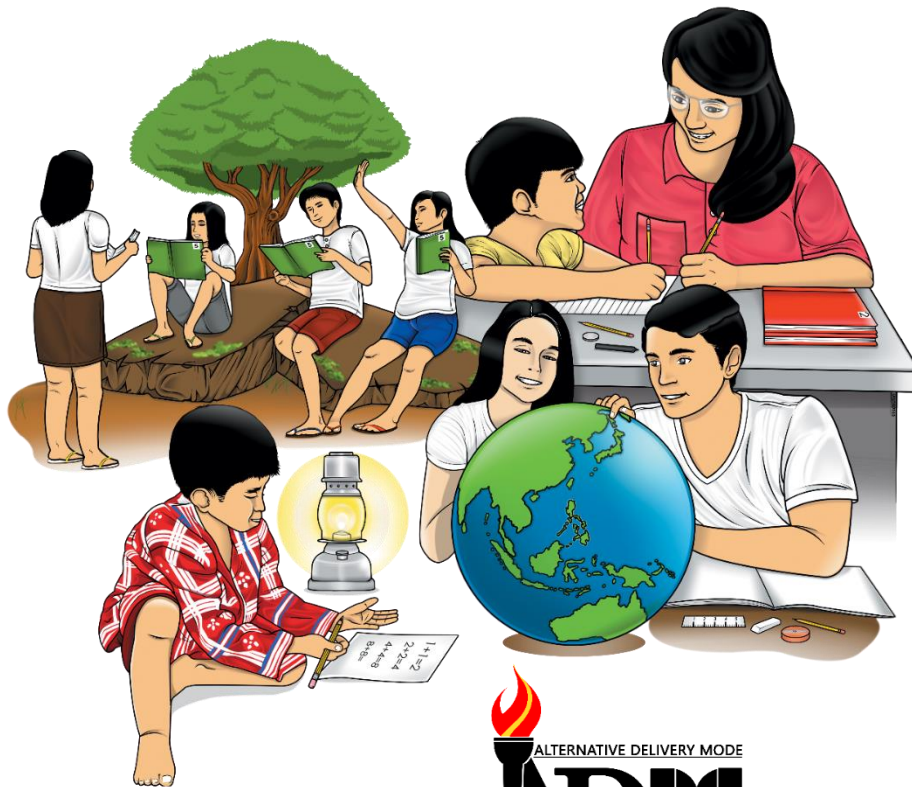


# Technology and Livelihood Education

## Quarter 1 - Module 2 Draft and Cut Pattern for Ladies' Skirt (Taking body measurement)

### Dressmaking NC II



# 10

## **Technology and Livelihood Education**

### **Quarter 1 - Module 2**

#### **Draft and Cut Pattern for Ladies' Skirt (Taking body measurement)**

#### **DRESSMAKING NC II**

**Dressmaking – Grade 10**  
**Alternative Delivery Mode**

**Quarter 1 – Module 2:** Draft and Cut Pattern for Ladies’ Skirt (Taking body measurement)

**First Edition, 2020**

**Republic Act 8293, section 176** states that: No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

Borrowed materials (i.e., songs, stories, poems, pictures, photos, brand names, trademarks, etc.) included in this module are owned by their respective copyright holders. Every effort has been exerted to locate and seek permission to use these materials from their respective copyright owners. The publisher and authors do not represent nor claim ownership over them.

Published by the Department of Education  
Secretary: Leonor Magtolis Briones  
Undersecretary: Diosdado M. San Antonio

**Development Team of the Module**

**Writer:** Romana T. Laoyan

**Editors:**

**Reviewer:** Jonalyn C. Ambrona  
Mary Jane N. Malihod

**Illustrator:**

**Layout Artist:**

**Management Team:** Estela Leon-Cariño  
Carmel F. Meris  
Rosita C. Agnasi  
Marie Carolyn B. Verano  
Christopher C. Benigno  
Juliet C. Sannad  
Mary Jane N. Malihod  
Armi Victoria Fiangaan  
Brenda M. Cariño

**Printed in the Philippines by:**

**Department of Education – Cordillera Administrative Region**

Office Address: Wangal, La Trinidad, Benguet

Telefax: (074) -422 -4074

E-mail Address: [car@deped.gov.ph](mailto:car@deped.gov.ph)

# Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLMS is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and test. And read the instructions carefully before performing each task.

