EXPRESSIVE ARTS NOTES

FOR STANDARD 5

BY ZIKOMO MASESE BANDA

Written by Zikomo Masese Banda

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First edition: January 2018

UNIT 1 ARTISTIC SHAPES AND MOVEMENTS **(Written by Zikomo Masese Banda)**

CREATING BODY MOVEMENTS

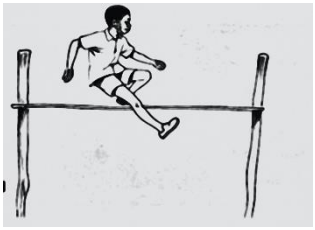
Body movements help in the coordination of muscles and joints.

Body movements can be done through physical exercises such as: jumping, chopping wood and other activities.

IMPORTANCE OF MOVEMENT AT DIFFERENT HEIGHT LEVELS

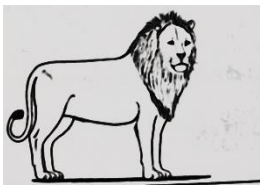
- looking for food
- running away from danger
- looking for shelter
- looking for mate for companion and procreation
- looking for fun and pleasure
- seeking peace and freedom
- hiding from a predator
- crawling to catch a prey

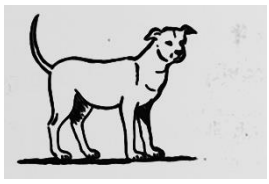
PRACTISING BODY MOVEMENTS AT DIFFERENT HEIGHT LEVELS





IMITATING ANIMAL MOVEMENT AT DIFFERENT HEIGHT LEVELS













CREATING ARTISTIC SHAPES AND MOVEMENTS

One can create different shapes and movements when drawing pictures and illustrations.

Such drawings can be done by joining lines and circles.

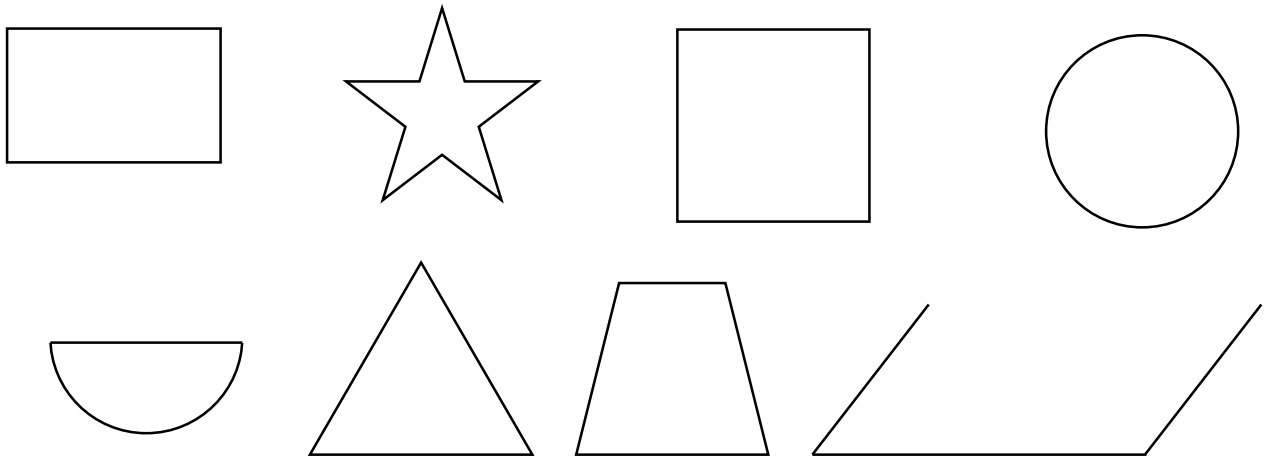
Lines and circles can produce shapes when they are joined in different ways and at different angles.

These shapes are known as geometrical figures and they can be in the form of circles, rectangles, squares and many others.

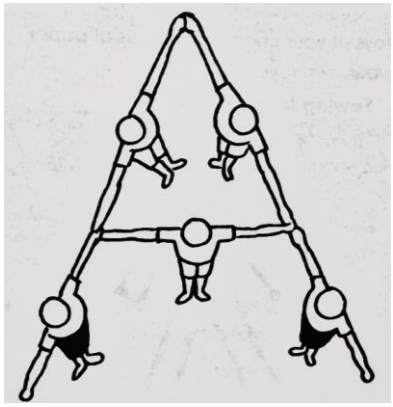
One can also create shapes by knitting and sewing.

When these shapes are joined together in different ways and at different angles, they can make figures such as people, houses, trees, animals and other things.

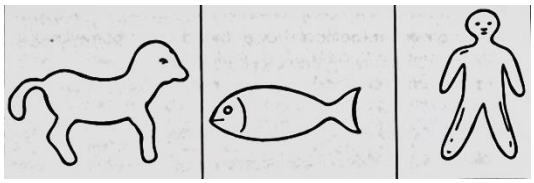
DRAWING GEOMETRICAL SHAPES



CREATING SHAPES USING THE BODY



DESIGNING TOYS OF DIFFERENT SHAPES



BASIC SEWING STITCHES

There are two types of basic sewing stitches. These are temporary and permanent stitches.

TEMPORARY STITCHES

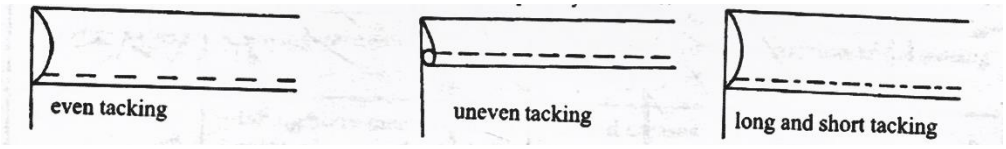
Temporary stitches are used to:

- Keep a hem in position
- Keep together two edges of fabric before making a permanent stitch
- Guide a straight stitching line
- Transfer pattern markings from paper to fabric

The following is the procedure for working out temporary stitches

- Hold a piece of fabric in your hand and a sewing needle with thread in your other hand
- Begin with a double stitch and sew straight to end of fabric.
- Finish with a double stitch.
- The temporary stitches are removed after the permanent stitches have been worked out.

The illustrations below show some temporary stitches



PERMANENT STITCHES

These are used to join two or more layers of fabric together firmly and permanently.

There are three kinds of permanent stitches.

1. Joining stitches
   These include running stitch, back stitch and oversewing stitch

2. Neatening stitches
   These include hemming stitch, loop or blanket stitch, overcasting stitch, buttonhole stitch and herringbone stitch

3. Decorative stitch
   These include cross stitch, satin stitch, stem stitch, chain stitch, whipped running and tacking

JOINING STITCHES

1. Running stitch

This stitch is used to join two surfaces; neaten edges of open seams and gather fullness of material into a shorter length.

The following is the procedure for sewing running stitch:

- Take two piece of fabric and hold them together
- Begin with a double back stitch
- Continue sewing stitches that are equal to the space and length
- Finish off with a double backstitch

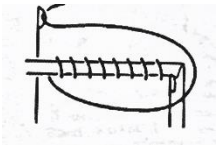
2. Oversewing stitch

This stitch is used to join two folded edges of material such as when sewing straps and tapes; making kinds of patches like applique, and on stuffed toys.

The stitch is worked on the right side of fabric. Thread should not be pulled tightly.

