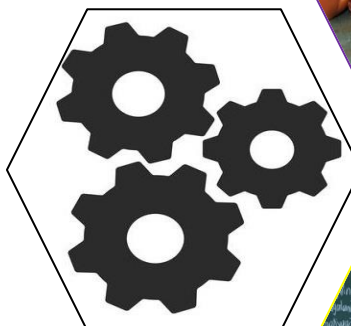


# Technology and Livelihood Education (*Dressmaking/Tailoring*)

10

Quarter  
3

## Dressmaking



**TLE – Grade 10**  
**Quarter 3 – Module 2: Designs of Ladies Trousers**  
**First Edition, 2020**

**Republic Act 8293, Section 176** states that no copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

Borrowed materials (i.e., songs, stories, poems, pictures, photos, brand names, trademarks, etc.) included in this module are owned by their respective copyright holders. Every effort has been exerted to locate and seek permission to use these materials from their respective copyright owners. The publisher and authors do not represent nor claim ownership over them.

Published by the Department of Education - Schools Division of Pasig City

**Development Team of the Self-Learning Module**

**Writers: Josefina A. Basilides**

**Editor:**

**Reviewer: Criselda B. Dingle**

**Illustrator:**

**Layout Artist:**

**Management Team:**      **Ma. Evalou Concepcion A. Agustin**  
OIC-Schools Division Superintendent  
**Carolina T. Rivera**  
CESE OIC-Assistant Schools Division Superintendent  
**Manuel A. Laguerta EdD**  
Chief, Curriculum Implementation Division

**Education Program Supervisors**

**Librada L. Agon EdD** (EPP/TLE/TVL/TVE)  
**Liza A. Alvarez** (Science/STEM/SSP)  
**Bernard R. Balitao** (AP/HUMSS)  
**Joselito E. Calios** (English/SPFL/GAS)  
**Norlyn D. Conde EdD** (MAPEH/SPA/SPS/HOPE/A&D/Sports)  
**Wilma Q. Del Rosario** (LRMS/ADM)  
**Ma. Teresita E. Herrera EdD** (Filipino/GAS/Piling Larang)  
**Perlita M. Ignacio PhD** (EsP)  
**Dulce O. Santos PhD** (Kindergarten/MTB-MLE)  
**Teresita P. Tagulao EdD** (Mathematics/ABM)

Printed in the Philippines by Department of Education – Schools Division of Pasig City



# **Quarter 3**

## **Self-Learning Module 2**

### **Designs of Ladies Trousers**



# Introductory Message

For the Facilitator:

Welcome to the **Dressmaking/Tailoring Grade 10** Self-Learning Module on **Designs of Ladies Trousers!**

This Self-Learning Module was collaboratively designed, developed and reviewed by educators from the Schools Division Office of Pasig City headed by its Officer-in-Charge Schools Division Superintendent, Ma. Evalou Concepcion A. Agustin, in partnership with the City Government of Pasig through its mayor, Honorable Victor Ma. Regis N. Sotto. The writers utilized the standards set by the K to 12 Curriculum using the Most Essential Learning Competencies (MELC) in developing this instructional resource.

This learning material hopes to engage the learners in guided and independent learning activities at their own pace and time. Further, this also aims to help learners acquire the needed 21st century skills especially the 5 Cs, namely: Communication, Collaboration, Creativity, Critical Thinking, and Character while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



## ***Notes to the Teacher***

This contains helpful tips or strategies that will help you in guiding the learners.

As a facilitator you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Moreover, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the Learner:

## Welcome to the Dressmaking/Tailoring Self-Learning Module on **Designs of Ladies Trousers!**

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning material while being an active learner.

This module has the following parts and corresponding icons:



**Expectations** - This points to the set of knowledge and skills that you will learn after completing the module.



**Pretest** - This measures your prior knowledge about the lesson at hand.



**Recap** - This part of the module provides a review of concepts and skills that you already know about a previous lesson.



