

4-H Knitting Proficiency Program A Member's Guide

OVERVIEW

The 4-H Knitting Proficiency program helps you learn what you need to know about your 4-H project. Your project leader will assist you in setting and achieving your goals. You will learn how to make good use of your leisure time in constructive activities as well as learning to make useful, artistic items.

There are many resources to help you learn more about your project:

- The University of California Davis has free resources available online by visiting: <http://anrcatalog.ucdavis.edu/4HYouthDevelopment/>. This site lists a variety of project materials and resources recommended for use in your project.
- The Lassen County 4-H Resources and Lending Library at our county 4-H Office includes other books, videos, and reference materials that can be checked out by members and leaders.
- Check to see if there are organizations in your community that conduct educational activities and shows. Local artists can be an excellent source of help and information.

There are five levels in the Project Proficiency Program. You may choose how many levels you wish to complete:

- ◆ Level I – “Explorer”, you begin to learn about many different aspects of knitting.
- ◆ Level II – “Producer”, you practice and refine the many skills involved in knitting.
- ◆ Level III – “Consumer”, you become an experienced producer of knitted items.
- ◆ Level IV – “Leader”, allows you to show your own leadership potential.
- ◆ Level V – “Researcher”, you carry out a demonstration or experiment on some aspect of knitting, and prepare a paper or portfolio.

As you work through the proficiency program, your leader will date each skill item as you complete it. When all items in a proficiency level are completed, your leader will sign the Certificate of Achievement.

KNITTING

Level I - Explorer

Date
Completed

- _____ 1. Demonstrate the following knitting stitches:
- Cast on
 - Knit
 - Purl
 - Bind off
- _____ 2. Identify the following tools and explain how they are used:
- a. Knitting needle - determine the size of the knitting needle and identify the material from which the needle was made
 - b. Select, identify, and explain the uses of five tools from the provided set of tools that will be chosen from the list below:
 1. Needles (aluminum, steel, plastic and wood)
 2. Needle size
 3. Needle material
 4. Paper and pencil
 5. Magnifying glass
 6. Yarn needle
 7. Marker
 8. Ruler or tape measure
 9. Yarn
 10. Storage container
 11. Nail file
 12. Safety pins
 13. Pattern
 14. Scissors
 15. Stitch gauge
 16. Needle gauge
 17. Stitch counter
 18. Cable needle
 19. Point protectors
- _____ 3. Get the following information from the provided label:
- Yarn is from what kind of material
 - Weight of yarn
 - Amount of yarn
 - Dye lot
 - Care instructions
 - Recommended needle size
- _____ 4. Explain six of the following abbreviations or terms:
- co
 - p
 - yo
 - k
 - Stockinette stitch
 - Ribbing
 - Garter stitch
 - *p2, k2 repeat from * across to end
- Demonstrate correct gauge. For a pattern, create a 4" swatch that matches the specified tension for the pattern. Discuss the yarn and needles used to acquire the correct gauge.
- _____ 5.
- _____ 6. Read the provided pattern and answer the following questions:
- a) For what item is the pattern?
 - b) What is the desired gauge?
 - c) What is the recommended needle size?
 - d) What types of stitches are used in the pattern?
 - e) What size or sizes does the pattern make?
 - f) What weight yarn is recommended?
- _____ 7. Demonstrate how to read and follow directions using the provided pattern.
- _____ 8. Which of the provided yarn types would be good for a baby blanket and why?

- _____ 9. Keep a record of items made for the knitting project including the following information for each item:
_____ a) Item made
b) Yarn used – maker, color, dye lot, weight (may be done by attaching label to record)
c) Size of needle(s) used
- _____ 10. Demonstrate how to safely hand scissors to another person.
- _____ 11. What can you do to keep your work in progress clean?
- _____ 12. What should you do when someone shows you an item they have made?
- _____ 13. Present and explain a knitting project related item you have made to a youth member in your 4-H club (does not have to be a member in the knitting project). Include the following information when you share it:
_____ a) What the item is
b) The fact that you made it
c) Whether or not you enjoyed making it and why OR
d) Give a knitting project report for the related project at one of the 4-H club meetings
- _____ 14. Explain and demonstrate something you have learned about knitting this year to one or more of the following:
_____ • Project leader • Project members as a group
• Project teen leader • Another member of the knitting project
- _____ 15. Participate in a community service/citizenship activity related to the knitting project.
- _____ 16. Attend a county, sectional or state 4-H event (does not have to be project related).