The following is the procedure for sewing oversewing stitch:

- Fold the two edges of fabric inside
- Tack the sides together
- Begin and end with a double stitch
- Stitch over the edges of the fabric as shown in the diagram below

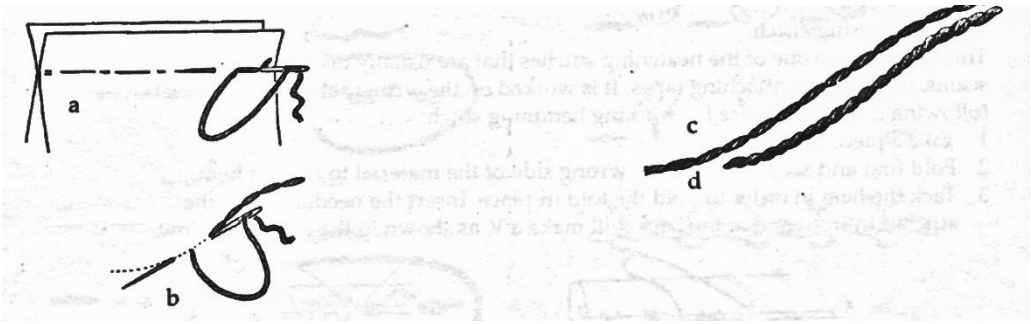


3. Back stitch

This stitch is very strong. It is used to join two pieces of material, sewing on tapes, buttons and pockets.

The following is the procedure for sewing back stitch:

- Take two pieces of fabric and hold them together
- Begin by making a double stitch (see diagram a) and end with a double stitch
- On the wrong side the stitch looks like stem stitch (see diagram d); on the right side, the stitch looks like running stitch (see diagram c)



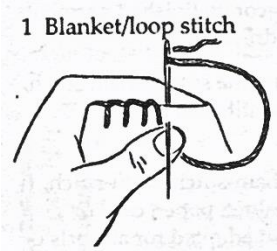
NEATENING STITCHES

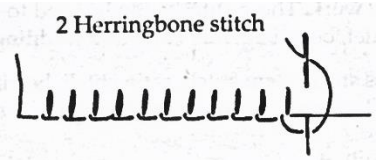
Once the product has been sewn, several things have to be done to make it look attractive and pleasing to the eye.

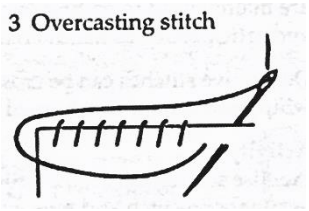
Seam edges have to be neatened using a variety of stitches or ways so that they look neat. Other products are neatened using machine stitch.

The following is the procedure for neatening items:

- Take two pieces of fabric
- Sew the two pieces together using running stitch
- Press the seam open
- Trim raw edges with a pair of scissors
- Neaten the edges using any of the following ways:

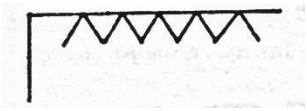




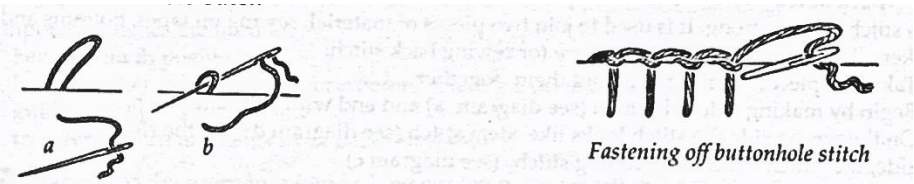


4. Machined stitch neatened

This edge has been neatened with a sewing machine using a zigzag of stitches.



5. Buttonhole stitch



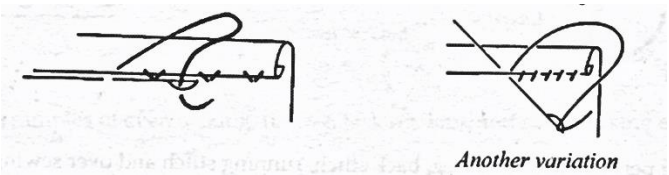
6. Hemming stitch

This stitch is also one of the neatening stitches that are usually used for fixing hems, facings, seams, bindings and attaching tapes.

It is worked on the wrong side of the materials.

The following is the procedure for working hemming stitch:

- Take a piece of fabric
- Fold first and second facing the wrong side of the material to make a hem
- Tack the hem in order to hold the fold in place. Insert the needle so that the stitches in front and at the back will make a V, as shown in the diagram below.



TIPS FOR WORKING OUT STITCHES

- Choose the correct stitch for the work to be carried out
- Use the right type of thread for the material. Fasten on and off securely
- Work one stitch at a time
- Never use a knot for fastening on stitches. Knots may come undone, can tear materials and cause tiny lumps in seams and hems when the material is pressed.

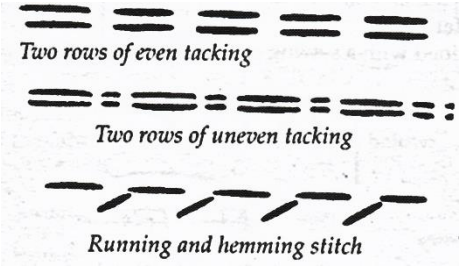
DECORATIVE STITCHES

Decorative stitches are mainly used in embroidery work.

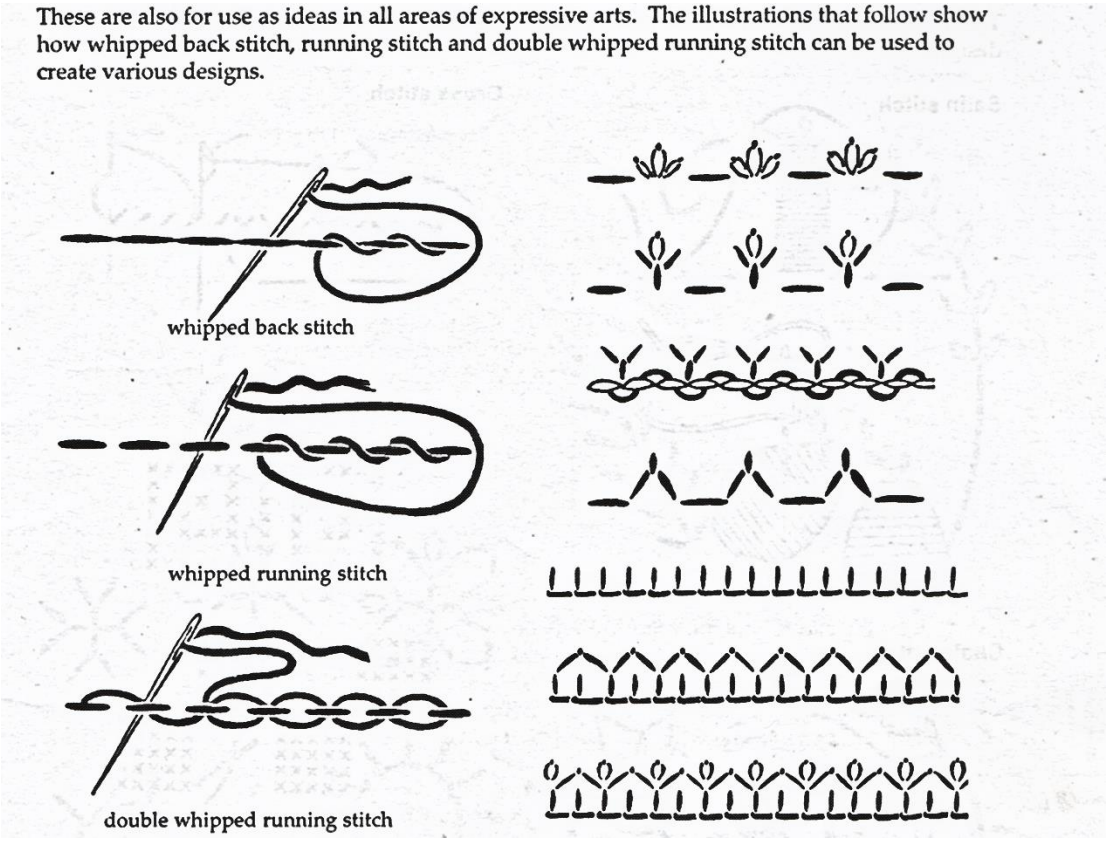
These stitches can be used to decorate finished garments and articles such as handkerchief, book bag, tray cloth and wedding dress.

