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Kagawasan Ave., Daro, Dumaguete City, Negros Oriental



TLE – HE - DRESSMAKING

Quarter 3 – Module 1:

PLAN DESIGN FOR LADIES' TROUSERS



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TLE - GRADE 10
Alternative Delivery Mode
Quarter 3 – Module 1: Plan Design for Ladies' Trousers
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TLE

Third Quarter – Module 1: Plan Design for Ladies' Trousers



Introductory Message

For the facilitator:

Welcome to the Technology and Livelihood Education 10 Dressmaking Alternative Delivery Mode (ADM) Module on Plan Design For Ladies Trousers!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills 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. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the Technology and Livelihood Education 10 Dressmaking Alternative Delivery Mode (ADM) Module on Plan Design for 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 resource while being an active learner.

This module has the following parts and corresponding icons:

 <i>What I Need to Know</i>	This will give you an idea of the skills or competencies you are expected to learn in the module.
 <i>What I Know</i>	This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.
 <i>What's In</i>	This is a brief drill or review to help you link the current lesson with the previous one.
 <i>What's New</i>	In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.
 <i>What is It</i>	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
 <i>What's More</i>	This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.
 <i>What I Have Learned</i>	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
 <i>What I Can Do</i>	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.
 <i>Assessment</i>	This is a task which aims to evaluate your level of mastery in achieving the learning competency.
 <i>Additional Activities</i>	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
 <i>Answer Key</i>	This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

This module was designed and written with you in mind. It is here to help you master the nature of planning design for ladies' trousers. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

After going through this module, you are expected to:

- 1.1. Plan garment design;
- 1.2. Construct miniature trousers using the different types of fabric suited for trouser construction;
- 1.3 Appreciate the importance of proper planning in trouser construction by Familiarizing the client's body shape.



What I Know

TRUE OR FALSE.

Directions: Read and answer the following statements. Write “True” if the statement states a fact and “False” if it doesn’t. Write your answer in your quiz notebook.

- _____ 1. Straight Leg Trouser is the style of trousers which can fit any body type.
- _____ 2. For Apple or Rounded shape should avoid Skinny jeans or trousers.
- _____ 3. Trousers are basically office wear worn by corporate women and are made up of cotton, polyesters and wool.
- _____ 4. An Average posture stands fairly straight and the side seams of pants fall straight and are lined up with the ankle.
- _____ 5. Gaucho trouser is similar to leggings pants except that it has wider legs with a flare at the bottom.
- _____ 6. Rectangle body shape look best when they wear a low rise, skinny trousers and wider leg.
- _____ 7. Leggings are usually skin tight and are made up of denim, cotton and lycra.
- _____ 8. Super High Rise. Waistband is more than 1 inch above your waist.
- _____ 9. Gabardine is a light wool or twill weave that's best for Spring and Fall.
- _____ 10. Velveteen is an imitation of a velvet fabric. It is normally made of cotton or a combination of cotton and silk.

Note: If you get 100% correct in this pre- assessment, skip the lesson but if not and only get 50% to 99% correct, then proceed with the lesson

Lesson

1

Plan Design for Ladies' Trousers

The lesson deals with the client's job requirements in accordance with the standard operating procedure such as the preparation of garment design. It also includes section of designs and fabrics and incorporation of special needs of clients in the design based on procedure.

Good luck and use this learning material as your guide to become a successful dress provider in the future.



Notes to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners. The following are information that would lead to the activities and assessment. Some activities may need your own discretion upon checking, or you may use rubric if provided. Please review the activities and answer keys and amend if necessary.



What's In

Direction: Answer the question below on your notebook

1. Why is it important to know the body type in designing the ladies trousers design?
2. What are the things to consider in making a ladies trousers?



What's New

Let us find out how much you already know about the lesson by answering these items.

Identification

Directions: Name the following illustrations of trousers shown below. Write your answer in your quiz notebook.



