

3 PAGES OF MINI SHEETS

ARTISTIC EXERCISE RELATED TO SPORTS

Exercise: POSE SEQUENCE STRIP
Create a horizontal strip of five panels
showing one sport movement in stages

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.

PRACTICE SHEETS

FOCUSED PRACTICE GRIDS

3 Empty Grids – Ready to Fill & Print

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



EXCERPT FROM

SPORTS & MOVEMENT

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

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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3 MINI PAGES OF
PRESENTATION & GUIDE

PRACTICE SHEETS
PRESENTATION & GUIDE

Guide & info page

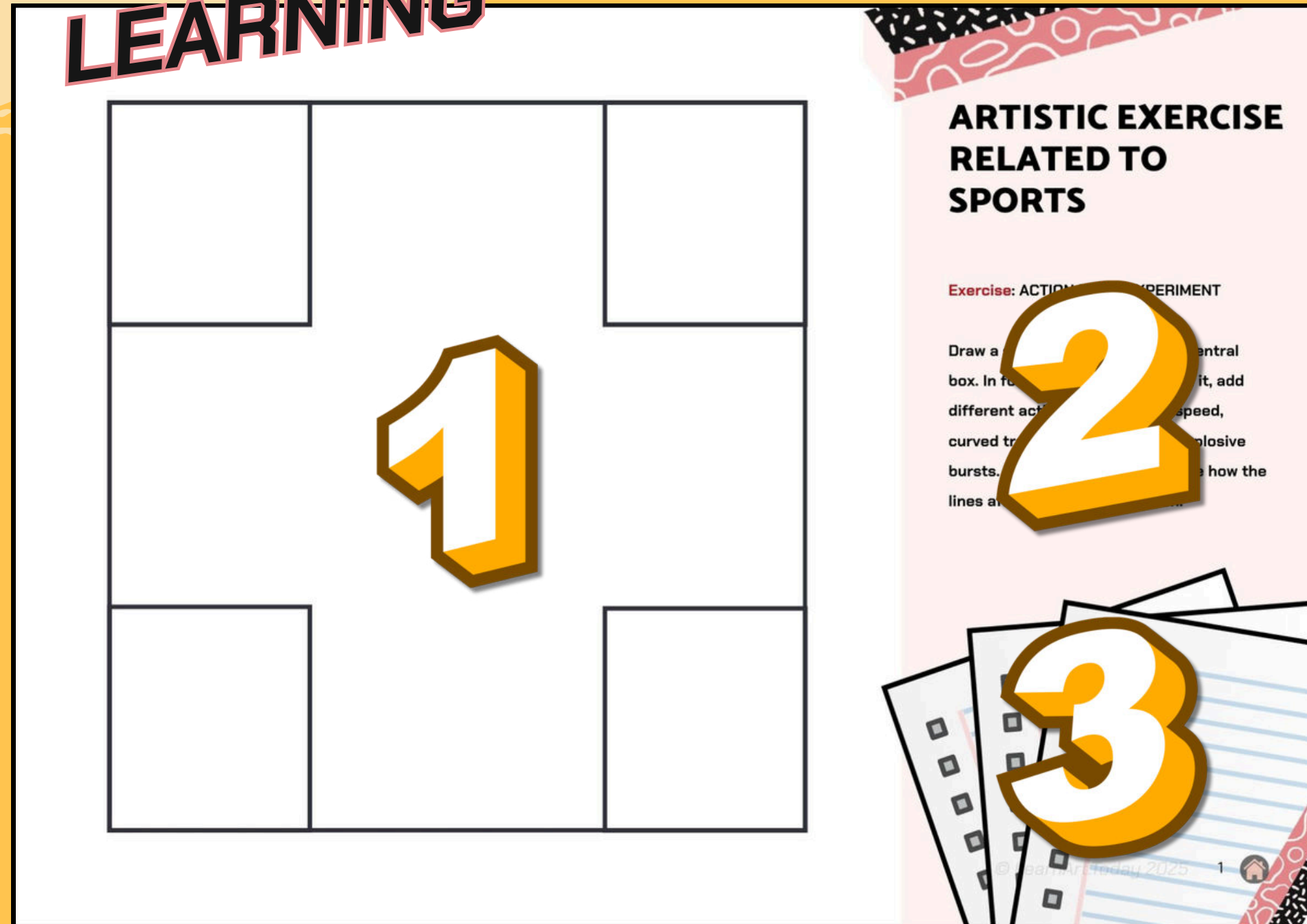
Clean, **aesthetic** design

Ideal for digital presentation



CLEAR & FAST

VISUAL BOARD LEARNING



PRACTICE SHEETS

VISUAL BOARD LEARNING

Fluid Boards
Effortless Visual Learning

Visual Board Leads –
Observe, Draw, Explore

Exercise & Guidance –
Follow Simple Steps

Insights & Openings –
Keep Light / Notes

1

2

3



THANK YOU



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LEARN ART TODAY

PRACTICE SHEETS

Mini sheets from the main workshop

Full 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

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