If you have questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***Notes to the Teacher***

This contains helpful tips or strategies that will help you in guiding the learner.

For the facilitator:











Hi, 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. Kindly, advise the learner's parents or guardians of the same procedure since they will be the primary supporters in the learners' progress. Please, do not forget to remind the learner to use separate sheets in answering all of the activities found in the learning module.

For the learner:

Hello learner, Welcome to the Dressmaking NC II Alternative Delivery Mode (ADM) Module on Draft and Cut Pattern for Ladies' Skirt (Taking body measurement). I

hope you are ready to progress in your Grade 10 TLE in Dressmaking NC II with this learning module. This is designed to provide you with interactive tasks to further develop the desired learning competencies prescribed in our curriculum. With this, you are expected to appreciate staking through the information and activity given.

This module has the following parts and corresponding icons:

<b>ICON</b>	<b>LABEL</b>	<b>DETAIL</b>
	What I Need to Know	This contains the learning objectives which you need to accomplish.
	What I know	This evaluates what you know about the lesson you are to learn.
	What's In	This connects the current lesson with a topic necessary in your understanding.
	What's New	This introduces the lesson through an activity.
	What Is It	This contains a brief discussion of the learning module lesson.
	What's More	These are activities to check your understanding of the lesson.
	What I Have Learned	This summarizes the important ideas presented in the lesson.
	What I Can Do	This is a real-life application of what you have learned.
	Assessment	This is a post assessment of what you have learned.
	Additional Activity	This is an activity that will strengthen your knowledge about the lesson.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

## TABLE OF CONTENTS

What I Need to Know .....	<b>Error! Bookmark not defined.</b>
What I Know .....	2
What's In .....	3
What's New .....	4
What Is It.....	5
What's More .....	6
What I Have Learned .....	7
What I Can Do .....	8
Post - Assessment .....	10
Additional Activity .....	12
Answer Key .....	13
References .....	14

## Lesson

# 1

## Taking body measurement

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



### ***What I Need to Know***

This module was designed and written to guide you to acquire the learning competencies and develop your skills in taking a body measurement in dressmaking. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. However, the order in which you read the module can be changed to correspond with the textbook you are now using.

Quarter/Week

Q1/W2

Learning Competency Code

TLE\_HEDM9-12SK-Ia-c-1

Learning Competency

**LO 1.** Draft and cut pattern for ladies' skirt

1.2. Take client's body measurement

### **Learning Objectives:**

After going through this module, you are expected to:

1. identify the different body points for body measurement;
2. enumerate the body points for body measurement;
3. perform /take the body measurement accurately;
4. develop traits such as honesty and valuing accuracy of output in achieving the knowledge and skills in taking body measurement.



## ***What I Know***

### **Pretest**

#### **Multiple Choice.**

#### **ACTIVITY I:**

**Directions:** Choose the letter of the best answer. Write the chosen letter on the answersheet.

- \_\_\_\_ 1. This body measurement for ladies' skirt is taken around the smallest part of the body.  
A. Bust measure                      B. Waist measure  
C. Hip measure                        D. Shoulder measure
- \_\_\_\_ 2. It is a body measurement, taken from side waist point down to the knee line or desired length.  
A. Sleeve length                      B. Blouse length  
C. Skirt length                         D. Pant length
- \_\_\_\_ 3. Which of the following body measurement is needed for ladies' skirt?  
A. Bust measure                      B. Waist measure  
C. Arm measure                        D. Shoulder measure
- \_\_\_\_ 4. This body measurement is used in making a dart for ladies' skirt.  
A. Apex distance    B. Waist measure    C. Arm measure    D. Hip measure
- \_\_\_\_ 5. It is a body measurement for ladies' skirt that is divided into four.  
A. Apex distance                      B. Waist measure  
C. Arm measure                        D. Shoulder measure
- \_\_\_\_ 6. Which of the following body measurement is taken horizontally?  
A. Apex distance    B. Waist measure    C. Bust measure    D. Hip measure
- \_\_\_\_ 7. What body measurement is needed for ladies' skirt, is measured vertically?  
A. Apex distance                      B. Skirt length  
C. Waist measure                      D. Hip measure
- \_\_\_\_ 8. The body measurement that is measured or taken circumferential.  
A. Shoulder measure                  B. Hip measure  
C. Blouse length                      D. Sleeve length
- \_\_\_\_ 9. It is a body point located at the center of the neck at front.  
A. Shoulder tip point                  B. Center neck point  
C. Apex point                          D. Center waist point
- \_\_\_\_ 10. The body measurement taken around the fullest part of the buttocks.  
A. Waist measure                      B. Hip measure  
C. Bust measure                      D. Crotch measure
- \_\_\_\_ 11. The body measurement of hips is 34 inches, what is the one fourth of the hips?  
A. 8 ½ inches            B. 8 ¼ inches        C. 8 inches            D. 8 ¾ inches 5
- \_\_\_\_ 12. The length of the front skirt is usually longer than the back part with at least how many inch?  
A. ¾ inch                B. ½ inch             C. ¼ inch             D. 1/8 inch
- \_\_\_\_ 13. What body measurement is divided into four?



