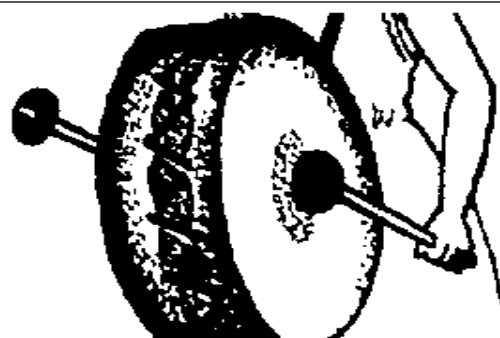
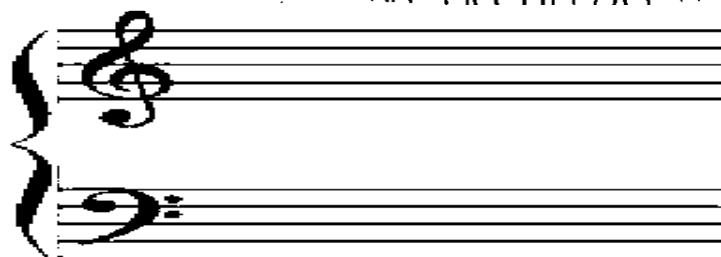
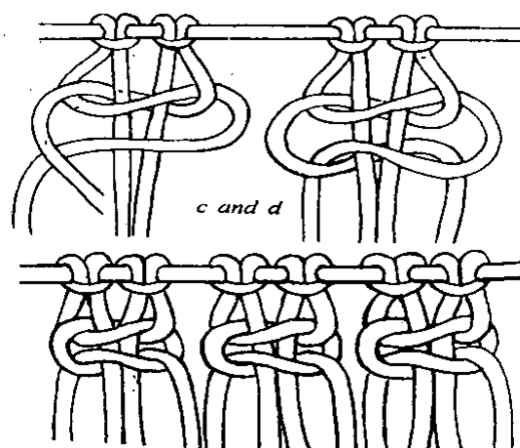


Expressive Arts



1st Edition

Revision Resource Guide

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Blantyre

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2021

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Expressive arts *for* Standard 7



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Thyolo



Preface

This booklet covers the notes for the whole syllabus of standard 7 Expressive arts work, the aim of this project is to help learners have the notes for their standard 7 since learners fail to keep their notes before sitting for their PSLCE examinations. It will help teachers in some topics from this class in Arts syllabus.

A lot of teachers find it difficult to teach some topics or concepts in this subject area that scenario prompted me to commit myself in writing these notes. These notes are well researched and simplified so that the learner can use them in his/her own without the guidance of the teacher.

“To the teacher who is using this booklet please do not just copy without going through the work with the learners from the stipulated activities in the Teacher’s guide, learners’ book and or teaching syllabus, use this only as a supplementary material and when somewhere you are not clear ... and before you use any other booklets like this, try to check from the Teacher’s Guide, learners’ book and Teaching syllabus if the content is tallying.”

A learner can use this booklet in any way of his or her choice, but I advise you to use it as a revision tool that is to say it is better to use it after learning the whole topic or when preparing for PSLCE examinations.

Good Luck brothers and sisters Thank you for your support.

In service,

Kizito Chikuni

Blantyre



Declaration

I the undersigned solemnly declare that this Expressive Arts study notes for Standard 7 booklet is based on my own work.

I assert that the statements made and conclusions drawn are the outcome of my class-work, research and experience except for information obtained in a legitimate way from literature.

I further certify that

- i. The work contained in this booklet is original and has been done by me.
- ii. The work has not been previously published by any other person in Malawi or abroad.
- iii. Whenever I have used materials (data, theoretical analysis, and text) from other sources, I have given due credit to them in the text of the report and giving their details in the references

Signature: _____ on this **1st** day of **July** the year of **2021**.



Acknowledgement

I hereby express my utmost gratitude to the Most High God for life and to the management of the Bangwe Catholic Primary School for the provision of standard 8 which enabled me to pursue with the project of writing this booklets.

Furthermore, I would also like to acknowledge with much appreciation the crucial role of the staff of Bangwe Catholic Primary School, and my standard 8 learners of the same school for their cooperation.

To my parents I just say thank you, for the tiresome job of raising me, it wasn't a joke indeed.



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Unit 1: Personal and General Space

Topic 1 Boundaries of personal and general space

General space

Refers to the environment within which an individual operates.

Examples

The following are the examples of general space;

- small room
- large field e.g. playground
- cafeteria



Components of general space

1. Level

- Levels refer to how close to the floor or how far away from the floor one is as he or she moves.
- Some people prefer to be high while others low.
- Levels may be influenced by age of an individual.
Example, young children prefer scrambling on the floor whereas older children are tempted to climb and reach heights. A ball may be sent low or high.

2. Extension

- Extensions refer to locomotor actions.
- It describes the amount of space the movement pattern uses.
- The key words are small and large, short and long depending on the activity Example in jumping, the jump maybe long or short.

3. Floor pathways

- Floor pathways refer to how people move on the floor.
Examples; basketball and football players may run in a distinct way to avoid their predictability.
- To avoid bumping each other in a crowded street people will move in a certain way.

4. Air patterns

- Air patterns refer to aerial directions.

Examples in volleyball and in javelin throwing, in javelin throwing the implement must travel between 45 and 60 degrees in the air in order to avoid air resistance

Disadvantages of not observing general space

- Can lead to accidents e.g. participants bumping onto one another

Personal Space

Personal space refers to one's area of influence or direct control.

It is also called kinesphere.

Factors that influence personal space

- Size of a person
- Type of activity being done

Disadvantage of not observing personal space

- Failure to perform given activity
- Can lead to accidents

Importance of observing general and personal space

- Helps to avoid colliding with others
- Helps to avoid bumping others
- Helps one to perform activities freely

Topic 2 Artistic activities within personal and general space

Artistic refers to the creativity, beauty and excellence in doing an activity, be it physical or nonphysical.

Some of the physical activities that would be creative and show elements of excellence and require personal and general space are;

- | | | |
|------------|----------------|---------------------|
| - drawing, | - sculpturing, | - swimming, |
| - dancing, | - running, | - skiing |
| - carving, | - jumping, | - jabbing in boxing |

**Goal keeping**

Goal keeping is an important skill in football

A goal keeper is the only person allowed to catch the ball using hands in soccer.

How to show excellence in goal keeping

- diving successfully in front of the heads of strikers

Dancing

Dancing is the art of making meaningful body movements corresponding to rhythm of music.

People shake their bodies following the tune of music or instruments.

**How to achieve artistic performance in dancing**

- bending necks
- bending trunks
- shaking hips

Running

Running is the art of moving rapidly on foot.

Athletes in competitive running, compete by achieving the given distance against time.

How to achieve artistic performance in running

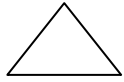
- attune bodies to the proper bending of the trunk
- arm driving
- knee lift

Drawing

Drawing is the art of joining lines and circles to produce shapes.

Drawings are categorized into; **two** dimensional and **three**-dimensional drawings.

Two dimensional drawings include: circles, rectangles, parallelogram, triangles, rhombus, trapeziums and squares.



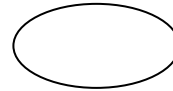
Triangle



rhombus



rectangle

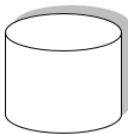


circle

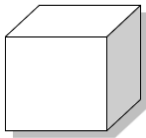


trapezium

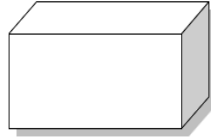
Three dimensional drawings include: cubes, cylinders, cuboids, pyramids, prisms, cones and sphere.



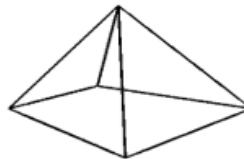
Cylinder



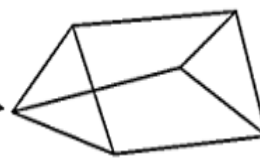
cube



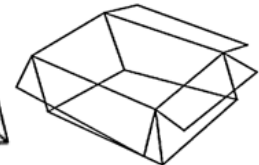
cuboid



Pyramid



prism



open box/carton

How to achieve artistic performance in drawing

- through the mixing of colours
- various representations done by artist.

Unit 2: Body movements

Topic 1: Body movements in response to rhythms.

- Body movements occur in everyday life.
- People do daily activities which may not be possible without body movements, such activities include cooking, sweeping and mopping.
 - Some of the body movements are not planned or a response to a stimulus such as when dancing and in danger.
 - These body movements are in a certain rhythmic pattern.
 - The rhythm is a combination of different length of sounds and silences done repeatedly.
 - Sounds and silences are represented by symbols called musical notes.
 - Music note is a minimum element of musical sound.

Basically, there are five musical notes namely;

- whole note
- half note
- quarter note
- eighth note
- sixteenth note

The **whole note** is oval in shape and has a white note head, symbol 

The **half note** is a note made of a white note head and a stem. Symbol  represents a half note.

The **quarter note** is a note which is made up of a black note head and a stem, symbol 

The **eighth note** is made of a black note head, a stem and a flag. Symbol 

The **sixteenth note** is a note made of a black note head, a stem and two flags. A symbol which represents a sixteenth note is 

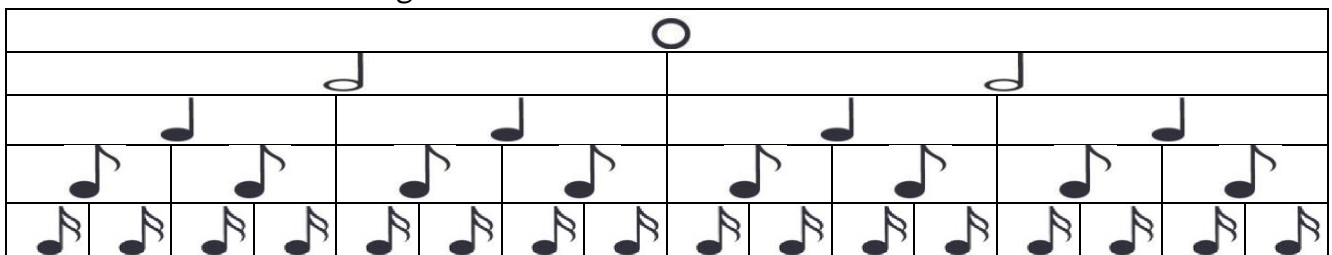
The relationship between basic musical notes

In a musical transcription musical notes represent a certain number of beats as assigned to them.

A beat is a steady pulse.

