Draw a Lying Ball Knee-Tuck Pose: Placement, Angles, and Checks

Original task 1 / complete key

Task 1

A drawing has a ball circle of 8 cm diameter and a torso length of 12 cm. The thigh is 6 cm and the lower leg is 4 cm. State one proportion check and whether it passes a 1:1 thigh-to-lower-leg target.

Answer: The thigh-to-lower-leg ratio is 6:4, or 1.5:1, so it does not pass a 1:1 target. The ball-to-torso ratio is 8:12, or 2:3.

Reason: Divide thigh by lower leg: 6 divided by 4 equals 1.5. A 1:1 target would need equal lengths.

Check: Re-measure both segments on the page and confirm the division gives 1.5.

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Original task 2 / complete key

Task 2

The knee angle is marked as 110 degrees. Is this an acute tuck angle? Give the corrected hypothetical range.

Answer: No. 110 degrees is obtuse. Use an acute range such as 60 to 80 degrees as a hypothetical example.

Reason: An acute angle is less than 90 degrees; 110 is greater than 90.

Check: Compare the marked arc to a right angle drawn on the grid.

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Original task 3 / complete key

Task 3

The foot contact point is at the ball's center. Explain the placement error and give a corrected location.

Answer: The foot should contact the ball surface, not the center. Move the contact to the top-front quadrant on the circle.

Reason: The center is inside the ball; contact must lie on the circle.

Check: Check that the contact point lies on the drawn circle, not inside it.

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Original task 4 / complete key

Task 4

An arm is drawn across the lower leg, hiding the ball contact. Suggest one valid alternative arm placement and state the check.

Answer: Place one arm along the floor beside the torso and bend the other toward the chest. Check that the lower-leg-ball contact label remains visible.

Reason: The pose plate must show the ball contact; arms can move as long as contacts stay readable.

Check: Trace the contact label and confirm no arm shape covers it.

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Task 1 / answers

Drawing constraints, not exercise instruction / exact contacts and acute-angle checks

ball diameter80 mm

torso120 mm

thigh60 mm

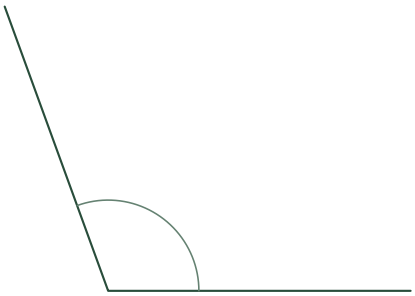
lower leg40 mm

Task1 checks GIVEN length quantities, not a claimed correct pose. Thigh/lower=60/40=1.5, so the1:1 target fails. Ball/torso=80/120=2:3. These1:1 length bars compare the given segments directly; the complete generic pose is separate.

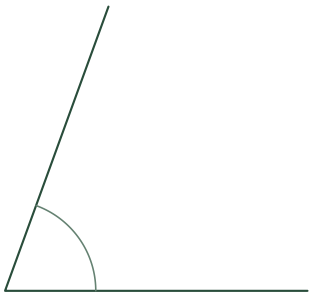
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Task 2 / answers

Drawing constraints, not exercise instruction / exact contacts and acute-angle checks



GIVEN110 / obtuse



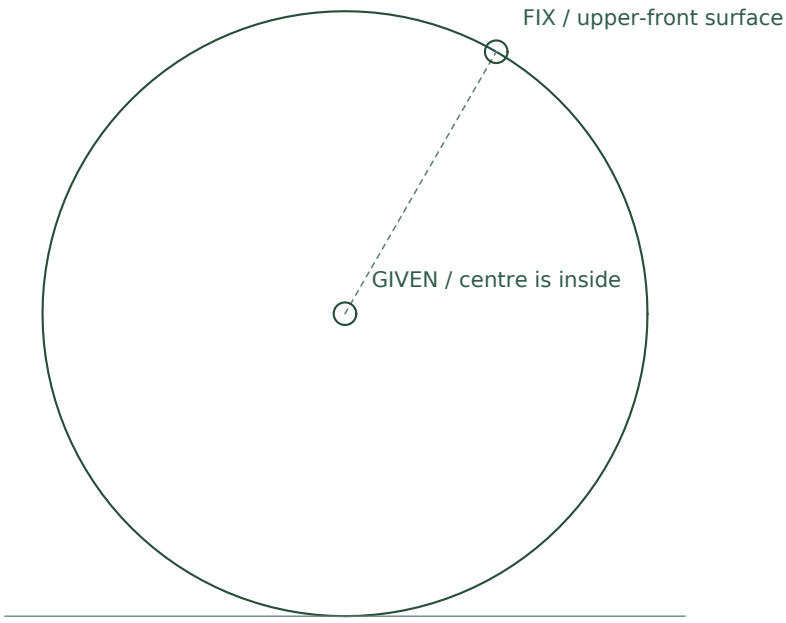
example70 / acute

Task2:110 degrees exceeds90 and is obtuse. The70-degree example is inside the source60-to80-degree acute range. These angles are actually drawn at the knee vertex. Segment lengths in this isolated angle detail are chosen illustrative values, not the incompatible original worked pose.

