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

Original tasks 1, 2, 3 / complete keys

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.

Answer: A flat foot outline with both dots on the ground line and a horizontal sole line 6 units long.

Reason: Mid-stance has full sole contact, so the sole line must be horizontal and equal to the chosen foot length.

Check: Measure the sole line against the 6-unit strip and confirm both dots sit on the ground line.

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.

Answer: A foot outline with the ball dot on the ground, the heel curve above the ground, and a labeled 25-degree lift; the heel does not touch.

Reason: Toe-off keeps ball and toe contact while the heel rises, so the heel must be above the ground line.

Check: Confirm the ball dot is the lowest point and the heel curve has visible space above the ground line.

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.

Answer: Heel-strike sole guide rises forward from the heel; toe-off sole guide rises backward from the ball. Both outlines share the same foot length.

Reason: The two phases tilt opposite ways because contact moves from heel to ball.

Check: Compare the two sole guides: one should rise toward the toe, the other toward the heel, with equal outline lengths.

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Original tasks 4 / complete keys

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.

Answer: A row of heel-strike, mid-stance, and toe-off outlines on one ground line, evenly spaced, each labeled with its contact fact: heel only, whole sole, ball and toe.

Reason: A continuous ground line and even spacing make the stride sequence readable and checkable.

Check: Verify the ground line is unbroken, spacing is equal, and each label matches its contact fact.

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Source rubric / reflection

- [ ] Heel-strike shows heel contact only with a clear upward toe lift.
- [ ] Mid-stance shows the whole sole on the ground line.
- [ ] Toe-off shows ball and toe contact with the heel clearly lifted.
- [ ] All three phases use consistent foot length and a continuous ground line.
- [ ] Contact points are labeled or marked clearly enough to check.
- [ ] Valid alternative outline styles are accepted if contact and angle remain clear.

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