All these notes are related such that a whole note is the biggest and each of other notes is half of the other in this way;

- half note is half of whole note,
- quarter note half of half note,
- eighth note half of quarter note
- sixteenth note half of eighth note.



Similarly 

a. 

b. 

c. 

a.

$= 16 \times$

$= 16 \times 2 \text{ beats}$

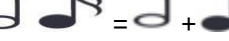
$= 32 \text{ beats}$

b.   



 $= 6 \times 2 \text{ beats}$

 $= 12 \text{ beats}$

C. 

$= 8 \times$ 

$= 8 \times 2 \text{ beats}$

$= 16 \text{ beats}$

Since  =  + 
 = 16 beats + 2 beat
 = 18 beats

NOTE that the number of beats per note isn't fixed it changes following the given time signature.

Time signature

It is the set of two numbers written as fractions at the beginning of the musical transcription

The upper number in the time signature is the number of beats per measure or bar. The bottom number is the type of note which receives one beat.

Examples of time signatures includes, $\frac{4}{4}$, $\frac{6}{8}$ and $\frac{8}{16}$.

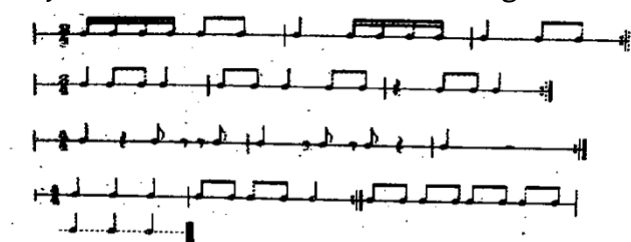
Interpreting the time signature

The time signature $\frac{3}{2}$ can be interpreted as; there are 3 beats in a measure where a half note is receiving one beat.

The time signature $\frac{6}{8}$ means, there are 6 beats per measure in which an eighth note receives one beat.

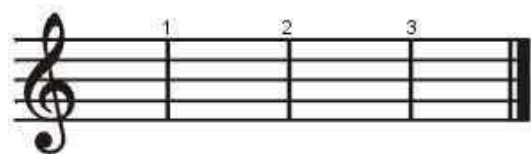
Creating rhythms

Rhythm creation involves transcribing music on the staff



A staff is a group of five horizontal parallel lines upon and between which musical notes are written to indicate a pitch.

Short lines above and below the staff that serve to extend the range of the staff are called **ledger lines**.



The spaces between the vertical lines 1 and 2 or 2 and 3 or 3 and the double bar lines at the end are the measure or bar.

A bar (measure) is a measurement of time that contains a specific number of beats defined by time signature.

Bar lines are vertical lines which separate the bars.

A bar line serve as a slight pause of a rhythm

Double bar lines mean the end of the rhythm.

When creating a rhythm for a given time signature a note receiving one beat must be considered as 4

in 4 time the rhythm of four bars may be;



In the first bar there are only two half notes since according to the time signature quarter notes has 1 beat, hence one-half note has 2 beats which means two of them will count four beats. The same time signature can be presented differently according to the rhythm as follows.



- ## Moving to rhythmic patterns



- ## Identifying and performing local dances

These may include; tchopa, gule wamkulu and masewe.



- ## Features of Tchopa

- ## Movements in the dance

Every man alternates with a woman in a circle.

Gule wamkulu

Gule wamkulu is a Chewa dance usually performed in the central parts of Malawi. Districts such as Lilongwe, Dowa, Dedza and Mchinji and in the southern region it is performed in Blantyre.

Features of Gule wamkulu

- Performed by men while women only sing and clap hands.
- Drums, mbalule, gunda drum and shaker (salaba).
- The dancer is masked.
- The dancing is done by one, two, three or four performers at a time.
- Dancers dance with an intricate footwork.

Movements in the dance

Dancers perform an intricate footwork and other body movements

Masewe

Masewe is a dance popular for the southern Malawi

Commonly found in Chiradzulu and Zomba districts

Features

- Consist of a small group of dancers - Dancers are men
- Dancers wear skirt of grass or bark cloth, ankle bells and head gear of feathers.
- Dancers also carry a stick, animal tail or flywhisk.
- Drums, buckets and whistles are used.

Movement

Dancers pair up shake their waist, legs and the whole body and these must be uniform.

Similarities of the local dances

- Drums are used when performing
- the dressing is similar in some dances e.g. the use of ankle bells - Dancers are similar e.g. men only in masewe and gule wamkulu.

Differences of the dances

- Type of dancers e.g. tchopa for both sex while masewe and gule wamkulu for men only
- There's no uniformity in gule wamkulu contrary to masewe
- Things dancers carry differ

Educational dances

Educational dances are dances that are created by learners based on theme.



They may first determine the movements and then add music to accompany the movements.

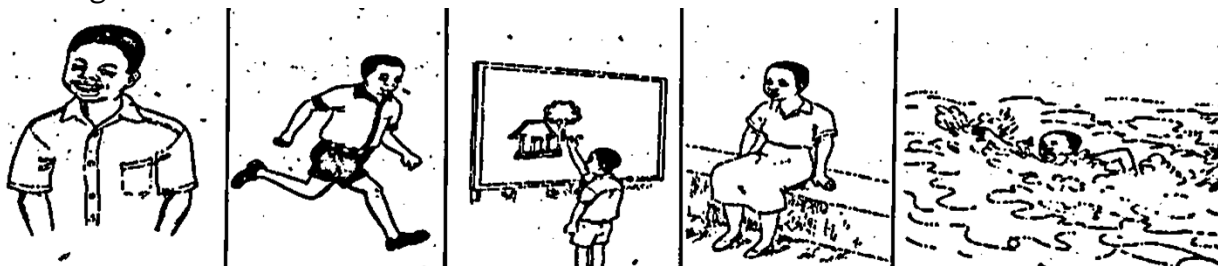
Topic 2 Mirroring

Mirroring is the act of copying actions, words, or expressions of another person.

Activities that can be mirrored

- A new dance step
- A lay up in basketball

- A tennis serve
- Running activities



Mirroring activities instructions progresses from explanation to demonstration while facing the class and demonstration with the back turned to the class.

Mirroring games

Some games can be mirrored such as;

- Target games
- Net games
- Batting games
- Running games

Mirroring aerobics

Aerobics are physical exercises done following music.

Types of aerobics

- High impact aerobics
A lot of jumping is involved
- Low impact aerobics
No jumping involved, one foot has contact to the floor
- Step aerobics
Involves stepping up and down from the platform
It can be involved in dancing games Common moves in step aerobics:

- Corner knee (or corner kick)	- Basic step	- V-Step
- Repeater knee (triple knee)	- Over – the - Top	- Split step
- T-Step	- Straddle Down	- I-Step

Tai Bo

- Tai Bo is a total body fitness system that involves martial arts techniques such as kicks and punches.
- The name Tae Bo was taken from the combination of Tae from **taekwondo** and Bo from **boxing**
- Tai Bo use the motions of martial arts at a rapid pace designed to promote fitness.

Unit 3 Conveying cultural messages

Culture is important because it unites people

People can use different ways to convey cultural messages in different communities The following are the ways in how they can convey messages

- garments they wear
- producing some sounds
- posture and movements they make
- dances they perform

Topic 1 Garments for cultural messages

People may wear different attire to show meanings for a specific occasion and function.



The following are some of the examples of meanings of some garments;

- the ngoni usually wear traditional attire of animal skins and shields to symbolize that they are warriors
- during weddings the bride wears white attire to symbolize purity
- during funerals widows usually wear black attire during the entire mourning period to symbolize sorrow
- when calamity fell or something went wrong on land the king and officials wore sack cloth in the bible, so when people saw their king in sack cloth it was a clear indication that something is wrong.

Topic 2 Sounds used to convey messages

People use various sounds to communicate messages

Messages are communicated in either verbal and non-verbal sounds

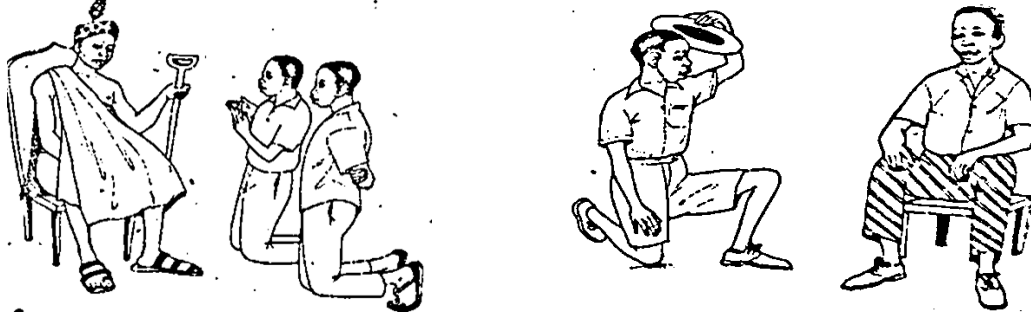
These sounds are produced during certain functions and occasions understood by people who share the same culture

Some of the examples of sounds that depict cultural messages are;

- | | |
|--|--|
| <ul style="list-style-type: none"> - bell ringing <ul style="list-style-type: none"> ▪ for funeral message ▪ to tell time e.g. for churches, school - drum beating <ul style="list-style-type: none"> ▪ for funeral message | <ul style="list-style-type: none"> - mouth whistling <ul style="list-style-type: none"> ▪ to call a person or dog ▪ as a danger warning sign - whistle blowing <ul style="list-style-type: none"> ▪ to notify people about cultural gathering ▪ for cultural dance |
|--|--|

Topic 3 Postures and body movements

Another way of depicting cultural message is through posture and body movements



Some of these postures and body movements include;

- when crossing with elders younger ones takes off the hat temporarily as a sign of respect.
- when crossing with elderly person, people clap hands gently and softly
- girls kneel while boys squat when giving or receiving anything from elders

Topic 4 Cultural dances

Africa has a rich experience in traditional dances that have cultural values.

Cultural dances have cultural importance for every cultural setting



Significance of traditional dances

- help pass on traditions from one generation to another
- spice up occasions during cultural festivities
- they serve as people's cultural identity

Examples of cultural dances

- | | | |
|---------------------------------|------------------------------|------------------------|
| - gule wamkulu for the
chewa | - chioda for the Nkhonde | - jiri for the Lomwe |
| - ngoma for the Ngoni | - vimbuza for the
Tumbuka | - beni for the Yao |
| - ingoma for the Ngoni | - likwata for the Sena | - manganje for the Yao |
| | | - Tchopa for the Lomwe |

Occasions when cultural dances are performed

- | | |
|-------------------------|----------------------|
| - initiation ceremonies | - cultural festivals |
| - weddings | - political rallies |

They are performed at different times such as;

- when healing the sick
- when cheering new initiates
- when installing new chief
- during rain making ceremonies

Unit 4 Multicultural performance

Topic 1 Artistic activities from various cultures in Malawi

Multicultural performances are performances from other cultures.

