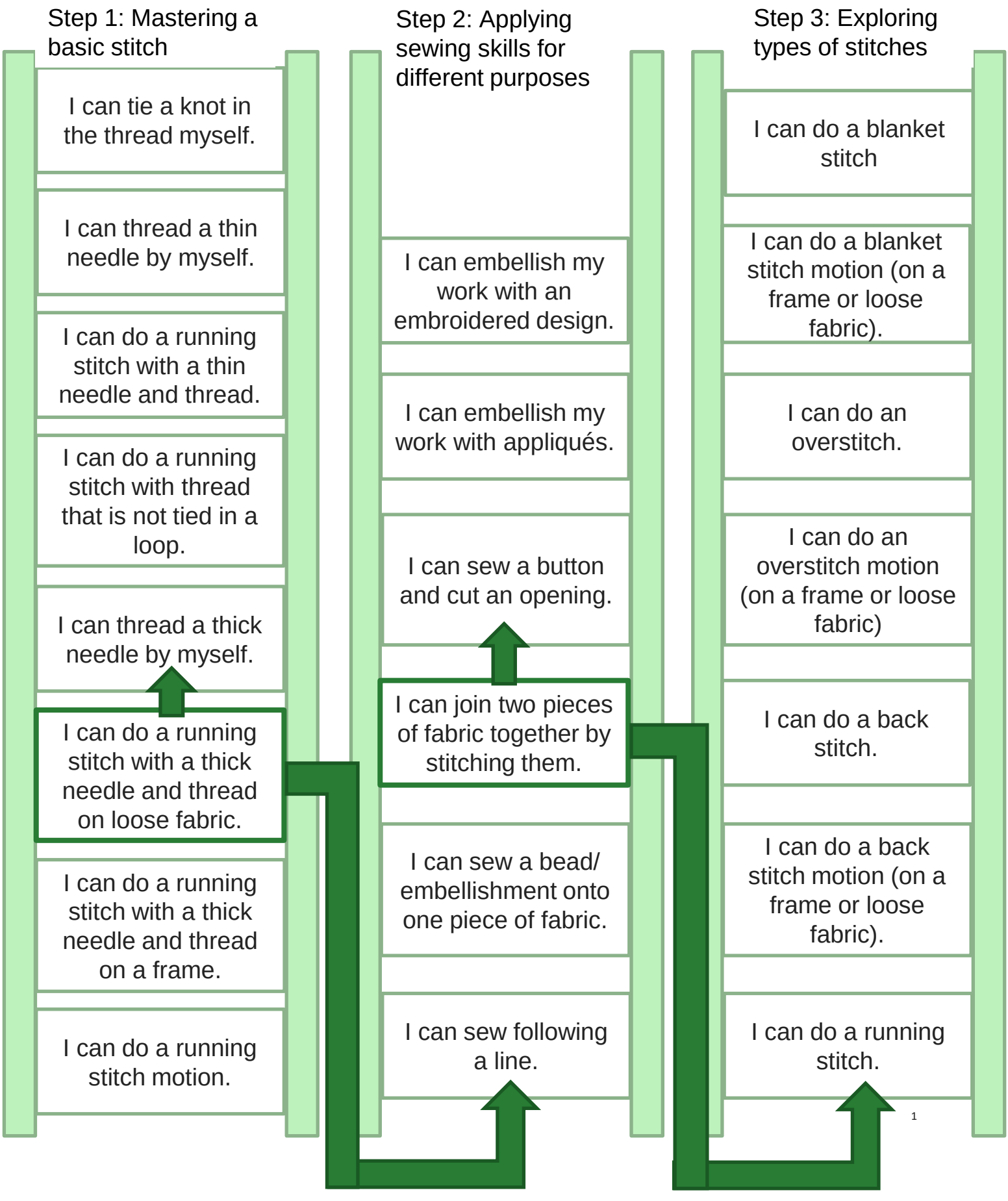
Sewing progression ladders

Reception
Year 1 **Year 2**
Year 3 **Year 4** **Year 5** **Year 6**



Sewing progression ladders

KS1

Year 3 Year 4 Year 5 Year 6

Step 1: Mastering a basic stitch

I can tie a knot in the thread myself.

I can thread a thin needle by myself.

I can do a running stitch with a thin needle and thread.

I can do a running stitch with thread that is not tied in a loop.

I can thread a thick needle by myself.

I can do a running stitch with a thick needle and thread on loose fabric.

I can do a running stitch with a thick needle and thread on a frame.

I can do a running stitch motion.

Step 2: Applying sewing skills for different purposes

I can embellish my work with an embroidered design.

I can embellish my work with appliqués.

