of the correct answer on a separate sheet of paper.

1. Jose wants to repair his pants which are too wide across the back, What Jose must do?
 - A. lower waistline, lengthen darts, and take in the backside seam.
 - B. let out both inside and outside leg seams along the entire length to give a smooth fit.
 - C. remove waistband and lower trousers to correct position, increasing the size of the waist.
 - D. remove waistband and fitted trousers to correct position.
2. If you have pants with a too-long crotch, what the best alteration you apply?
 - A. remove waistband and lift trousers to correct position, and then reduce the size of the waist by taking at side seam.
 - B. remove waistband and lower trousers to correct position, increasing the size of the waist by letting outside seams, darts, and tucks.
 - C. let out both inside and outside leg seams along the entire length to give a smooth fit.
 - D. lower waistlines lengthen darts and take back sides seams only.
3. Ana wants to press her denim pants, what should be the pressing temperature?
 - A. hot iron
 - B. warm iron
 - C. cool iron
 - D. stem iron
4. It is a wrinkle that radiates from the abdomen area of a diagonal line into the back part of a garment.
 - a. A. ease
 - B. balance
 - C. line
 - D. set
5. It is a lengthwise or crosswise yarn of threads in a woven fabric.
 - a. A. area
 - B. grain
 - C. line
 - D. layout

VI. Reflection:

Directions: Answer the following questions briefly on a separate sheet of paper.

1. What significant learning did I gain from the lesson?

References:

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