

A Local Creative Youth Partnership

ACTIVITY 3

ANATOMY CHEAT CODES Part 2: The Body

This is a drawing tutorial on little "cheat codes" to help better understand the Anatomy of the human body.

Ages 10+ / Activity Length: 30+ minutes

Materials:

Paper, pencil, an eraser. A whiteboard and markers for demonstrating, or projector.

Step 1

Start with drawing the head.

When measuring bodies in art we use "heads" as a unit of measurement for their height. Typically, an adult is 8 heads tall.

Measure the length of the head from top to bottom with your pencil and make 9 guide lines, each 1 "head" apart.

Step 2

Number each line from 1-9.

Each line will reach a certain part of the body. Use them as a reference so work out the bodies proportions.

- 1. Top of the head.
- 2. Bottom of the chin
- 2.5. Top of shoulders
- 3. Nipples
- 4. Base of elbows
- 5. Hip joints, top of wrist, crotch
- 6. Finger tops (stretched open hand), Mid thigh
- 7. Base of knee
- 8. Bottom of calf muscles
- 9. Soles of feet

Step 3

Draw in the neck, shoulders and chest.

The neck is not a straight line but gradually makes its way into the shoulder muscles which wrap around it.

The chest muscles attach just below the Armpits

Step 4

Flesh out the arms with curved lines.

Step 5

Draw in the ribcage just below the chest, come out from under the armpit.

The belly button comes in just below (4).

For the hips, if you are drawing a woman, the hips usually start at (4) or even a little higher and are a bit wider. For men they are smaller and start just below (4) and end just before the buttocks.

Step 6

Connect the hips to the top of the thighs and flesh out the legs down to the feet, using the previously drawn guides.

Step 7

Remove any unnecessary guidelines to clean up the image.

DONE!











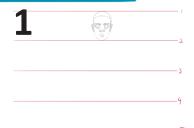


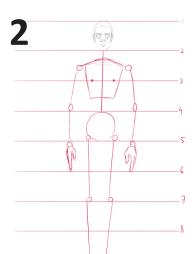


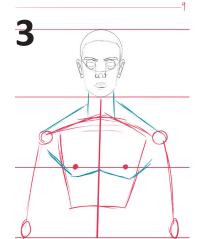


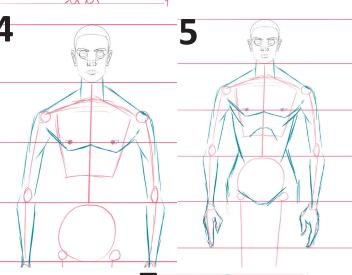
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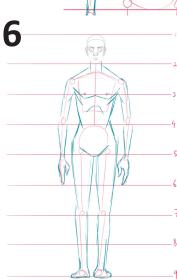
ACTIVITY 2

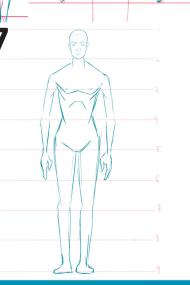
















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