



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

---

**SPECIAL PROGRAM IN TECHNICAL VOCATIONAL EDUCATION (SPTVE)**  
**DRESSMAKING 9**  
**Q3-Week-5**

I. Topic: **Kinds of Skirt**

II. Objectives:

1. identify the kinds of the skirt.
2. follow the steps in making the pleated skirt.
3. value the importance of applying the technique in making a pleated skirt.

III. Brief Introduction of the Lesson

**A skirt is** a free-hanging part of an outer garment or undergarment extending from the waist down to a particular length of the garment.

Ladies' skirts are of different styles, types, and shapes. The names of the skirt signify its shape or design. They are worn to cover the lower part of the body. A dressmaker can make any style and design on the skirt in different ways based on the figure of the client. However, be careful in wearing a skirt which is only suitable for some specific blouses or tops. There are few basic categories of styles of skirt:

1. **Straight skirt** - referred to as a pencil skirt, this skirt is a straight line with no flare or fullness at the hem or waistline. It is a slim-fitting skirt with a straight, narrow cut line. Generally, the hem falls to, or just below the knee and is tailored for a close fit. It is named for its shape: long and slim like a pencil.
  - a. **Short Straight Skirt** is a skirt style just above the knee and it gives a flattering effect to the wearer. However, there is a super short straight skirt such as the micro-mini, which is becoming to those who have slim and long-legged figures.
  - b. **A long Straight Skirt** is best when they end to the part of the legs that begins to taper.
2. **A-Line/ Flared Skirt** is a skirt fuller at the hem than at the waist and probably the best style for most women. Its silhouette is narrower at the top, flaring gently wider toward the bottom thereby resembling the letter A. It may be fitted at the waist, high hip, and full hip. It works well on women with a small waist and good for those with full-hipped figures.
3. **Gored Skirt** is a style of skirt consists of four, six, eight, or more gores shaped to flare from waist to hem. This is very classic and is always in fashion. It's one of the most flattering styles. Its vertical lines create an illusion of height and slimness. A gored skirt can be either straight or A-line, depending on the contours of the gores. For a slim woman, a gored style which is fitted at the waist and hips and flares at the hemline is best suited. While A-line is best for you if the skirt with gores flares from the waist or high hip which is emphasized by the shaped and curvy gores.
4. **Pleated/ Tucked Skirt** is a type of skirt which has pleats that create refined vertical line while softening the figure. Skirts with all-around pleats are best for slim, narrow-hipped figures.





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

---

- a. **A Box pleated skirt** – a double pleat having two upper folds facing in opposite directions and two under folds pressed toward each other.
- b. **Fix box pleated skirt**- a flat double pleat made by folding under the fabric on either side of it.
- c. **Knife pleated skirt**- a sharply creased narrow pleat, usually one of a series folded in the same direction.
- d. **Accordion pleated skirt**- a series of narrow, evenly spaced parallel pleats with alternating raised and recessed folds set into skirt usually by a commercial pleating machine.
5. **A gathered Skirt** usually gathers at the waist and visually adds weight and bulk to any figure.

**Making the Pleats of a Skirt.** When the skirt is made with pleats that have no spacing between them, the fabric must be three times the measurement of the hips. If there will be spaces, less fabric is used.

It's easy to make skirt pleats. Just follow these steps:

1. Cut a piece of Carolina the same length as the waistline. Fold the Carolina into the number of pleats needed. Mark these points with a tailor's chalk. The procedure made on the Carolina should also be made on the cloth.
2. Pin the edges of the cartolina and the zipper placket together. Match the first mark on the cartolina to the first mark on the cloth. Pin them together. Do the same procedure for the 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> marks until all marks are pinned together.
3. Fold the extra material in the direction desired to make side pleats, box pleats, inverted pleats, or a combination of these pleats.
4. Stitch together the pleated cloth and the cartolina. Remove cartolina and press pleats.

IV. Activities:

**Activity 1**

**Directions.** Write the word **True** if the statement is correct and **False** if it is incorrect.

- \_\_\_\_ 1. A knife pleated skirt is usually one of a series folded in the same direction.
- \_\_\_\_ 2. Gathered skirt consists of four, six, eight, or more gores shaped to flare from waist to hems.
- \_\_\_\_ 3. A straight skirt is referred to as a pencil skirt, this skirt is a straight line with no flare or fullness at the hem or waistline.
- \_\_\_\_ 4. Skirts with all-around pleats are best for slim, narrow-hipped figures.
1. \_\_\_\_ 5. A gored style that is fitted at the waist and hips and flares at the hemline is bestsuited for a slim woman.


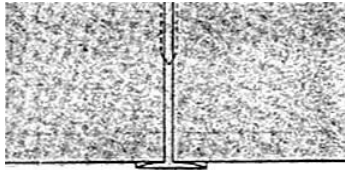

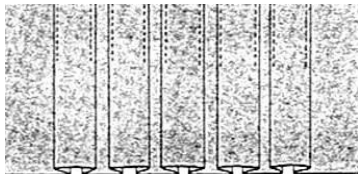






Republic of the Philippines  
**Department of Education**  
National Capital Region  
Schools Division Office – Muntinlupa City

### Activity 2

Directions: Name the different kinds of skirts and pleats from the illustration below. Write your answer on the separate sheet of paper.

1. 	4. 
2. 	5. 
3. 	6. 

### Activity 3

**II. Directions:** Arrange the steps in making a pleated skirt. Write number 1 for the first step, 2 for the second step, and so on.

\_\_\_\_\_ Fold the extra material in the direction desired to make side pleats, box pleats, inverted pleats, or a combination of these pleats.

\_\_\_\_\_ Cut a piece of cartolina the same length as the waistline. Fold the cartolina into the number of pleats needed. Mark these points with a tailor's chalk. The procedure made on the cartolina should also be made on the cloth.

\_\_\_\_\_ Stitch together the pleated cloth and the cartolina. Remove cartolina and press pleats.

\_\_\_\_\_ Pin the edges of the cartolina and the zipper placket together. Match the first mark on the cartolina to the first mark on the cloth. Pin them together. Do the same procedure for the 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> marks until all marks are pinned together.



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

---

**V. Assessment:**

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

1. Which skirt is becoming to those who have slim and long-legged figures?  
A. flared skirt  
B. pleated  
C. short straight skirt  
D. A-line skirt
2. Lea has a slim hip figure. Which skirt is best for her?  
A. A-line skirt  
B. gored  
C. fitted skirt  
D. pleated
3. A free-hanging part of an outer garment or undergarment extending from the waist down to the length of the garment.  
A. blouse  
B. Skirt  
C. Shorts  
D. Trousers
4. A double pleat having two upper folds facing in opposite directions and two under folds pressed toward each other.  
A. accordion pleated skirt  
B. box pleated skirt  
C. fix box pleated skirt  
D. knife pleated skirt
5. A-flat double pleat made by folding under the fabric on either side of it.  
A. accordion pleated skirt  
B. ox pleated skirt  
C. fix box pleated skirt  
D. knife pleated skirt

**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:**

Hilario, Carmelita B. (2008). Clothing and Technology Made Easy. Revised Edition. Quad Alpha Centrum Bldg. Mandaluyong City: National Book Store.

Competency-Based Learning Material in Third Garments NC II  
Department of Education

Effective Technology and Home Economics IV, Cruz, Julia, Duran, Gloria, Philippine Copyright 1998, Adrian Publishing Co. Inc.

Writer: Hermie A. Gregorio  
Validator: Leonaida L. Gutierrez