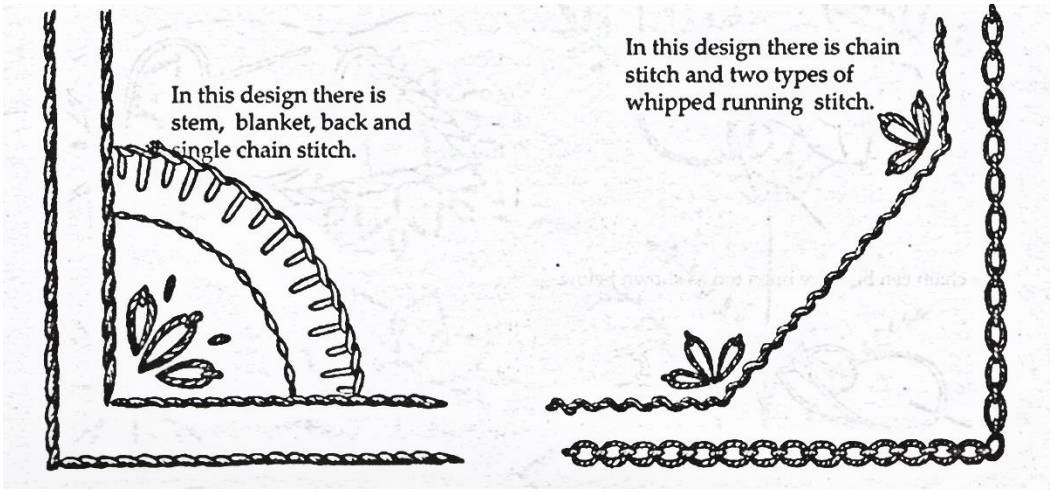
Decorative stitches can be cross stitch, stem stitch, satin stitch, herringbone stitch, satin stitch, chain stitch, whipped running or whipped tacking stitch or a combination of these stitches.

Here are a few examples that can be used in sewing. The first ideas are for simple border.



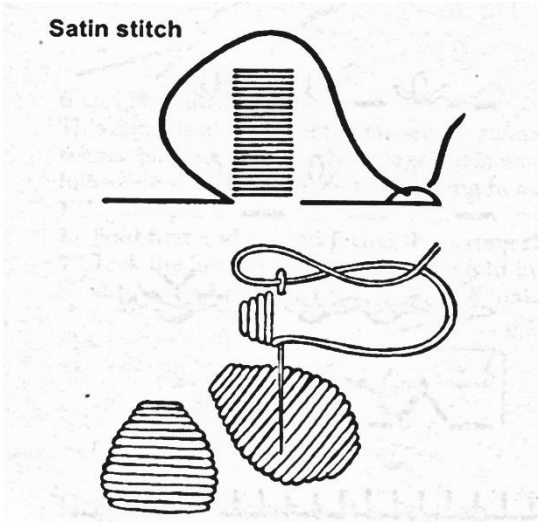
DECORATIVE STITCHES FOR BORDERS

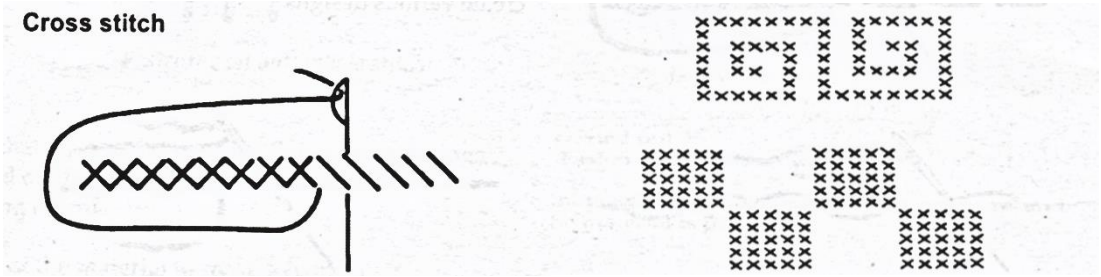


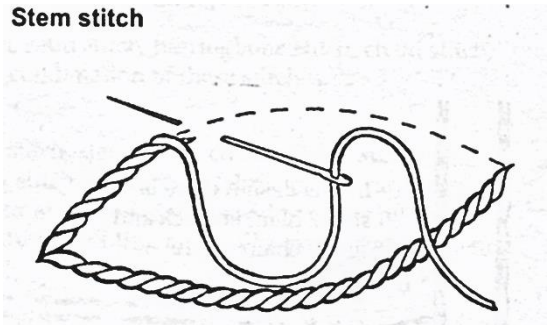


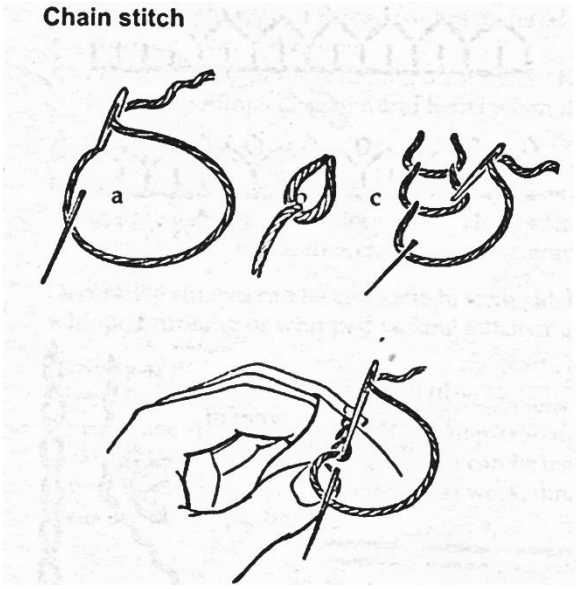
Decorative stitches

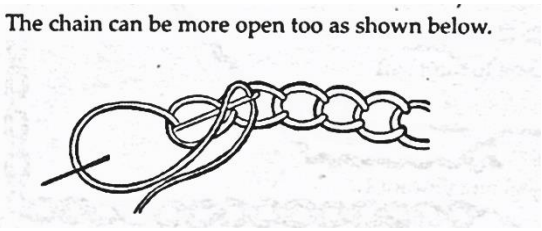
The illustrations below show how decorative stitches can be used to create beautiful designs.











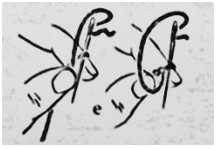
THREADING A NEEDLE

To thread a needle:

- place the end of the cotton over the needle (see diagram a)
- hold the cotton firmly between thumb and finger of the left hand (see diagram b)
- gently pull the needle out keeping the thread tightly between your fingers (see diagram c)
- holding the needle in your right hand press it down gradually so that the loop of thread comes through the eye of the needle (see diagram d)

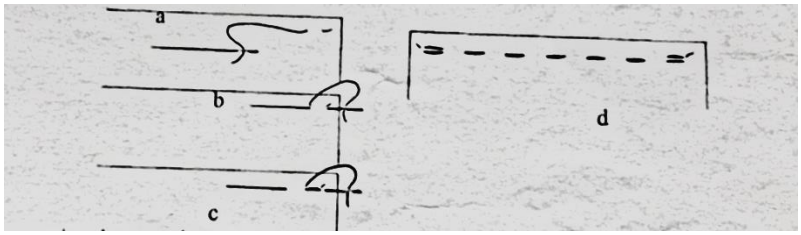


Wrap the thread round your finger, then while holding the thread between finger and thumb, pass the needle through the loop as shown in diagram e. Why do you think other people consider it unwise to use a knot?



