

1. Factual information			
Module title	Sewing 1.1 Machine and Hand Sewing		
Module tutor	Kate Jaeger and Jo Price	Level	4
Module type	Guided project	Credit value	N/A
Mode of delivery	100% face to face		
Notional learning hours	17 notional hours. Module contact hours include lectures and scheduled support sessions, and may include individual and group tutorials, support sessions, workshops and value-added curriculum activities such as external speakers and trips. Independent study: 3 hours.		

2. Rationale for the module and its links with other modules
Through this unit, students will have the opportunity to develop their machine- and hand-sewing skills. They will produce a range of samples, learning skills beneficial to a home setting, such as taking up hems, sewing on buttons and name labels, and repairing holes in garments. They will gain confidence using new tools and equipment throughout.

3. Aims of the module
Students will be guided through a range of hand- and machine-sewing techniques, creating samples of the methods covered.

4. Prerequisite modules or specified entry requirements
N/A

5. Does the module permit compensation?
No

6. Learning, teaching and assessment strategy for the module
Each week, a new skill/technique is taught to build up multiple skills in machine and hand sewing.



7. Intended learning outcomes

At the end of the module, learners will be expected to:

1. Demonstrate ability to stay safe using sewing equipment (to include sewing machines and irons) in a safe working environment which will be substantiated by completion and pass of a sewing health and safety multiple choice.
2. Use the sewing machine instruction manual to thread a sewing machine safely and correctly.
3. Cut fabric correctly and accurately for the project using appropriate tools.
4. Prepare samples for stitching using an iron.
5. Develop basic hand- and machine-sewing techniques.

7a. Norland diploma programme learning outcomes met

PLO1, PLO2, PLO4, PLO7

8. Indicative content (this should provide an overview of content over the number of weeks of module delivery)

Students will learn foundation hand-sewing skills such as hemming, repairing holes and sewing on buttons and name labels. Students will learn how to use a sewing machine to stitch in straight lines, curves and by pivoting around corners, as well as understanding the techniques of creating neat and secure stitching safely. Students will demonstrate these skills through making a range of samples.

Over the six weeks, new techniques will be demonstrated through various resources, including videos, information on PowerPoint and demonstrations. Students will practise and carry out a task using the new technique.

- Cut fabric, sample running and back stitch, and sewing on a button
- Sewing a name label and sewing a hem
- Introduction to sewing machines; sewing drive-through



- Hand-sewn patch
- Machine-sewn patch and looped name label
- Complete all samples
- Summative assessment

9. Assessment

Assessment rationale Students will carry out the project over a six-week block. During that time, the lecturers will be formatively assessing the work and giving constructive feedback. We will be carrying out summative assessment of the work produced.

For pass

- Successfully pass the health and safety multiple choice assessment and apply knowledge
- Complete all assessment criteria. Submitting physical item and uploading photographs to Turnitin within the timeframe
- Back stitch and running stitch sample complete
- Buttons securely sewn
- Hems sewn using either Herringbone or Catch stitch
- Hand sewn patch stitched using slip stitch
- Able to thread a sewing machine (assessed during trimester)
- Norland Machine drive through completed
- Machine sewn item fit for purpose
- Machine sewn patch attached
- Name label attached using slip stitch
- Looped name label attached by hand or machine

Assessment task	Weighting	Trimester submitted	Grading (pass/fail/%)	Module learning outcomes the assessment task maps to
001: Guided project: Machine and hand sewing	100%	T1	Pass/Refer	LO 1, LO2, LO3, LO4, LO5

10. Teaching staff associated with the module

Name and contact details

Kate Jaeger, kate.jaeger@norland.ac.uk

Jo Price, jo.price@norland.ac.uk

11. Materials list

Sewing box: needles, machine thread, tape measure, erasable fabric pen, snip scissors, fabric scissors, some child-friendly woven cotton fabric scraps, quick unpick and pins

Supplied: calico

12. Other indicative text (e.g., websites) and material

Sewing machine instruction book

Norland sewing worksheets

Supportive online resources

YouTube for searching different stitches

13. List of amendments since last (re)validation



Area amended	Details	Date Central Quality informed
Section 9	Reflective element removed from all sewing units (students may provide comment on the uploaded photograph of their completed work if they feel the need to)	19/06/2024
Section 1	Notional hours changed from 50 to 17.	03/07/2026

Document Control Information

Policy Title:	Sewing 1.1 unit specification
Version number:	V5.0/KJ/03-07-26
Owner:	Kate Jaeger
Approving Body:	Programme & Module Modification Panel
Related Norland Documents:	N/A
Date of approval:	3 rd July 2026
Date of effect:	As above
Frequency of review:	Annually
Date of next review:	July 2027