






















1. Tools & equipment

1	Pins 	Used to hold pieces of material together before sewing.
2	Needles 	Used to sew material together by hand. In this project for tacking your material before using the sewing machine.
3	Embroidery foot 	A foot used on the sewing machine to help create machine embroidery
4	Material Scissors 	Scissors that are designed to cut fabric only. Cutting paper with blunt the blades.
5	Embroidery Thread 	A thicker thread than normal machine thread that has a shiny finish. It is used to do hand stitching and create images and patterns rather than joining materials
6	Thread 	Thread is used to sew material together. It comes in lots of colours and can be used on the sewing machine or with a needle by hand.
7	Embroidery hoop 	A hoop that is used to hold material taught whilst you sew either by hand or on the sewing machine.

1. Tools & equipment

8	Sewing Machine 	An electronic machine that sews materials together.
9	Craft knife 	A very sharp knife used to cut materials accurately.
10	Steel Ruler 	Has a raised edge and is used when you are using a craft knife.
11	Cutting mat 	A mat placed under the material you are cutting to help you have grip as well as stopping you cutting the table
12	Heat press 	Used to transfer images from sublimation paper to fabric, the process is done through heat and pressure
13	Sublimation printer 	The ink from the sublimation printer reacts with heat and can be transferred on to material

2. Sewing Machine Components:

1	Bobbin 	The small circular thread holder that goes in the bottom of the sewing machine to stop your stitches coming undone.
2	Bobbin Case 	Holds the bobbin in place in the sewing machine. Must be put in with the arm to the top.
3	Bobbin Winder 	Located on the top of the sewing machine and used to wind up the bobbin. Will stop the sewing machine sewing.
4	Foot Peddle 	Operates the sewing machine, must be out on the floor.
5	Stitch Selector Buttons 	Changes the style of the stitches.
6	Dogs teeth/feed dogs 	The tracks under the base plate of the sewing machine that pull your material through
7	Sewing machine feet (zipper foot) 	A foot that is attached to the sewing machine to create free machine embroidery
8	Sewing machine needle plate 	Helps you line up your material correctly and produce a nice even straight stitch.

Thread up a sewing machine independently.

Know how/when to change the sewing machine feet.

Be able to put the bobbin into the sewing machine correctly.

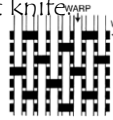
3. Process: Sewing machine sewing

Step 1	Thread up the sewing machine with the thread you wish to sew with.
Step 2	Bring up the bobbin thread (fishing) Select your stitch.
Step 3	Place your material under the pressor foot and lower your needle into the fabric.
Step 4	Hold your material steady with both hands and place your foot on the foot peddle. Let the machine take the fabric.
Step 5	Do three stitches forward and three back to lock your thread (tie a knot) then complete your line of stitching repeating the three stitches forward and three back at the end.

4. Process: Free machine embroidery

Step 1	Complete steps 1-5 of sewing machine set up.
Step 2	Place your material into an embroidery hoop and make sure it is tight.
Step 3	Replace the 'normal' foot on the sewing machine with an embroidery hoop.
Step 4	Lower the dogs teeth/feed dogs on the machine.
Step 5	Place the material and the hoop under the sewing machine foot and lower the needle and foot. Sew and move the embroidery hoop at the same time.

5. Process: Weaving

Step 1	Mark out your cutting lines using a ruler and a pencil, leave a 2cm border around the edge of your work.
Step 2	Cut along the lines using a craft knife and a metal ruler and a cutting mat. Remember not to cut right to the edge, stay within your border.
Step 3	Cut your other piece of paper into 1cm pieces using a guillotine.
Step 4	Weave the 1cm cut piece into the other piece of paper that you have cut with a craft knife. Use an over under technique 
Step 5	Seal the ends using masking tape to stop the paper coming out.

6. Process: Quilting

Step 1	Complete steps 1-5 of sewing machine set up.
Step 2	Place a piece of wadding between two pieces of material.
Step 3	Sew over the material using either a normal foot or an embroidery foot (you will need to follow steps 1-5 of free machine embroidery if you choose to use an embroidery foot)

7. Process: Heat press

Step 1	Place your sublimation printed image under the heat press.
Step 2	Place piece of synthetic material over the printed image.
Step 3	Pull down the heat press and make sure that the top is fully closed. Leave closed for 1min.

8. Materials:

1	Cotton	A natural fibre that comes from the cotton plant
2	Synthetic fibre	A manmade fibre that comes from oil
3	Wadding	A manmade material that is used to fill/thicken materials

Key Vocabulary

1	Warp and Weft	The direction of a weave. The warp goes up and the weft goes left.
2	Sublimation printer	The ink from the sublimation printer reacts with heat and can be transferred on to material
3	Feed dogs/dogs teeth	The teeth in the base plate of the sewing machine that move to pull the material through the machine.

Thread up a sewing machine independently.

Know how to hold a craft knife correctly in order to use it safely.

Understand how the feed dogs/dogs teeth work.