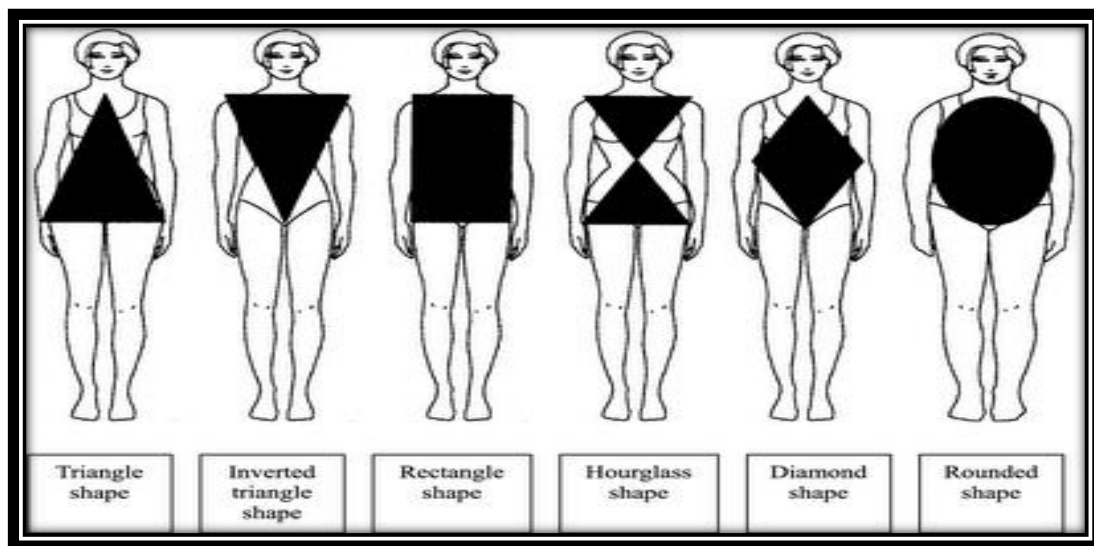
What is It

There might be some confusion between the meaning of trousers, pants, or even slacks. Some maybe asking what is more appropriate to use for ladies? Or which one is for men? Even some dictionaries, the meaning seem to be synonymous or interrelated with each other. In order to come up with a more specific meaning, experts in sewing considered the origin from where these words came from. In most parts of the United Kingdom and Ireland, trousers are the general term for an outer garment which are worn at the hips or waist, and maybe held up by their own fastenings, a belt, or suspenders (braces) while pant, a British word, refer to as men under wears or underpants, plural of which are pantie. But, in some other places, it is also an outer garment covering each leg separately and usually extending from the waist to the ankle- and it comes from the word “pantaloons”. Slacks are trousers especially for casual wear and it is usually used in plural form.

DESIGNS OF LADIES TROUSERS

Trousers are basically office wear worn by corporate women. They are made up of cotton, polyesters and wool and looking great with a formal blouse and shirt.

As fashions change, the lengths of slacks or trousers vary now from very short to knee length, to just below the knee, and on down to the ankle and just below it. The legs of trousers may be slightly flared, straight, or tapered. Careful construction of them will enable us to construct a pair of trousers which will be well-tailored and contribute to a neat appearance regardless of specific style or design. To come up with the best trouser that would complement your body is to understand one's body type or shape, the posture of the body and the type of fabric used in making the trouser. There are six main body shapes that will guide you in choosing the best style of trouser to wear: Hourglass, Triangle, Inverted Triangle, Rectangle, Diamond and Rounded shape.



DIFFERENT SHAPES OF THE BODY

1. For **Triangle shape**, it is best to wear a trouser with the straight leg.
2. For **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. For **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. For **Hourglass shape**, high-waist and wide-legged trousers underline the curvaceous body are of great style options.
5. For **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. For **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 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. In here, the pattern crotch length is not corrected.



STYLES OF TROUSERS

1. Straight Leg Trouser 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.



2. Gaucho trouser is similar to Capri pants except that it has 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 colour gaucho trousers and women with shorter or heavier legs should wear longer gaucho trousers in a light color.



3. Boot Cut Trousers 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.



4. Skinny Trouser 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.



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.