Aspects of cultural practices that are similar and different in various cultural performance

- attire
- instruments used
- organization of the performance
- type of performers



Malawi has different cultural practices such as folk dances and songs.

A folk dance is a recreational or ceremonial dance performed by members of the community.

the steps in folk dances are simple and repeated so that any member of community can participate. Folk dances require no audience and passed on from generation to another.

New dancers learn informally by observing others.

Uses of costumes in folk dances

- reflect the mood of the dance
- mirror the region where the dance originated

Importance of folk dances

- serve as an identity of the tribe or ethnic group
- serve as a ritual
 - they believe a certain dance can make rain fall e.g., tchopa
 - they believe a certain dance can improve harvest
 - they believe a certain dance awakens the spirit of the dead
- it is a social activity

Topic 2 Attire for artistic performance

Attire is any type of dressing for a specific performance.

Examples of attires includes sports, costumes for drama, dance or choir.

Performers need to wear appropriate attire to suite the performance.

Ways of obtaining attire

- can be locally made
- can be bought

Bought attire may be expensive therefore we need to improvise to avoid expenses.

Improvisation is the making or performing of something from whatever available local resources.

Importance of attire

- makes performers to look smart
- enhance performer's coordination

Unit 5 Designing and construction

Designing is the process of planning what to do or draw.

It is done before construction

- to ensure things made work well
- to ensure things made look good

Topic 1 Musical instruments based on foreign models

Musical instruments are items that accompany the singing of songs and dances

Ways of obtaining musical instruments

- Can be bought
- Can be locally made

Examples of musical instruments that can only be bought

- | | | |
|-----------|----------|--------------|
| - Guitars | - Drums | - Pianos |
| - Banjos | - Flutes | - Tambourine |

Some of these instruments can be made locally using local materials such as a banjo

When making musical instruments locally designing is essential

The process of designing may begin with a sketch and then refining it or it may involve making a model.

Procedure for making a banjo

1. Cut a piece of wood about 0.5m long
2. Curve the wood into the shape as shown.



3. Make four holes on the flat end of the wood using a piece of a hot metal as shown below



4. Curve four pieces wood, flat on one end and round on the other end to be used as tuning knobs.
5. Cut a slit on the round end of the tuning knobs for tying the length of string.



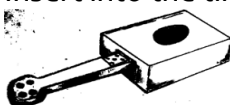
6. Cut a small piece of wood with four grooves to act as a bridge



7. Cut two holes on a tin: one for the wooden and the other for sound to enter.



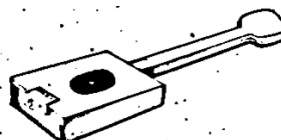
8. Insert into the tin the wooden handle



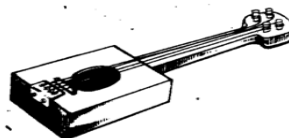
9. Cut a metal sheet from a tin and bore four holes for the lengths of string and two holes for nailing.



10. Nail the metal sheet to the back of the tin together with the end of the wooden handle as shown below



11. Tie four lengths of the string to the metal sheet then tie the other end of the length of the string to the tuning knobs fixed at the head of the wooden handle
12. Put a bridge between the hole on the tin and the metal sheet



13. Tune the knobs to tighten the string to the required pitch.
14. Test the instrument by plucking the length of the string
15. Decorate the banjo as required

Materials required when making musical instrument

- Strings
- Wires
- Wood
- Animal hide
- Metal sheet
- Tin
- Plastic pipes
- Plywood
- Nails

Tools needed when making musical instruments

- Knives
- Hammers
- Saws
- Adzes

Topic 2 Garments and artistic items based on modern styles

Garments are fabrics constructed for people's outside wearing

Importance of garments construction

- helps to make one's own clothes and for others
- generates income .ie., after selling

Factors that affect the changes of garments styles

- garments construction process
- changes that take place in clothing styles

Factors to be considered in the process of constructing of garment

1. knowing what is to be made
2. knowing size of a wearer
3. knowing size of fabric to be used
4. knowing the present design in fashion

Importance of taking body measurements

- minimize wastage of material
- helps to produce a garment which fits the wearer

Importance of laying and cutting out pattern's pieces from fabric

- determine the fit and final look of the garment to be constructed
- help us to produce well-constructed garments

Paper patterns

- Paper patterns are pieces of paper cut out to the shape of parts of the garments to be made.
- They can be altered to suit the body size.

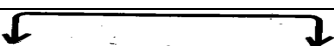
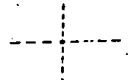
Pattern markings

These are markings with particular information and instructions

The information and instructions can be on;

- the number of pieces to be cut
- the pieces to be joined together
- how to place pattern pieces on the fabric
- where to stitch

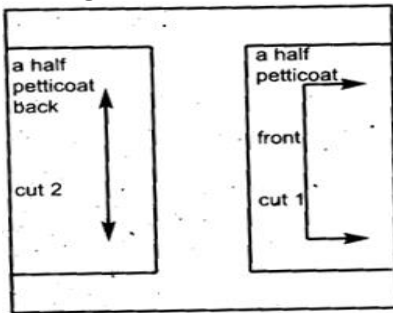
Pattern markings and their meaning

Pattern markings	Meaning
	Place on the straight grains fabric
	Place on fold of fabric
	Notches, indicating where two pieces will join together
	Stitching line
	Cutting line
	Dot indicating important positions, eg, where stitching should stop or where seams should cross

Laying pattern pieces on the fabric



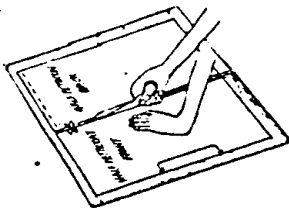
- always have your pattern and fabric smoothed flat with a pressing iron to remove creases
- fold the fabric according to the pattern layout before laying pattern pieces
- keep the fabric on the table while pinning so that the pattern does not slip out of position
- lay larger pieces first, then place smaller ones last as in the diagram



- pin at intervals along all straight and diagonal edges into each corner.

Cutting out

- Make sure that all pattern pieces are laid out and pinned on the fabric
- Cut out all pieces using a sharp pair of scissors along the edge of the pattern
- Cut using long, even strokes in order to produce smooth edge. Do not lift the fabric when cutting.
- Always cut away from yourself and never towards yourself with one hand supporting the fabric as shown in the following diagram



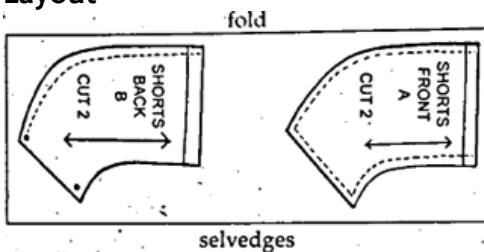
- After cutting out each section fold and put it aside neatly.

Making a sport short

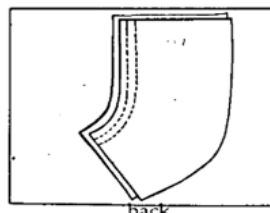
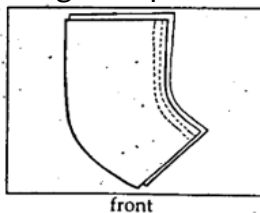
Requirements

- 1 metre cotton fabric
- pins
- paper patterns
- a pair of scissors

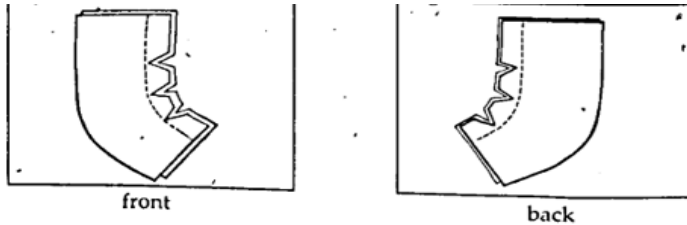
Layout



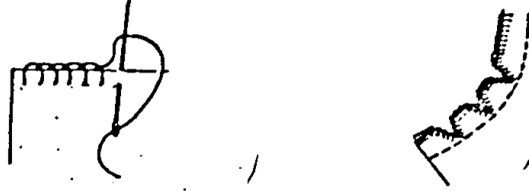
- Using the open seam, join the two front and the two back pieces together using back stitch



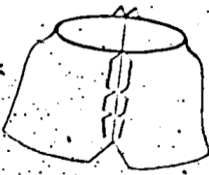
- Click the front and back seams on curved edges



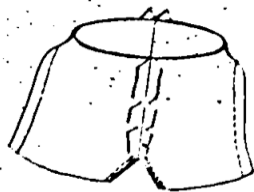
- Neaten the seams using loop stitches



- Join the back and front of the short with the French seam at the sides
- Cut crossway strips from left over fabric. Join strips and attach at lower edges and sides of both legs.



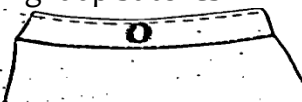
- Join the crotch seam and neaten with running stitches



- Fold over a 5cm hem on the waistline of shorts. Tack and backstitch. Work running stitches on the upper edge of the waistline hem



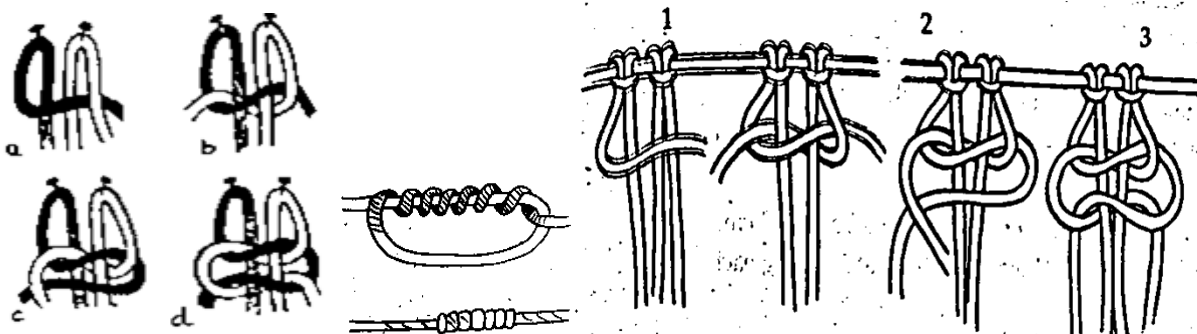
- Make an opening on the wrong side for inserting elastic/chord. Neaten the side of the opening using loop stitches.