**Lesson** - This section discusses the topic in the module.



**Activities** - This is a set of activities that you need to perform.



**Wrap-Up** - This section summarizes the concepts and application of the lesson.



**Valuing** - This part integrates a desirable moral value in the lesson.



**Posttest** - This measures how much you have learned from the entire module.



## EXPECTATIONS

At the end of the learning period, the students should be able to:

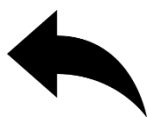
- A. identify the different styles of ladies trousers;
- B. discuss the different body shape for ladies trousers;
- C. appreciate the importance of the lesson.



## PRETEST

**Directions:** Identify the following statement. Write your answer on the space provided before each number.

- \_\_\_\_\_ 1. Generally loose in fitting and are best suited to lean women and goes well with tank tops and trendy blouses.
- \_\_\_\_\_ 2. Are popular among women which are worn during summer. These are made up of cotton, denim, and polyester.
- \_\_\_\_\_ 3. Basically office wear worn by corporate women.
- \_\_\_\_\_ 4. Waistband is located precisely on the waist.
- \_\_\_\_\_ 5. High-waist and wide-legged trousers underline the curvaceous body are of great style options.



## RECAP

### Questions & Answer

Directions: Answer the following questions briefly.

1. Describe the type of trousers in the pre-historic times.
2. How did it evolve in the Philippine fashion?



# LESSON

## Lesson 2- Designs of Ladies Trousers

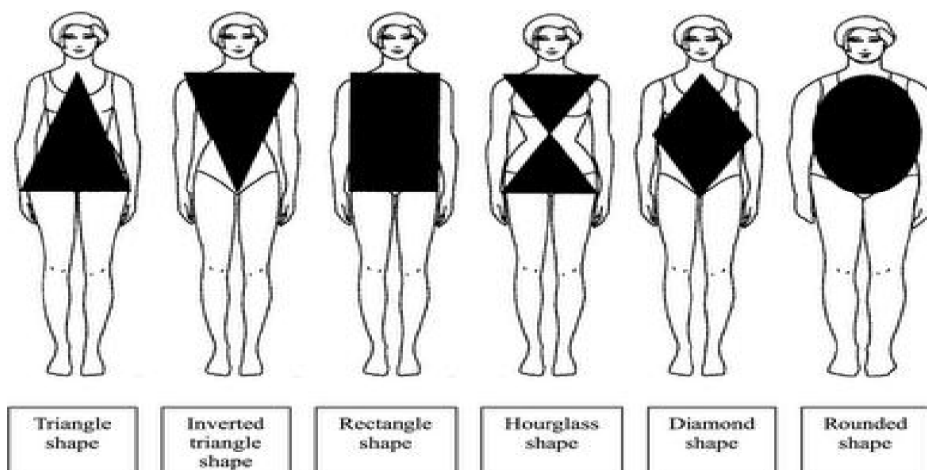
There may be some misunderstanding between the definition of pants, jeans, or even slacks. Some could ask what is more suitable for women to use. Or who's for the men? Even some dictionaries, the meaning seems to be synonymous or interrelated. To provide a more precise meaning, sewing experts considered the roots from which these words originated. In most parts of the United Kingdom and Ireland, pants are the general term for outerwear worn in the hips or waist and may be kept up by their fastenings, belts, or bracelets, whereas pants, a British word, are referred to as men's underwear or underwear, many of which are panties. Although, in some other areas, it is also outerwear that covers each leg separately and typically stretches from the waist to the ankle-and it comes from the term "pantaloons." Slacks are pants particularly for casual wear and are generally used in plural form.

Essentially, trousers are office wear worn by businesswomen. They're made of cotton, polyester, and wool and look fantastic with a formal blouse and shirt.

As fashions change, the lengths of the slacks or pants now range from very short to knee-length, just below the knee, down to the ankle, and just below it. The legs of the pants can be slightly flared, straight, or tapered. Careful construction of these will allow us to create a pair of pants that will be well-tailored and contribute to a neat appearance, irrespective of a particular style or design.

