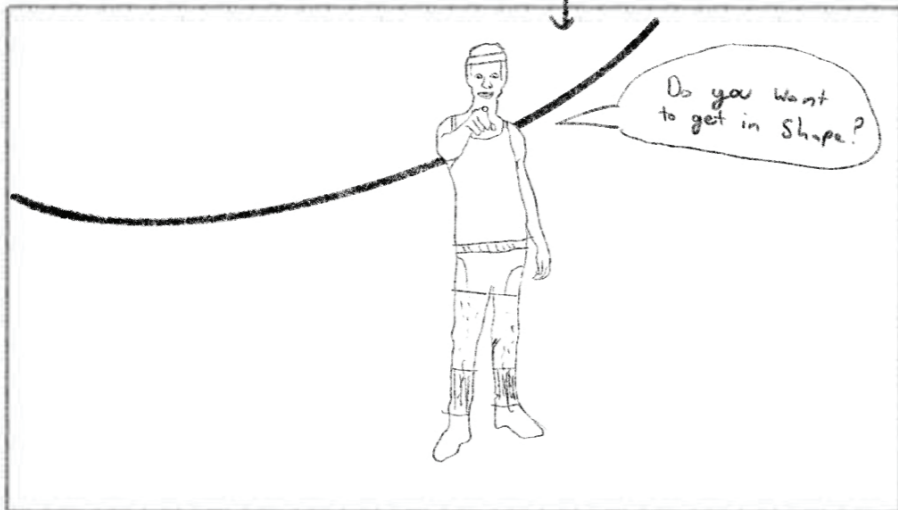


PROJECT 1

Track field

Notes: Which formal element of video am I focusing on?
Which strategy am I employing to determine what shot comes next?

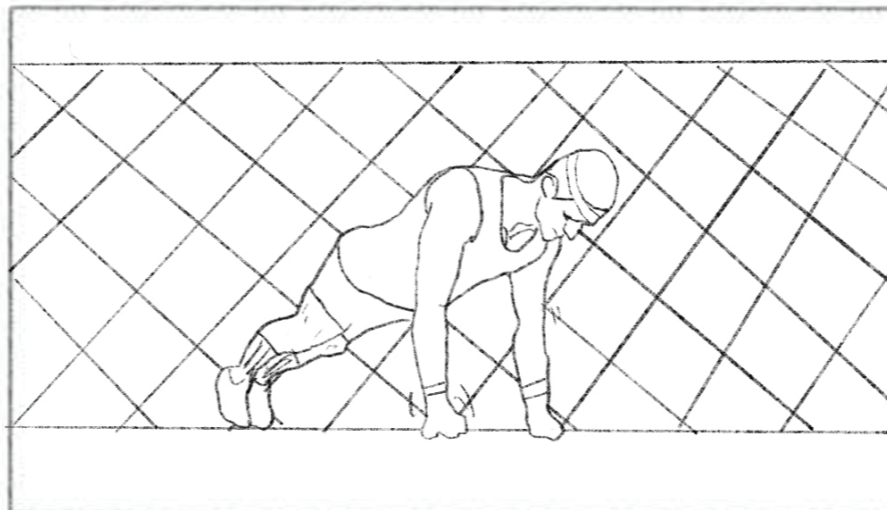
NAME: Sam Brunelle



SHOT: Full Shot

NOTES:

The video will start off with close-ups of me putting on my outfit. I will be slipping on my arm warmers, snap my head band and pull up my long socks. The shot will then cut to me on a track pointing at the camera saying inspirational words like "do you want to get into shape"



SHOT: Full Shot / Cowboy

NOTES:

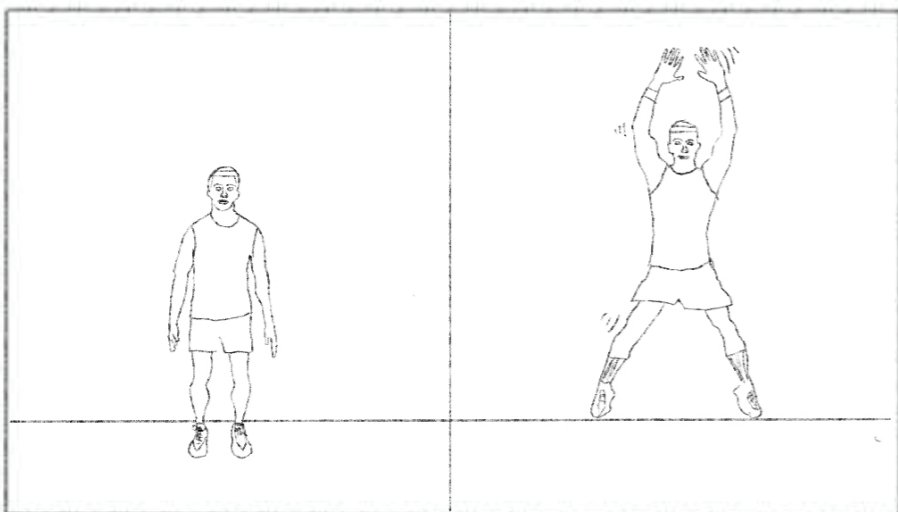
After each shot of me pointing at the camera saying inspirational sentences, it'll cut me to exercising on the track. This will be a Full shot / cowboy of me doing some push-ups so I appear bigger.