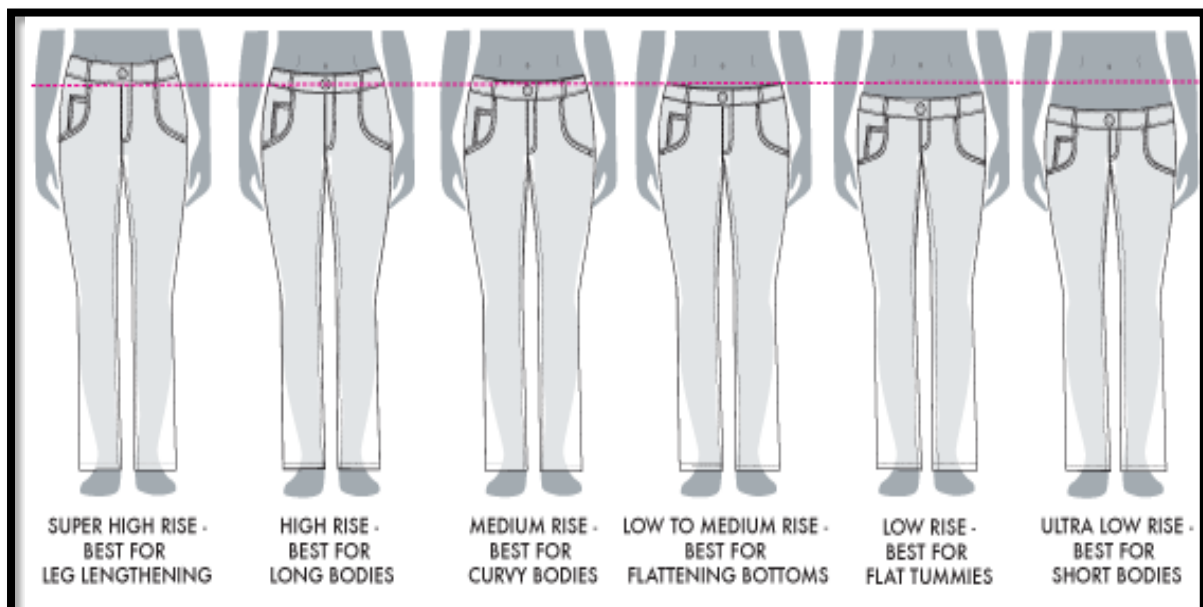
Capris are popular among women which are worn during summer. These are made up of cotton, denim and polyester

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 WAISTBAND FOR TROUSER



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.

TYPES OF FABRIC SUITED FOR LADIES TROUSERS

Women buy a pair of trousers to add to their wardrobe and wear in the workplace. They choose the best one that suits them and best for their body types. They find the styles of trousers that look most flattering to them aside from this they give comfort and ease of movement in their workplace. There are various styles, designs and colors to match every woman's taste when it comes to trousers. But then, to come up with well-fitted and well-constructed trouser fabrics must be given importance in constructing or buying a pair of trousers to give more flattering and more catching effect to the wearer.

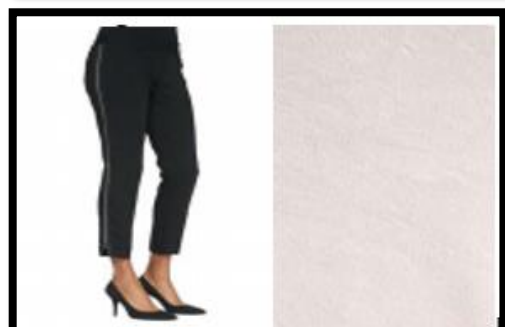
In choosing the best fabric suited for ladies' trousers, choose fabric which is firmly woven to hold its shape and would complement more to your body shape. Texture and design should be properly examined to avoid scratchy feeling when it is used. There are also fabric types which require lining to prevent undergarments and seam allowances seen through. Choose medium-weight blends fabric for trousers.

TYPES OF FABRICS SUITED FOR LADIES TROUSERS

Gabardine is a light wool (or cotton once in a while) twill weave that's best for Spring and Fall. It is usually woven in 10-12 ounce weights that are warm in the summer and not warm enough in winter.



Polyester has the same characteristics as the cotton but may not easily get dirty as cotton.



Cotton has an elegant appearance for women but for women with lots of activities, this is not appropriate because it snags easily and is hard to clean and care for when it gets dirty.



Corduroy is a type of fabric that has strips on one side alternating between flat and slightly fluffy, which gives a ribbed effect. Corduroy is quite thick and is often used to make trousers and jackets.



Velveteen is a type of imitation velvet. It is normally made of cotton or a combination of cotton and silk. It has a pile that is short (never more than 3mm deep), and is closely set. It has a firm hand and a slightly sloping pile. Unlike true velvet, this type has greater body, does not drape as easily, and has less sheen.



Satin is also commonly used in apparel: satin baseball jackets, athletic shorts, women's lingerie, nightgowns, blouses, and evening gowns, but also in some men's boxer shorts, briefs, shirts and neckties. It is also used in the production of pointed shoes for use in ballet. Other uses include interior furnishing fabrics, upholstery, and bed sheets.



Flannel is a soft, lightweight fabric. It works well for colder-temperature shirts, pants and jackets.



Linen is a medium-weight fabric with little elasticity (hence it wrinkles). But it conducts heat and is a popular choice for warm-weather.