To come up with the best trouser that will suit your body is to consider the form or shape of the body, the body posture, and the form of fabric used to make the trouser. There are six main body shapes to help you in selecting the right type of trouser to wear: Hourglass, Triangle, Inverted Triangle, Rectangle, Diamond, and Rounded form.

### Different Shapes of the Body





1. **Triangle shape** - it is the best to wear trousers with a straight leg.
2. **Inverted Triangle shape** - a peg trouser with pleats on the top, and has a waistband. Wide leg lining trouser is also good for this body shape.
3. **Rectangle shape** - low rise, skinny trousers, and wider leg is best for this shape. Avoid big flares and cargo pants and silky flowing trousers for office or night out.
4. **Hourglass shape** - high-waist and wide-legged trousers underline the curvaceous body are of great style options.
5. **Oval or Diamond shape** - trousers should be in classic style with flat fronts, and no extra from zips, pleats, or gathers. Low-rise trousers should not be worn and waistbands should not be too tight. Boot cuts are best suited for this shape and if tall enough, straight cuts or palazzo is of great choice.
6. **Apple or Rounded shape** - a pair of boot cut jeans will help this body shape looks slimmer and create a line waist down. Skinny jeans or trousers should be avoided.

Another factor to consider is the type of posture that a wearer has. Posture type can be classified into three categories:

1. **Average** - When the wearer stands fairly straight and the side seams of pants fall straight and are lined up with the ankle, she has average posture.
2. **Forward-tilted hip** - When the wearer stands in a somewhat slouched manner; fairly flat, low seat, and has high prominent roll below the front waist or high prominent hip bones. This posture causes pants to sag under the seat unless the pattern is altered.
3. **Backward-tilted hip** - When the wearer stands with the tummy lowered and posterior out and up and the pants hike up over the seat. Here, the pattern crotch length is not corrected.

### Different Body Postures

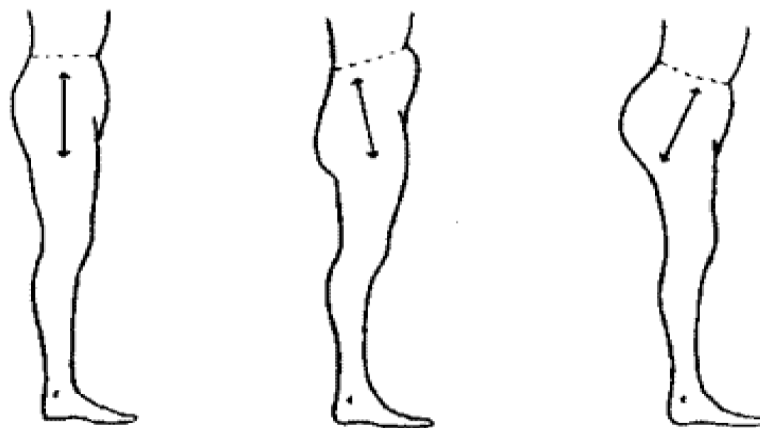





Fig. 1

Average Forward-tilted hip Backward-tilted hip



## Styles of Trousers

<p><b>1. Straight Leg Trousers</b> is the style of trousers which can fit any body type. It can be found in different designs and best for business meetings and in casual workplace. It has uniform width from thigh all the way to hem. The straight line help balance out any body type and has the ability to hide wide and bulky thighs. It is ideal for women with wider hips, larger thighs as well as for slender women.</p>	
<p><b>2. Gaucho trouser</b> is similar to Capri pants except that it has a wider legs with a flare at the bottom. This is ideal for warm weather. The short breathable legs keep the woman cool and the wide and flowing legs can have a similar appearance to a skirt depending on the amount of fabric used and the amount of flare. Women with long legs can wear any style or color gaucho trousers and women with shorter or heavier legs should wear longer gaucho trousers in a light color.</p>	
<p><b>3. Boot Cut Trouser</b> has similar design to straight leg trousers except that it has a slight flare at the bottom so that it can easily fit over a pair of boots. This works well with any body type.</p>	
<p><b>3. Skinny Trousers</b> is the style for women who have skinny, straight legs and slim figures. Skinny trousers hug the legs and the hips very closely and make the lower half of the body look small. It is important that the top half of the body is in proportion.</p>	

