

37 PAGES FULL SET
WORKSHOP & FOCUSED MINI GRIDS

SPORTS & MOVMENT

DYNAMIC MOTION CAPTURE & ENERGY

ARTISTIC EXERCISE RELATED TO SPORTS

Exercise: Create a series of sketches capturing the movement of a sport (e.g., football or basketball). Use dynamic lines and deformation techniques to emphasize energy.

- Cultural Insight: The connection between art and sports in representing movement.
- References: Study motion drawings in the work of illustrator Norman Rockwell.
- Recording Ideas and Present a Final Piece: Develop a final composition showing a sequence of movements.

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ART WORKSHOP PRESENTATION

Blend Classical Techniques with
Contemporary Culture

Zero-Prep

A4 Landscape • Printable/Digital

Rich Visual References for
Drawing & Inspiration

Ages 12-18+ • IB/IGCSE/GCSE/A-
Level Compatible

Build Mastery Through
Experimentation

Visual Learning: Minimal Text,
Max Impact

Cultural Insights & Real-World
Refs Included

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15 PAGES OF CORE EXERCISE

ARTISTIC EXERCISE RELATED TO SPORTS

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ART WORKSHOP CORE EXERCISE

Main Visual Workshop –
Observe, Draw, Reflect

Dynamic Motion Capture &
Energy

Athlete Poses + Action Line
Refs

Rich Visual References &
Experimentation

Insights for Reflection &
Creative Growth

Ages 12-18+ –
IB/IGCSE/GCSE/A-Level
Compatible



15 PAGES OF MINI SHEETS

ARTISTIC EXERCISE RELATED TO SPORTS

Exercise: POSE SEQUENCE STRIP

Create a grid of nine panels showing one sport movement in stages (e.g., run-up to

ARTISTIC EXERCISE RELATED TO SPORTS

Exercise: ACTION LINES EXPERIMENT

Draw a simple sports figure in a central box. In four smaller boxes around it, add different action lines: straight speed, curved trails, overlapping blur, explosive bursts. Under each small box, note how the lines affect energy or direction.

ART WORKSHOP

FOCUSED PRACTICE GRIDS

12 Empty Grids – Ready to Fill & Print

3 Filled Example – Inspiration & Model

Guided by Mini-Exercises –
Follow Instructions & Create

Scalable Depth – Quick Draws
to A-Level Reflections

Easy to Iterate – Teacher-
Friendly for Repeated Use

Isolate Techniques – Draw,
Analyze, Improve Fast

Quick Setup – Zero Extra Prep,
Print or Digital



7-8 PAGES OF PRESENTATION & GUIDE

ART WORKSHOP PRESENTATION & TRANSITION PAGES

USAGE NOTES For Schools, Associations, and Educators

This is a standalone exercise from LearnArt.Today's visual arts resources – a flexible program blending classical techniques with contemporary culture.
Designed for middle/high school students (ages 12–18+), suitable to international curricula (IB, IGCSE, GCSE, A-Level, etc.).

MINI PRACTICE SHEETS



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The Mini Practice Sheets extend the Company's visual arts resources – a flexible program blending classical techniques with contemporary culture. Each sheet isolates a specific technique, challenge, or concept for building muscle memory and understanding. ~300 sheets in the program.

Print in A3 format, intentionally for presentation. If students feel the need for adjacent blank space, they can print multiple sheets.

For optimal results, use a high-quality printer. Book where space is ensured for practice and presentation. Future advanced resources will be available.

- Visual guide & info pages
- Smooth transitions included
- Clean, **aesthetic** design
- Ideal for digital presentation



CLEAR & FAST

VISUAL BOARD LEARNING



"Six head studies on verso, sketches of horses in movement" (1875)
Toulouse-Lautrec
Boston Public Library, Wikimedia Commons

ARTISTIC EXERCISE RELATED TO SPORTS

Exercise: Capture the energy of sport (e.g., football or basketball) using dynamic lines and deformation to emphasize energy.

- Cultural Insight: The connection between art and sport, capturing movement.
- Reference: Findings in the work of Jackson Pollock.
- Recording Ideas: Final Piece: Develop a drawing showing movement.

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ART WORKSHOP

VISUAL BOARD LEARNING

Fluid Boards
Effortless Visual Learning

Visual Board Leads –
Observe, Draw,
Explore References

Exercise & Guidance –
Follow Simple Steps or
Go Your Way

Insights & Openings –
Deepen with Context
or Keep Light / Notes

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THANK YOU



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LEARN ART TODAY

STANDALONE EXERCISE

Part of the Full LearnArt.Today
Bundle – Study Program &
Companion **Coming Soon** on **TPT**

Ready-to-Use Visual Art
Resources for Schools &
Teachers

Adaptable to IB, IGCSE, GCSE,
A-Level & International Programs

Support a young passionate
creator - Follow @LearnArtToday
on social media & visit website!

