Draw a Cartoon Girl in an Aerobic Exercise Pose

Original tasks 1, 2, 3 / complete keys

Task 1

Draw a cartoon girl with both arms raised overhead and both feet on the ground. Use head height as the unit: torso 1.5 head heights, each limb segment 1 head height. Add a ground line.

Answer: A balanced figure with both arms raised, both feet planted on the ground line, and limb segments close to one head height.

Reason: Both arms raised creates a symmetrical aerobic pose. Keeping both feet planted requires equal leg lengths and a stable hip line.

Check: Measure head height, compare torso and limb segments, and confirm both feet touch the ground line.

Task 2

Draw a cartoon girl with the right arm raised and bent, the left arm extended outward, the right knee lifted forward, and the left leg straight. Use a ground line.

Answer: A figure mirroring the lesson pose, with the right arm raised and bent, left arm extended, right knee lifted, and left foot planted.

Reason: Mirroring the pose tests whether you can apply the same limb construction to the opposite side without copying.

Check: Check that the lifted knee stays clear of the torso midline and the planted foot touches the ground line.

Task 3

Draw a cartoon girl in an aerobic pose with one arm raised and one leg lifted, but make the torso two head heights instead of one and a half. Keep limb segments at one head height. Explain how the figure changes.

Answer: A taller figure with a longer torso. The limbs remain one head height each, so the figure looks more elongated but still balanced if the ground line and joints are adjusted.

Reason: Changing one proportion value shows how the convention affects the overall look. The pose remains readable if joints and ground line are consistent.

Check: Measure torso against two head heights and each limb segment against one head height. Confirm the planted foot is on the ground line.

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Original tasks 4 / complete keys

Task 4

Draw a cartoon girl in an aerobic pose with one arm raised and one leg lifted. Add a short title using lowercase letters. Define x-height as baseline to midline and check that your letters fit the panel.

Answer: A readable title with lowercase letters whose height matches the defined x-height. The figure remains balanced and the pose is clear.

Reason: Lettering is separate from figure drawing. Defining x-height makes the check objective while allowing different letter styles.

Check: Measure the distance from baseline to midline for a lowercase letter and confirm it matches your stated x-height. Check that the title does not overlap the figure.

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Source rubric / reflection

- [ ] Figure uses simple limb construction with visible joints in the sketch.
- [ ] Pose is readable as an aerobic stance with one arm raised and one leg lifted.
- [ ] Proportions follow the stated head-height convention or a clearly explained alternative.
- [ ] Planted foot touches the ground line and the figure appears balanced.
- [ ] Final outline is clean and construction lines are erased.
- [ ] Any lettering is readable and uses a defined x-height convention.

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