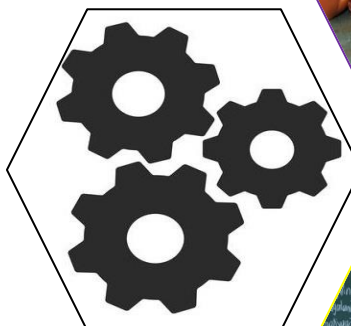


Technology and Livelihood Education (*Dressmaking/Tailoring*)

10

Quarter
3

Dressmaking



TLE – Grade 10

Quarter 3 – Module 7: Body measurement for Ladies' Trousers

First Edition, 2020

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

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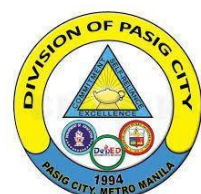
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Quarter 3

Self-Learning Module 7

Body measurement for Ladies' Trousers



Introductory Message

For the Facilitator:

Welcome to the **Dressmaking/Tailoring Grade 10** Self-Learning Module on **Body measurement for 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 **Body measurement 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 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:

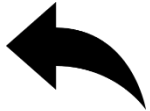
- A. identify the needed body measurements;
- B. shows how those body measurements are taken:
- C. appreciate the importance of the lesson.



PRETEST

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

- _____ 1. Measure the fullest part of the hips.
- _____ 2. Just below the crotch, around the leg.
- _____ 3. This measurement is necessary for narrow tapered pants.
- _____ 4. Measure from the waist to the desired length.
- _____ 5. Measure from the waist to the knee.



RECAP

Questions & Answer

Directions: Answer the following questions briefly.

1. Differentiate facing from interfacing.
2. Why is there a need to put facing and interfacing to the waistband of ladies' trousers?



LESSON

Lesson – Body Measurement for Ladies' Trousers

Taking accurate body measurements is one of the keys to a great fit. Having accurate measurements is critical to the success of your pattern.

All you need is a tape measure! It is the indispensable tool used by dressmakers, without this tool you cannot perform any activity in sewing.

Needed body measurement for ladies' trousers:

The following are the body measurements needed for ladies' trousers.

1. **WAIST-** Measure the smallest part of the waist. Leave a tape or ribbon tied snugly around the waist while taking other measurements.



2. **HIPS-** Measure the fullest part of the hips. Also record the distance from the waist down to tape, located at the fullest area.



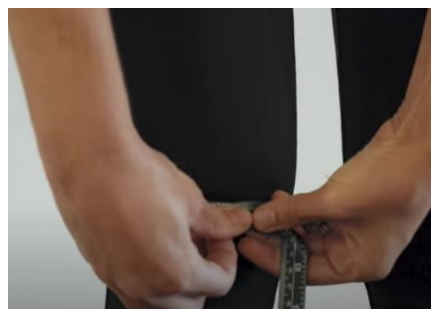
3. **ABDOMEN**- Measure about 3 to 4 inches below the waistline over the fullest part of the abdomen.



4. **THIGH**- Just below the crotch, around the leg.



5. **KNEE**- Measure around the knee with the knee slightly flexed.



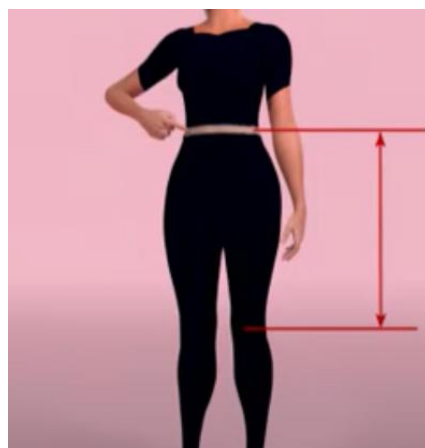
6. **CALF**- Measure around the calf.



7. **INSTEP**- Measure around heel over the instep. This measurement is necessary for narrow tapered pants. Be sure to allow enough room for the foot to slip through.



8. **SIDE LENGTH TO KNEE**- Measure from the waist to the knee.

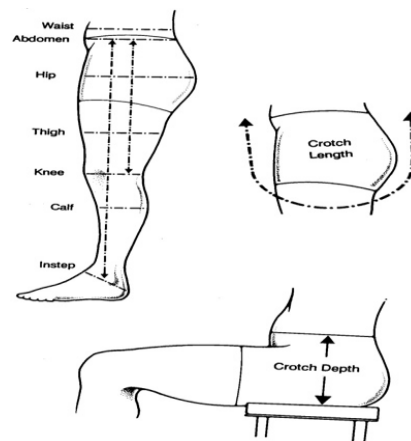


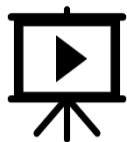
9. **SIDE LENGTH-** Measure from the waist to the desired length.



10. **CROTCH**

- a. Depth–Sit on a flat chair, bench, floor, or table. Measure from waist to top of flat surface.
- b. Length–Determine measurement from front waist to center of the body and from the center of the body to back waist.





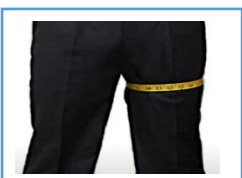
ACTIVITIES

Activity No. 1: Body Measurement

Directions: Look for a model, take a video, and record or pictures and make a photo collage while showing and explaining the different body measurements needed for ladies' trousers.

Activity No.2 Know Me

Directions: Identify the given illustration. Write the body measurement on the box indicated.



WRAP-UP

Directions: Answer the following questions briefly.

1. How does measurement affect in drafting pattern?
2. Explain the old saying “Measure twice and cut once!”

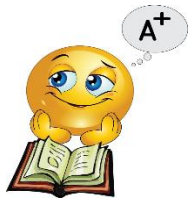


VALUING

Sentence Completion



The knowledge that I've learned today is/are_____.



I have realized..._____.



Today, I am confused in . .
_____.



POST TEST

Directions: Match Column A with Column B. Write the letter of the correct answer on the space provided before each number.

COLUMN A

- _____ 1. The length and depth measurement taken from the front waist to the center of the body and from the center of the body to the back waist.
- _____ 2. Measure about 3 to 4 inches below the waistline.
- _____ 3. Just below the crotch, around the leg.

COLUMN B



A.



B.



C.

_____4. Measure from the waist to the knee.

D.



_____5. Measure from the waist to the desired length.

E.



KEY TO CORRECTION

Post Test	Pre Test
1. C	1. Hips
2. D	2. Thigh
3. E	3. Instep
4. B	4. Side length
5. A	5. Side length to knee

References

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