FASTENING ON

Before starting sewing stitches you must *fasten on*. Pass the needle through the fabric making a small stitch (see diagram a) below. Go over this stitch again (see diagram b). Go over again a little to the left (see diagram c).



After sewing the row of stitches *fasten off* as you fastened on. See diagram d below which shows running stitch which has been fastened on and off.

BASIC SEWING AND KNITTING EQUIPMENT

Basic sewing and knitting equipment consists of items that cannot be left out when designing and producing artistic products.

Some examples of the basic sewing and knitting equipment are sewing needles, tape measures, pins, knitting needles, table, mats, iron, sewing machine, pairs of scissors, mirror, pin cushion, thimble, storage cupboard, rulers, tracing wheel, blankets and broom.

equipment	**uses**	**care**
knitting needles	- knitting	- should be kept away from moisture to avoid rusting - should not be bent
sewing needles	- sewing garments	- place them on a pin cushion when sewing - should be kept in packets after use
tape measures	- taking body measurements - measuring length of fabric	- avoid creases - keep it rolled up - do not snip the edges
pins	- holding pieces of fabric together temporarily	- keep pins in a box after use - place them on a pin cushion when using them
pairs of scissors	- cutting out - trimming turnings - neatening - snipping threads	- keep them well sharpened - avoid dropping them by putting them in safe places - store them away from moisture - do not use for wrong purposes (e.g. fabric cutting scissors should never be used for paper cutting)
pressing iron	- flattening areas - removing creases	- keep in dry places - remove ash after use (charcoal iron) - avoid dropping, twisting or knotting the cord - replace frayed cord (electric iron)
table or mat	- cutting on - pressing on - measuring fabric	- keep it clean and dry - fold mat and store it clean

Guidelines for choosing sewing and knitting equipment

- Choose tape measures that are firm and marked on both sides
- Buy good quality and durable equipment
- Choose irons which are not too light
- Buy good quality pairs of scissors, for example, from stainless steel

BASIC KNITTING STITCHES

There are two basic stitches in knitting. These are a knit stitch and a purl stitch.

All patterns are formed based on variations of these two stitches.

Casting on

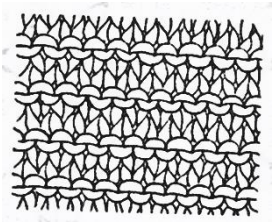


Garter stitch
This stitch can be used in making knitted belts/scarfs or baby blankets.

The following is the procedure for knitting garter stitch:

- Cast on 24 stitches
- 1st row: knit to end
- 2nd row: knit to end
- 3rd to 12th row: continue with the two rows
- Rows 1 and 2 form the pattern
- 13th row: cast off all stitches

This pattern forms garter stitch

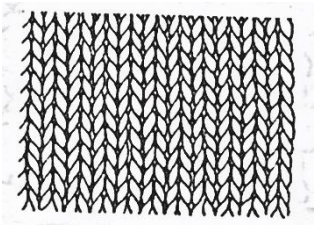


Stocking stitch
This stitch is often used to knit stockings, pencil bag and other products such as cardigans.

The following is the procedure for knitting stocking stitch:

- Cast on 24 stitches
- 1st row: knit to end
- 2nd row: purl to end
- 3rd to 12th row: repeat rows 1 and 2 above
- The two rows 1 and 2 form the pattern
- 13th row: cast off all stitches

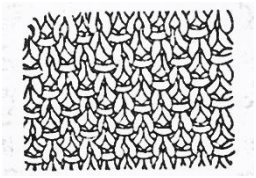
This pattern forms the stocking stitch



Moss stitch
This stitch is a combination of knit and purl stitches done in the same row.

The following is the procedure for knitting moss stitch:

- Cast on 24 stitches
- 1st row: begin with knit stitch; then purl stitch repeat to last stitch, knit
- 2nd row: begin with purl stitch, then knit until end of the row
- 3rd to 12th row: as 1st row and 2nd rows
  These two rows form the pattern
- 13th row: cast off all stitches

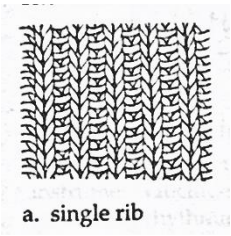


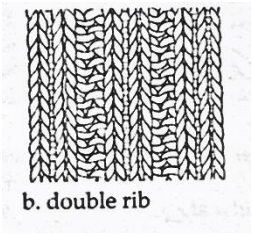
Rib stitch
This stitch forms the border of many knitted garments' edges such as on the sleeve, neckline and the edges.

The following is the procedure for knitting rib stitch:

- Cast on 24 stitches
- 1st row: begin with a knit stitch, then a purl stitch and repeat these stitches to end of the row
- 2nd row: work as the first row
- 3rd to 12th rows: as 1st and 2nd rows
- 13th row: cast off all stitches

The illustrations below show single and double rib

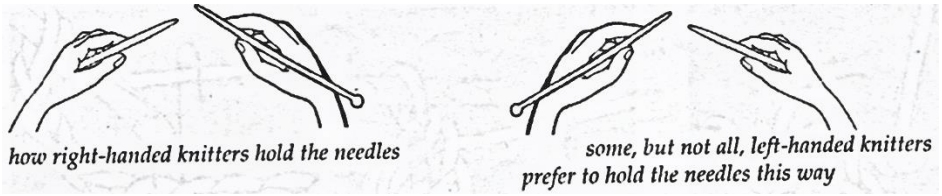

a. single rib


b. double rib

When one wants to start knitting, it is important to know how to hold knitting needles correctly.

This is important because it helps one to produce good articles.

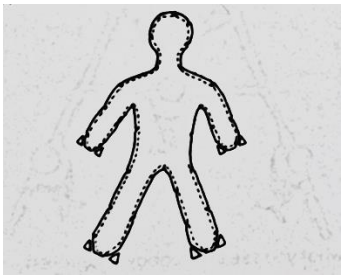
The illustrations below show how to hold knitting needles when knitting.



how right-handed knitters hold the needles

some, but not all, left-handed knitters prefer to hold the needles this way

SEWING TOYS

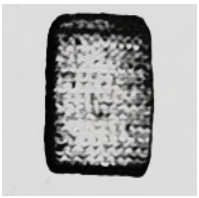


Steps for sewing and stuffing toys

- lay the designs on pieces of fabric and pin them together
- cut out the pattern pieces
- mark the stitching line
- mark the features on the toy and position of an opening to be used for stuffing
- tack and stitch using a running stitch, leaving an opening for stuffing
- clip and snip seams where necessary and turn the toy to the open side
- stuff the toy and close the opening by over-sewing the opening

KNITTING TOYS





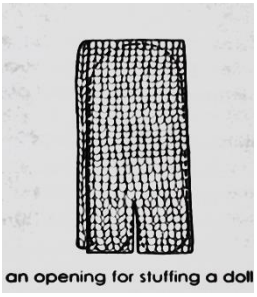
A BEAN BAG

- cast on 48 stitches
- using garter stitches, knit until the work measures 16cm long
- cast off
- fold and join the sides using the running stitch
- stuff and over-sew the opening

