

**Digital and Film Photography – Photo One**  
SPRING - Mr. Stiles

**Action & Sports Lesson - Assignment:**

**Students will turn in 5 of their best ACTION PHOTOS, They do not have to be sports photos but should show frozen action.**

**CAMERA MODES:**

**To freeze action whether it be for sports photos or other purposes you will need to shoot in SHUTTER SPEED PRIORITY mode ( TV icon on Canon and S icon on Nikon) then set your shutter speed to 1/1000<sup>th</sup> of a second or higher. Depending on the light you may need to bring up your ISO to 800 or above to compensate for the high shutter speed if you are indoors. (Use CamSim to demo this).**

**Another option if you are indoors is to use FLASH IN PROGRAM MODE (P) on the dial. But you will need to be no more than 10 feet from the subject for this to work or 25 feet if you have an attachable external flash.**

**SPORTS MODE (the running man) is the amateur option, it works okay but gives you less control.**

**AUTOFOCUS: Set it at AF-C or Ai Servo for continuous auto focus.**

**DRIVE MODE: Set it to Continuous Shooting, most DSLR's will shoot 4-5 frames a second. This will allow you to get the most out of your shooting and you won't miss a shot.**

**LENSES FOR ACTION:** Generally most action / sports photographers prefer long lenses (or zoomed in) so that the background goes blurry, but this rule can also be broken with great results.

**ANTICIPATE YOUR SHOTS!** Pros will figure out where the subject will be before they get there. Pan the camera ahead of the subject.

**SHOW** <https://www.picturecorrect.com/tips/beginner-tips-for-shooting-action-photography/> Written & Video Tutorial.

**AND** <https://www.cteonline.org/curriculum/lessonplan/stopping-motion-in-photos-short-exposure/beNrNP> Lesson plan

**AND** <https://fstoppers.com/sports/how-approach-action-sports-photography-3166> Written Tutorial

**AND** <http://digital-photography-school.com/how-to-use-continuous-shooting-mode-on-a-digital-camera/> Written Tutorial

**AND** <http://photographycourse.net/lessons/sports-photography/> Written Tutorial

**EXAMPLES:** <https://www.youtube.com/watch?v=oHyog2sQuoE>

**AND** <https://www.gettyimages.com/photos/sport-action?phrase=sport%20action&sort=best#license>

**AND** <https://iso.500px.com/10-action-sport-photographers-you-need-to-follow-on-500px-right-now/>

**INTERVIEW WITH A PRO SPORTS PHOTOGRAPHER:**  
<http://petapixel.com/2015/08/07/interview-with-top-action-sports-photographer-garth-milan/>

**BEST 5 ACTION OR SPORTS PHOTOS DUE: THURSDAY  
MARCH 28<sup>TH</sup>**