

Teagan Fitted Scoop-Neck Tee

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Garment Type: Fitted Scoop T-Shirt | Difficulty: Beginner | Provenance: FreeSewing | License: MIT / CC BY 4.0

PRINTER CALIBRATION & SCALE VERIFICATION

Measure both test squares with a rigid ruler before cutting fabric. Print at 100% scale without shrinking.



- Scale Rules:
- 1. Open in Acrobat Reader
 - 2. Select Actual Size 100%
 - 3. Do NOT Fit to Page
 - 4. Verify dimensions above

SIZE SELECTION & EASE RECOMMENDATIONS

Select size based on full bust/chest measurement.
+4 to +8 cm positive wearing ease for comfortable drape.

STANDARD BODY MEASUREMENTS CHART

Size Range	XS	S	M	L	XL	2XL	3XL
Full Bust/Chest	80 cm	86 cm	92 cm	98 cm	108 cm	118 cm	128 cm
Full Hip / Seat	88 cm	94 cm	100 cm	106 cm	116 cm	126 cm	136 cm

FINISHED MEASUREMENTS & MATERIALS

FINISHED GARMENT MEASUREMENTS (INCLUDES DESIGN EASE)

Dimension	XS	S	M	L	XL	2XL	3XL
Finished Chest	84 cm	90 cm	96 cm	102 cm	112 cm	122 cm	132 cm
Hem Sweep	88 cm	94 cm	100 cm	106 cm	116 cm	126 cm	136 cm
Garment Length	58 cm	60 cm	62 cm	64 cm	66 cm	68 cm	70 cm

FABRIC REQUIREMENTS (45 IN / 115 CM & 60 IN / 150 CM BOLTS)

Bolt Width	XS	S	M	L	XL	2XL	3XL
45" / 115 cm Fabric	1.4 yd	1.4 yd	1.4 yd	1.65 yd	1.65 yd	1.95 yd	1.95 yd
60" / 150 cm Fabric	1.2 yd	1.2 yd	1.2 yd	1.4 yd	1.4 yd	1.65 yd	1.65 yd

RECOMMENDED FABRICS & STRETCH PROPERTIES

Recommended Substrates: Cotton-spandex jersey knit with 4-way stretch, Bamboo jersey knit with 5% elastane, Modal stretch jersey. Stretch Requirement: 30 40% crosswise stretch with minimum 80% recovery.

NOTIONS & SEWING TOOLS CHECKLIST

- ☐ Matching all-purpose polyester or cotton sewing thread
- ☐ Universal sewing needle size 80/12
- ☐ Sharp fabric shears
- ☐ Measuring tape
- ☐ Iron and pressing ham

PATTERN INVENTORY & CUTTING LAYOUT

STANDARD SEAM & HEM ALLOWANCES

Use the seam and hem allowances printed on each pattern piece. Verify every allowance label before cutting fabric.

PATTERN PIECE INVENTORY & CUTTING SCHEDULE

Piece Name	Cut Quantity	Material / Interfacing
Front Body	Cut 1 on Fold	Main Fabric
Back Body	Cut 1 on Fold	Main Fabric
Short Sleeve	Cut 1 Pair	Main Fabric
Rib Neckband	Cut 1	Main Fabric

FABRIC PREPARATION & CUTTING RULES

- Press fabric before cutting to remove packing folds and pre-shrink fibers.
- Align piece grainlines strictly parallel to fabric selvages.
- Transfer notch markings with small 3 mm snips into the seam allowance margin.

MULTI-PAGE TILE ASSEMBLY INSTRUCTIONS

1. Check Sheet 1 calibration square before printing the remaining pattern sheets.
2. Trim right and bottom border lines along the dashed perimeter frame.
3. Match corner crosshairs, such as A1 to A2 and B1 to B2, without overlapping.
4. Tape sheets securely on both sides before cutting paper pieces.

STEP-BY-STEP SEWING INSTRUCTIONS

Step 1: Join Shoulder Seams

Place the fitted Front Body and Back Body right sides together, match the shoulder edges, and stitch with a stretch-compatible stitch or serger. Finish the allowances together and press them toward the back.

Step 2: Prepare the Scoop Neckband

Stitch the short ends of the Rib Neckband right sides together to form a loop, press the seam open, and fold the loop lengthwise wrong sides together. Quarter-mark the band and scoop neckline, then stitch the band to the neckline with even stretch so the deep curve lies flat without gathers.

Step 3: Insert Sleeves Flat into the Scoop-Neck Tee

With right sides together, match each Short Sleeve center cap notch to the shoulder seam and match the front and back notches. Ease only the sleeve cap between notches and stitch each sleeve into the armhole flat.

Step 4: Shape the Fitted Side Seams

Fold the tee right sides together and match the underarm intersections. Stitch continuously from each sleeve hem through the underarm and along the shaped body side seam to the hem. Finish the allowances together and press toward the back.

Step 5: Finish the Sleeve and Body Hems

Try on the fitted tee and check that the scoop neckline sits flat. Press the sleeve and body hem allowances to the wrong side and topstitch with a twin needle, coverstitch, or narrow zig-zag without stretching the fabric.

TROUBLESHOOTING & PRO SEWING TIPS

Issue: Seams puckering along stitch line

Fix: Insert fresh needle and test balance on fabric scrap.

Issue: Wavy edge along curved perimeter

Fix: Staystitch immediately after cutting and use walking foot.