- A. Apex distance    B. Waist measure    C. Skirt length    D. Hip depth
- \_\_\_\_ 14. Which body point is used to locate in measuring skirt length?  
A. Hip point                      B. Side waist point  
C. Center waist point          D. First hip point
- \_\_\_\_ 15. Which is an example of vertical measurement?  
A. Hip measure                  B. Side waist point  
C. Waist measure                D. Skirt length



## ***What's In***

### **ACTIVITY 2 :**

**Solving Problem:** Divide the following body measurement by solving the given fraction. Write your answer in the answer sheet.

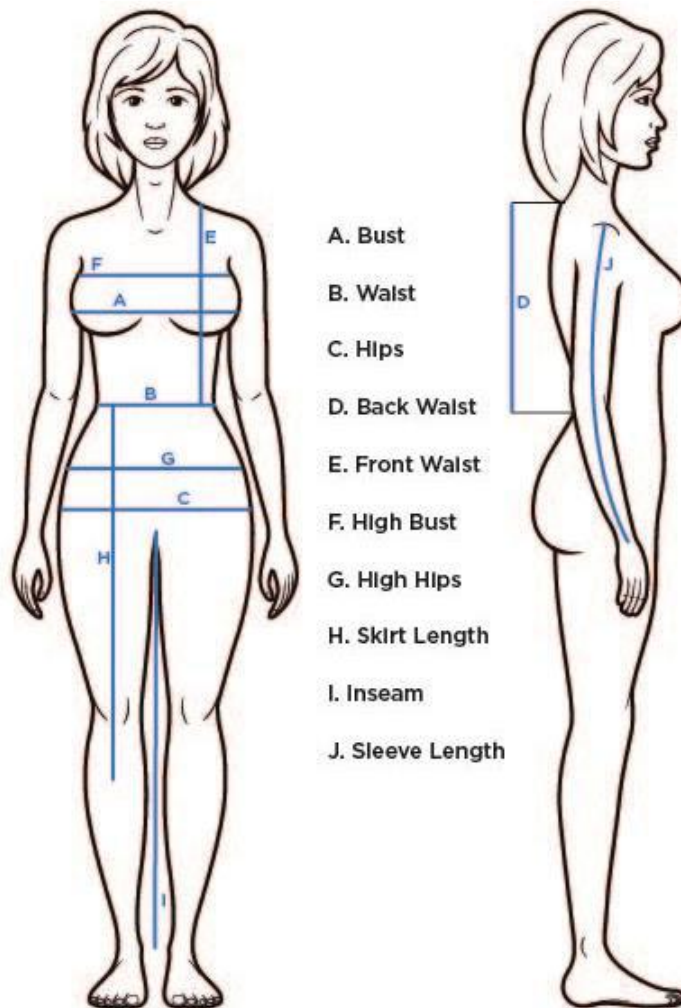
- |  |  |
|--|--|
| 1. $\frac{1}{4}$ of 35 inches =                | 11. $\frac{1}{4}$ of 39 $\frac{1}{2}$ inches = |
| 2. $\frac{1}{4}$ of 37 $\frac{1}{2}$ inches =  | 12. $\frac{1}{4}$ of 41 $\frac{1}{2}$ inches = |
| 3. $\frac{1}{2}$ of 29 inches =                | 13. $\frac{1}{2}$ of 13 $\frac{1}{2}$ inches = |
| 4. $\frac{1}{2}$ of 15 $\frac{1}{2}$ inches =  | 14. $\frac{1}{2}$ of 43 inches =               |
| 5. $\frac{1}{4}$ of 33 inches =                | 15. $\frac{1}{4}$ of 31 $\frac{1}{2}$ inches = |
| 6. $\frac{1}{4}$ of 34 $\frac{1}{2}$ inches =  |  |
| 7. $\frac{1}{4}$ of 38 $\frac{1}{2}$ inches =  |  |
| 8. $\frac{1}{4}$ of 28 inches =                |  |
| 9. $\frac{1}{2}$ of 26 $\frac{1}{2}$ inches =  |  |
| 10. $\frac{1}{2}$ of 32 $\frac{1}{4}$ inches = |  |