Denim is a heavy-weight fabric with very little drape or stretch.

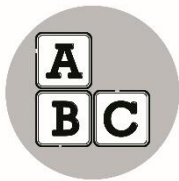


PARTS OF TROUSERS



Parts of Trousers

1. **Waistband** is a strip of fabric fastened at the top of trousers that fits around the waist.
2. **Fly** is an opening/placket covering the groin which makes the pants easier to put on or take off. It conceals the mechanism such as zipper, velcro or buttons.
3. **Leg(s)** or leggings are form-fitting covering for the legs.
4. **Seam** is a line where two pieces of cloth are joined by sewing near the edge of the fabrics (inseam and out seam).
5. **Bottom(s)** are the lowest part of trousers.
6. **Trouser support** the belt loops on the waistband of the trousers were the belt passes on serve as support to the wearer.



What's More

IDENTIFICATION

Directions. Identify the following items being described. Write your answer in your quiz notebook.

- _____ 1. These are styles of trousers which can fit any body type. It can be found in different designs and best for business meetings or in casual workplace.
- _____ 2. These are trousers for women who have straight legs and slim figures.
- _____ 3. It is usually skin tight and are made up of denim, cotton and lycra.
- _____ 4. It has the same characteristics as the cotton but may not be that easily gets dirty as cotton.
- _____ 5. It is a heavy-weight fabric with very little drape or stretch.



What I Have Learned

Direction: Write a reflection of your learning journey on this module by completing the guide phrases below.

I have learned that _____.

I have realized that _____.

I will apply _____.



What I Can Do

Instruction:

Cut 3 different types of miniature trousers/pants you like to wear using a 3"x 3" size of scrap cloth. Paste and label it in a long bond paper and put it in a plastic envelope.

Scorecard for Miniature Trousers

Exact Type of Trouser 10 pts.	PS	TS
Correct shape and description of the Trousers		
Workmanship 10 pts.		
Following the correct procedure		
Neatness 5 pts.		
No stain or dirt		
General appearance 5 pts.		
Beautiful finished article		
legend		
PS Perfect score		
TS Teacher's Score		



Assessment

Multiple-Choice

Directions: Choose the letter of the best answer. Write your answer on the activity notebook.

1. It is a type of fabric that has strips on one side alternating between flat and slightly fluffy, which gives a ribbed effect.
a. Corduroy b. satin c. velveteen d. linen
2. These are basically an office wear worn by corporate women. They are made up of cotton, polyesters and wool and looking great with a formal blouse and shirt.
a. Blouse b. trousers c. bonnet d. shirt
3. The type of body shape that must avoid skinny jeans or trousers.
a. Oval shape b. hourglass c. triangle d. rectangle
4. The best body shape to wear a straight leg type of trousers
a. Oval shape b. hourglass c. triangle d. rectangle
5. This type of trousers is similar 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.
a. Boot cut c. cropped trousers
b. skinny trousers d. gaucho trousers
6. It is the style of trousers which can fit any body type.
a. Boot cut c. straight leg trousers
b. skinny trousers d. gaucho trousers
7. This type of trousers is similar to Capri pants except that it has wider legs with a flare at the bottom.
a. Boot cut c. straight leg trousers
b. skinny trousers d. gaucho trousers
8. The type of waistband that is very low, 3-5 inches below the belly button.
a. Low rise jeans c. high rise jeans
b. medium rise jeans d. high jeans
9. The type of jeans that are renowned for their daring sexy cuts, high quality and original embellishments.
a. Ultra-low rise jeans c. high rise jeans
b. medium rise jeans d. super high jeans
10. It is a heavy-weight fabric with very little drape or stretch.
a. Denim b. satin c. linen d. corduroy



Answer Key

What I Know

1. True
2. True
3. True
4. True
5. False
6. True
7. True
8. True
9. True
10. False

WHAT I CAN DO

Task 1

(It will be graded using the rubric.)

ASSESSMENT

1. a
2. b
3. a
4. c
5. a
6. c
7. d
8. a
9. a
10. a

What's In (Answers may Vary)

What's New

1. Straight Leg Trousers
2. Gaucho Trousers
3. Boot Cut Trousers
4. Skinny Trousers
5. Capri / Cropped Trousers

What's More

Identification

1. **Straight leg Trousers**
2. **Skinny trousers**
3. **Leggings**
4. **Polyester**
5. **denim**

What I have learned

(Answers may vary)

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