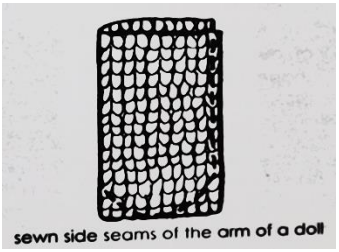
A KNITTED DOLL

- cast on 10 (8, 6) stitches and knit in garter stitch until the work measures 11 (7, 5) cm long (this forms the leg)
- knit another leg to match

- knit he body using the following steps
    - ★ with both legs on one needle, knit right across to join them together
    - ★ carry on knitting until the work measures 35 (25, 19) cm long. this will be the front, head and back
    - ★ divide the stitches in half for the back of the legs
    - ★ using half of the stitches, knit until the work measures 11 (7, 5) cm long and then cast off
    - ★ re-join the wool to the remaining half of the stitches; knit half of the stitches and knit the second leg to match
- knit the arms using the following step
    - ★ cast on 16 (14, 12) stitches and knit in garter stitch until work measures 7 (5, 4) cm long.
    - ★ cast off
    - ★ knit another arm to match
- make up (finish off) the toy by folding the knitted work in half and over-sewing round the edge leaving space for stuffing as in the illustration below


an opening for stuffing a doll

    - ★ round off the ends of the legs for feet and head by doing the following
    - ★ turn the knitted doll inside out
    - ★ stuff the head firmly and then tie it tightly round the neck with a piece of wool
    - ★ stuff the rest of the body and legs and sew up the opening
    - ★ sew up the side of the arms and round off the corners for hands, as shown below


sewn side seams of the arm of a doll

    - ★ turn the arms inside out and stuff them
    - ★ sew the arms on the body at the shoulders
    - ★ embroider the features of the doll (eyes, nose and mouth)

IMPORTANCE OF MAKING TOYS BY CHILDREN

- Making toys helps the children in developing their creativity
- Making toys helps children in developing their imagination

CREATING GAMES USING TOYS

There are many games that can be played using toys.

RISKS AND SAFETY PRACTICES IN ARTS AND SPORTS

Risks in Using Equipment

The table below shows sources of risks in various sporting and artistic activities

ACTIVITY	SOURCE OF RISKS
Weaving	Equipment such as bamboos and chisongole
Knitting	Equipment such as knitting needles
Sewing	Equipment such as sewing needles and pressing iron
Carving	Tools such as knives, hammers and adzes (kasemasema)
Athletics: track events (running activities. For example, relay race and cross country)	Small running lanes, stones, litter, sharp objects, bricks, rough surfaces, lack of warm up and cool down activities
Athletics (throwing events) for example, javelin, discus, shot put	Poor condition of equipment, poor handling of equipment and slippery and rough surfaces
Ball games	Sports surfaces in poor conditions, lack of warm up and cool down activities, wrong pressure and size of balls, poor condition of balls



Strategies for Reducing Risks

- Doing warm ups and cool downs
- Thrower should always be in front of others
- Clear the area where the activity will be done
- Always use equipment that is in good condition
- Store and keep equipment safely after use to prevent wrong use
- Proper handling of sharp tools, for example, needles

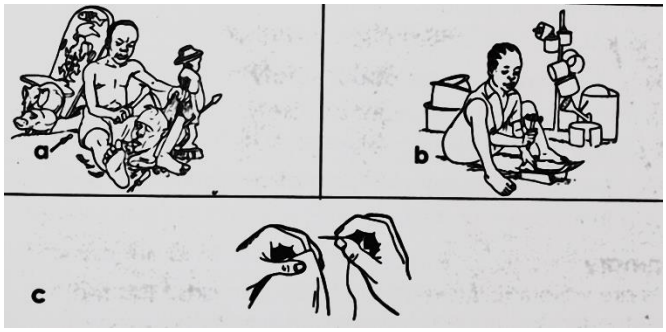
- Wearing a thimble when sewing
- Proper sharpening of tools
- Splitting and processing bamboos with care in weaving

The table below shows strategies that can be used to reduce risks

ACTIVITY	RISKS	STRATEGIES THAT CAN BE USED TO REDUCE RISKS
Playing ball games	Getting fractures, cuts and scratches	- Referee should control the game - Referee should give penalties for bad play - Plant grass on bare ground - Remove anthills and stones from the ground - Fill ditches and holes on the ground
	Ball hitting players	- Cut all grass for the balls to run smoothly - Goalkeepers wearing protective wear - Make the ground flat
	Players hitting each other	- Strictly observe the rules of the game
Sewing	Needle pricking ones finger	- Use a thimble to protect the middle finger when sewing
	Needle pins piercing others or oneself	- Put pins or needles on a pin cushion - Point the needle towards your own body when sewing
	Cutting oneself or others	- Cut away from others - Handle scissors or razor blades properly
	Burning oneself or others	- Put pressing iron on a stand after every pressing - Remove charcoal after use - Switch off and plug off the electric iron after use - Proper storage
Athletics	Hitting one another due to bunching (many people being together without enough personal and general space)	- All races of one lap for example: 100m, 200m should be run in lanes - Runners should be well spaced and limited in number - Obey the rules
	Collapsing	- Breathe through the nose when running - Do cool down activities
Carving	Getting cuts or tears	- Sharpen equipment away from your body - Place tools in safe places - Hold tools firmly when sharpening them

The table below shows some of safe practices in different activities

ACTIVITY	SAFE PRACTICES
Javelin	- Walk with the javelin in vertical position to the playing field - Put a cork or a protective cloth on both ends of the javelin when not in use
Discus	- Use discus without cracks and worn out reams -Create adequate space between thrower and others
The shot	- Hold the shot with a firm grip
Jumping events	- Have a soft landing area
Athletics	- Adequate preparation - Use lanes when running - Ensure learners are well spaced in races of more than one lap - Count all learners before and after long runs - Provide transport behind the runners in long distance running
Basketball	- Minimize contacts among players
Netball	- Observe rules of the game - Umpires should ensure fair play
Volleyball	- Playing field should be dry - Use approved balls - Avoid treading on the ball - Spikes should be empty part of the court
Field hockey	- Cut grass on the pitch - Provide goalkeepers with protective clothing - Use sticks that are in good condition
Football (soccer)	- Avoid dangerous play - Referees should be strict in the game - Cut grass on the field of play - Ensure the field is free of risks
Gymnastics	- Use clothing that allows free movement - Proper supervision of the activities - Give activities according to the age of the learners



UNIT 2 PARTICIPATING AND COLLABORATING IN SPORTS AND ARTS

Sports and artistic performances

There are different types of sports and arts in which learners can participate.

These include: football, netball, singing, dancing, and poetry.

The activities can be done for pleasure, leisure or entertainment.

FOOTBALL

Football is played for pleasure and entertainment.

IMPORTANCE OF PARTICIPATING IN FOOTBALL

- It fosters team spirit
- It promotes cooperation

BASIC SKILLS IN FOOTBALL

- Dribbling
- Passing
- Heading
- Shooting
- Goal keeping

NETBALL

Netball is played for pleasure and entertainment

IMPORTANCE OF PARTICIPATING IN NETBALL

- It fosters team spirit
- It promotes cooperation

BASIC SKILLS IN NETBALL

- Passing
- Catching
- Marking
- Shooting
- Goal keeping

The learners need to practice the basic skills first in both football and netball before participating in a real game.

Both games need cooperation and team spirit if they are to be played successfully.

SINGING

Singing is a form of communication.

Songs can be used to pass on messages on issues such as health and gender.

Some of the issues can be HIV and AIDS, pollution, environmental degradation, gender inequality, gender bias and gender roles.