## ***What's New***

The accurate body measurement is one of the most important in garment construction. A well-fitted garment can enhance not only the look of the person but also the personality. Taking body measurements is very important steps in making a dress, dressmakers need to pay a lot of attention in every detail while taking measurements for garment.

Try to measure the body measurement below by following the illustration, get a partner and take the body measurement.



**Image source** :<https://rebecca-angela.com.au/learn-to-sew-taking-accurate-body-measurements/>



## ***What Is It***

### **Body points**

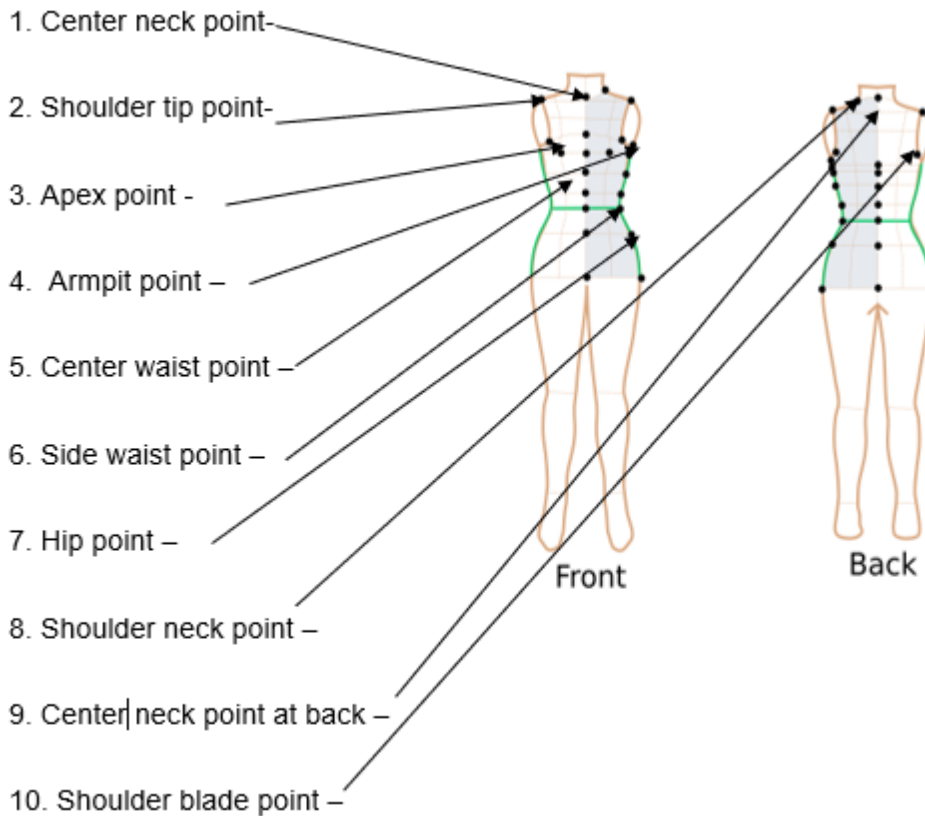


Image source: <https://forum.seamly.net/t/measurement-diagrams/634>

### **HOW TO TAKE OF BODY MEASUREMENT**

1. Shoulder Measure – is taken from the shoulder tip point to the other shoulder tip point.
2. Bust measure - taken around the fullest part of the of the body passing over the apex point at front and shoulder blade point at back inserting 2 or 3 finger tips for ease.
3. Waist measure – taken around the smallest part of the natural waistline inserting 2 or 3 finger tips for ease.
4. Hip measure – is taken around the fullest part of the buttocks inserting 2 or 3 finger tips.
5. Apex distance – taken from apex point to the other apex point.
6. Apex height – is taken from shoulder neck point down to the apex point.
7. Shoulder blade distance – taken from shoulder blade point to the other shoulder blade point. 9
8. Shoulder blade height – taken from shoulder neck point at back down to

the shoulder blade pt.

