

# Overview

These instructions accompany the practical skills videos that can be viewed on the [Understanding Standards website](#)

The instructions also include an A4 pattern for the bag. An A3 pattern for the back can be downloaded separately and accompanies these instructions.

# Instructions for Higher pleated bag

## You will need:

Lining fabric, main bag fabric, piping cord, magnetic clasp fastening, button, zip (any length between 10cm-20cm), slider and square end.

1. From your lining fabric cut 2A/B pieces on the fold.
2. From your main fabric cut 1 A/B back piece  
1 C yoke piece  
1 D/E front piece  
1 handle 12cm x 100cm  
1 end piece 12cm x 20cm

Cut 2 pockets from either lining or main fabric. (This is for open pocket)

Cut 1 pocket piece the length of your zip plus 4 cm. (This is the width of pocket) by 30cm. (This is the depth of your pocket)

Make sure you place fabric accurately and on folds where necessary.

3. Depending on the weight of your fabric you might need to interface the yoke, front, back piece and strap. If so cut from interfacing and iron on.
4. Fold lower front in half and mark mid-point.  
Make 4 x 2 cm pleats, working out from mid-point. (These can be 2 box pleats, 1 box pleat and two single pleats, 4 single pleats)  
Ensure that your yoke and pleated front line up, if not adjust pleat width until they do.  
Top stitch each pleat in place 5cm from top and bottom.
5. Take your piping – 45 cm is long enough, and then attach to yoke front.

[https://www.youtube.com/watch?v=l-nlFNoC\\_tl](https://www.youtube.com/watch?v=l-nlFNoC_tl) is a good guide how to do it. Fabric strip can be cut on the straight, as piping isn't required to go around a corner.

Sew yoke front and lower front together.

6. Attach back to front, right sides together and sew together.
7. Place open pockets pieces' right sides together and sew all around, leaving a small gap to turn it thorough. Turn through,
8. Iron. Mark position for buttonhole. Stitch buttonhole. Position pocket into lining piece and sew three sides leaving top open. Attach button.
9. Attach snap fastening to either side of lining. Reinforcing behind snap with interfacing as necessary.  
<http://www.sew4home.com/tips-resources/sewing-tips-tricks/how-insert-magnetic-snap-closure> is a good pictorial guide on how to do this.
10. On the other piece of lining make a zipper pocket.  
<https://www.youtube.com/watch?v=c1pQ19a8pMM> is a good guide on how to do this.
11. Place lining right sides together and sew all around edge, leaving a gap on one side for turning inside out later.
12. Make handle.  
Iron handle section lightly in half width ways.  
Open out and fold each side in to just before middle.  
Fold and iron flat. Sew strap closed. You might want to sew another line of stitching on the other side to make it look more even.
13. Make end piece in same way.
14. Assemble bag.  
Pin handle in place on one side of bag, on the outer fabric.  
Place metal square onto end piece, fold in half and pin in place on opposite side.  
Have lining right side out, place inside outer bag so right sides are together. Pin into place and stitch round the upper edge.

15. Turn bag inside out through hole in lining.
16. Slip stitch lining edge closed.
17. Top stitch upper edge
18. Make adjustable handle by threading handle through slider, then through metal square end, then back through slider, underneath the strap, bring 5cm of strap over slider, fold under 1 cm of end of strap to hide the raw edge and sew a square to hold in place.  
<https://www.youtube.com/watch?v=El-Df5FROQA> shows you how to do this.

# Instructions for National 5 pleated bag

## You will need:

½ metre of Lining fabric and main bag fabric, 45cm trim for yoke, snap fastening, and button.

1. From your lining fabric cut 2 A/B pieces on the fold.
2. From your main fabric cut 1 A/B back piece  
1 C yoke piece  
1 D/E front piece  
1 handle 12cm x 75cm (this can be adjusted if wished)

Cut 2 pocket from either lining or main fabric. Make sure you place fabric accurately and on folds where necessary.