- Press and display the finished product.

Macramé

Macramé is the process of making fabrics through joining yarns or strings in a series of knots. It is also known as decorative knotting.



Products made using macramé

- mats
- wall hangings
- pot plant holders
- room dividers
- bags
- flower vase holders
- belts
- banister bars
- tie belt



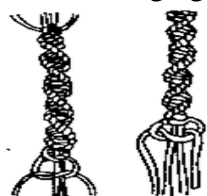
Wall hanging



Shoulder bag



Tie belt



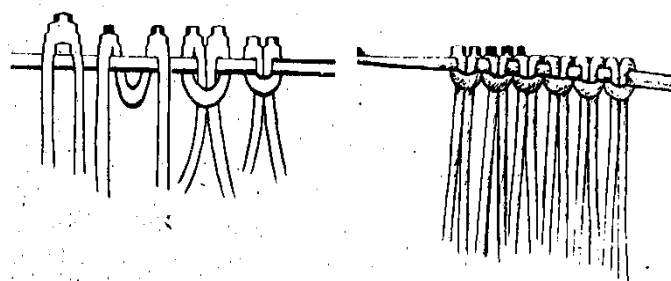
Banister bars



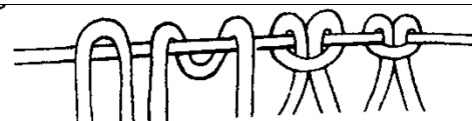
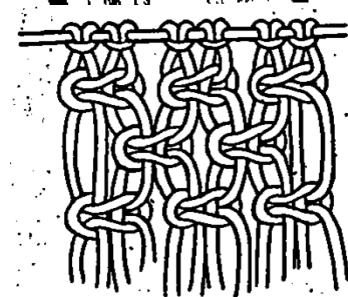
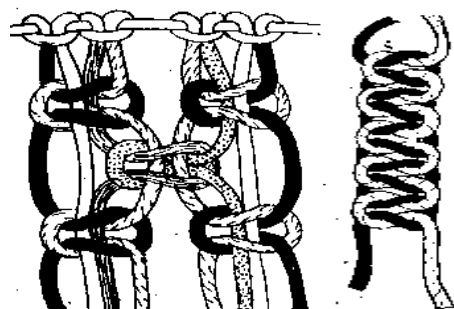
Pot plant holder

Two basic knots in Macramé

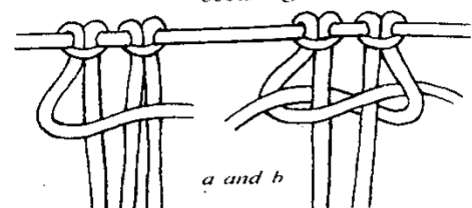
1. half knot (or half hitch)



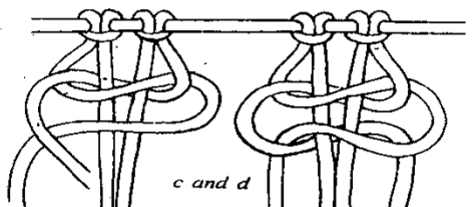
2. flat knot (the reef hitch or weaver's knot)



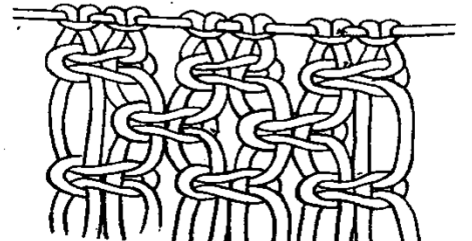
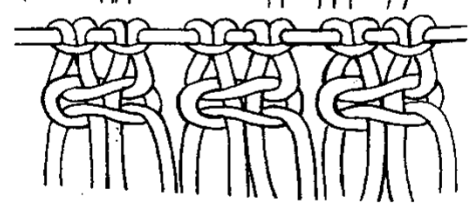
securing on



a and b



c and d



Materials to be used when making items using macramé

- | | | | |
|---------------|-------------------|-------------|------------|
| - hoes | - tree bark fibre | - mlulu | - chilambe |
| - sisal fibre | - banana sheath | - namgoneka | |

Tools used in Macramé

- hoes
- knives

Topic 3 Drama based on foreign plays

Drama is acting out situations in order to inform, entertain and educate the audience.
Plays are acted out depending on their theme.

Types of plays

Tragedy

A tragedy is a play with a sad ending.

It ends with either death or defeat of main character e.g Julius Caesar

Comedy

A comedy is a play with happy ending.

It ends with either victory or marriage of the main character. E.g. Merchant of Venice

How to achieve real aspect in actors and actresses dramatizing

- 1) use of visual aspects
 - a) scenery
 - b) costume
 - c) props
 - d) lighting
 - e) make up
- 2) use of sound effects
 - a) physical (such as vocal, feet, hands, claps coughs, laughs, sneezes)
 - b) percussion (such as drums, chimes, xylophones)

These helps the audience to see and hear the play.

Unit 6 Performing dances

Topic 1 Musical instruments

Musical instruments are used to accompany songs and dances.

Ways of obtaining musical instruments

Purchasing them

Locally producing them

Types of musical instruments

There are two types of musical instruments, these are;

I. Tuned musical instruments

Tuned are instruments that produces different pitches

examples include; banjo, guitar, xylophone and mkangala

II. Untuned musical instruments

These are instruments that produce a fixed pitch.

Examples include; drum, chisekese(shakers).

Importance of making musical instruments

source of income



Disadvantages of making musical instruments

- lead to excess use of trees
- locally made instruments may not produce a really desired sound
- it may lead to injuries due to lack of skills

It is required to replace trees by replanting for sustainability.

Topic 2 Local(indigenous) dances

Local dances are traditional dances that are performed in the communities.

Examples of local dances

tchopa, gule wamkulu, vimbuza, chioda, chimtali

Occasions when dances are performed

- political gatherings
- community festivals/celebrations
- weddings
- initiation ceremonies
- funeral ceremonies
- installation of chiefs

The dance may be modified to suit the occasion.

Topic 3 Contemporary dancing styles

The youth do not participate in cultural dances because they look at them as outdated, boring and out of fashion.

Due to this negative attitude a lot of these dances are losing identity and are associated with the elderly people.

Malawi is also flooded with contemporary dances.

Contemporary dances are dances from other countries.

Examples include; reggae, kwasakwasa, ndombolo and kwaito

These dances brought in different dancing styles including;

- Kwasakwasa involves a lot of waist wriggling
- Kwaito has flexible and quick foot movement

The foreign dancing styles have influenced the way people perform the local dances.

To improve the performance of local dances, people combine foreign dancing styles with the original styles.

Advantages of mixing dancing styles

- Helps to change the attitudes of the youth towards local dances
- Improves the outdated local dances
- Adds beauty

Disadvantages of mixing dancing styles

- makes dances lose their cultural values and history
- impair people's cultural identity

Unit 7 Self-expression through posters, dances, songs and plays

Topic 1 Posters on various themes

A poster is any printed paper designed to be attached to a wall or vertical surfaces.

Posters are useful in dissemination of information on cross-cutting issues.

Cross-cutting issues are problems that affects many people and causes great concern.

It is developed based on a selected theme.

Requirements of a poster

- Posters should be coloured, to attract the intended audience.
- Writings on a poster should be kept in bold, to be read from a distance
- Information on the poster should be brief
- Information on the posters should be clear.

Ways of achieving clarity and attractiveness of the poster

1. Posters must be designed first

Designing a poster

- The drawings and writings should be done in pencil, to ensure logical arrangement of the elements.
- Ink should then be used to draw and write the designed work

2. Then the poster must be finished with appropriate colouring.

Materials for making posters

- | | | |
|---------------|----------------------|-------------------|
| • lead pencil | • newspaper cuttings | • paint brushes |
| • chart paper | • old posters | • old cement bags |
| • crayons | • rubbers | • coloured pencil |
| • marker pens | • local paints | |

Characteristics of a good poster

- It should attract audience
- It should be coloured appropriately
- The writings should be bold
- The writings should be brief
- The writings should be clear

Importance of posters

- help illiterate people to easily and quickly get the conveyed message
- easy and quick method of teaching people.
- source of income since they can be sold.
- cheap to produce
- cheap method of disseminating information

Topic 2 Dances on cross-cutting issues

Cross-cutting issues are problems that affects many people and causes great concern.

Examples of cross-cutting issues

- | | |
|-----------------------------|---------------|
| • HIV and AIDS | • Democracy |
| • Environmental degradation | • Child abuse |
| • Pollution | • Crime |
| • Corruption | • Drought |
| • Violation of human rights | • Floods |
| • Gender | |

People may use different dances to disseminate information about cross-cutting issues.



The dances and songs are a form of entertainment so they easily draw people's attention as they listen to the messages.

Importance of dances as a method of conveying messages

- People get information while enjoying watching the dances

Topic 3 Songs on cross-cutting issues

Singing and dancing offer entertainment to motivate the target audience while receiving the messages being passed on.

Ways in how messages can be sent through songs

- Improvise words of old(known) songs.
- Compose new songs.

Procedure composing songs on cross-cutting issues

1. Identify a cross-cutting issue/theme
2. Come up with words based on the cross-cutting issue identified
3. Devise a tune with the help of musical instruments
4. Practice singing the song.

Importance of songs as a method of conveying messages

- People get the intended message while enjoying listening to the melody of the songs.

Topic 4 Plays on cross-cutting issues

Plays are useful tool in passing messages for the audience get a feel of what the characters present.

Ways in how characters interact with the audience

Actors and actresses should interact with the audience through

- a. asking questions to be responded by the audience
- b. make the audience repeat what has been said or done by the characters
- c. make the audience join in singing and dancing
- d. make the audience take the role of an actor or actress in dilemma.

Importance of interaction between the characters and audience

- motivates the audience
- instils the message in the audience

Unit 8 Artistic skills and movements

Topic 1 Items for artistic activities

Making artistic items requires skills.

A skill is a talent an individual show when doing something.

