



Ready, Set, Sew Active!

NAME _____

AGE (as of January 1 of the current year) _____

COUNTY _____

CLUB NAME _____

ADVISOR _____



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



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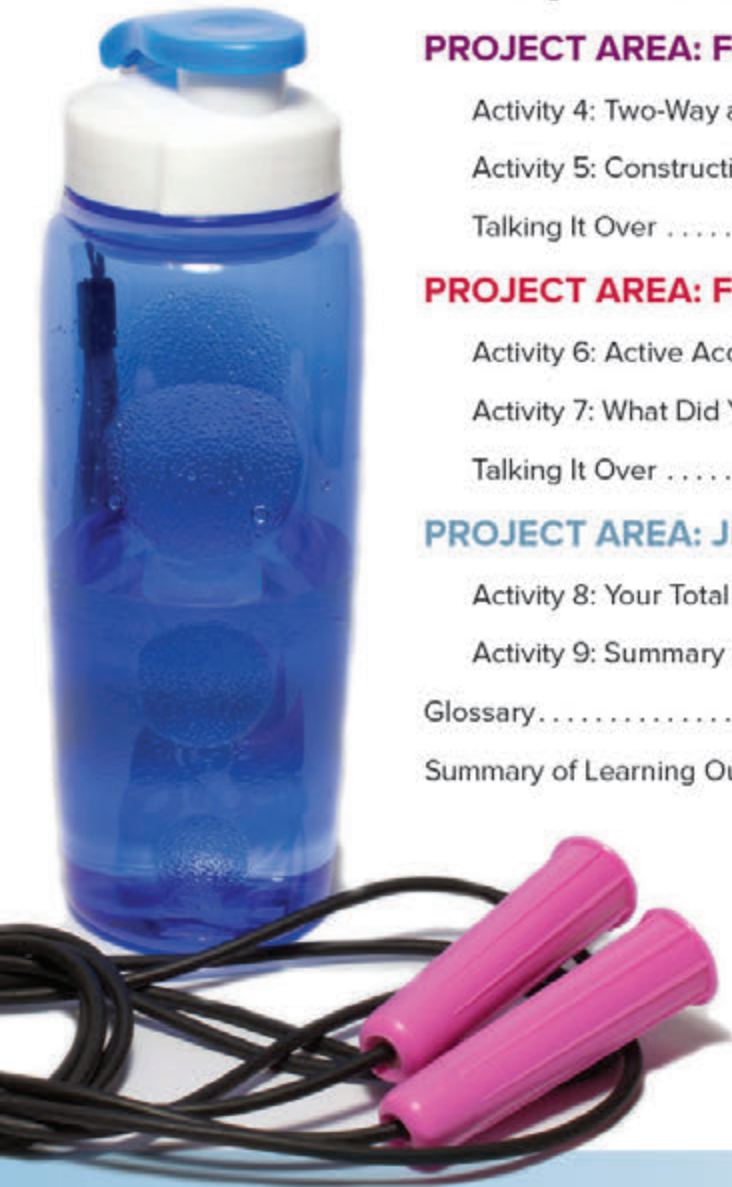
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Note to the Project Helper

Congratulations! A 4-H member has asked you to serve as a project helper. You may be a parent, relative, project leader, friend, club advisor, or another person important in the 4-H member's life. Your duties begin with helping the youth create and carry out a project plan, as outlined in the Member Project Guide.

As a project helper, it is up to you to encourage, guide, and assist the 4-H member. How you choose to be involved helps to shape the 4-H member's life skills and knowledge of the importance of clothing and textile science.

Your Role as Project Helper

Your contributions are critical to delivery of the 4-H program, which is committed to providing experiences that strengthen a young person's sense of belonging, generosity, independence, and mastery. Your interactions should support positive youth development within the framework of the Eight Essential Elements (also known as the Eight Key Elements):

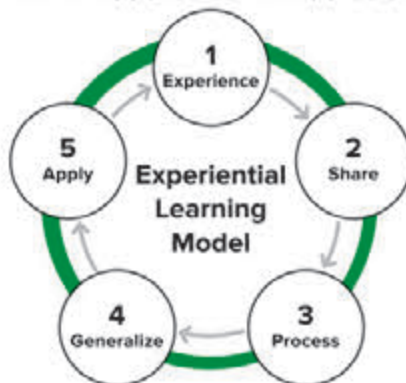
1. A positive relationship with a caring adult
2. An inclusive environment
3. A safe emotional and physical environment
4. Opportunity for mastery
5. Engagement in learning
6. Opportunity to see oneself as an active participant in the future
7. Opportunity for self-determination
8. Opportunity to value and practice service to others

For more information on the Eight Essential Elements, please refer to the Ohio 4-H Volunteer Handbook available online at ohio4h.org. On a practical level, your role as a project helper means you will strive to do the following:

- Guide the youth and provide support in setting goals and completing this project.
- Encourage the youth to apply knowledge from this project book.
- Serve as a resource person.
- Encourage the youth to go beyond the scope of this 4-H project book to learn more about clothing and textile science.

