

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

Sewing Construction & Textiles 1

[Strand 4 Standard 2](#)

Additional Core Ties

Sewing Construction & Textiles 1

[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](#)