

Edited by N. Tzormpatzakis

### Lesson Overview

Title: Sports Photography - Capturing Athletic Motion

Grade Level: Upper High School (16-18 years old)

Duration: 2-3 class periods of 45 minutes

Subject Integration: Physical Education and Photography

### Learning Objectives

By the end of the lessons, students will be able to:

1. Understand the technical aspects of capturing sports photography
2. Apply photography techniques to freeze motion and capture athletic moments
3. Analyze composition and lighting in sports photography
4. Demonstrate knowledge of camera settings for sports action shots

### Materials Needed

- Digital cameras or smartphones with manual settings
- Tripods
- Sports equipment (basketballs, soccer balls, etc.)
- Printed sports photography examples
- Computers or projection equipment
- Optional: Professional sports photography samples

### Lesson Introduction (45 minutes)

#### 1. Interactive Presentation:

- Show examples of professional sports photographs
- Discuss the importance of timing, composition, and technical skills
- Explain key photography concepts:
  - \* Shutter speed
  - \* Motion blur
  - \* Depth of field
  - \* Rule of thirds

#### 2. Technical Demonstration:

- Demonstrate camera settings for sports photography
- Show how to adjust shutter speed to freeze motion
- Explain the relationship between ISO, aperture, and shutter speed

### Practical Workshop (45 minutes)

#### Part 1: Camera Settings Practice

- Students practice adjusting camera settings
- Experiment with different shutter speeds
- Learn to track moving subjects

#### Part 2: Sports Action Photography

- Students rotate through different sports stations
- Capture action shots of peers during physical activities:
  - \* Basketball layups
  - \* Soccer kicks
  - \* Volleyball serves
  - \* Running/sprinting

Instructor provides real-time feedback on technique and composition

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Post-Production and Analysis (45 minutes)

1. Photo Review Session:

- Students select their best 3-5 sports action shots
- Group critique and discussion
- Analyze technical and artistic qualities of images

2. Editing Workshop:

- Basic photo editing techniques
- Cropping
- Adjusting contrast and brightness
- Highlighting athletic moments

Assessment Strategies

1. Portfolio Evaluation:

- Technical proficiency (20%)
- Composition and creativity (30%)
- Understanding of sports photography principles (25%)
- Peer and self-reflection (25%)

2. Final Deliverable:

- Create a digital or printed portfolio of sports action photographs
- Written reflection on photography techniques learned

Adaptations for Different Learning Environments

- Remote Learning: Use pre-recorded sports footage for photography practice
- Hybrid Model: Some students photograph, others perform sports actions
- Single Session Modification: Focus on camera settings and theory
- Extended Project: Create a sports photography magazine or exhibition