What You Should Know About Experiential Learning

The information and activities in this book are arranged in a unique, experiential fashion (see model). In this way, a youth is introduced to a particular practice, idea, or piece of information through an opening (1) **experience**. The results of the activity are recorded on the accompanying pages. The member then (2) **shares** what he or she did with the project helper and (3) **processes** the experience through a series of questions that allow him or her to (4) **generalize** and (5) **apply** the new knowledge and skill.



Pfeiffer, J.W., and J.E. Jones, *Reference Guide to Handbooks and Annuals*. © 1983 John Wiley & Sons, Inc. Reprinted with permission of John Wiley & Sons, Inc.

What You Can Do

- Review the Learning Outcomes (project skill, life skill, educational standard, and success indicator) for each activity to understand the learning taking place. See the inside back cover for the Summary of Learning Outcomes.
- Become familiar with each activity and the related background information. Stay ahead of the learner by trying out activities beforehand.
- Begin the project by helping the learner establish a plan. This is accomplished by reviewing the Member Project Guide.
- After each project area is completed, conduct a debriefing session that allows the learner to answer the review questions and share results. This important step improves understanding from an experiential learning perspective.
- Help the learner celebrate what was done well and see what could be done differently. Allow the learner to become better at assessing his or her own work.
- In the Member Project Guide, date and initial the activities that have been completed.



Member Project Guide

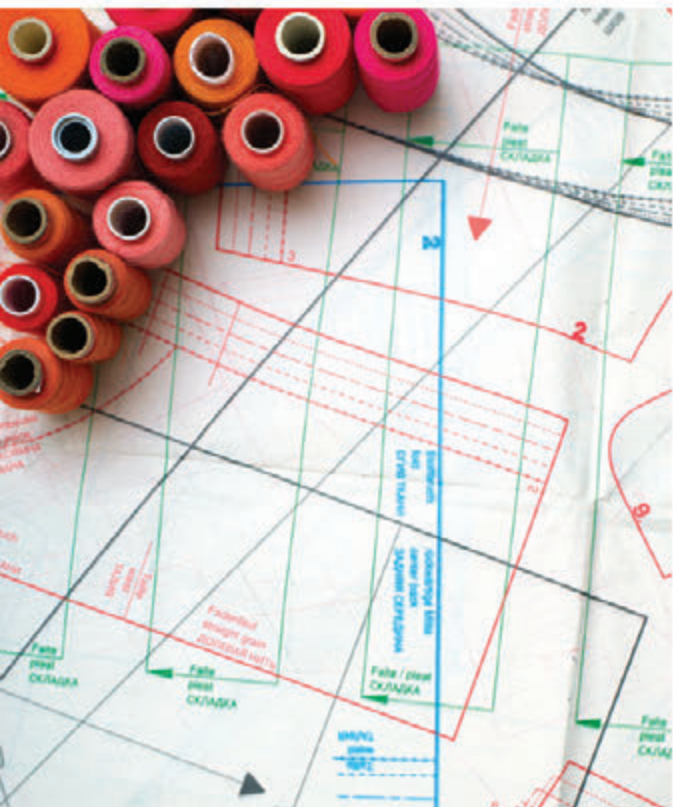
Welcome to *Ready, Set, Sew Active!* This project is designed for 4-H members with some experience in clothing and textile science, specifically in clothing construction. You may need additional instructional resources or adult input to help with parts of this project.

In addition to completing this project book, you should plan to assemble an outfit for active sportswear and to make at least one garment in that outfit. The time it takes to complete this project depends on your abilities and your project plan, but it can definitely be completed within one year.

You can repeat this project as long as you assemble a new outfit, make at least one garment that is part of an outfit, and can demonstrate a new skill.

This is the _____ (first, second, third, etc.) time I have taken this project.

Check your county's project guidelines (if any) for completion requirements in addition to the ones below, especially if you plan to prepare an exhibit for the fair. Members who complete this project are encouraged to continue with more advanced clothing projects.



Project Guidelines

Step 1: Complete **all nine** activities and **all** of the Talking It Over questions, and construct at least one garment that is part of an assembled, complete active sportswear outfit.

Step 2: Take part in **at least two** learning experiences.

Step 3: Become involved in **at least two** leadership/citizenship activities.

Step 4: Complete a project review.



Step 1: Project Activities

Complete **all nine** activities and all of the Talking It Over questions, and construct at least one garment that is part of an assembled, complete active sportswear outfit. The More Challenges activities are optional. As you finish activities, review your work with your project helper. Then ask your project helper to initial and date your accomplishment.