Types of artistic skills

- acquired/learnt through practice
- inborn

Importance of possessing skills

- help one to become successful in whatever he/she does

Artistic items that require skills for them to be produced

1. carvings
2. models
3. posters
4. woven items
5. knitted items

Making Posters

Artistic activities that can be presented through posters

- contemporary dances
- traditional dances
- carving

Qualities of a good poster

- posters should be attractive
- posters should be colored
- poster words should be bold
- poster's information should be clear
- poster's information should be brief

Importance of posters

- help illiterate people to easily and quickly get the conveyed message
- easy and quick method of teaching people.
- source of income since they can be sold.
- cheap to produce
- cheap method of disseminating information

Procedure for drawing posters

- have a plain sheet of paper or cement bag or whit polythene sack
- draw a margin throughout along the length and breadth of the paper
- make a sketch of what you want to draw in pencil
- use different colours to mark the outline
- write the heading of the poster inside the margin

Materials for making a poster

- | | | |
|---------------|-------------------|--------------------|
| • pencil | • brushes | • sheets of papers |
| • crayons | • local paint | • coloured chalk |
| • marker pens | • old cement bags | • cartons |

Carving

Carving is the art of removing unwanted parts of a wood or stone to produce wanted shape.



Forms of carvings

1. Abstract

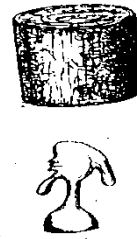
- These are carvings without definite form.
- They can be interpreted differently by different individuals



2. Stylish

- These are carvings with definite form, but some parts deliberately exaggerated.
- It is also known as stylistic carving.

Example; a carving of a person with a protruding chin.



3. Naturalistic

- These are carvings with a definite or real form.

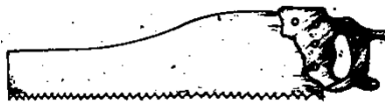


Materials for carving

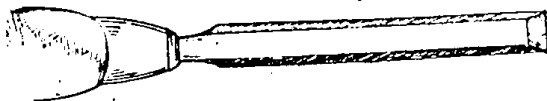
- wood
- soapstone
- glue

Tools for carving

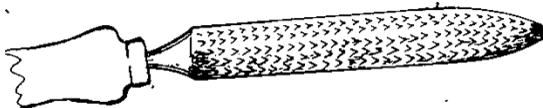
- | | | | |
|---------------|----------|------------|-------------------------------|
| • saw | • rule | • rasp | • adzes |
| • axe | • chisel | • mallets | • glass paper/
water paper |
| • panga knife | • gouges | • scrapers | |



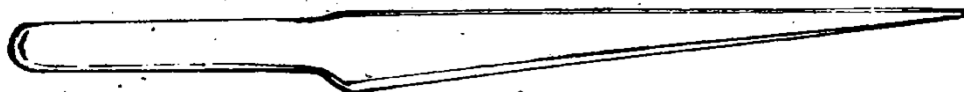
the crosscut or rip saw



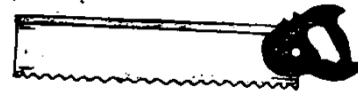
a chisel



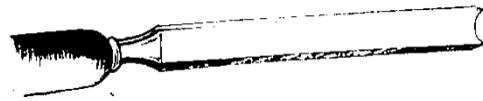
a rasp



a scraper



the tenon saw



a gouge



the mallet

Weaving

Weaving is the process of interlacing two sets of yarns at right angles

Types of yarns/straps

1. Wefts

- These are threads which lie across the width of the article.

- They are also known as picks or fillings

2. Warps

- This is the thread which lie along the length of the woven article.
- They are also known as ends.

Materials for weaving

- | | | | |
|---------------|------------------|---------|------------------|
| • Palm leaves | • Pieces of reed | • Grass | • Creeping stems |
| • Bamboo | • Sisal | • Paper | |

Tools for weaving

- | | | |
|----------|----------------|----------|
| • Knives | • Razor blades | • Needle |
|----------|----------------|----------|

Types of weaving

- | | | |
|-----------------------|----------|----------------|
| 1. Plain/Simple weave | 2. Satin | 3. Twill weave |
|-----------------------|----------|----------------|

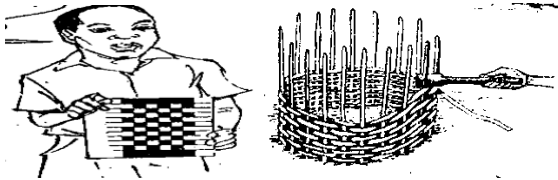
Examples of woven articles may include

- | | | |
|--------|---------------------|-----------------|
| • mats | • winnowing baskets | • wall hangings |
| • hats | • hats | • deep baskets |

Methods of weaving

1. plain weaving

- Plain weave is a simple weaving in which a filling thread pass over and under successive warp threads and repeat the same pattern with alternate threads in the following row.
- produces a checkered surface.



2. satin weave

- the filling thread is interlaced with the warp at widely separated intervals,
- produces the effects of an unbroken surface

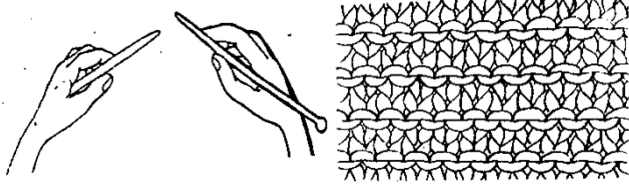
3. twill weaving

- basic weave structure in which the filling threads are over and under two or more warp yarns
- produces a characteristic of a diagonal pattern



Knitting

Knitting is the process of making fabric by interlocking loops of one or more yarns.



Materials for knitting

- yarn/thread
- sisal
- wool

Tools for knitting

- needles
- bamboo sticks
- bicycle spoke

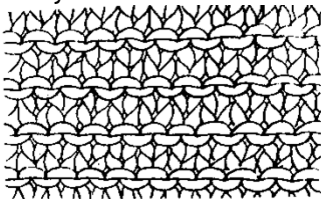
Basic stitches

- knit stitches
- purl stitches

Patterns of stitches

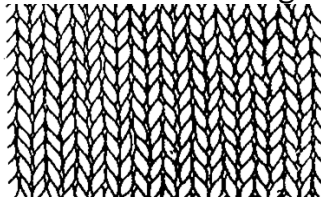
a) garter stitch

- Used in making knitted belt, scarf or baby blankets



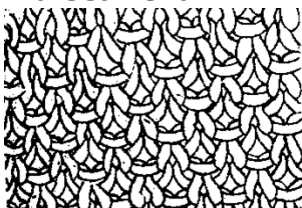
b) stocking stitch

- Used to knit stockings and pencil bags



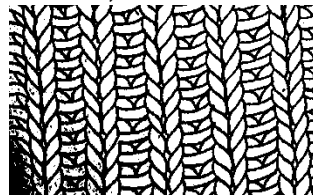
c) moss stitch

- A combination of knit and purl stitches in the same row.



d) rib stitch

- Used as a border of knitted items e.g. sleeves, necklines and edges.



Knitting abbreviations

- k = knit
- p = purl
- rep = repeat
- sts = stitches
- wfd = wool forward
- st = stocking stitch
- alt = alternate/alternative
- psso = pass slip stitch over

Items made using knitting

- Baby boots
- Baby blanket
- Pencil bag
- Cardigans/sweaters
- Stockings
- scarfs
- Belts

Topic 2 Contemporary artistic activities

Contemporary dancing styles are styles that are modern or fashionable.

The choreography is different from local dancing styles

Choreography means sequence or arrangement of steps in a dance.

Contemporary dancing styles from Africa

1. kwasakwasa
2. ndombolo
3. kwaito
4. digong

Contemporary dancing styles on the international scene

1. hip hop
2. R and B
3. reggae

Contemporary dancing styles are becoming part of Malawian culture because the youth like them.

Old contemporary dancing styles from Africa

1. simanjemanje
2. sinjonjo
3. tsabatsaba

Old contemporary dancing style from the west

1. break dance
2. house

Reasons why Malawi is experiencing many contemporary music and dance

- Increase in a number of videos
- Increase in radio stations
- Increase in Television stations
- Increase in the use of the internet

Benefits of performing artistic activities

- Getting prizes (awards) from national competitions e.g. Malawi music award
- It is a source of income e.g. after selling the audios or videos and gate collections after organizing a performance.
- It is a source of employment



Unit 9 Self expression

Self-expression means showing one's internal beliefs or character by means of external actions/changes.

There are many ways that people use in order to express their feelings, some of these are;

- composing songs
- skills in sporting activities
- plays
- pictures

Topic 1 Composing and recording songs

People can express their feelings in different ways such as composing songs

One can compose a song with the message he/she want to convey such as

- expression of joy
- expression of happiness

The composer creates a mood of the song such as jovial or sad.

Procedures for composing songs

- Identifying theme
- Writing the message under the theme in poetic form
- Include rhymes and words that are relevant
- Identifying or composing a tune using notes and silences
- Practice singing the words with the tune

In order to produce good quality musical sound, good voice must be produced

Good voice production comes through practice of a number of musical related exercises

Activities that enhance good voice production

Practicing the following continuously can help one to to develop good voice production.

- Open the mouth wide enough to insert two fingers side by side in the mouth.
 - This involves control of the jaws rather lips alone.
- Take a deep breath and say or sing ooooooooo, uuuuuuu and aaaaaaaaaa. Repeat this several times.

Diction

Diction is the clear articulation of words.

When singing it is necessary to say the words clearly to convey the message clearly.

Note difficult words and give them special attention during practice.

Ways of recording songs

- home self-recording
- take songs to the music recording studio

Home self-song recording

- Ensure an appropriate place or a room that is free from noise and wind
- Recording should be done repeatedly to get the right required quality
- One person can play different parts and different musical instruments
- What is needed is to have several cassette recorders
- Then record one line or part at a time.
- Play the recorded part while doing another line or part and another cassette should be recording both music from the cassette player and musician.
- Balance the volume between the parts being played and the other part from the cassette.



Instrumental music

Instrumental music is the type of music which only has musical instruments without words or voice.

Composing instrumental music

- Playing one instrument or many instruments
- Create room for each instrument to be heard clearly
- Organize time when one instrument is loud than the rest
- Besides musical instruments, hand clapping, tongue, clicking and finger snapping can be used as musical instruments
- Avoid overcrowding a song with musical instruments.

Topic 2 Skills for professional sporting careers

Sporting career is a profession.

A professional is a person who has extraordinary skills and earns a living from the specified activity.

Professionalism is the use of profession rather than amateurs in any sporting activity.

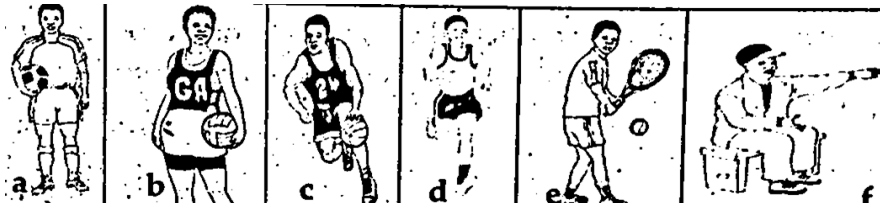
A skill is method or an accomplishment in sports performance and other fields.

