Drawing Kids Exercising: Jumping, Stretching and Running Poses

Original tasks 1, 2, 3 / complete keys

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.

Answer: The hip-to-lowest-foot distance is 8 cm, which is shorter than the 10 cm standing leg length, so the knees are bent. The figure is airborne because the lowest foot is above the imaginary ground.

Reason: A bent-knee jump shortens the hip-to-foot distance compared with standing. The 2 cm difference confirms the bend.

Check: Measure hip-to-lowest-foot distance and compare it with the standing leg length; it should be shorter by at least 1 cm.

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.

Answer: Total height divided by head height is 6, which fits the older-child convention. The wrist is 3 cm farther from the hip than the elbow, so the arm is extended.

Reason: The proportion check uses the head-height convention, and the arm check confirms the stretch is visible.

Check: Divide total height by head height and confirm it is between five and seven; subtract elbow distance from wrist distance and confirm a positive result.

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.

Answer: The forward leg pairs with the backward arm, and the back leg pairs with the forward arm, so the pairing is correct. The stride is balanced because the forward and back foot distances are similar.

Reason: Opposite arm and leg swing is the key running convention. Similar foot distances keep the stride from looking lopsided.

Check: Label the forward leg and check that the arm on the same side is backward; compare forward and back foot distances.

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Original tasks 4 / complete keys

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.

Answer: Total height divided by head height is 7, which is at the upper limit for an older child. The hip-to-lowest-foot distance is 2 cm shorter than the standing leg length, so the knees are bent. The figure is acceptable if the head is not too small.

Reason: The proportion is borderline, so the head size should be checked visually. The knee bend is confirmed by the shorter hip-to-foot distance.

Check: Divide total height by head height and confirm it does not exceed seven; compare hip-to-lowest-foot distance with standing leg length.

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Source rubric / reflection

- [ ] The figure uses a consistent head-height convention, with total height divided by head height between five and seven.
- [ ] Joint dots or construction lines are visible in the planning stage and connect limbs logically.
- [ ] The jumping pose shows bent knees and a lowest foot above an imaginary ground line.
- [ ] The stretching pose shows extended arms with the wrist farther from the hip than the elbow.
- [ ] The running pose shows opposite arm and leg swing, with the forward foot ahead of the hip line.
- [ ] Valid stylistic alternatives are accepted if the landmark relationships and proportion checks hold.

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