

Bodies in Motion

Capturing Motion in Creative Ways Shooting Exercise

You're shooting assignment for this weekend involves creatively capturing bodies in motion (possibly including yours). **Skating, Biking, Hoping, Sliding, Dancing, Yoga, Hula hooping...** The list is potentially extensive!

Get creative. **FIND EXCELLENT LOCATIONS/Backdrops to film!**

BUT most importantly, you should work to capture interesting ways to capture whatever motions you film. High Angles, Low Angles, POVs... Think about **natural framing** possibilities (that is using natural or man-made objects to frame motion). Think about **foreground, middle ground, and background for every shot**. Pay attention to the **details** of the motion. The rhythm. Directionality. Lighting matters. **Colors** matter.

Yes, you will want to capture your motions in **60fps**, so set your cameras accordingly

Yes, you make work **with a partner** on this shooting exercise.

Want some ideas? Look at these: [Bodies in Motion](#)