Some skills are complicated and takes time to be accomplished.

Factors to be considered when accomplishing complicated skills

- effort
- time
- desired level to be achieved

Most of the skills that the Malawian youth has die due to lack of organized sporting activities in schools and communities



Examples of sporting careers

- | | | |
|-----------|-------------------------------|--------------|
| • soccer | • track and field disciplines | • basketball |
| • netball | • chess | • volleyball |
| • boxing | • tennis | • coaching |

Skills that may be required in sporting careers

Netball

- catching
- passing
- shooting
- attacking
- dodging
- marking

Basketball

- passing
- dribbling
- shooting
- dodging

Football

- passing
- dribbling
- heading
- goal keeping
- shooting
- ball controlling

Volleyball

- serving
- spiking
- passing
- blocking

Athletes undergo performance trials to check if their skills match the needs of their new employers before offering them a job.

Marketable athletes compete with others for a job so the one with outstanding skills is offered a job.



Importance of sporting career

- provide job opportunities(income)
- unites people
- entertain people

Topic 3 Plays for public performance

When writing plays for public performance, the playwright must consider the audience first.

A playwright is a person who writes plays.

The theme and the characters of the play for public performance are determined by the audience.

A theme is a basic idea a playwright wants to pass.

Characters are people who performs a play.

The playwright needs to have the skill of critiquing.

Critiquing is the art of explaining how good or bad something is.

Characteristics of the audience to consider when writing plays for public performance

- age e.g. youths or elderly
- sex e.g. males or females
- educational level
- likes
- dislikes
- beliefs e.g. religious of the majority or culture/tribe

Factors to consider when writing plays

- ensure that there's a story (plot)
 - A plot is a story to be acted.
- ensure that the story has a conflict that is satisfying and acceptable
 - A conflict is a problem raised in a play.
 - The conflict helps to put the audience in suspense and interested up to the end
- ensure that the story has a climax
 - A climax is a highest point of interest of a play.
 - It comes near the end of the plot.
- ensure there's a resolution.
 - A resolution is the solution to the problem raised in a plot

Materials required when performing plays

- costumes
- plot
- scenery
- props
- stage or space

Topic 4 Pictures for sale

Drawing is a means of expressing and communicating.

Drawing is the joining of lines and circles to produce shapes.

Ways of obtaining pictures

- drawing them
- tracing them

Drawings may be developed from a rough sketch or basic shapes.

The basic shapes are developed into more advanced drawings by adding more lines and colour.

Drawings may also be traced using paper, transparent plastic sheets and perforated picture outlines.

Types of Drawings

1. Two dimensional
2. Three dimensional

Two dimensional drawings include circles, ovals, squares, triangles and rectangles.

Three dimensional drawings include eggs, boxes, tables, houses, animals and human figures.

Three dimensional drawings can be formed by shading two dimensional drawings.

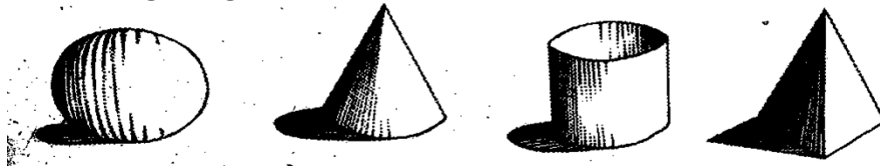
Shading makes 2-dimensional pictures look solid.

Methods of shading drawings

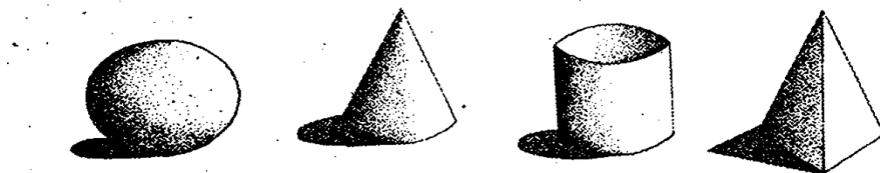
1. shading by rubbing



2. shading using lines



3. shading using dots



Drawings or pictures for sale should look attractive,
Hence drawings may be painted or coloured to add beauty.

Ways of marketing pictures

Selling involves the following activities

- Costing the item
 - Factors to consider when costing are;
 - time spent on the item
 - cost of materials used
 - beauty of item
 - demand and supply
- Displaying
- Advertising
 - ways of advertising include
 - radio
 - newspaper
 - posters
 - drama
 - songs
 - organizing arts showcases
- Marketing

Unit 10 Artistic activities for economic empowerment

Topic 1 Making costumes and sports attire

Costumes are garments that are used in different performances.

Examples include pair of shorts and gym dress

The type of costumes and style of the costumes determines the processes to be involved when making the costumes.

Materials required when making sports attire and costumes

- | | | |
|--------------------|------------------|-------------------|
| ▪ tape measure | ▪ tables or mats | ▪ pieces of chalk |
| ▪ pair of scissors | ▪ fabric/cloth | ▪ rulers |
| ▪ pencils | ▪ straight pins | ▪ sewing thread |
| ▪ papers | ▪ sewing needles | |

Activities involved when making the costumes

1. Identifying appropriate materials
2. Taking body measurements

Importance of taking body measurements

- determine the size of fabric to be bought
- determine the type of costume to be made
- it avoids the wastage of materials
- it saves money

How to take body measurements

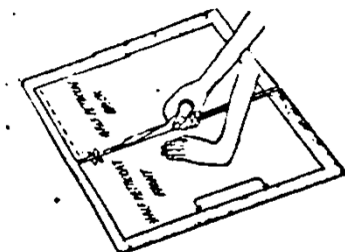
- from waist, hips, chest, calves, thighs, upper arms according to the type of costume.

3. Cutting out patterns

- patterns should be cut out on a paper and transferred onto a fabric

Process of cutting out patterns

- Make sure that all pattern pieces are laid out and pinned on the fabric
- Cut out all pieces using a sharp pair of scissors along the edge of the pattern
- Cut using long, even strokes in order to produce smooth edge. Do not lift the fabric when cutting.
- Always cut away from yourself and never towards yourself with one hand supporting the fabric as shown in the following diagram



- After cutting out each section fold and put it aside neatly.

Importance of cutting out patterns

- ensures accuracy when cutting the fabric

4. Sewing

Importance of making costumes

- source of income
- enhance identity
- helps to beautify performance

Importance of using sports attire and costumes

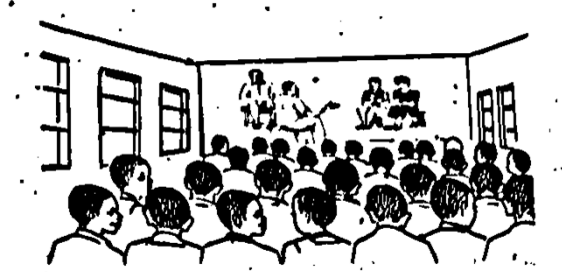
- For easy identification
- Enhance flexibility i.e., sports
- Help minimize risk of injuries
- Beautifies the performance i.e., dances

Topic 2 Plays for commercial performance

Writing and performing plays are some of the everyday life

People can earn a living on plays in the following ways;

- Writing plays for sale
- Performing plays for commercial purposes

**How to make plays marketable**

- Plot should hold the interest of the audience
- Should be consistent
- Characters should be identifiable by the audience
- Characters should appear real for people to believe them
 - E.g., when the character is a ghost or a witch their behavior should be consistent so that the audience accepts them as real ghost or witches

Factors to consider when writing and performing plays

- target audience,
- audience's beliefs
- their age
- education background
- cultural background

Unit 11 Self-expression through art

Topic 1 Making different items

People communicate and express their feelings and ideas differently.

One of these ways is through the production of artifacts.

The way artifacts have been decorated or made can enhance conveying of one's feelings and ideas.

1. Hunting tools

Hunting tools are items that people use in hunting animals

These include clubs, arrow and bow

These can be produced by carving

Materials needed when making hunting tools

- | | | | |
|----------------|----------------|----------------|--------------|
| • softwood | • small knives | • broken glass | • tree fibre |
| • panga knives | • an adze | • iron rods | • axes |
| • hammers | • nails | • animal hides | • chisel |
| • mallets | • plane | • twine | • scraper |

How to make hunting tools

The bow

The bow should be made from fibrous wood which cannot easily break when bending.



A string is used to tie the two ends of a bow.

This string can be from animal hide, tree fibre or twine.

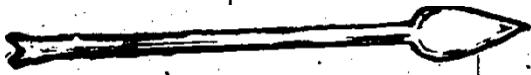
It is on this string where the arrow is rested.

String made from animal skin is stronger than twine.

The arrow

Hardwood must be used for an arrow to ensure strength.

It must also be sharp.

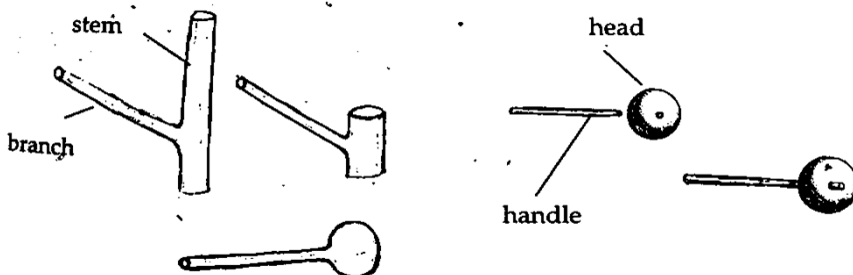


The club

Wood for making a club should be hard.

Select a tree which has a branch and a stem which will be the head of the club.

A club can be made from making a ball with a hole and make a stick which should be pushed through the hole.



Decorating hunting tools

This can be done through:

- smoothing
- painting

2. Drums

Materials needed when making drums

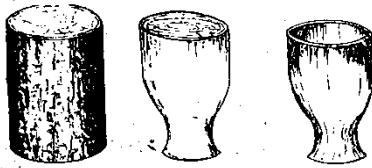
- | | | | |
|------------|----------------|---------------|----------------|
| ▪ Wood | ▪ Hammers | ▪ Animal skin | ▪ Scraper |
| ▪ Oil tins | ▪ Thorns | ▪ Some wires | ▪ Chisel |
| ▪ Mallets | ▪ Thongs | ▪ Twine | |
| ▪ Axe | ▪ Panga knives | ▪ Nails | ▪ Broken glass |

How to make drums

Drums are made using a carved wood or hollow vessels such as oil tins.

