Draw a Relaxed Jogging Figure: Stride, Arm Swing, and Torso Lean

Original tasks 1, 2, 3, 4 / complete keys

Task 1

Sketch a jogging figure facing left with the right leg forward. Use a moderate stride and opposite arm swing. Describe where the left arm and right arm are placed.

Answer: Right leg forward, left leg back; left arm forward near chest height, right arm back near the hip.

Reason: Opposite arm and leg forward together creates a natural jogging balance.

Check: Verify that the forward arm opposes the forward leg and that both elbows are bent.

Task 2

A drawing shows both arms forward and the left leg forward. Identify the error and state one fix.

Answer: The arms do not oppose the legs. Move one arm back so the right arm is forward and the left arm is back, or swap the leg positions.

Reason: Relaxed jogging requires opposite arm and leg swing for balance.

Check: Check that one arm is forward and the other is back, matching the opposite legs.

Task 3

Measure a drawn thigh angle of 60 degrees and a swing foot height of 20 cm above the ground. State whether this reads as relaxed jogging and give one adjustment.

Answer: It reads more like sprinting. Reduce the thigh angle toward 35 to 50 degrees and lower the swing foot closer to the ground.

Reason: A wide thigh angle and high foot suggest sprinting rather than relaxed jogging.

Check: Compare the measured angle and foot height to the suggested hypothetical ranges and adjust.

Task 4

Draw a jogging figure with a torso lean of about 8 degrees and the head tilted down. State one correction and one check.

Answer: Align the head with the spine so the eyes look forward. Check that the lean is slight and the head is not tilted down.

Reason: Head alignment supports a relaxed, forward-looking pose.

Check: Draw a line from the hip through the shoulder to the head and confirm it is nearly straight.

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Source rubric / reflection

- [ ] Stride angle is moderate and the swing foot stays close to the ground.
- [ ] Arms swing opposite the legs with bent elbows and loose hands.
- [ ] Torso leans slightly forward and the head aligns with the spine.
- [ ] Pose landmarks are clear and motion lines support the direction of travel.
- [ ] Valid stylistic alternatives are accepted if the pose remains readable.

Reflection: What did you check, what did you change, and what will you try next?