

## Lesson 3.8: Sew & Turn

**THE TASK:** Create a sample of sewn straight even lines, which evidences changing direction and demonstrates machine control and competent fabric handling against timed targets.

**LEARNING OUTCOME:** By completing this task you will:

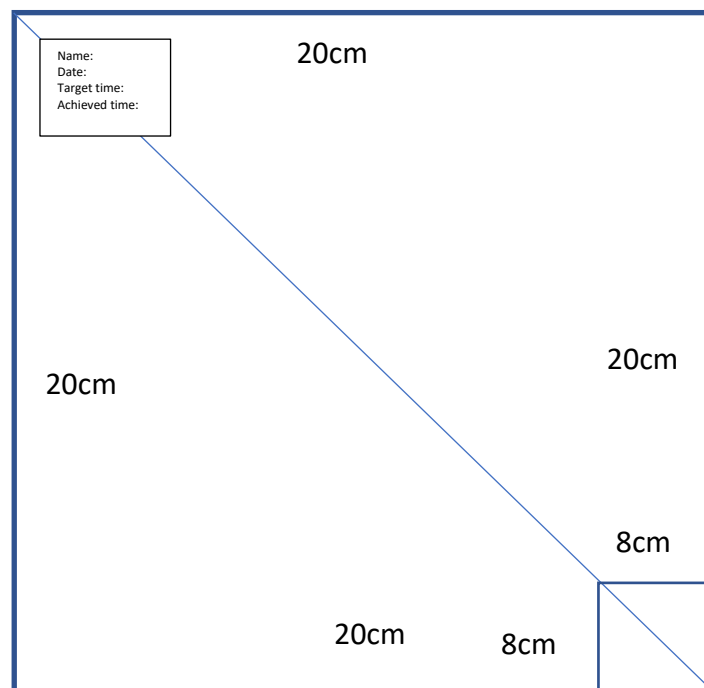
- Learn machine control
- Gain fabric handling and manipulation skills
- Learn how to stop sewing and change direction quickly and neatly
- Create straight, aligned corners and stitching
- Work to quality standards and targeted times
- Understand the importance of continuous spool fill and get used to doing this as you sew

**PREPARATION:** To prepare to complete this task you must:

- Cut square of fabric approx. 20cm x 20cm, use the kind of fabric and thread used in production if possible (do not use stretch fabric)
- Input your name and the date
- Input target time – 3 minutes plus achieved time on completion
- Draw a line diagonally from top left corner to bottom right corner
- Mark 8cm down and across from the top left-hand corner to indicate completion of the exercise.
- Thread machine with contrast thread, ensuring a full spool is

inserted

- Ensure second thread is filling a spare spool/bobbin Set machine stitch to the correct length (2 or 3)
- Check tensions to ensure a well-balanced stitch
- Set auto cut off or have snips to hand
- Ensure the right type of needle is inserted and it is undamaged



**QUALITY STANDARD:** To meet the quality standard you must ensure

- The stitch is even and well balanced
- 10/12 per inch/ 2.5 cm (2 / 3 setting depending on the machine)
- All stitching lines must be straight and evenly spaced (foots width)
- Stop on the corner point with the needle in the cloth to ensure corners are sharp, straight and evenly spaced (foots width)
- Three errors are acceptable across the whole exercise i.e. wonky stitch line, unaligned corner, poor stitch tension etc

- To ensure stitch lines are evenly spaced use the presser foot as a guide, align the to the edge of the foot to the raw edge of the fabric or to the previous row of stitches

## TARGET TIME:

The whole exercise to be completed in **3 minutes**

**Target times must be met** to ensure production costs are covered and no extra time/costs are incurred

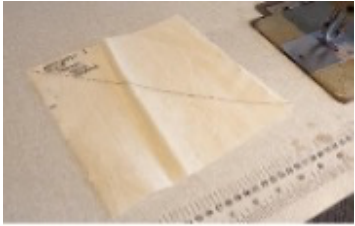
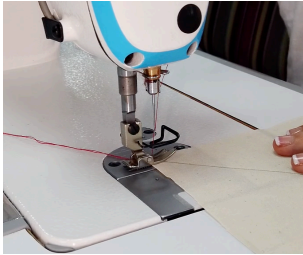
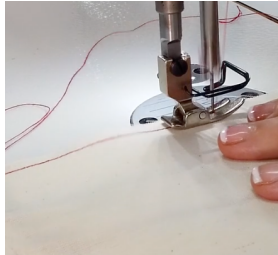
**Note:** Practise as much as needed until you achieve the target time and quality standard




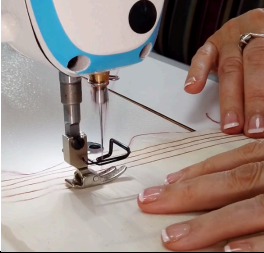

**WORK SAFELY:** To complete this task you must follow the safety rules below:

- ensure a finger guard is fitted on the machine
- long hair is tied back
- flat, closed shoes are worn
- no scarfs or long obstructive jewellery is worn
- the chair is set at the right height and positioned correctly, and all tools are to hand
- turn the machine off when not sewing

## CARRY OUT THE EXERCISE

**NOTE:** For the purpose of clear demonstration the needle guard has been removed on the images below

		
1. Cut fabric squares 20 cm x 20cm.	2. Position the fabric, under the presser foot at the top right-hand	3. Sew the first line of stitching, keeping the edge

<p>Input your name, the date, the target time and achieved time</p> <p>Draw a diagonal line from the top left-hand corner to the bottom right-hand corner.</p> <p>Mark 8cm out from the top right-hand corner on each side.</p>	<p>corner, ensure the edge of the cloth is aligned to the edge of the presser foot</p>	<p>of the cloth aligned to the edge of the foot</p>
		
<p>4. Stop at the corner of the fabric with the needle in the cloth, using the drawn line as a guide</p>	<p>5. Lift the presser foot (using the knee lift) and turn the fabric, position and sew along the next edge, ensure the edge of the cloth is aligned to the edge of the foot</p>	<p>6. Continue to sew along the bottom edge, turn the square when you reach the edge and sew following the first line of stitching.</p>
		
<p>7. Repeat the process, filling the square until you</p>	<p>8. Repeat this exercise until you can complete it in 3 minutes</p>	<p>9. Assess your work - the aim is a maximum of 3</p>

reach the mark (8cm from the edge)		errors within target time
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**Watch the sew and turn process video below**



**Unit 3.8 Sew & Turn**



<https://vimeo.com/580220277/ebf5aa16b2>

**Do not proceed onto the next task until you have completed this exercise by meeting the quality standard within the targeted time and completed the Skills Challenges below:**

## **Skills Challenge 3.10**

1. How can you make sure a sewn corner is sharp, even and aligned?
  - By sewing and turning the cloth slowly
  - By speeding up when approaching the corner to be sewn
  - By stopping on the corner point with the needle in the cloth and swivelling the cloth around the needle to change direction
2. Fill in the blanks within the statement below:
  - a. To ensure stitching lines are straight and/or spaced evenly you can use your presser f\_\_\_ as a g\_\_\_\_. Just make sure the

the presser foot is aligned to the raw e\_\_\_ of the f\_\_\_\_\_ or  
the previous row of s \_\_\_\_\_

3. Why is it important to achieve set targets times ?

- so, your work that is done quickly regardless of quality standards
- so, production costs are covered and no extra time/costs are incurred
- so, you are able to go on early breaks or lunch