**Leggings** are usually skin tight and are made up of denim, cotton and lycra.



**5. Cropped Trouser** is best suited during summertime. It is not as short as Capri pants, instead it has a hem that falls between the ankle and the calf. It has straight legs and do not hug the legs too closely. Women with shorter stature should avoid cropped trousers that have a cuff because they will make women shorter than they already are. It is best suited for casual or business casual occasions.

**Capris** are popular among women which are worn during summer. These are made up of cotton, denim and polyester.



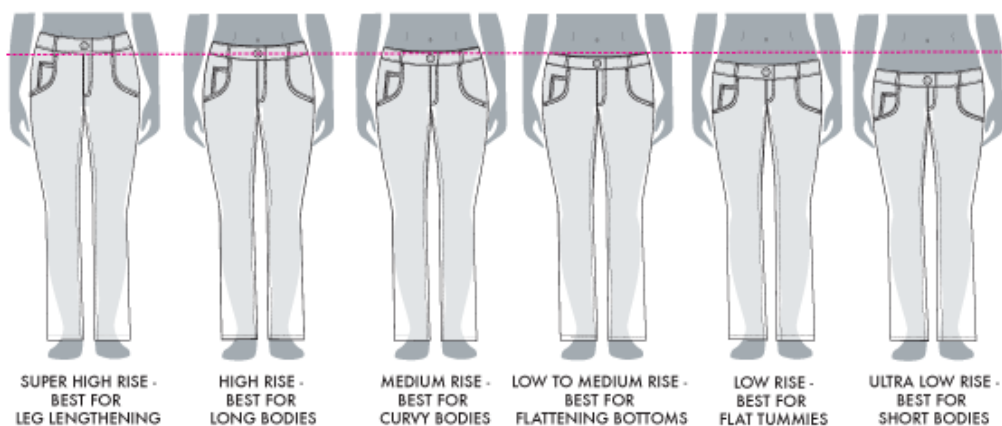
**6. Wide Leg Trouser** has straight legs that is wider and more flowing than straight leg trousers. Tall, slender women are wearing this kind of trousers because it can make the bottom appear larger than the top half. When paired with the right shoes, wide leg trousers can help elongate the legs and slim the figure down. These types of trousers are available as

part of a women's suit or as a casual pair of trousers for any occasion.

**Palazzos** are generally loose in fitting and are best suited to lean women and goes well with tank tops and trendy blouses. These are made up of wrinkle free fabric.

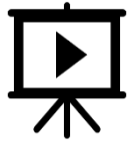


### Types of Waistbands for Trousers



1. **Super High Rise.** Waistband is more than 1 inch above your waist.
2. **High Rise Jeans.** Waistband is 1 inch above your waist.
3. **Medium Rise Jeans.** Waistband is located precisely on the waist.
4. **Medium to Low Rise Jeans.** Waistband is located typically 2-3 inches below the belly button. The most popular rise in most denim brands, especially for women.
5. **Low Rise Jeans.** Waistband is very low, 3-5 inches below the belly button.

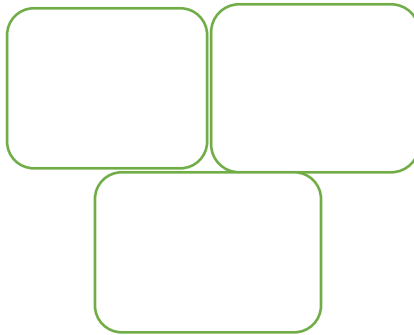
**6. Ultra-Low Rise Jeans or Brazilian Low Rise Jeans.** Brazilian jeans are growing in popularity and are renowned for their daring sexy cuts, high quality and original embellishments.