Activity	Date Completed	Project Helper Initials
PROJECT AREA: Getting to Know You		
1. Planning Your Outfit		
2. Make-or-Buy Decisions		
3. Your Buying IQ		
Talking It Over		
PROJECT AREA: Fabrics and Techniques		
4. Two-Way and Four-Way Stretch Knits		
5. Construction Details		
Talking It Over		
PROJECT AREA: Finishing Up		
6. Active Accessories		
7. What Did You Spend?		
Talking It Over		
PROJECT AREA: Judging Your Outfit		
8. Your Total Look		
9. Summary of Your Project		

Step 2: Learning Experiences

Learning experiences are meant to complement project activities, providing the opportunity for you to do more in subject areas that interest you. What are some learning experiences you could do to show the interesting things you are learning about? Here are some ideas:

- Attend a clinic, workshop, demonstration, or speech related to sewing, clothing and textile science, or active sportswear.
- Go on a related field trip or tour.
- Prepare your own demonstration, illustrated talk, or project exhibit.
- Participate in county judging.



Once you have a few ideas, record them here. Complete **at least two** learning experiences. Then, describe what you did in more detail. Ask your project helper to date and initial in the appropriate spaces below.

Plan to Do	What I Did	Date Completed	Project Helper Initials
<i>Demonstration</i>	<i>Shared my own Top 10 Tips for Clothes Shopping with club members.</i>	<i>5/5/YR</i>	<i>A.S.</i>

Step 3: Leadership and Citizenship Activities

Choose **at least two** leadership/citizenship activities from the list below (or create your own) and write them in the table below. Record your progress by asking your project helper to initial next to the date as each one is completed. You may add to or change these activities at any time. Here are some examples of leadership/citizenship activities:

- Help organize a club meeting based on this project.
- Teach someone about sewing, clothing and textile science, or active sportswear.
- Help another member prepare for his or her project judging.
- Host a workshop to share tips about active sportswear.
- Encourage someone to enroll in a clothing and textile science project.
- Arrange for an experienced sewer, athlete, or fabric expert to visit your club.
- Plan your own leadership/citizenship activity.

Leadership/Citizenship Activity	Date Completed	Project Helper Initials
<i>Organized a club field trip to my favorite fabric store.</i>	<i>6/12/YR</i>	<i>A.S.</i>

Step 4: Project Review

Arrange for a project review with your project helper, club advisor, or another knowledgeable adult. Completing a project review helps you evaluate what you have learned and assess your personal growth. Your evaluation can be part of a club evaluation or it can be part of your county's project judging.

Planning Your Outfit

Clothes for sports come in a wide variety of styles, **fabrics**, and fit. The specific details of your active sportswear outfit depend on the season the outfit is worn, whether you are inside or outside, the protection required, where and how much the outfit is worn, and even your personality. You can select any outfit you like, as long as you wear the outfit you create for sport or physical activity.

Words in **bold** throughout this book are defined in the glossary.



What to Do

Estimated time: 30 minutes. Opportunities to participate in sports are available every season, and most require some special sort of clothing. Swimwear in the summer, hiking clothes for fall, ski suits for winter, and tennis apparel in spring are all appropriate choices for this project. To help you select a garment that is right for you, use the table below to list four sports and exercise activities in which you participate. For each one, describe the additional or specialized clothing required.

Sports and Exercise Activities	Clothing Needed

In this project you are being asked to assemble an outfit for active sportswear and to make at least one of its garments. Of the activities and outfits listed above, which one you are considering? What specific garment would you make?

LEARNING OUTCOMES


Project skill: Identifying at least one garment to make that is part of an assembled, complete active sportswear outfit **Life skill:** Making decisions **Educational standard:** NA **Success indicator:** Identifies at least one garment to make that is part of an assembled, complete active sportswear outfit





More Challenges

Of the options on your list, can you make the entire outfit for one of them? Although not required for this project, making an entire outfit certainly presents a bigger challenge. Remember though, sewing is about quality not quantity, so a well-made top or bottom has more value than a poorly made complete outfit.

Background

Ask any coach and you are likely to hear that preparation is the most important part of any sport or physical activity. Part of being prepared is being appropriately dressed. With clothes specifically suited to the activity, you naturally feel comfortable and perform your best.

Only you know what activity excites you. Does a sunny day make you want to hike, walk, or run? Does a cloudy day make you want to fish or hunt? Does the sight of water make you want to swim? Does a tennis court, baseball diamond, or basketball court make you want to play? Let your responses help you plan your active sportswear project.

You may want assistance in making your final selection. Discuss possible project garments and accessories with your project helper, and parent or guardian. They can help you decide how much of the outfit you should make, which items you already have that might be useful, and which garments and accessories you should purchase.

Part of your planning should also include your special likes and dislikes. For example, if you like to run regardless of the weather, consider water-repellent fabric for your running gear. Or maybe you prefer a colorful tennis outfit instead of the usual white. No matter what garment you choose to make, be sure it includes the special features that make you feel confident and comfortable.



Did you know?



Athleisure is now in the dictionary. Merriam-Webster defines it as “casual clothing designed to be worn both for exercising and for general use.”