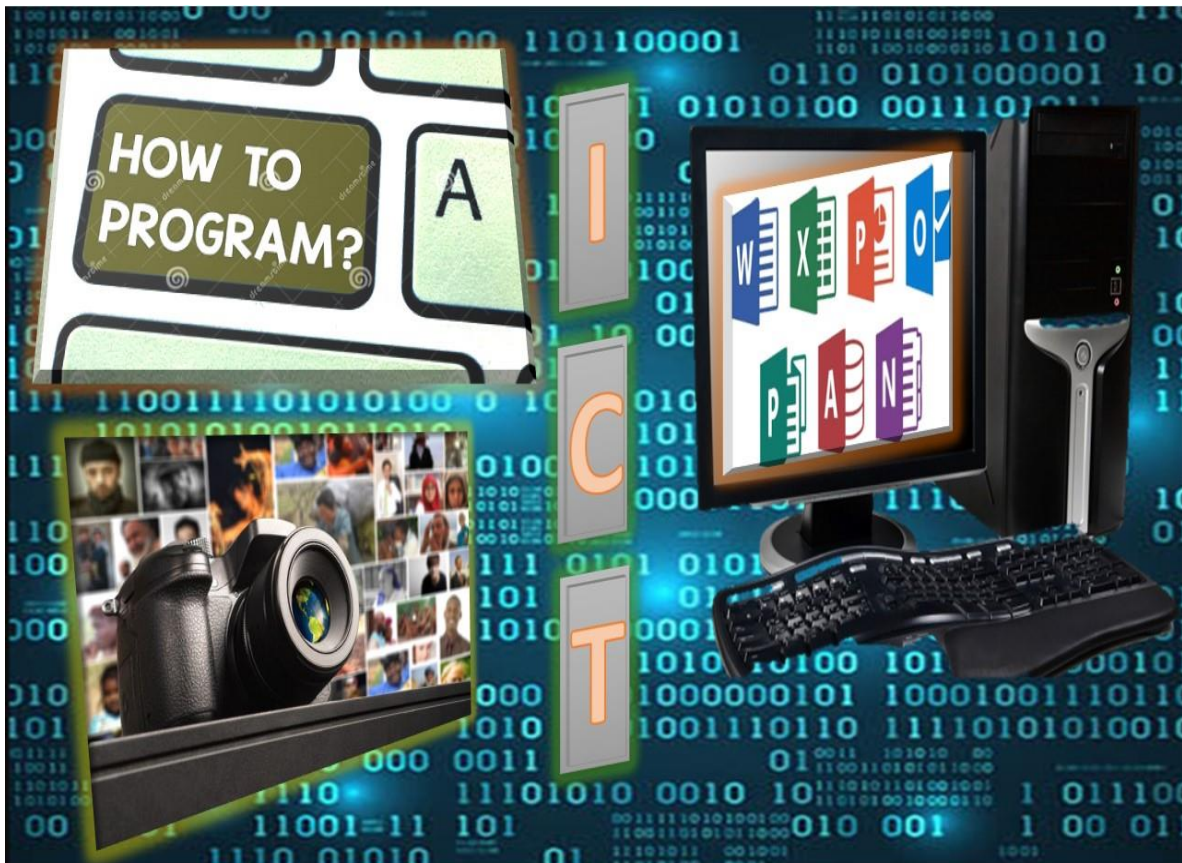


ICT 10 Activity Sheet

Quarter 4 | Week 2

Three Point Lighting




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WRITERS

Introductory Message


Welcome to ICT 10!

The **Learning Activity Sheet** is self-directed instructional materials aimed to guide the learners in accomplishing activities at their own pace and time using the contextualized resources in the community. This will also assist the learners in acquiring the lifelong learning skills, knowledge and attitudes for productivity and employment.



