Drawing Kids Exercising: Jumping, Stretching and Running Poses

Ordinary topic reference / separately checked pixels



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Original worked example / unchanged complete key

Prompt: Draw a child stretching upward with both arms raised. The child stands with feet together, head height is 3 cm, and total standing height is 15 cm. Check the proportion and the arm extension.

Answer: The figure is five head heights tall (15 divided by 3 equals 5), which fits the young-child convention. Draw the spine straight, hips level, and both arms extended above the head. The wrist should be farther from the hip than the elbow. The total height with raised arms increases, but the head-to-hip distance stays about 6 cm.

Reason: Using the head height as a unit keeps the child proportion believable. The arm extension check confirms the stretch is visible without making the neck too long.

Check: Measure head height, total height and hip-to-wrist distance with a ruler. Confirm total height divided by head height is between five and six, and wrist distance is greater than elbow distance.