I can sew a button and cut an opening.

I can join two pieces of fabric together by stitching them.

I can sew a bead/ embellishment onto one piece of fabric.

I can sew following a line.

Step 3: Exploring types of stitches

I can do a blanket stitch

I can do a blanket stitch motion (on a frame or loose fabric).

I can do an overstitch.

I can do an overstitch motion (on a frame or loose fabric)

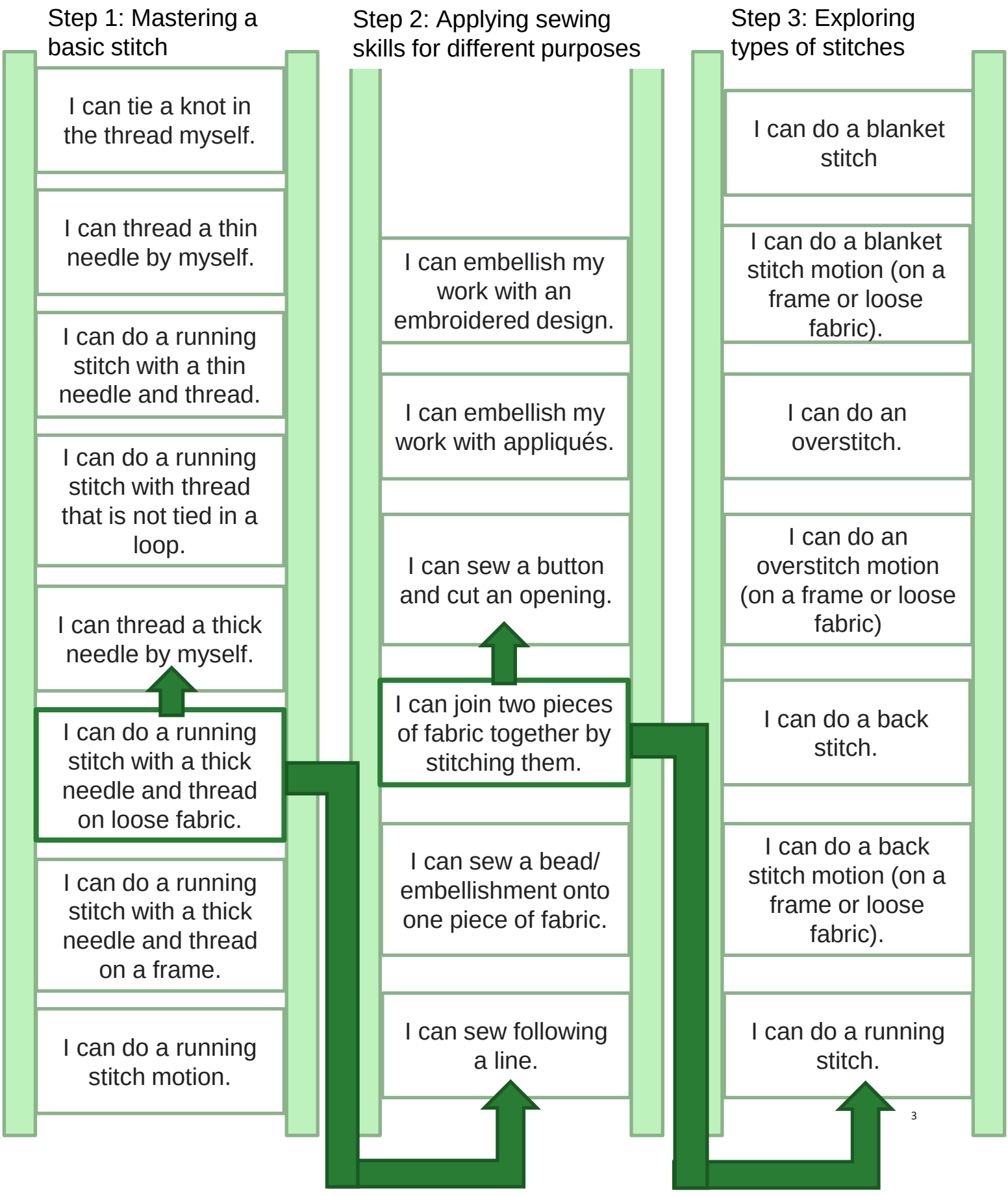
I can do a back stitch.

I can do a back stitch motion (on a frame or loose fabric).

I can do a running stitch.

