

Santa Clara County 4-H Youth Development Program
Level I Knitting Proficiency
2007

Date Completed/
Project Leader
Initials

_____ 1. Demonstrate the following knitting stitches:

- a) Cast on
- b) Knit
- c) Purl
- d) Bind off

_____ 2. Identify the following tools and explain how they are used:

- a. Knitting needle
 - Determine the size of the knitting needle
 - Identify the material the 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. Yarn needle
 - 5. Marker
 - 6. Ruler or tape measure
 - 7. Pattern
 - 8. Scissors
 - 9. Stitch Gauge
 - 10. Needle gauge
 - 11. Stitch counter
 - 12. Yarn
 - 13. Storage container
 - 14. Nail file
 - 15. Paper and pencil
 - 16. Magnifying glass
 - 17. Safety pins
 - 18. Cable needle
 - 19. Point protectors

_____ 3. Get the following information from the provided label.

- a. Yarn is from what kind of material
- b. Weight of yarn
- c. Amount of yarn

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- d. Dye lot
 - e. Care instructions
 - f. Recommended needle size
- _____4. Explain six of the following abbreviations or terms:
- a. co
 - b. p
 - c. yo
 - d. k
 - e. stockinette stitch
 - f. ribbing
 - g. garter stitch
 - h. *p2, k2 repeat from * across to end
- _____5. 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.
- _____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 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 needle(s) used

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- _____ 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 of the Knitting Project). Include the following information when you share it:
- a. What is the item
 - 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:
- a) Project Leader
 - b) Project Teen Leader
 - c) Project Members as a group
 - d) 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, e.g., Design Contest, Santa Clara County fair, Presentation Day, Fashion Review, Wool Contest, Field Day.

Members Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

Santa Clara County 4-H Youth Development Program
Level II Knitting Proficiency
2007

Date Completed/
Project Leader
Initials

- _____ 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, e.g., doily, pillow, stuffed animal, or placemat
 - c. Hat and/or scarf
 - d. Purse
 - e. iPod coverOr
 - f. A similar item approved by the 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 item.

- _____ 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 - was it the desired size, did you deviate from pattern, would you use that pattern again and why
 - f. Copy of pattern annotated with above information

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- _____ 7. Enter a Knitting Project related item you have completed into a competitive event such as:
- a. County Fair
 - b. Fashion Review
 - c. Wool Contest
 - d. An event approved in advance by the Project Leader
- _____ 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 knit 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.

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- _____ 13. Design and make a knitting-related display. Display it somewhere outside the Knitting Project, e.g., Design Contest, Santa Clara County Fair, Presentation Day, Fashion Review, Wool Contest, Field Day, 4-H Cub, County Council or any event approved by the Project Leader.
- _____ 14. Knit an appropriate item and donate it to a charity below:
- a. Blanket to Linus Project
 - b. An item to a member of the armed services
 - c. An item to any organization approved in advance by the Project Leader.
- _____ 15. Review and present a new source for patterns, yarn, or other materials to the Knitting Project.
- _____ 16. Participate in a County, Sectional or State level event, e.g., Large Animal Field Day, Design Contest, Santa Clara County Fair, Presentation Day, or any event approved by the Project Leader.

Members Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

Santa Clara County 4-H Youth Development Program
Level III Knitting Proficiency
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Date Completed/
Project Leader
Initials

- _____ 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 of seaming
- _____ 3. Prepare teaching materials for a Knitting Project meeting.
- _____ 4. Assist younger/newer members with choosing a Knitting Project.
- _____ 5. Assist younger/newer members with identifying needed materials/equipment for the Knitting Project to be made and how they are to be used.
- _____ 6. Assist younger/newer member(s) in learning a new stitch or skill.
- _____ 7. Answer questions younger/newer members have about the Knitting Project.
- _____ 8. Do one or more of the following:
 - a. Give a Knitting Project related presentation at a 4-H Club meeting
 - b. Give a Knitting Project related presentation at a Presentation Day
 - c. Give a Knitting Project related presentation at a 4-H Council meeting
 - d. Give a Knitting Project related presentation at an event previously approved by the Project Leader
- _____ 9. Start your own reference library for the Knitting Project, e.g., books, magazines, information from the internet, etc.
- _____ 10. Complete one year as a Junior Leader in any project.

