Draw Walking Feet: Heel-Strike to Toe-Off Phases

Original task 1 / independent drawing and calculation

Task 1

Draw a mid-stance foot in side view. Mark the heel contact dot and the ball contact dot on a ground line. Use a hypothetical foot length of 6 units and state the sole line length.

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

Draw a toe-off foot with a hypothetical 25-degree heel lift. Mark the ball contact dot. State whether the heel touches the ground.

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.

Draw Walking Feet: Heel-Strike to Toe-Off Phases

Original task 3 / independent drawing and calculation

Task 3

Place heel-strike and toe-off outlines side by side using the same foot length. Describe how the sole guides differ in direction.

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 three-phase row with a continuous ground line and one foot-length spacing between contact dots. Label each phase and state one contact fact per phase.

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.