Songs are an effective medium of communication because they easily draw the attention of the audience.

DANCING

Dancing is one of the oldest human activities.

In Malawi, some dances are based on specific historical events. For example, Beni is based on the parades of British soldiers.

Ngoma or Ingoma is a war dance.

Tchopa and Likhuba are traditional dances associated with rain-making ceremonies.

Likwata dance commonly performed in Blantyre, Zomba, Mulanje, and Chiradzulu is performed to commemorate the dead or to thank ancestral spirits for a good harvest or good rains. The performance would be marked by beer drinking and feast called sadaka.

Performances are done in most communities to enhance social values. The overall importance of performances in most societies is to foster unity.

SPORTS ATTIRE AND COSTUMES

Sports attire and costumes are the type of dress that identifies people with a certain kind of sporting activity or artistic performance.

Sports attire and costumes can be made using locally available materials.

This can give an opportunity to the makers to acquire various skills such as designing, creativity and production of various items

Once the sports attire and costumes have been made, there is need to take care of them.

This can be done through proper storage so that the items can be used many times before they wear out.

IMPORTANCE OF SPORTS ATTIRE AND COSTUMES

- Giving identity

- Adding beauty
- Allows freedom of body movement
- Attracting viewers

ARTISTIC ACTIVITIES THAT REQUIRE COSTUMES

- Drama
- Poetry (poem recitals)
- Story telling
- Traditional dance
- Choir singing

LOCAL MUSICAL INSTRUMENTS

A musical instrument is an instrument created or adapted to make musical sounds.

In principle, any object that produces sound can be considered a musical instrument.

Local musical instruments can be classified into:

a) Tuned musical instruments

b) Untuned musical instruments

Tuned musical instruments are those which produce various pitches.

Examples of tuned musical instruments are Nkangala, the flute, string-bass and guitar.

Untuned musical instruments are those which produce one pitch.

Or

Untuned musical instruments are sound producing objects which have no definite pitch.

Examples of untuned musical instruments are shakers, rasps, jingles and rattles.

The local environment has a lot to offer in terms of objects which can be turned into untuned instruments. The objects include bottles, cartons, tins, stones, sticks and hoes.

OCCASIONS WHEN MUSICAL INSTRUMENTS ARE USED

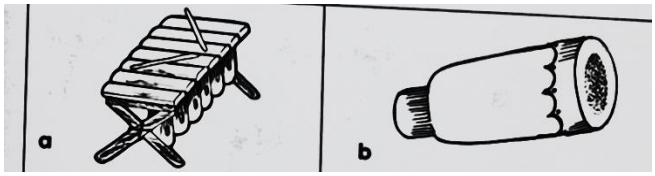
- Weddings

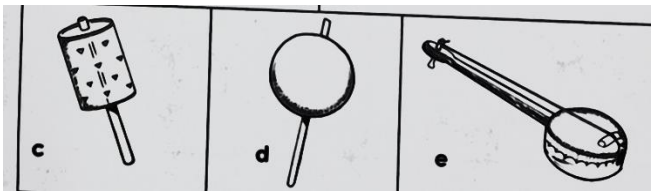
- Funerals
- Initiation ceremonies
- Political gatherings
- Festivals
- Installation of chiefs

SOME MATERIALS FOR MAKING MUSICAL INSTRUMENTS

- Gallons
- Plastic papers
- Buckets
- Sticks
- Wood
- Strings
- Bones
- Bamboo
- Reed
- Nails
- Wires
- Animal hides

MAKING LOCAL MUSICAL INSTRUMENTS





The procedure for making shakers (maseche):

- Make a hole through the lid of the tin
- Put in grains, small maize/bean seeds or small stones
- Insert the stick through the hole
- Close the hole by using paste, papier mache' or adhesive tape
- Make small holes with the nail and a hammer around the tin.

Procedure for making a bamboo shaker:

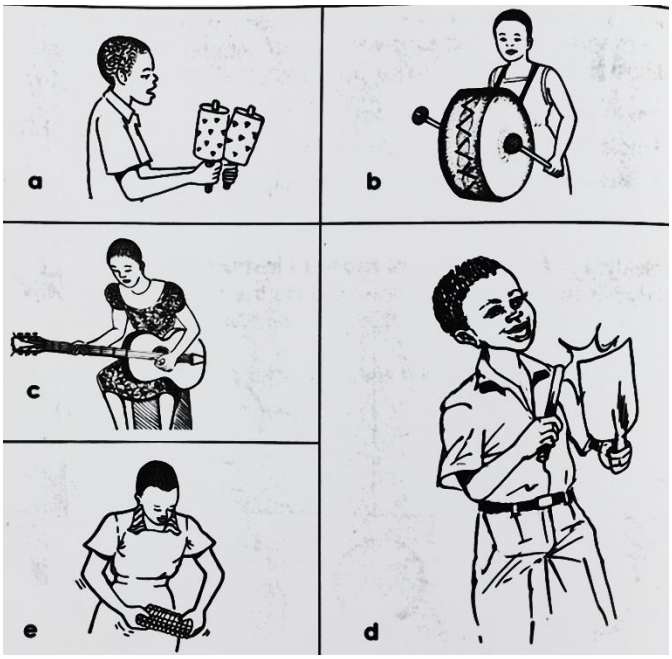
- Fill the hollow part of the bamboo half way with seeds or small stones
- Close the open end with a cork or any other sizeable object

The procedure for making a drum:

- Make a hollow body out of a tree trunk with an axe
- Soak an animal skin until it is soft

- While the skin is still soft, tack it tightly over the open side(s) of the body of the drum
- Nail the skin to the body of the drum
- Remove the hair from the skin with a sharp razor
- Leave the drum in the sun to dry for a day or two

PLAYING MUSICAL INSTRUMENTS



Drums are musical instruments that are commonly found and used in creative practices in Malawian ethnic societies. Most traditional dances such as Malipenga, Mganda, Vimbuza, tchopa, Chimtali and gule wamkulu use drums of various sizes and shapes.

The desired tone of the drum is altered by increasing the tension of the animal skin. This is done by putting the drum in bright sunlight for some time or by passing the drum over a fire.

To play the drum, the animal skin is hit by the performer using the palms or drumsticks in the case of Malipenga or Mganda dance.

Maseche is played by shaking it according to a particular rhythm of the song. It can also be played by hitting it against the palm.

Musical instruments can be played by:

- ★ Plucking (e.g. a guitar and banjo)
- ★ Beating (e.g. a drum)
- ★ Blowing (e.g. a trumpet)
- ★ Shaking (e.g. a rattle)
- ★ Pressing (e.g. a piano)
- ★ stroking

IMPORTANCE OF MUSICAL INSTRUMENTS

- they complement human voice
- they add harmony in music
- they reflect the cultural history of an ethnic group
- they attract attentiveness and concentration of the musical players and listeners
- they foster self-expression
- they relieve stress
- they add beauty in music
- they promote social skills
- they boost listening skills
- they promote discipline

UNIT 3 SELF EXPRESSION THROUGH ARTWORK

There are various artworks which learners can produce to express and communicate their feelings. These include songs, sports, stories, sewing, knitting, plaiting and modelling.

