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

Original task 1 / independent drawing and calculation

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.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 2 / independent drawing and calculation

Task 2

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

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 3 / independent drawing and calculation

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.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 4 / independent drawing and calculation

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.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Full drawing sheet / reusable blank workspace

Reusable full drawing sheet for Tasks 1 to 4. Print another copy when needed. Keep all original task measurements; if a task specifies larger paper, use that paper size.