For learning facilitator:

The **ICT 10 Activity Sheet** will help you facilitate the leaching-learning activities specified in each Most Essential Learning Competency (MELC) with minimal or no face-to-face encounter between you and learner. This will be made available to the learners with the references/links to ease the independent learning.



For the learner:

The **ICT 10 Activity Sheet** is developed to help you continue learning even if you are not in school. This learning material provides you with meaningful and engaging activities for independent learning. Being an active learner, carefully read and understand the instructions then perform the activities and answer the assessments. This will be returned to your facilitator on the agreed schedule.

ICT 10 ACTIVITY SHEET

Three Point Lighting

Learning Competency:

Demonstrate understanding of three-point lighting and its components.

Support Competencies:

- Explain what is a three point lighting.
- Identify the components of three point lighting.

Background Information for Learners

Three-point lighting is the standard form of professional lighting in video production and still photography. It involves using three light sources placed in three different positions. By understanding the position of these light sources, it is possible to control how light and shadow fall on a subject, creating different moods.

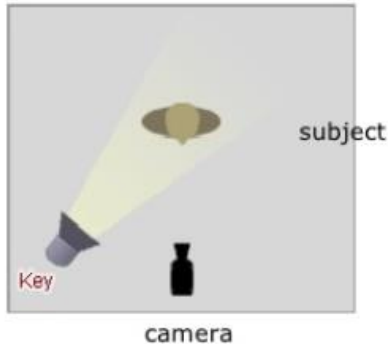
In this lesson, you will learn what is 3-point lighting and its components.

Activity Proper.

Activity 1.

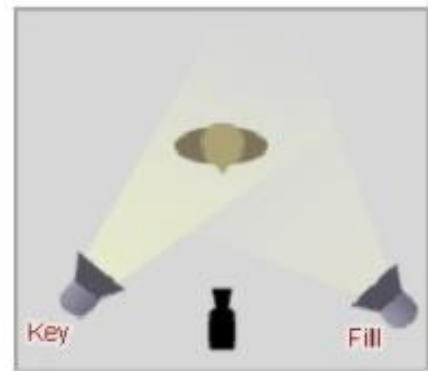
What Is Three-Point Lighting?

- Three point lighting is a standard method used in visual media such as theatre, video, film, still photography and computer generated imagery.
- Three-point lighting is a traditional method for illuminating a subject in a scene with light sources from three distinct positions. The three types of lights are key light, fill light, and backlight.

Components	Three Point Lighthing Diagram
<p>Key light</p> <ul style="list-style-type: none"> • This is the primary and brightest light source in the three-point lighting setup. It gives a scene its overall exposure. • Cinematographers typically position this main light slightly off to the side of the camera and the front of the subject, on a light stand at a 45-degree angle to the camera, which creates shadows on the opposite side of the subject's face, giving it dimension and depth. • The primary light creates the mood of a scene. Depending upon its position and the supplemental lights used in the overall lighting, it can create a high-key image (evenly, softly lit and atmospherically upbeat) or a low-key image (high contrasts, deep shadows, and very moody). 	 <p>The diagram illustrates the three-point lighting setup. A camera is positioned at the bottom center, looking towards a subject on the right. A key light source, labeled 'Key' in red, is positioned at the bottom left, angled towards the subject. A beam of light from the key light illuminates the subject's face, creating a shadow on the opposite side. The subject is labeled 'subject' in grey text.</p>

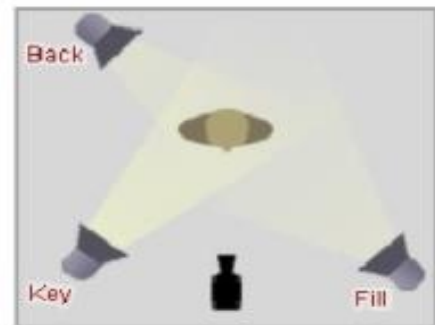
Fill light

- This is the secondary light and is placed on the opposite side to the key light.
- Its light can be likened to indirect sunlight or reflected light from the environment.
- It is used to fill the shadows created by the key. The fill will usually be softer and less bright than the key and casts soft indistinct shadows.
- The second light isn't always a light: it can be a reflector, a bounce card, a wall, or anything that bounces back some light onto the subject to fill in the shadows. Together with the key light, the fill light determines the mood of a scene.



