Lesson Plan “The Art of Apparel and Redesign”
By Susan Bendrat

DAY 1 – 3
1. Introduce the 7 body types.
2. Power Point Presentation on body types and elements of design.
3. Power Point Presentation on principles of design.
4. Review body types

DAY 4
1. Students take quiz – use handouts and notes.

DAY 5
1. Using card stock paper have student draw a silhouette of 2 body types.
2. On back of silhouette make a T – chart showing Do’s and Don’ts for that particular body type.

DAY 6
1. On front of silhouette design a garment for the body type, include hair style, shoes and one other accessory.

DAY 7
1. Ketchup Day – time to finish any unfinished assignment.

DAY 8 and 9
1. Cut out two pictures of complete outfits from catalogs, magazines, or newspapers. Mount these pictures. Write descriptions about the body types and how each garment looks attractive. Include how the principles and elements of design are used. Then classify the designs as having good, medium, or poor harmony according to your judgment. Give reasons for your decisions.

DAY 10 - 15
1. Group together in four’s and take an old garment and redesign it to fit one body type. Show and Tell in on Day 17 – choose one spokesperson from each group and one person to model garment.
2. Group prepares a work plan and sketch before cutting and sewing.

DAY 16
1. Show and Tell planning day.
2. Write script for the model.

DAY 17
1. Modeling with script
Assessment:
  ❖ Quiz over principles, elements, and body types.
  ❖ Work plan and sketch activity sheet.
  ❖ Redesigned garment
Redesign Garment Project Workplan

Names of people in group: ________________________________________
Name of speaker: _______________________________________________
Name of model __________________________________________________

Body Type______________________________________________________

<table>
<thead>
<tr>
<th>Changes to be made</th>
<th>How changes will be made</th>
<th>Person(s) making change</th>
</tr>
</thead>
<tbody>
<tr>
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</table>

Sewing Supplies Needed:
Sketch Front and Back of Redesign Garment
Quiz

Principles and Elements of Design, and Body Types

Name ____________________________ Date ____________ Period _______

1. The ideal body is _________ heads tall with _____ of it below the head.
2. Name three accessories that can add emphasis to a plain outfit.

3. What effect do large prints have on a small body type?

4. ______________ is considered the ideal model shape.

5. Describe an outfit that would not look good on the Tall and Thin Body Type.

6. Another name for Top Heavy is ________________.

7. True or False. V-necklines with an open collar and lapel are flattering on the Top Heavy Body Type. _____

8. Why should the Short and Heavy Body Type not wear extremely high heels?

9. If a Short and Heavy Body Type wears very tight clothes, what feeling is given?

10. Hip Heavy figures need to choose garments with ________ lines going up to the _____________. They should not wear _______ belts or horizontal bands at the _____________.

11. Two characteristics of the Thick Middle Body Type are ________________ and _________________.

12. The Thick Middle figure looks good in a garment that hangs slightly loose from the shoulders, an unfitted over blouse, or a long sweater. Name two styles that are not good for this body type.

13. Raglan sleeves seam lines ________________ the square shoulders.

14. A well planned garment needs a center of _______________. This avoids “the boring look.”

15. True or False. A yoke across the bodice (top chest area) makes the shoulders appear broader. _______
16. Should a large frame person wear a tiny print pattern? ______ Explain your answer.

17. Which Element of design is the most popular and exciting to use because it is noticed all around us? ________________

18. List five different things that color does for you and/or the designer.

19. Cool colors like green, blue, and violet give us a feeling of ______ and ___________. They make the body look ________________.

20. Warm colors are ____________, ____________, and _____________. These colors are outgoing and _____________. They make the body look ________________.
Answer Key to Quiz

1. 8 7/8
2. belts, scarves, neckties
3. overpowers the small person
4. Tall and Thin
5. tight, straight dresses or severely tailored lines
6. Inverted Triangle - has a large upper body in proportion with the lower body
7. True
8. body looks out of proportion
9. looks like the person has outgrown their clothes
10. vertical, neckline, wide, hipline
11. waist is similar to the chest and hips and no well-defined waistline
12. baggy or bulky garments around the middle, avoid clothes that have bold or horizontal lines
13. soften or modify
14. interest
15. True
16. no; it makes the person look even larger
17. color
18. lets you express yourself, affects how you feel, creates illusions, sets the stage, makes clothes appear warm, cool, perky, or drab
19. quietness and restfulness; smaller
20. red, orange, yellow, lively, larger

Rubric for Re-design Sewing Project
<table>
<thead>
<tr>
<th>Category</th>
<th>Category 2</th>
<th>Category 4</th>
<th>Category 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cutting Out</td>
<td>Cutting is not smooth. Cutting is not accurate.</td>
<td>Cutting is somewhat smooth and straight. Some seams have to be adjusted because accurate cutting or pinning was not done.</td>
<td>Cutting is smooth, straight, and accurate. Evidence of pinning to keep seams even.</td>
</tr>
<tr>
<td>Seams and Hems</td>
<td>Seams are not 5/8 inch (or same as garment). Seams are not straight. Seams are not trimmed. Raw edges are showing.</td>
<td>Most seams are 5/8 inch. Most seams are straight and finished with a neat appearance. A few hems show part of a raw edge.</td>
<td>All seams are straight and 5/8 inch. All seams are finished and trimmed. No raw edges are visible.</td>
</tr>
<tr>
<td>Pressing</td>
<td>Seams are not pressed. Project was not pressed before turning assignment in.</td>
<td>Seams were pressed but are not smooth and free of wrinkles. Project pressing is sloppy and wrinkly.</td>
<td>All seams are pressed and look neat. Appearance of entire garment looks well pressed.</td>
</tr>
<tr>
<td>Overall Appearance and Creativity</td>
<td>Overall appearance is unattractive. Garment design does not fit body type. No evidence of using principles/elements of design. Plain, simple design.</td>
<td>Project looks wearable/usable. The appearance is attractive. Nice design, some principles/elements of design are visible. Parts of the design match the suggested body type.</td>
<td>Project looks very attractive and neatly pressed. Principles/elements of design are evident in design. Very creative design. Pleasing garment style.</td>
</tr>
<tr>
<td>Work Habits</td>
<td>Student left without helping to put away supplies, equipment/or put things away in a sloppy manner.</td>
<td>Student usually helped put away supplies and equipment. Student usually left his/her work area free of threads and fabric scraps.</td>
<td>Student always stopped working in time to put away machine, equipment and supplies. Work area was clean.</td>
</tr>
<tr>
<td>Attendance</td>
<td>Student does not come to class enough to keep up with pace of work / misses 50% or more of class.</td>
<td>Student misses 25% or fewer days spent on project. Shows up late and not available for much class participation.</td>
<td>Student comes to class on time. Student misses less than 10% of working days for this project.</td>
</tr>
<tr>
<td>Working While in Class</td>
<td>Student does not stay on task. No concern.</td>
<td>Little time is wasted; works most of the time.</td>
<td>Always working on project in class.</td>
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