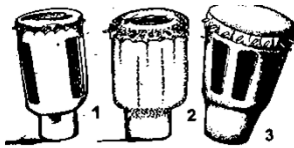
1. Carved wood drums

- soak the animal hide in water for some days until it is soft
- cut a log of tree to a required size
- carve the log into shape
- hollow it



- fix a skin on one or both ends using nails
- leave it in the sun to dry for a day or two

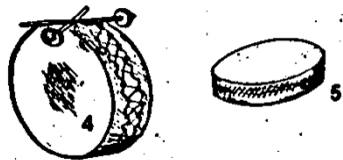
Drums of this nature are usually used in *chimtali*, *chioda* and *gule wamkulu* dances



2. Drums from light oil tins

- 1) cut the ends of the tins leaving both ends open
- 2) cover both ends with animal skin

These drums are usually used in *malipenga* and *mganda* dances.



Ways of fixing the skin

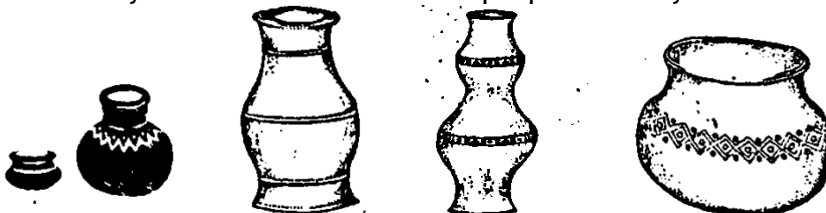
- nailing
- tying all round using bands or string
- using bands or string to hold skins at both ends as in the *malipenga* drum

Decorating drums

- painting the skin or wood
- drawing on the skin
- smoothing the wood

4. Pots

Pots are clay items used for domestic purposes. They include flower pots and vases.



Materials needed when modelling pots

- | | | | |
|----------------------------|-----------|----------------|------------|
| ▪ clay | ▪ matches | ▪ chikule | ▪ sponge |
| ▪ grass | ▪ sticks | ▪ smooth stone | ▪ chiziro |
| ▪ maize or sugarcane peels | ▪ water | ▪ fresh leaves | ▪ firewood |

How to make pots

There are three ways in how we can make pots as follows

1. The slab-only method
We begin by making clay slabs of a required size, then join them together according to the shape required.
Rectangular pots may be made through this method
2. the thumb-and-coil method
A pot is begun with the thumb method and because it cannot be as high, coils are added to get the required height.
3. The slab-and-coil method
Moulding starts with making a clay slab and the coils are added on top to achieve the shape, height and size required.
4. The thumb-only method
This uses only thumb method and its ideal for small pots.

Decorating pots

Pots can be decorated by

- Incisions or impressions soon after moulding
- Colouring with other soils such as *chiziro*, *chikule* / *nkhamu* during drying stage
- smoothing, using a stone to ensure shining and smooth. This can be done when pots half dries.
- Colouring with coloured stuff like *nkhunga* by splashing it on a hot pot during firing stage. this will leave marks as the pot cools.

Pots must be dried in a shade or room not direct sunlight, to avoid cracks

When thoroughly dry, pots must undergo firing.

Firing is important for it strengthen pots.

4. Flower pot holders

Flower pot holders are rope like items that hold flower pots.

They can be produced by using macramé and plaiting



In macramé a tie belt, banister bar and a chain of pinned flat knots can be used as flower pot holders.

Materials required when producing flower pot holders

- Palm leaves
- Sisal fibre

Topic 2 Body shapes and movements

Body movements can convey different messages.

Some of this body movements includes;

- A wave instead of saying HELLO
- A nod of the head in agreement which means YES
- Shaking head meaning disapproval or saying NO

Importance of identification of the messages expresses and communicated by the body movements

- It enhances cooperation among members of the community
- It enhances a caring spirit among members of the community

Topic 3 Drawing pictures

Drawing is the art of joining lines and curves to produce shapes
A popular way of making visual images is drawing.

Materials for drawing pictures

- Papers
- Pencils
- Crayons
- Eraser
- Pens
- Paints

People use drawing to express and communicate feelings and ideas besides writing.

Artists use different qualities of lines to express their imaginative drawings.

Through drawings people can tell a story.

Story telling pictures are drawings that are drawn to tell a story.

Pictures on health and social life can narrate stories without inserting words on it.

Process of drawing

- Choose the theme or objective
- Make sketches in pencil. So those mistakes are corrected before producing the final copy.
- Choose materials best suited to the production of the final copy e.g. paper, ink, felt, pens, crayons
- Use the chosen material i.e. ink, pens, crayons including shading.
 - Shading can be done by cross-hatching, line shading, rubbing
- Plan the contents carefully. Decide type of pictures, type of diagrams, captions or other text
- Erase any pencil marks.

Displaying and appraising pictures

After being drawn pictures need to be displayed in the house pictures can be displayed using picture frames under a glass to avoid drops of water.

Since drawing pictures can be a source of income, they need to be appraised

Appraising picture is the process of determining the market value of the picture.



Unit 12 Artistic performance

Topic 1 Items to meet personal and community needs

Peoples needs

- food
- shelter
- water
- clothes

Ways of obtaining the needs of people

- purchasing
- producing them locally where possible

Items that can be produced locally

- clothes
- domestic items
 - baskets
 - length of string
 - door mats

Clothes

Materials required when making a petticoat

- | | |
|--|--|
| <ul style="list-style-type: none"> • measuring tape • fabric • pieces of chalk • pencils • sheets of papers • rulers | <ul style="list-style-type: none"> • sewing threads • straight pins • sewing needles • tables/mats • sewing patterns for petticoats • skirt or dress to be used with the petticoat |
|--|--|

Body measurements to be taken for a petticoat

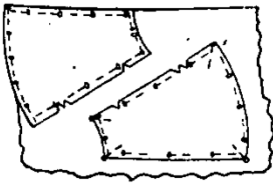
- waist
- hips
- thighs

Taking measurements for the petticoat

- measure the around the waist
- measure the length of the thigh of the wearer
- measure around the hip

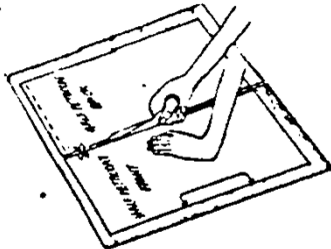
Cutting out pattern

- petticoat patterns should be cut out on a paper first and transferred onto a fabric
 - mark the points on the paper according to the pattern
 - draw the pattern to join the pattern markings following the measurements
 - cut the needed paper pattern drawings from the paper



Process of cutting out patterns

- Make sure that all pattern pieces are laid out and pinned on the fabric
- Cut out all pieces using a sharp pair of scissors along the edge of the pattern
- Cut using long, even strokes in order to produce smooth edge. Do not lift the fabric when cutting.
- Always cut away from yourself and never towards yourself with one hand supporting the fabric as shown in the following diagram



- After cutting out each section fold and put it aside neatly.

Sewing items

Sewing is the process of using a needle to pass thread repeatedly in order to join fabric together.

Factors to consider when preparing to sew

- Cut a thread of about 30 inches, do not use a very long thread for it may knot and interrupt the sewing
- Use one end to thread the needle and pull it out from the eye of the needle
- Hold two ends and tie a knot

Sewing

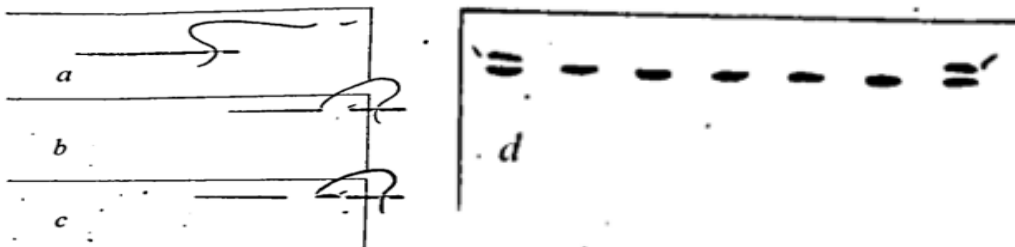
There are two types of sewing stitches namely temporary and permanent

- Sewing starts with temporary sewing stitches
 - o Temporary stitches are stitches that are made to hold two or more layers of fabrics together before applying permanent stitches.
 - o Temporary stitches are also known as tacking or basting
 - o Temporary stitches are applied using contrasting colour threads so that they should be easily seen when removal time reaches.
 - o Temporary stitches are removed after applying permanent stitches
- After threading a needle, then it is required to start sewing with fastening on at the beginning of the sewing line and finish sewing line with fastening off.

Threading a needle is a process of inputting a thread into an eye of a needle for sewing.

- Fastening on

Fastening on can be done by making a small stitch and go over it twice and continue sewing.



Fastening off can be applied to the final stitch in a stitching line by making a small stitch and going over it twice to tighten it.

Uses of temporary stitches

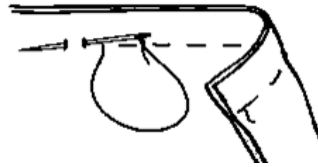
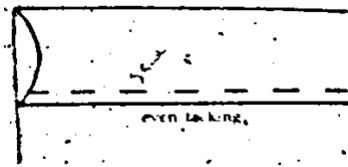
- Keep a hem in position
- Keep together two edges of fabric before making permanent stitches

- Guide a straight stitching line
- Transfer pattern markings from paper to fabric

○ Types of temporary sewing stitches

▪ Even tacking

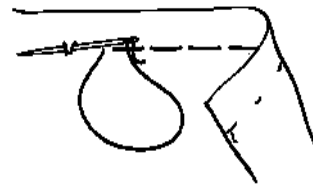
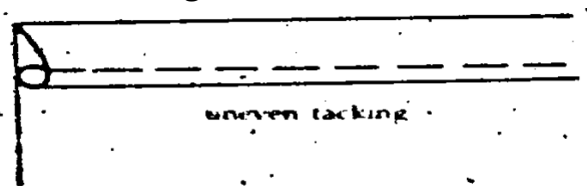
- This has equal length of running stitches on both sides of a cloth



• Uses

- Where there is strain
- While stitching bodice seams
- As a guideline for permanent stitches

▪ Uneven tacking

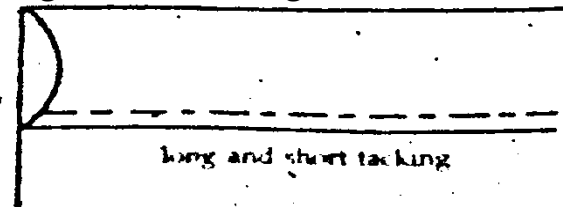


- This is irregular kind of basting that has longer stitch on the right side of the fabric and a shorter length of stitch on the wrong side

• Uses

- To stitch the fall of sarees
- As guideline to stitch straight lines

▪ Long and short tacking



- When the pieces of fabrics are held firmly then its time to apply permanent stitches
 - Permanent stitches are stitches that are used to join two pieces of fabric permanently.