Sewing progression ladders

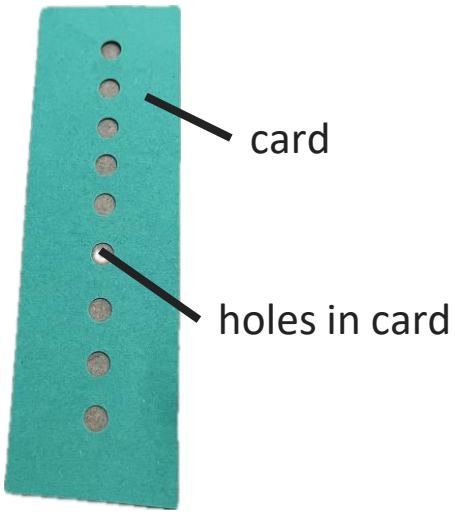
Children should work their way up the step 1 ladder to develop a strong foundation in the basic skills required for sewing (running stitch). There is a jumping off point to step 2 (applying basic sewing skills for different purposes) so children can continue to be challenged and make progress until they are ready (either developmentally or because they have developed proficiency in the skill step) to continue moving up the step 1 ladder. There is another jumping off point from step 2 to step 3 (types of stitches) to encourage children to develop a wider range of sewing skills alongside increasing complex application (step 2).

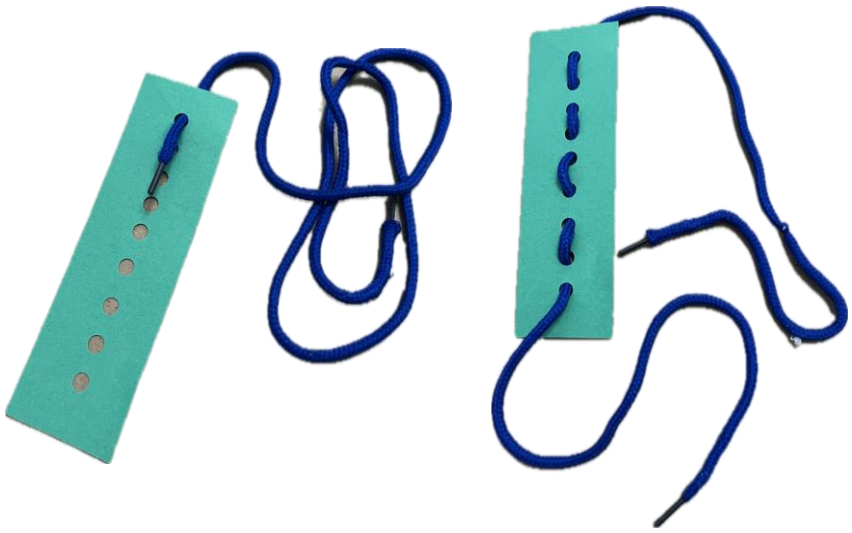


Sewing progression: Step 1- mastering a basic stitch

Level 1: Practising a running stitch 1

Using a piece of card with a line of holes in, **thread** your shoelace in and out to practise a basic stitch.





Level 2: Practising a running stitch 2

Use an embroidery needle and thread to practise a running stitch on the plastic frames. Thread should be knotted together so the thread cannot fall out of the eye. Once finished, cut the thread and tape the ends down (or an adult can knot them).



Level 3: Practising a running stitch 3

Use an embroidery needle and thread to practise a running stitch on binca fabric. Thread should be knotted together so the thread cannot fall out of the eye. Once finished, cut the thread and tape the ends down (or an adult can knot them).

Level 4: Threading a needle

Follow these steps to **thread** a needle.

1



2



3



4



An adult can tie a knot in the end of the thread so the thread cannot fall out of the eye. At the end, the thread can be cut and taped down.

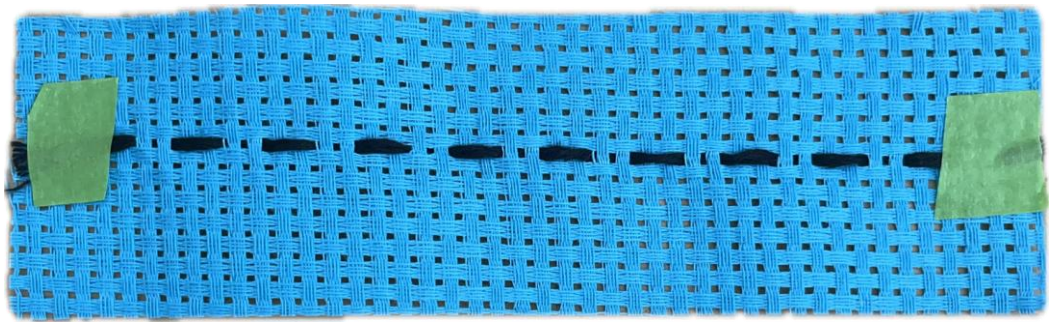
Level 5: Sewing with a needle and thread (not tied in a loop)

Thread your needle.