9. Front bodice length or figure – taken from shoulder neck point passing over the apex points down to the natural waistline.

10. Blouse length -Take from shoulder neck point passing over the apex point

down to the desired length.

11. Sleeve length short - is taken from shoulder tip point down to the arm.

12. Sleeve length long - taken from shoulder tip point passing over the elbow with the arm half way bent down to the wrist joint.

13. Arm measure = taken from the length of the short sleeve, then taken around the arm.

14. Skirt length - taken from side waist point down to the knee line or below the knee or desired length.

15. Pant length – Taken from side waist point down to the ankle point.

16. Crotch measure – taken from center waist point down to the intersection of the thigh line

17. Knee circumference – Taken around the knee line one inch above.

18. Bottom circumference – Taken around the lower part of the length or around the ankle point for pant.

19. Neck measure -- taken around the neck in your desired circumference.

20. Armhole - taken around the armhole passing over the armpit.

21. Hip depth - taken from waistline at back down to the fullest part of the



### ***What's More***

**ACTIVITY 3.** Describe the following body measurement on how it was taken /measured. Write your answer in the answer sheet.

Body measurement	Description
1. Waist measure	
2. Hip measure	
3. Hip Depth	
4. Skirt Length	
5. Bottom circumference	



## ***What I Have Learned***

### **ACTIVITY 4 :**

**Instruction:** Answer the question briefly. Write your answer in the answer sheet.

1. What are the body measurements for ladies' skirt?
2. What are the body points needed in taking the measurement for skirt?
3. Why body measurement should be taken/measured accurately?

### **ENUMERATION**

1.) 1.

2.

4.

3.

6.

5

2.) 1.

3.)

2.

3.

4.



## What I Can Do

### ACTIVITY 5: Identification

**Instruction:** Identify the body point where to start taking the body measurement. Write your answer in the answer sheet.