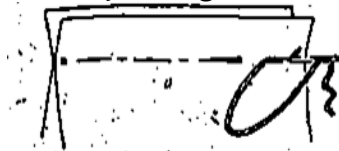
○ Types of permanent stitches

▪ Running stitch

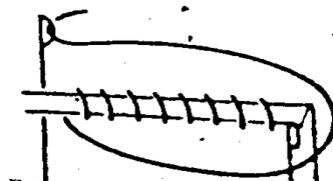
This stitch is used to join two single surfaces, neaten edges of open seams and gather fullness of material into a shorter length. Neat even stitches always look good in running stitch

▪ Back stitch

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



▪ Overhand 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 the stuffed toys.

It is worked on the right side of fabric.

Thread should not be pulled tightly.

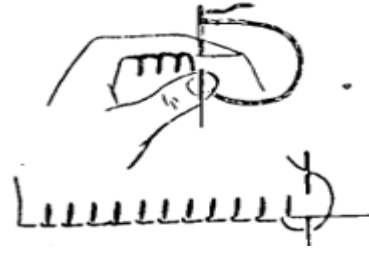
Neatening stitches

- Over cast stitch

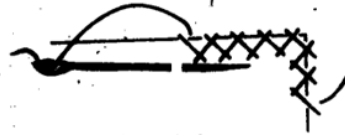


- These keep the raw edges from fraying and may be done on single or double edges.
- It is also known as hemming stitch
- Uses
 - a. To finish sleeve edges, hemline, neckline edges, piping, pillow covers, skirt handkerchief

Blanket /Loop stitch



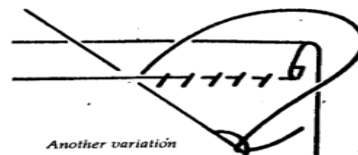
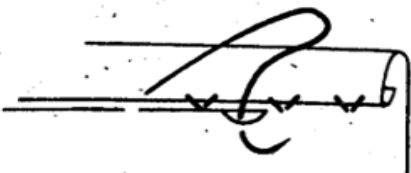
Herringbone stitch



Buttonhole stitch



Hemming stitch



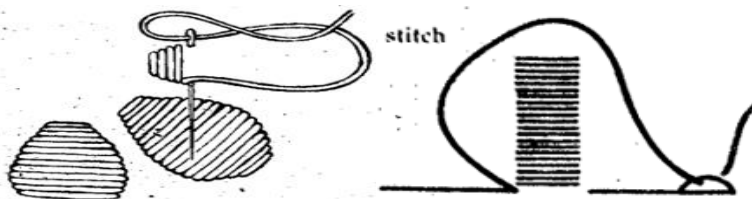
- To finish up the sewing process the garment can be decorated using decorative stitches

Decorative stitches

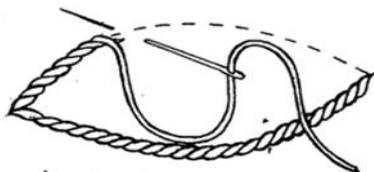
Chain stitch



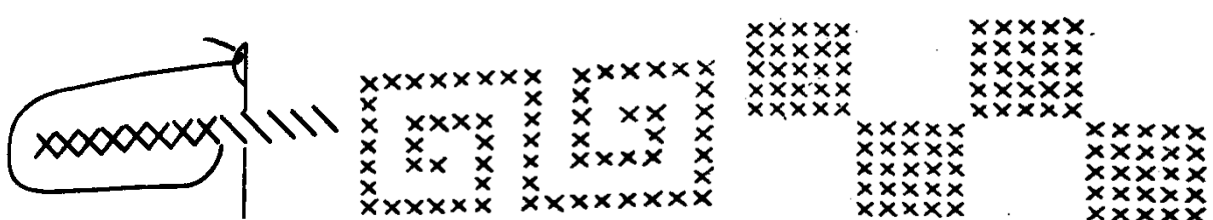
Satin stitch



Stem stitch



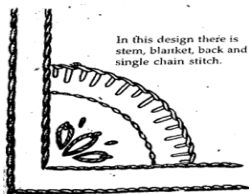
Cross stitch



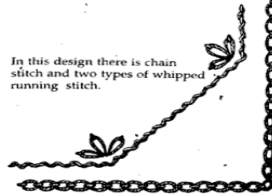
Whipped stitches



Example of a full decoration using sewing stitches



In this design there is stem, blanket, back and single chain stitch.



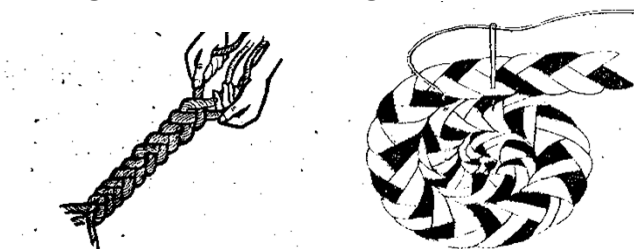
In this design there is chain stitch and two types of whipped running stitch.



Finished petticoat

Plaiting different items

Plaiting is the art of twisting three or more fibres to produce a rope(string).



Plaiting can be used to produce the following

- table or door mats
- ropes for tying goats
- ropes of mesh for hair
- strings
- baskets



Process of plaiting

- arrange three strands of fiber
- bring strand 3 over strand 2 and then strand 1 over strand 2.
- continue the process until it reaches the desired length

Importance of producing people's needs

- helps to save money
- it is a source of income

Skills needed when producing items needed by the people

- creativity
- critical thinking
- problem solving
- decision making

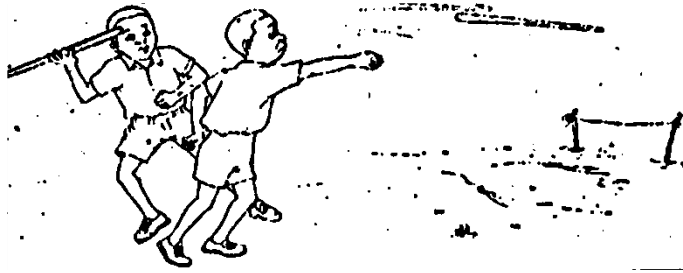
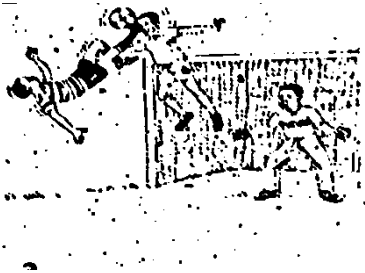
Topic 2 Risks in using equipment

A risk is a possible negative outcome.

When doing artistic and sporting activities risks are likely to occur.

Pieces of equipment if not properly used can be a source of risks.

Risks usually occur due to mishandling of equipment and failure to follow instructions or precautions.



Sources of risks when using equipment

1. soccer
 - a. the play fields
 - b. failure to follow precautions
2. javelin
 - a. failure to follow instructions
 - b. incorrect gripping of the equipment
 - c. slippery surfaces
3. shot puts
 - a. throwing the equipment on places other than a circle
 - b. damaged surfaces of the equipment
 - c. lack of proper supervision
4. sewing needles
 - a. sewing towards the body
 - b. careless keeping of sewing needles
 - c. sewing in darkness
 - d. failure to observe personal space
5. an adze
 - a. sharpening towards the body
 - b. failure to observe personal space
 - c. using equipment which isn't fitted into its handle
6. hammers
 - a. returning the equipment by throwing
 - b. throwing in bare hands
 - c. throwing from unacceptable position
 - d. poor supervision
7. axes
 - a. using equipment which isn't fitted into its handle
 - b. failure to observe working spaces
8. knives
 - a. sharpening towards the body
 - b. running or playing while holding a knife
 - c. failure to observe personal space

Safe ways of using equipment

1. soccer
 - a. wear correct boots
 - b. follow rules of safety when playing
 - c. maintain facilities according to the standards
 - d. playground must be clear i.e. grass should be level
2. javelin
 - a. observe whether conditions, avoid using it on slippery conditions
 - b. throws must only take place from the runway in the direction of the throwing sector
 - c. throw javelin only when runway is clear
 - d. equipment must have serviceable grip and profile
 - e. throws must commence as per supervisor's signal
 - f. warning horn must be provided to warn others to move out of the throwing area
3. shot puts
 - a. equipment must be checked for surface damages that may cause injury
 - b. athletes must be allowed to retrieve under supervision
 - c. ensure all throws take place within the circle in the direction of the sector
 - d. equipment must be returned by hand
4. sewing needles
 - a. observe personal space
 - b. sew away from your body
 - c. keep them at safer places
 - d. dispose them in special jars
 - e. ensure light in the sewing room or place
 - f. wear a thimble
5. an adze
 - a. make sure equipment are fit properly
 - b. observe personal space when using it
- g. equipment must be returned by hand

6. hammers
 - a. athletes and officials must maintain a safe distance during throwing
 - b. wear protective gloves
 - c. throwing must be taken from the circle
 - d. throwing must be taken under supervision
 - e. equipment must be returned by hand
7. axes
 - a. observe general space
 - b. observe a good personal space
 - c. make sure it is properly fit in its handle
8. knives
 - a. sharpen away from one's body
 - b. observe personal space when using it

Topic 3 Marketing skills

Marketing is the process of providing goods and services to meet customer needs.

Importance of marketing artworks

- Ensures that articles are made for a purpose and benefits
- Helps to make profit from sales made
- Help us to earn a living

Processes involved in marketing

- carrying out research to identify potential customers
- costing the items
- displaying the items
- advertising the items
- selling the items

Advertising

Advertising means convincing people that they will not regret after buying the artifacts.

The articles need to be of high quality to attract customers.

Meet people to convince them to buy the artifacts.

Researching

Understand peoples likes

Discover where particular artifacts are popular

Costing

Cleaning the artifacts

Identifying the correct prices for the items

Cutting out paper tags

Writing price tags for the items

Attaching price tags to the items

Selling

Storing the items in a safe place

Recording all sales in a record book

Displaying

displaying the artifacts on mats, sacks or plastic sheets.

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This book is meant to help learners of Malawi's senior primary school boost their knowledge and familiarization in Expressive Arts.

The booklet is written by Kizito Chikuni, who by the time of publishing this edition, was a standard 8 Expressive Arts teacher at Bangwe Catholic Primary School, in Blantyre urban.

