Draw a Sit-Up Pose with Motion Arrows: A Step-by-Step Guide

Original task 1 / independent drawing and calculation

Task 1

Draw a single-frame sit-up pose at the mid position (spine at 45 degrees) with a solid arrow showing the shoulder lifting toward the knee. Use a hip-to-shoulder length of 5 cm and a hip-to-knee length of 3 cm. Label the arrow lift.

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 two-frame sequence (start and end) with a dashed return arrow from the end shoulder to the start shoulder. Use a hip-to-shoulder length of 7 cm and a hip-to-knee length of 4 cm. Label the dashed arrow lower.

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

Draw a three-frame sequence with a single curved solid arrow from the start shoulder to the end shoulder, passing near the mid shoulder. Use a hip-to-shoulder length of 6 cm and a hip-to-knee length of 3.5 cm. Label the arrow lift.

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 two-frame sequence and add a joint-landmark guide: label the hip, shoulder, and knee dots in both frames. Use a hip-to-shoulder length of 5.5 cm and a hip-to-knee length of 3 cm. Add a solid arrow from start shoulder to end shoulder and label it lift.

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.