REPETITIONS AND CONTRASTS IN ARTWORK

Repetitions and contrasts in these artworks are used in order: (Importance of repetitions and contrasts)

i) To express and communicate various ideas effectively

ii) To emphasize certain ideas

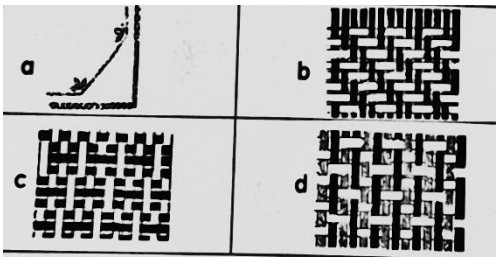
iii) To make certain areas of an artwork stand out

iv) To add beauty to artworks

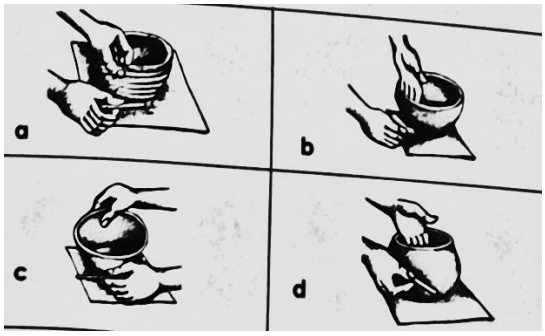
v) To express feelings

vi) To add visual intensity and interest to art pieces

REPETITIONS AND CONTRASTS IN ART AND CRAFT



MODELLING A POT



FORMS OF COMMUNICATION THROUGH ARTWORK

Communication is passing out information, ideas, feelings or wishes from one person to another.

Communication can be verbal or non-verbal.

Songs, plays, cartoons and puppets can be used to communicate verbally or non-verbally.

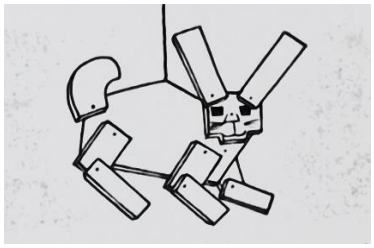
SINGING



DRAWING CARTOONS

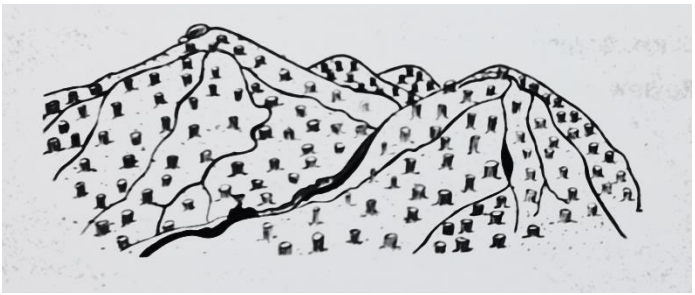


MAKING PUPPETS



UNIT 4 SOLVING CHALLENGES IN EVERYDAY LIFE

CHALLENGES IN EVERYDAY LIFE AND THEIR SOLUTIONS



CHALLENGES IN LIFE

- Floods
- Droughts
- Epidemics
- Rapid population growth
- Diseases
- Food shortages
- Pollution
- Desertification

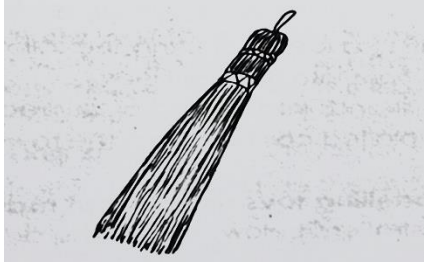
Artistic activities such as plays, poetry, singing songs and drawing posters can be used as a way of dealing with these challenges.

POSSIBLE SOLUTIONS TO THE CHALLENGES

- Practising family planning
- Planting more trees
- Using environmental friendly methods of farming
- Doing physical exercises
- Eating balanced diet food
- Living a health life

UNIT 5 PRODUCING VARIOUS ITEMS FOR THE COMMUNITY

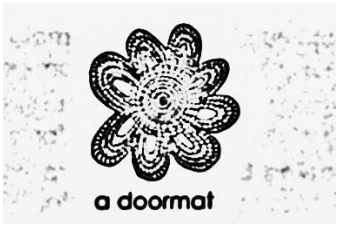
WEAVING BROOMS



Guidelines for weaving brooms

a) prepare dry palm leaves into thick edged weaving strips by using a knife
b) get a bundle of the thick edged strips and tie in the midpoint
c) bend the strips from the midpoint towards one side
d) tie at two or more places to make a handle and a sweeper
e) weave through the ties with palm leaf strips
f) trim the ends of the strips with a sharp knife

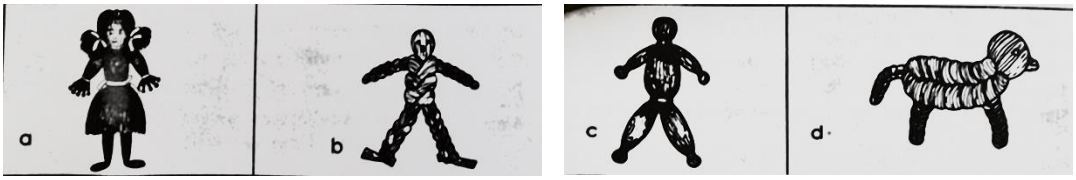
PLAITING DOORMATS



Guidelines for plaiting doormats

a) arrange the fibre into three strands
b) plait the strands into a plaid of desired length
c) coil the plaited cord and join the rows using running stitches

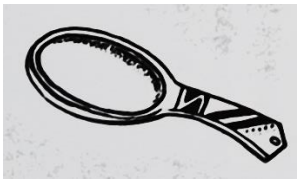
MODELLING TOYS USING LOCAL MATERIALS



Guidelines for modelling grass toys

a) Shred maize sheaths/palm leaves into small pieces lengthwise using a knife.
b) tie the bottom end of the maize sheaths/palm leaves firmly to form a broom-like structure
c) fold the longer end over the tied end, as is done when weaving brooms, to form the head of the toy
d) after all the maize sheaths/palm leaves have been turned down, tie again to form a neck
e) Pull out some maize sheaths/palm leaves into three groups and plait for a length of about 10cm to form a trunk. Then divide them into two groups to form legs (hind limbs). Plait the legs and do the same with the arms.

CARVING SPOONS



Guidelines for carving spoons

a) take a piece of wood and chop it into a plank
b) smoothen the plank
c) draw the required size of the wooden spoon on the plank
d) use an adze (kasemasema) and chisel to carve the spoon
e) smoothen the spoon using a broken piece of glass or a sharp knife

COSTING ITEMS

When costing items consider the following:

- The materials used
- The cost of materials used
- Time it took to make the items
- Labour involved in making the items
- Size of the items
- Quality of the items
- Demand of the items
- Supply of the items
- Affordability of the customers

MARKETING ITEMS

Importance of Carrying out a Market Research

- To understand what people's likes are
- To discover where particular artefacts are popular
- To convince people that they will not regret after buying the artefacts

Marketing Skills

- Carrying out a research
- Costing the artefacts
- Displaying them
- Marketing them

UNIT 6 VARIOUS ARTISTIC ACTIVITIES

PRODUCING AND MARKETING ART ITEMS

There are many artistic activities which can help one to develop skills for producing and marketing artistic items.

Some of these activities are composing songs, acting, drawing, sewing and knitting.

COMPOSING A SONG

Guidelines for composing a song

Step 1 What message do you want to convey in the songs

Step 2 Target audience

Step 3 What mood of the song do you want to convey your message through?

