Bodies in Motion

Capturing Motion in Creative Ways Shooting Exercise

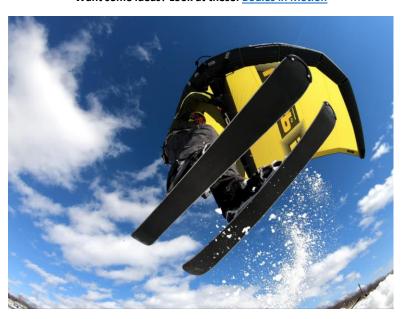
You're shooting assignment for this weekend involves creatively capturing bodies in motion (possibly including yours). **Skating, Biking, Hoping, Sliding, Dancing, Yoga, Hula hooping... The list is potentially extensive!**

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 rythym. 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