

# Measuring Up!

## Summary

Students will learn how to measure the body correctly for proper fit. Students will observe how to properly measure a body for correct pattern fit, and then they will perform measurements on themselves and a partner. Students will also alter pattern pieces by adding and shortening lengths.

## Main Core Tie

Apparel Design and Production I

[Strand 4 Standard 2](#)

## Additional Core Ties

Apparel Design and Production I

[Strand 4 Standard 1](#)

## Time Frame

1 class periods of 60 minutes each

## Group Size

Pairs

## Materials

The same size garment from ready-to-wear, designer wear, and home-sewn to show comparison.  
Do You Really Know Your Pattern Size?worksheet  
Tape Measure for each student  
Pattern Pieces to resize for each student

## Intended Learning Outcomes

Students will learn how to take body measurements, select the appropriate pattern and size, and make pattern alterations.

## Bibliography

Simplicity, McCalls, Butterick, and Vogue Patterns

## Authors

[Amber Williams](#)