Tie a knot at one end of the thread.

Hold the eye of the needle as you sew so the thread does not fall out.

At the end, cut the thread and tape down the ends (or tie your own knot).



Level 6+: Sewing with a thin needle and thread that is not tied in a loop.

Thread your needle and tie a knot at one end of the thread. Hold the eye of the needle as you sew so the thread does not fall out.

At the end, cut the thread and tape down the ends (or tie your own knot).

Level 4: Threading a needle

Follow these steps to **thread** a needle.

1



2



3



4

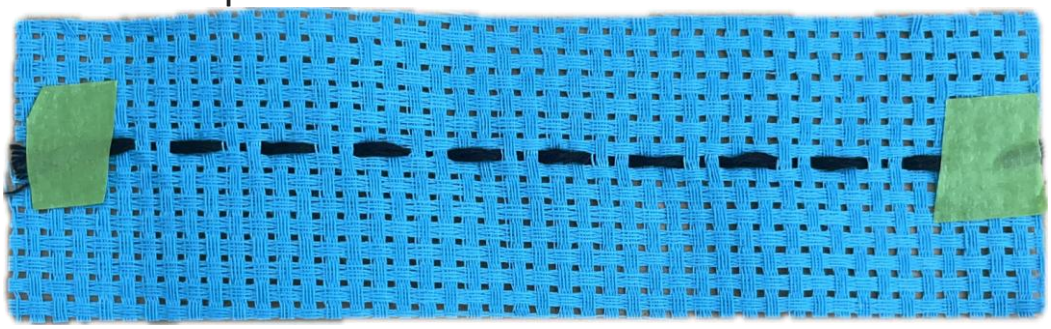


An adult can tie a knot in the end of the thread so the thread cannot fall out of the eye. At the end, the thread can be cut and taped down.

Level 5: Running stitch on fabric

Use running stitch with an embroidery needle and thread, on a piece of cross-stitch fabric (or other loose fabric).

Ensure the thread is knotted so it cannot fall out of the eye. At the end, cut the thread and tape down the ends.



Jumping off point:

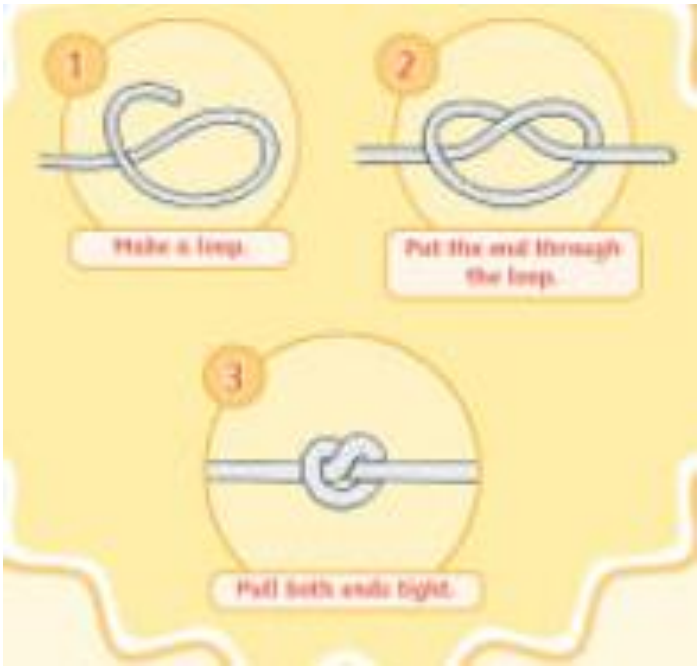
Children may now start to move up the step 2 ladder to begin to apply their foundational skills in different situations- for example, stitching to follow an outline; add embellishment such as beads or sequins; join two pieces of fabric together; add a button ect.

Children should still make progress up the step 1 ladder to develop independence and proficiency in the foundation skills required. Depending on their development-age and motor skills, it may take some children longer to progress further up the step 1 ladder. The jumping off point to step 2 means this would not be a limiting factor in their application of sewing skills.

Level 5: Knotting the thread

Tie a knot in the end of your thread before your start sewing.

When you have finished your running stitch, cut the thread and knot it together.



Level 6: Running stitch whilst holding the thread

Thread the needle and tie a knot in one end of the thread.

Hold the eye whilst sewing so the thread isn't pulled out.

Tie a knot in the thread once you have finished.

Level 7: Running stitch with a thin needle and thread

Use a thin needle and thread to do running stitch. Tie a knot on one end of the thread before starting. Tie a knot in your thread at the end.