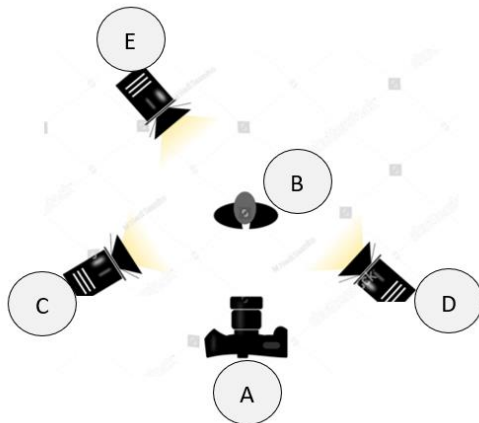
Back light

- The third source in this lighting technique, the backlight (also known as the “rim light” or “hair light”) shines on a subject from behind, completing the light setup.
- This creates a rim of light or outline around their head that pushes the subject away from the background and gives a sense of depth.
- Typically, cinematographers position the backlight directly behind the subject or high enough to be out of frame, opposite the key light, and pointing at the back of the subject's neck.



Answer the question below.

1. Label the three point diagram below as indicated by letters A, B, C, D, E.



Activity 2.

In this activity, you will watch a video that will demonstrate on how a three point lighting works.

Link:

<https://www.youtube.com/watch?v=pBt8qd003-k1>.

After watching the video, answer the questions below.

1. How each light differs from each other?
2. What is the purpose of three point lighting?

Activity 3.

Multiple Choice. Select the letter of the correct answer.

1. Which is NOT a component of a 3-point lighting?
 - a. Fill light
 - b. Key light
 - c. overhead light
 - d. Back light
2. Key light is positioned at the _____ of the camera and _____ of the subject.
 - a. front, front
 - b. back, front
 - c. side, back
 - d. side, front
3. What does key lighting accomplish?
 - a. It creates a rim of light that pushes the subject away from the background.
 - b. Reflected light from the environment.
 - c. It gives a scene its overall exposure.
 - d. None of the above
4. This is the secondary light and is placed on the opposite side of the key light.
 - a. Fill light
 - b. Key light
 - c. overhead light
 - d. Back light
5. Fill light is the main light in the three point lighting?
 - a. True
 - b. False
6. The back light is positioned at the back of the subject.
 - a. True
 - b. False
7. What is the correct placement of the key light to the camera?
 - a. 50 degrees
 - b. 45 degrees
 - c. 35 degrees
 - d. 70 degrees
8. It is also known as the rim light or hair light.
 - a. Back light
 - b. Fill light
 - c. Overhead light
 - d. Key light
9. Which of the following statement is TRUE about three point lighting?
 - a. It uses are three types of light namely key light, fill light, and backlight.
 - b. Light sources come from five distinct positions.
 - c. It properly illuminate a subject in an effective and pleasing way by simply using three separate lights.
 - d. It is commonly use in videos and films.
10. Backlight light is usually the strongest and has the most influence on the look of the scence.
 - a. True
 - b. False

Complete the statements below.

I understand _____

I don't understand _____

I need more information about _____



Links and/or Other References

<https://www.studiobinder.com/blog/three-point-lighting-setup/#three-point-setup>

<https://www.slideshare.net/maripatwilk/three-point-lighting>

<https://www.masterclass.com/articles/what-is-three-point-lighting-learn-about-the-lighting-technique-and-tips-for-the-best-three-point-lighting-setups>

<https://quizlet.com/124404959/test>

<https://www.shutterstock.com/image-vector/three-point-lighting-compotition-photography-1832485234>