## ACTIVITIES

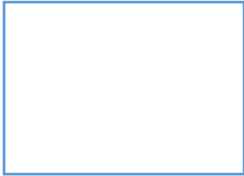
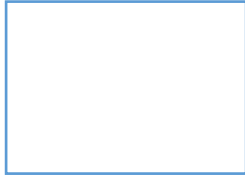
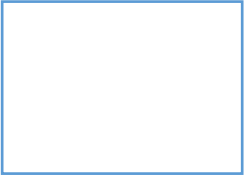

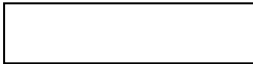
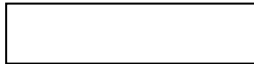
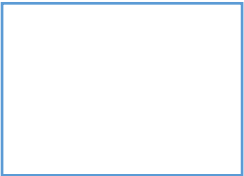
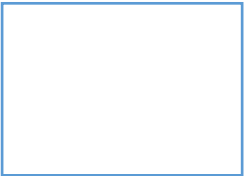
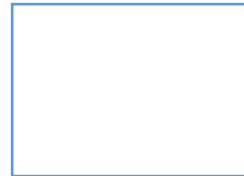
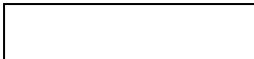

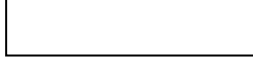
### Activity No. 1: Wear Me Show Me

**Directions:** Choose at least 3 style of trousers that you have experience to wear. Take picture of yourself while wearing such style of trouser and make a photo collage.



### Activity No.2 Collect Me

**Directions:** Collect and cut out pictures from old catalogue about the different style of ladies trousers. Paste them in your notebook and label each style of ladies trousers.



## WRAP-UP

**Directions:** Answer the following questions briefly.

1. If you want to wear a ladies trousers which style are you going to choose and why?
2. Which shape of the body best describe yourself and why?

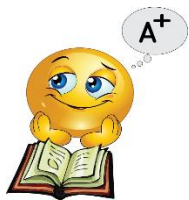


## VALUING

### Sentence Completion



The knowledge that I've learned today is/are\_\_\_\_\_.



I have realized...\_\_\_\_\_.



Today, I am confused in . .  
\_\_\_\_\_.



## POST TEST

**Directions:** Read the statement carefully. Choose the letter of the correct answer.

1. It is best to wear trousers with a straight leg.  
A. Triangle shape  
B. Inverted Triangle shape  
C. Hourglass shape  
D. Rectangle shape

2. Usually skin tight and are made up of denim, cotton and lycra.
  - A. Palazzos    B. Gaucho trouser    C. Leggings    D. Capris
3. Type of waistband that is located precisely on the waist.
  - A. High Rise Jeans    C. Super High Rise
  - B. Medium Rise Jeans    D. Low Rise Jeans
4. The style of trousers which can fit any body type.
  - A. Boot cut trousers    C. Gaucho trouser
  - B. Cropped trousers    D. Straight Leg Trousers
5. Trousers that has a slight flare at the bottom so that it can easily fit over a pair of boots. This works well with any body type.
  - A. Boot cut trousers    C. Gaucho trouser
  - B. Cropped trousers    D. Straight Leg Trousers



## KEY TO CORRECTION

5. A	5. Hourglass Shape
4. D	4. Medium rise Jeans
3. B	3. Trousers
2. C	2. Capris
1. A	1. Palazzos
Post Test	Pre Test

## References

“Learning Modules in Dressmaking 10” pp. 286- 291

“12 Types of Trousers every Woman Should Have”

<https://lifestyle.thecable.ng/12-trouser-every-woman-own/>

“Waist Types for Jeans”

<https://www.joyofclothes.com/style-advice/clothing-guides/jeans/waist-types.php>