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

KNITTING

Level II - Producer

Date _____
Completed _____

1. Demonstrate the following stitches to the Project Leader:
 - a) A method to increase the number of stitches
 - b) A method to decrease the number of stitches
 - c) Two additional stitches of your choice, not including stitches from any other level
2. Name three categories of yarn, an appropriate needle size to use in each category and what is the best use for the yarn.
3. Knit one of the following items from a pattern:
 - a) Item of clothing - doll, baby, child, or adult
 - b) Household accessory, like doily, pillow, stuffed animal, or placemat
 - c) Hat and/or scarf
 - d) Purse
 - e) iPod cover
 - f) A similar item approved by your project leader
4. Knit an item with more than one color yarn.
5. Knit an item that shows texture or dimension by using stitch patterns, textured material, or adding cross stitch, beads, pom-poms, etc., to the finished product.
6. Keep more advanced record keeping than in Level 1. Keep a record of items made for the knitting project including the following information for each item:
 - a) Item made
 - b) Yarn used – manufacturer, color, and dye lot
 - c) Weight of yarn used
 - d) Size needle(s) used
 - e) Comments – how did the item turn out?
 - f) Copy of pattern annotated with above information
7. Enter a knitting project related item you have completed into a competitive event such as county fair, fashion revue, still exhibits fair.
8. Do an analysis on one of the following:
 - a) Pros and cons of hand washing over machine washing a knitted item.
 - b) Pros and cons of using variegated yarn or two or three different colors of yarn.
 - c) Pros and cons of using straight or circular needles on a knitting project.

- _____ 9. Do one of the following:
- a) Adjust a pattern to a larger or smaller size
 - b) Use a different weight yarn than specified by a pattern, but attain the size specified by the pattern.
 - c) Modify a stitch pattern to give a different effect on the finished item.
- _____ 10. Demonstrate:
- a) How to pick up a dropped stitch
 - b) How to take out stitches
- _____ 11. What can a small knitted item be washed in to avoid stretching when being washed in a washing machine?
- _____ 12. Design a knitted item and provide all the needed information and pattern directions to create it. Show a completed sample. Be prepared to discuss the design and creation of the item.
- _____ 13. Design and make a knitting-related display. Display it somewhere outside the knitting project, like a design contest, county fair, still exhibits fair, presentation day, fashion revue, etc.
- _____ 14. Knit an appropriate item and donate it to a charity of your choice.
- _____ 15. Review and present a new source for patterns, yarn or other materials to the knitting project.
- _____ 16. Participate in county, sectional, or state level event that is approved by your project leader

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

KNITTING

Level III - Consumer

Date
Completed

- _____ 1. Demonstrate three stitches or stitch patterns not used in Level 1 and 2 to the project leader.
- _____ 2. Complete one of the following:
 - a) A thread doily with a decorative edge. Block the doily with a method of your choosing.
 - b) A multi-section item and assemble it using a seaming method. Show the project leader how it was seamed and why you used that technique or seaming.
- _____ 3. Answer questions new or younger members have about the knitting project.
- _____ 4. Do one or more of the following:
 - a) Give a knitting project related presentation at presentation day
 - b) Give a knitting project related presentation at the club meeting
 - c) Give a knitting project related presentation at a leader's council meeting
 - d) Give a knitting project related presentation at an event pre-approved by the project leader
- _____ 5. Start your own reference library for the knitting project, with books, magazines, information from the internet, etc.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

KNITTING
Level IV - Leader

Date
Completed

- _____ 1. Serve as Junior or Teen leader in this project for one year.
- _____ 2. Assist younger members in making, selecting and constructing a project.
- _____ 3. Prepare teaching materials for use at project meetings.
- _____ 4. Develop and put on a demonstration or judging event, or train a junior team for such an event.
- _____ 5. Speak on a project-based subject before an organization other than your 4-H group.
- _____ 6. Assist at a local crafts fair or show.
- _____ 7. Assist younger/newer members with identifying needed materials/equipment for the knitting project to be made and how they are used.
- _____ 8. Assist younger/newer members in learning a new stitch or skill.
- _____ 9. Develop your own special project-related activity. Chart your progress, plan the activities, analyze successes and problems, and report on your findings.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

KNITTING
Level V - Researcher

Date _____
Completed _____

- _____ 1. Report on the results of a demonstration comparing measurable differences in some management procedure. (Experiment)
- _____ 2. Prepare a paper of 300 words or more on one of the following topics:
- Evolution of techniques
 - History of knitting
 - Markets and methods of marketing knitted products
 - Resource utilization and/or conservation
 - Development of the knitting process
 - Effect/use or color, shape, form, pattern, etc.
 - Other
- _____ 3. Prepare a speech or illustrated talk to orally summarize your findings and present at a club, project meeting or other educational event.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

Certificate of Achievement

This certifies that

has completed the Knitting Proficiency

in Lassen County.

Explorer

Producer

Consumer

Leader

Researcher

Date

Date

Date

Date

Date

Initials

Initials

Initials

Initials

Initials