3. Depending on the weight of your fabric you might need to interface the yoke, front, back piece and strap. If so cut from interfacing and iron on.
4. Fold front in half and mark mid-point.  
Make 4 pleats, each 2cm in width. Pin carefully in place.  
You can choose your arrangements of pleats, ie with a box pleat and then a single pleat either side or as a line of four single pleats.  
Ensure that your yoke and pleated front line up, if not adjust pleat width until they do.  
Top stitch each pleat in place 5cm from top and bottom.
5. Attach your trim to the yoke, and then attach front. Sew together.
6. Attach back to front and sew together.
7. Place pockets pieces' right sides together and sew all around, leaving a small gap to turn it thorough.

8. Turn right sides out and Iron. Mark position for buttonhole. Stitch buttonhole.  
Position pocket into lining piece and sew three sides leaving top open.  
Attach button.
9. Attach snap fastening to either side of lining. Reinforcing behind snap with interfacing as necessary.  
<http://www.sew4home.com/tips-resources/sewing-tips-tricks/how-insert-magnetic-snap-closure> is a good pictorial guide on how to do this.
10. Place lining right sides together and sew all around edge, leaving a gap for turning inside out later.
11. Make handle.  
Iron handle section lightly in half width ways.  
Open out and fold each side in to just before middle.  
Fold and iron flat. Sew strap closed. You might want to sew another line of stitching on the other side to make it look more even.
12. Assemble bag.  
Pin handle in place at side of bag, on the outer fabric. Make sure it lies flat and isn't twisted.  
Have lining wrong side out, place outer bag and strap, into the bag so right sides are together. Pin into place and stitch round the upper edge.
13. Turn bag inside out through hole in lining.
14. Slip stitch lining edge closed.
15. Top stitch upper edge.

# Instructions for National 4 pleated bag

## You will need:

Approx. ½ metre Lining fabric and main bag fabric.

1. From your lining fabric cut 2 A/B pieces on the fold.
2. From your main fabric cut
  - 1 A/B back piece
  - 1 C yoke piece
  - 1 D/E front piece
  - 1 handle 12cm wide x 75cm long (*this can be adjusted if you would like a longer handle*)

Cut 2 pocket from either lining or main fabric. Make sure you place fabric accurately and on folds where necessary.

3. Depending on the weight of your fabric you might need to interface the yoke, front, back piece and strap. If so cut from interfacing and iron on.
4. Fold front in half and mark mid-point.  
Make 4 pleats, each 2cm in width, 2 on either side of mid-point.  
Pin carefully in place.  
Ensure that your yoke and pleated front are the same size, if not adjust pleat width until they are.
5. Pin yoke and front right sides together. Sew together.
6. Attach back to front, right sides together and sew seam.
7. Place pockets pieces right sides together and sew all around, leaving a small gap to turn it through.
8. Turn correct sides out and Iron the pocket flat.

Position pocket into lining piece and sew around three sides leaving top open.

9. Place lining right sides together and sew all around edge, leaving a gap for turning inside out later.

10. Make handle.

Iron handle section lightly in half width ways.

Open out and fold each side in to just before middle.

Fold and iron flat.

Sew strap closed. You might want to sew another line of stitching on the other side to make it look more even.

11. Assemble bag.

Pin handle in place at side of bag, on the outer fabric. Make sure it lies flat and isn't twisted.

Have lining right wrong side out, place outer bag and strap, into the lining bag so right sides are together. Pin into place and stitch round the upper edge.

12. Turn bag inside out through hole in lining.

13. Press

14. Slip stitch lining edge closed.

# Instructions for National 3 pleated bag

## You will need:

Approx. ½ meter of 145cm wide Lining fabric and main bag fabric. (Iron on interfacing depending on fabric).