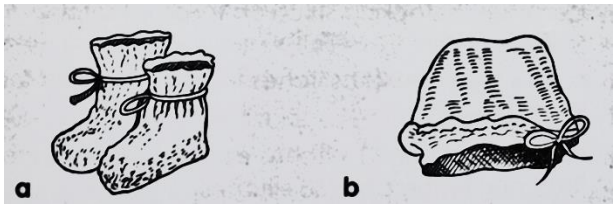
Step 4 Identify a time for your song

Step 5 Find words to the tune of your song (consider things such a rhymes in your words of the time, just like in poetry)

FACTORS TO CONSIDER WHEN COMPOSING A SONG

- Age of the target group
- Cultural background of the target group
- Religion of the target group
- Language spoken by the target group
- Likes and dislikes of the target group

KNITTING A BABY'S BOOTIES AND BONNET



PATTERN FOR KNITTING THE BONNET

MATERIALS

- 1 ball yarn of 50gm
- No. 3.5 mm sized needles

PATTERN

a) cast on 82 stitches
b) 1st row: knit
c) 2nd row to 10th row: purl
d) 11th and alternate row: purl
e) 12th and every alternate rows to form stocking stitch
f) continue in stocking stitch until the work measures 17cm long from the beginning
g) fold the bonnet in half with a wrong side out
h) using the over-sewing, stitch, join the sides
i) make a hem from one end of the bonnet to the other across the stitched seam for the chord
j) using four strands of knitting wool, twist a chord to be slotted in the hem

PATTERN FOR KNITTING THE BOOTIES

a) cast on 36 stitches
b) 1st row to 10th row: knit
c) 11th to 20th row: stocking stitch
d) 21st row: k1, wfd k2 together*, repeat from * to * to the last stitched, knit
e) 22nd row to 25th row: knit
f) 26th row: k25 stitches and turn
g) 27th row: purl 14 stitches and turn
h) continue in stocking stitch on these 14 stitches for 20 rows
i) knit 14, purl and k11 stitches from the sides of foot
j) knit to end
k) pick up and purl stitches from one side of the foot; purl to the end (58 stitches)
l) work 10 more rows in garter stitch
m) cast off all stitches
n) using oversewing, join the two sides on the wrong side
o) using 4 strands of knitting wool, twist a chord to be slotted in the holes provided in the booty

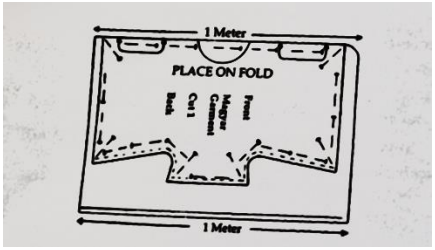
ABBREVIATIONS IN KNITTING

C/on	-	cast on
C/off	-	cast off
Sts	-	stitches
k	-	knit
p	-	purl
Wfd	-	wool forward
tog	-	together
alt	-	alternate/altenative
St st	-	stocking stitches
beg	-	beginning
incl	-	including
rep	-	repeat
psso	-	pass slip stitch over
to	-	beginning from - to -

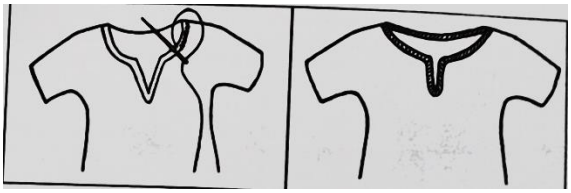
SEWING A MAGYAR DRESS/COLLARLESS MAGYER SHIRT

Process for constructing a Magyar dress/collarless Magyar shirt

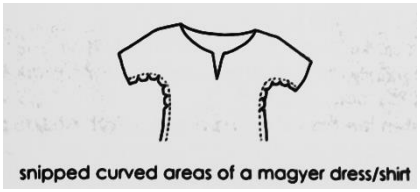
a) pre-shrink cotton fabric and hang out to dry
b) pull all corners of the fabric diagonally to straighten the fibre. Press with an iron
c) lay out the fabric with the wrong side out and place pattern on the fabric
d) pin pattern piece to fabric and cut 1 piece of the garment as in the following illustration



e) assemble the garment by making a slash opening 10cm long in the centre of the neckline
f) cut out crossway strips and join them. place the right sides of the crossway strip along the neckline using back stitch
g) trim one side of the seam allowance to remove the bulk of the finished binding
h) snip the curved edge close to the stitching line to relieve strain
i) turn the binding over so that it shows equally on both sides as shown in the illustration below



j) tack the binding down and hem in position on the wrong side, picking up the back stitches
k) bind the sleeves using the same procedure as in Step e) above
l) work side seams by making open seams on both sides of the garment. Stitch using the back stitch
m) snip the curved areas as illustrated below


snipped curved areas of a magyer dress/shirt

n) neaten the seams
o) turn a small fold at the bottom of the garment and press. make a second fold for the hem of about 2cm. Hold down the hem using hemming stitches

ATTACHING A BUTTON

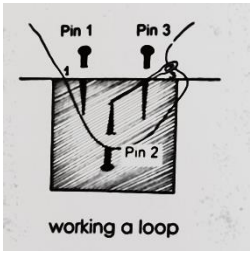
Procedure for attaching a button to the shirt or dress

a) attach a button to the garment by fastening a piece of thread at the required position of the button
b) place the centre of the button over the fastened thread, and bring the thread through the first hole to the right side of the button
c) place across the button, a pin, match stick or knitting needle according to the length
d) pass the thread across the pin and through the second hole to the back of the fabric
e) repeat this as often as necessary for the size of the button, keeping the stitches on the wrong side, one lying over the other
f) remove the pin, bring the needle out between the button and the fabric. pull the button to the end of the long stitches formed
g) wind a thread 3 to 4 times round the stem of stitches formed. Take the needle through the back of the fabric, loop over the stitches and fasten off.

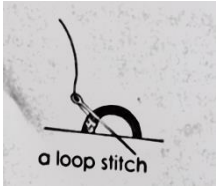
WORKING A LOOP

STEPS TO MAKE A WORKED LOOP

1) measure the diameter of the button to mark the place of the loop using pins
2) fasten the thread with a double stitch at one pin and work strands back and forth from pin 1 to pin 3 passing the thread round pin 2 and finishing at pin 3 as illustrated below



3) repeat stranding as often as the size of the loop requires
4) remove the pins
5) turn the loop round and work the loop stitches over the stranded threads as illustrated below



CUTTING AND ATTACHING A SIMPLE APPLIQUE PIECE

Cutting

Step 1 Trace or draw desired shapes on paper

Step 2 Cut around the outlines to get the pattern of the required design

Step 3 Trace out the design on the contrasting colour of fabric

Step 4 Cut neatly along the outline

Step 5 If a motif is cut from the printed fabric, cut it following the edges of the chosen design

Attaching

Step 1 Place the cut out design in position on the right side of the garment. Pin and tuck

Step 2 Using hemming stitches, stitch closely along the edge of the applique

Step 3 Remove the tucking

Step 4 Press the garment and air it

Step 5 Prepare price labels for the garments constructed

Step 6 Attach the price labels to the garments

Step 7 Display and mock market the garments

Glossary

Applique – a decoration made of one material attached by sewing to another

Artistic – creative

Cardigan – knitted jacket that opens down the front

Cross - cutting issues – challenges that affects many people in the society

Dolls – representation of human beings

Imitate – to copy

Non-verbal – not using words, using signs, e.t.c.

Pattern – shape, cut out

Plaiting – the art of twisting fibre into ropes

Puppets – representation of people or animals

Rhythm – a flow or movement that has a regular or repeated pattern

Stereotype – having a fixed view of what a group of people is capable of doing

Strand – amount of thread/fibre that that are twisted to form ropes

Stuff (verb) – fill tightly with something

Stuffing – padding used to stuff cushions, furniture or soft toys

Verbal – using words

Whipped – to wind thread round so as to prevent fraying or to decorate an art item

REFERENCES

MIE (2008); Standard 5 Teacher's Guide

MIE (2008); Standard 5 Learners' Book

ODL Expressive Arts Handbook

The Internet