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Date Completed/
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- _____ 11. Do one or more of the following:
- a. Organize a Knitting Project related activity for the County Fair
 - b. Organize field trip to Lace Museum in Sunnyvale
 - c. Organize field trip to a yarn store
 - d. Organize a display of items knitted by the Knitting Project for a public library
 - e. Organize an event approved by the Project Leader
- _____ 12. Participate in the planning or running of a Knitting Project related County event, such as:
- a. Fashion Review
 - b. Design Contest
 - c. Wool Contest
 - d. An event previously approved by the Project Leader
- _____ 13. Identify any local, state and/or national Knitting Project related organizations.
- _____ 14. Record keeping - more advanced than in Level 2. Keep a record of items made for Knitting Project including the following information for each item:
- a. Item made
 - b. Yarn used - maker, color, and dye lot
 - c. Weight of yarn used
 - d. Size needle(s) used
 - e. Comments - how did the item turn out - was it the desired size, did you deviate from pattern, would you use that pattern again and why
 - f. Copy of pattern annotated with above information
 - g. Time spent on each item
 - h. Cost to make item and summarize on a "Record Book Annual Report Form"

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- _____ 15. Participate in or organize a community service activity related to the Knitting Project such as:
- a. Making and donating items to a charitable organization
 - b. Making and donating items to a hospital
 - c. Some other activity approved by the Project Leader
- _____ 16. Assist at a County, Sectional, or State level event such as:
- a. Fashion Review
 - b. Presentation Day
 - c. Wool Contest
 - d. Fair demonstration
 - e. An event previously approved by the Project Leader

Members Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

Santa Clara County 4-H Youth Development Program
Level IV Knitting Proficiency
2007

Date Completed/
Project Leader
Initials

- _____ 1. Complete a Knitting Project using advance techniques and/or challenging materials. This Knitting Project must be pre-approved by the Project Leader.
- _____ 2. What should be taken into account when judging an item?
- _____ 3. Research one of the following topics and present the results of your research to the Knitting Project, 4-H Club, or County Council.
 - a. Origins of one of the Knitting Project related skills
 - b. Use of Knitting Project related items in the past
 - c. How have fashion trends affected the yarn industry over time
 - d. A historical research topic approved by the Project Leader
- _____ 4. Name two careers that use project-related knowledge or skills and how to use that knowledge or skills in those careers.
- _____ 5. Research one of the following topics and present the results of your research to the Knitting Project, 4-H Club, or County Council:
 - a. How yarn is made
 - b. Describe the design and manufacture of a Knitting Project related tool
 - c. Explore a science related aspect of the Knitting Project approved in advance by the Project Leader
- _____ 6. Compare and evaluate the cost of a hand made item to purchasing a similar item.
- _____ 7. How has yarn manufacturers changed to keep consumers interested?
- _____ 8. Give a presentation related to the Knitting Project at a venue outside 4-H Club approved in advance by the Project Leader.
- _____ 9. Identify and invite someone to speak to at a Knitting Project, 4-H Club meeting or event on a Knitting Project related topic. Describe five things to consider when inviting, introducing, and thanking a guest speaker.

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- _____ 10. Design or improve some aspect of knitting (marketing, equipment, materials, etc.) by doing one of the following:
- a. Creating a body of work and arranging to sell it
 - b. Some other activity approved by the Project Leader
- _____ 11. Be a Junior or Teen leader for the related project.
- _____ 12. Develop a Knitting Project related plan, chart the progress, analyze successes and/or problems, and report the results. For example, the Knitting Project related plan can be for one of the following:
- a. Identify, contact and coordinate donation of knitted items to organization that the Knitting Project has not donated to before
 - b. Knitting an advanced knitting item - jacket, sweater, large afghan, large throw
 - c. Starting a knitting group outside of the Knitting Project
 - d. Any Knitting Project related plan approve by the Project Leader
- _____ 13. Contribute something related to the Knitting Project to the county resources such as:
- a. Record keeping forms
 - b. Resource list for sources of yarns, patterns, etc.
 - c. Lesson plans for a Knitting Project
- _____ 14. Be active in your Knitting Project at the County level:
- a. Organize a Knitting Project related County event
 - b. Serve as a County Council Project chairperson for this Knitting Project
 - c. Any Knitting Project related plan approve by the Project Leader
- _____ 15. Organize or volunteer at a community service Knitting Project such as:
- a. Making and donating items to a charitable organization
 - b. Making and donating items to a hospital
 - c. Some other activity approved by the Project Leader

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- _____ 16. Help plan a 4-H County-wide, Sectional, or State 4-H Club event such as:
- a. Fashion Review
 - b. Leadership Overnight
 - c. Some type of Field Day

Members Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____