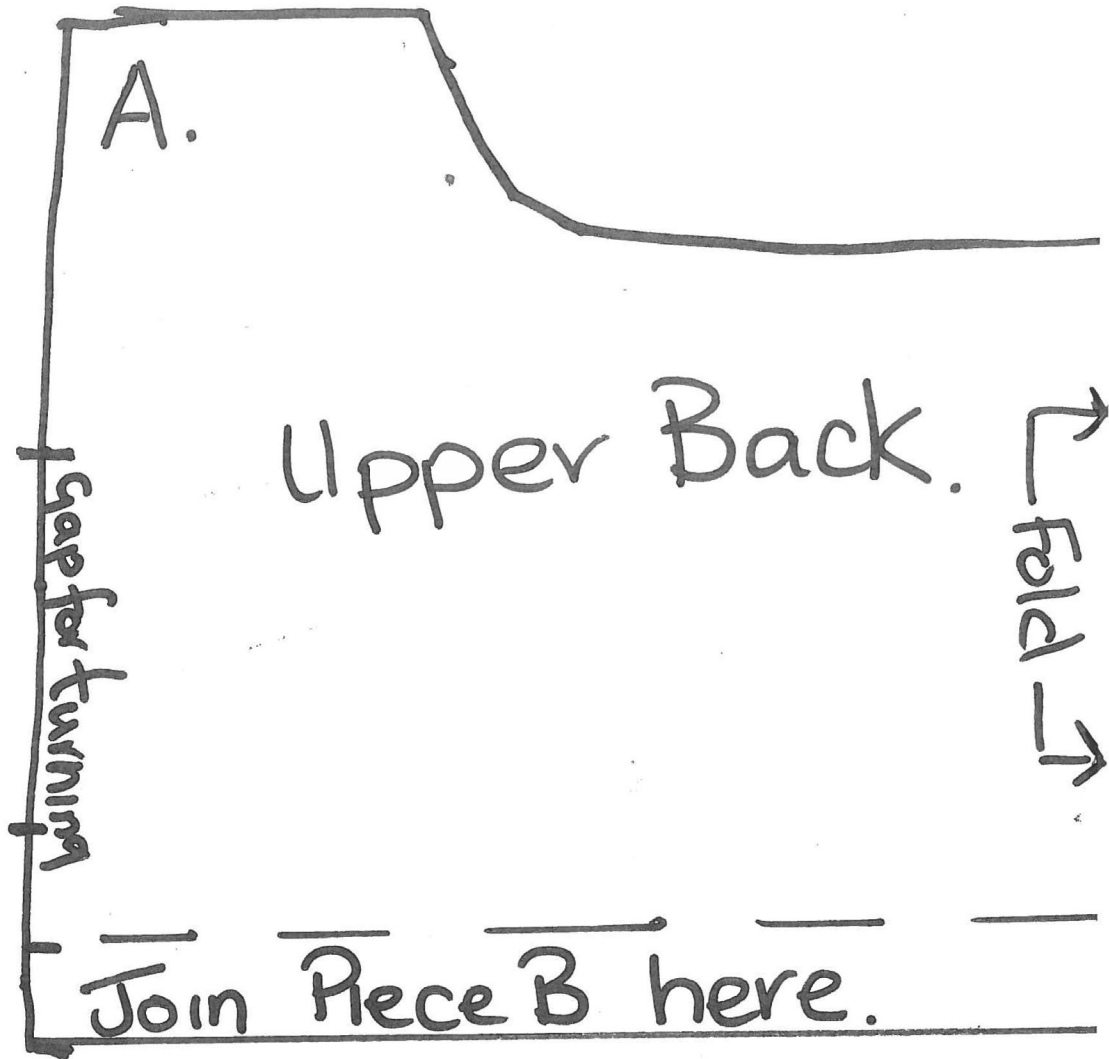
1. From your lining fabric cut 2x A/B back piece on the fold.
2. From your main fabric cut 2 x A/B back piece on the fold  
1 handle 12cm wide x 75 cm long.
  - ◆ You can use webbing or ribbon in place of a fabric handle.
  - ◆ Handle length is adaptable.

Make sure you place fabric accurately and on folds where necessary.

3. Depending on the weight of your fabric you might need to interface main fabric back pieces and strap. If so cut from interfacing and iron on.
4. Attach main fabric back to front, right sides together and sew all around the edge.
5. Place lining back to front right sides together and sew all around edge, leaving a gap for turning inside out later. (gap on side of bag)
6. Make handle. Iron handle section lightly in half width ways. Fold each side in to just before middle.  
Fold and iron flat. Sew strap closed. You might want to sew another line of stitching on the other side to make it look more even.
7. Assemble bag  
Pin handle in place at side of bag, on the outer fabric. Make sure it lies flat and isn't twisted.  
Have lining wrong side out, place outer bag and strap, into the lining bag so right sides are together.  
Pin into place and stitch round the upper edge. Turn bag inside out through hole in lining.

- Press Machine stitch (or slip stitch) lining edge closed.

## A4 pattern



Strap 12 cm x 75 cm.