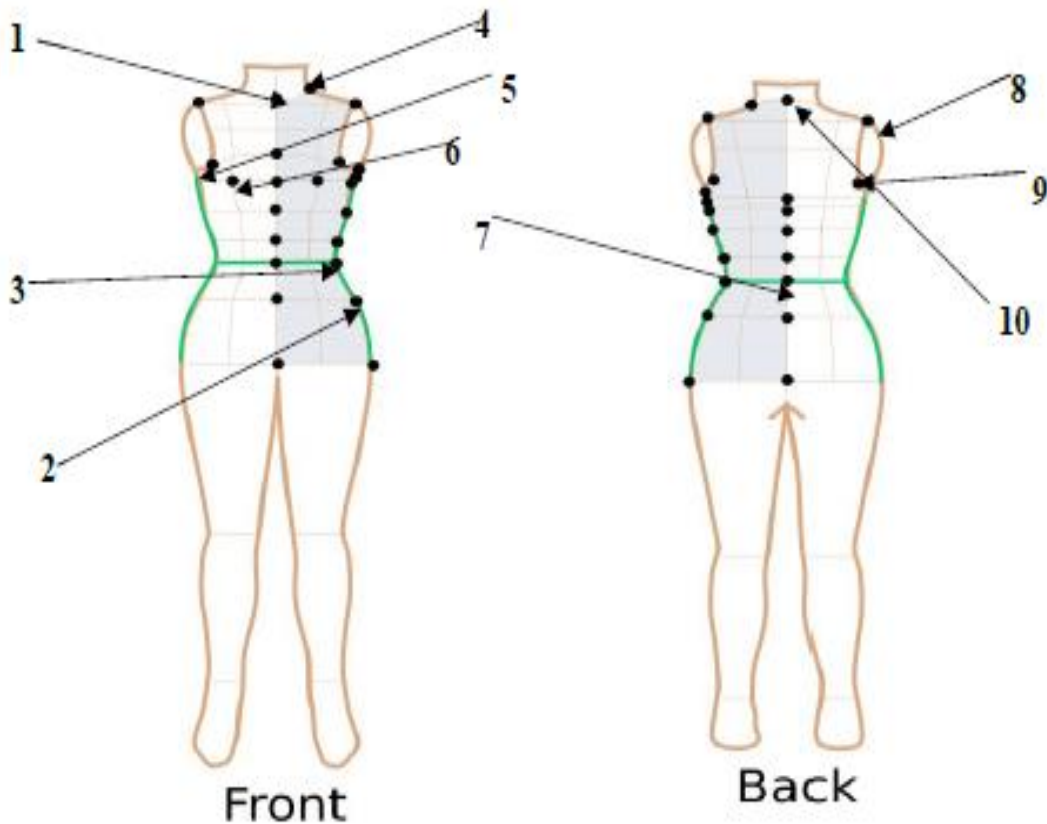


Image source: <https://forum.seamly.net/t/measurement-diagrams/634>

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**ACTIVITY 6 : Body Measurement**

**Instruction:** Take the following body measurement listed below. Write your answer in inches on the answer sheet.

<b>No.</b>	<b>Body Measurement</b>	<b>Actual Body Measurement taken ( use inches )</b>
1.	Waist measure =	
2.	Hip measure =	
3.	Skirt length =	
4.	Hip depth =	
5.	Apex distance =	
6.	Bottom circumference =	

Your output will be rated using the performance rubric below.

<b>Criteria</b>	<b>Rubric</b>				
	20	15	10	5	total
Application of procedures	Follow the correct procedures	There are two procedure were not followed correctly	Some procedure not followed	Most of the procedures were not followed	
Accuracy of measurement	Take accurate measurement	There are two body measurement were not taken accurately	Some measurement not accurately taken	Most of the body measurement not taken accurately	
Speed	Finish the measurement on time /completed	There are two body measurement were not completed	Some measurement no completed	Most of the measurement not finished /completed	
<b>Total score</b>					



## **Post-Assessment**

### **ACTIVITY 7: Multiple Choice**

**Directions:** Choose the letter of the best answer. Write the chosen letter in an answer sheet.

- \_\_\_\_ 1. It is a body point located at the center of the neck at front.  
A. Shoulder tip point                      B. Center neck point  
C. Apex point                                D. Center waist point
- \_\_\_\_ 2. The body measurement taken around the fullest part of the buttocks.  
A. Waist measure                            B. Hip measure  
C. Bust measure                             D. Crotch measure
- \_\_\_\_ 3. The body measurement of hips is 34 inches, what is the one fourth of the hips measurement?  
A. 8  $\frac{1}{2}$  inches                                B. 8  $\frac{1}{4}$  inches  
C. 8 inches                                     D. 8  $\frac{3}{4}$  inches
- \_\_\_\_ 4. This body measurement for ladies' skirt taken around the smallest part of the body.  
A. Bust measure                              B. Waist measure  
C. Hip measure                                D. Shoulder measure
- \_\_\_\_ 5. Which of the following body measurement is needed for ladies' skirt?  
A. Bust measure                              B. Waist measure  
C. Arm measure                                D. Shoulder measure
- \_\_\_\_ 6. This body measurement is used in making a dart for ladies' skirt.  
A. Apex distance    B. Waist measure    C. 8 inches    D. 8  $\frac{3}{4}$  inches
- \_\_\_\_ 7. Which body point to locate in measuring skirt length?  
A. Hip point                                    B. Side waist point  
C. Center waist point                        D. First hip point
- \_\_\_\_ 8. The hip measure is taken or measured around the buttocks, which body point is the starting point?  
A. Hip point                                    B. Side waist point  
C. Center waist point                        D. First hip point
- \_\_\_\_ 9. Which is an example of vertical measurement?  
A. Hip measure                                B. Side waist point  
C. Waist measure                              D. Skirt length
- \_\_\_\_ 10. It is a body measurement for ladies' skirt that is divided into four.  
A. Apex distance                              B. Waist measure  
C. Arm measure                                D. Shoulder measure
- \_\_\_\_ 11. Which of the following body measurement is taken horizontally?  
A. Apex distance                              B. Waist measure  
C. Bust measure                                D. Hip measure



