Drawing Kids Exercising: Jumping, Stretching and Running Poses

Original task 1 / independent drawing and calculation

Task 1

Draw a child jumping with bent knees. Head height is 2.5 cm and the raised hip line is 8 cm above the lowest foot. The standing leg length would be 10 cm. Check whether the knees are bent.

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 child stretching sideways. Head height is 3 cm, total standing height is 18 cm, and the hip-to-wrist distance is 9 cm while hip-to-elbow is 6 cm. Check the proportion and arm extension.

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 running child. The forward foot is 4 cm ahead of the hip line and the back foot is 5 cm behind it. The forward arm is 3 cm behind the shoulder line and the back arm is 4 cm ahead. Check the arm-leg pairing.

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 child jumping with arms raised. Head height is 2 cm, total height including raised arms is 14 cm, and hip-to-lowest-foot distance is 7 cm. The standing leg length is 9 cm. Check proportion and knee bend.

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.