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Task 3 / answers

Drawing constraints, not exercise instruction / exact contacts and acute-angle checks



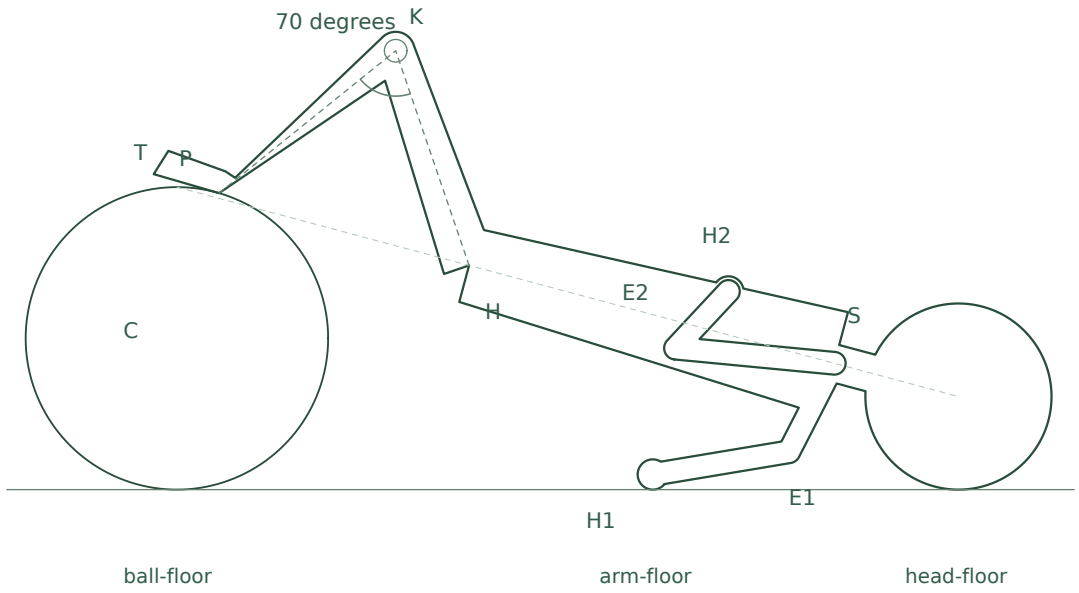
Task3: the given centre lies inside the ball and cannot be its surface contact. The corrected P is on the upper body-facing quadrant, exactly40 mm from C. No hidden foot or shin is fabricated inside the ball; the complete separate pose uses a genuinely external lower-leg contact.

Draw a Lying Ball Knee-Tuck Pose: Placement, Angles, and Checks

Task 4 / answers

Drawing constraints, not exercise instruction / exact contacts and acute-angle checks

GENERIC CHANGED HIP STATION80 mm / legs60+60 mm / actual knee70 degrees / PRINT1:2



Key: F floor / C centre / T top / H hip / K knee / P surface / S shoulder / E1,E2 elbows / H1,H2 hands

Task4 qualitative arm-placement illustration. This explicit GENERIC VARIANT moves the hip to80 mm along the15-degree midline; it is NOT the infeasible original40 mm worked station. Both leg centreline lengths are60 mm and the actual interior knee is70 degrees. The tapered leg/foot skin stays outside the ball and touches at P. One arm/hand rests along the floor, the other bends to the chest; neither hides P. Head and floor-hand contacts really touch y=0. No anatomical or exercise-safety standard is asserted.

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Source rubric / reflection

- [ ] Floor line, ball circle, and midline are drawn and labeled.
- [ ] Hip point is placed on the midline at a stated distance from the ball top.
- [ ] Thigh and lower leg lengths are measured and labeled with units.
- [ ] Knee angle is marked with an arc and is acute.
- [ ] Foot contact lies on the ball circle in the top-front quadrant.
- [ ] Arms are placed so the ball contact remains visible.
- [ ] All contact points are labeled and repeated in a stick-figure key.
- [ ] Valid alternative arm or head placements are accepted if contacts stay readable.

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