SHOT: Full Shot

NOTES:

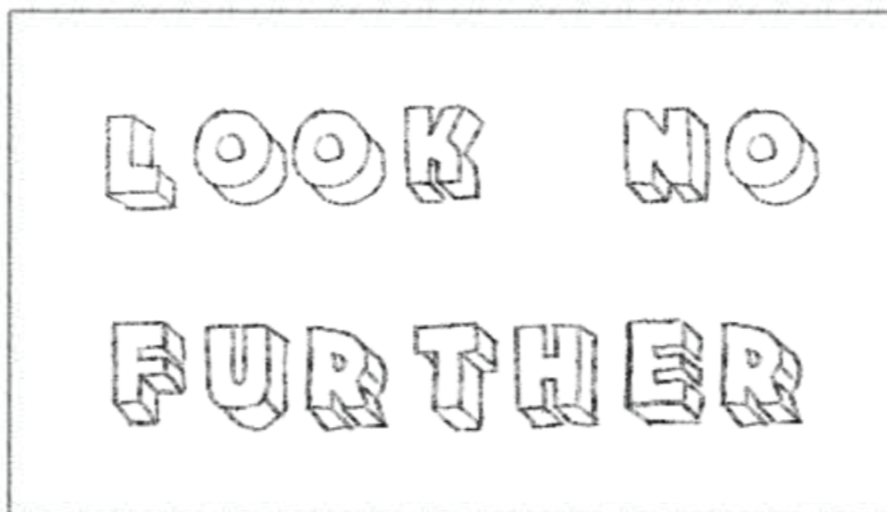
Here is another shot of me pointing at the camera. I want to shoot each take at the same time and cut the video so the background looks the same. I will be wearing an 80's inspired outfit, it will have long socks, short workout shorts, a tank top, arm warmers and a head band.



SHOT: Wide Shot

NOTES:

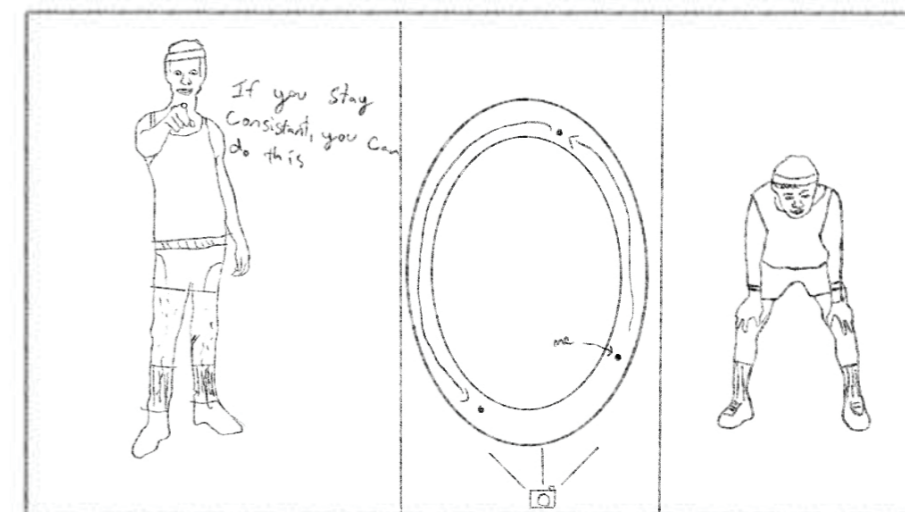
I will be doing different exercises like pushups, jumping jacks, burpees, sprinting on the track. The mood of the video will be funny, full of energy and silly. I want to add effects and 80's typography so i can give this video an 80's feel.



SHOT: Full Shot

NOTES:

This will be the sort of type I want to use when the video will cut to different screens. I haven't figured out what colors I will use, but I want to try to animate it a little bit so it vibrates on spot.



SHOT: Full Shot Extreme Wide Shot

NOTES:

One of the laast shots will be me doing the regular pointing and motivational sentence. Then I will take a wide shot of me running around the track, and cut parts of it so you can see my (slow) progression around it. Then one of the last shots will be me physically exaughsted to add a level of humour.