- \_\_\_\_12. What body measurement is needed for ladies' skirt, is measured vertically?  
A. Apex distance                      B. Skirt length  
C. Waist measure                      D. Hip measure
- \_\_\_\_13. The body measurement that is measured or taken circumferential.  
A. Shoulder measure                      B. Hip measure  
C. Blouse length                      D. Sleeve length
- \_\_\_\_14. The length of the front skirt is usually longer than the back part with at least.?  
A.  $\frac{3}{4}$  inch      B.  $\frac{1}{2}$  inch                      C.  $\frac{1}{4}$  inch                      D.  $\frac{1}{8}$  inch
- \_\_\_\_15. It is a body measurement, taken from side waist point down to the knee line or desired length.  
A. Sleeve length                      B. Blouse length  
C. Skirt length                      D. Pant length



## ***Additional Activity***

### **ACTIVITY 8:** Picture Reading

**Instruction:** Identify the illustration on how to take the body measurement for ladies skirt .Write your answer in the answer sheet .



1



2



3



4



5



6



# Answer Key

## What I Know

- 1.b
- 2.c
- 3.b
- 4.a
- 5.b
- 6.a
- 7.b
- 8.b
- 9.b
- 10.b
- 11.a
- 12.b
- 13.b
- 14.a
- 15.d

## What's New

- 1. Bust-35"
- 2. Waist-26"
- 3. Hip -36"
- 4. Back waist-15"
- 5. Front waist - 14 1/2 "
- 6. High bust-34"
- 7. High hip -35"
- 8. Skirt length -23"
- 9. Inseam -33"
- 10. sleeve length -21"

## What's More

- 1. Taken around the fullest part of buttocks.
- 2. Taken around the smallest part of the body.
- 3. It is measured around the bottom of the skirt.
- 4. Taken from apex point to the other apex point.
- 5. Taken from waist line at back down to the fullest part of the buttocks

## What I Have Learned

- 1). 1. Hip measure
- 2. waist measure
- 3. apex distance
- 4. hip depth
- 5. bottom circumference
- 6. skirt length
- 2). 1. side waist point
- 2. hip point
- 3. apex point
- 4. knee point
- 3). The body measurement should be taken /measured accurately to have

## What I Can Do

- ACTIVITY 5:
- 1. Center neck point
- 2. armpit point
- 3. First hip point
- 4. Shoulder neck point.
- 5. Apex point
- 6. Center waist point.
- 7. Side waist point.
- 8. Shoulder tip point.
- 9. Shoulder blade point.
- 10. Center neck point .at back

## Post-Assessment

- 1.b
- 2. b
- 3. a
- 4. b.
- 5. a
- 6. a..
- 7. b.
- 8. a..
- 9. d..
- 10. b..
- 11. a
- 12. b
- 13. b
- 14. b
- 15. c

## Additional Activity

- 1. skirt length
- 2. waist measure
- 3. apex distance
- 4. hip depth
- 5. hip measure
- 6. bottom circumference
- Performance output will be evaluated through given rubrics.

## ***References***

Kallal, Mary Jo. *Clothing Construction*. Macmillan, 1985.

Starnes, Jill. *Clothing Construction*. Publisher Not Identified, 1973.

Technology and Home Economics III - Clothing I

O'Sullivan, Arthur. *Urban Economics*. McGraw- Hill/Irwin, 2009.

Image source : <https://rebecca-angela.com.au/learn-to-sew-taking-accurate-body-measurements/>

Image source: <https://forum.seamly.net/t/measurement-diagrams/634>

Image source: <https://forum.seamly.net/t/measurement-diagrams/634>

**For inquiries or feedback, please write or call:**

Department of Education - Bureau of Learning Resources (DepEd-BLR)  
Ground Floor, Bonifacio Bldg., DepEd Complex  
Meralco Avenue, Pasig City, Philippines 1600  
Telefax: (632) 8634-1072; 8634-1054; 8631-4985  
Email Address: [blr.lrqad@deped.gov.ph](mailto:blr.lrqad@deped.gov.ph) \* [blr.lrp@deped.gov.ph](mailto:blr.lrp@deped.gov.ph)  
Telefax: (632) 8634-1072; 8634-1054; 8631-4985