



Tips for Capturing Footage

Take a look at the tips below to help capture the best footage possible for your

Skills Canada BC competition area

Be sure your camera record settings are set to 720p or 1080p. Some phones are capable of filming in 4K but these files will be much too large to transfer.

Film in LANDSCAPE with the home button on the right. This is the correct orientation and won't result in the ugly bars on the side or upside-down footage.

Once in camera mode, tap the screen where you would like the main focus point to be. This will not only focus the camera on this spot BUT adjust the light settings for the focal point. IF it is not bright enough, slide the "sun" icon up to brighten the screen.

Focus on close ups. Hold the camera as still as possible and record at least FIVE – TEN seconds of footage. THEN if you would like to do some camera movement from there, you can pan (side to side – SLOWLY), tilt (up and down) or zoom (either closer or further away from subject).

Think about using the 5-shot sequence, which is made up of mostly close-up shots and clearly demonstrates action in your scenario. (see below for an example)

*"In a five-shot sequence, the first shot is a **close-up** of a **subject's hands** — a pianist, for example, tickling the ivories. The next shot is a **close-up** of the **subject's face**. For the third shot, **move back from the action** and capture a **medium shot** of the **subject**. Next, move to an **"over-the-shoulder"** shot. **Standing just behind** the subject, **shoot downward toward the action** — hands on the keyboard, for example — showing what's happening from a point-of-view. For the final shot, think of the **most creative composition possible**. You might use an unusual angle, shooting from the ground or high above the subject's head, or you might move far away and capture an extreme wide-angle shot. You could capture the pianist from the other end of the room or stage, for example."*

Creating some type of "steady cam or tripod" will help you in making your shot steadier. Improvise – this could be cradling your cell phone on any stationary device around the site (chair, stand, table, piece of equipment) and using something to help stabilize movement shots – rolling chair, placing it on a cloth or towel and dragging it across a table and piece of equipment that might have a sliding device).

Be selective in your shots. Fewer AWESOME shots are much better than numerous mediocre shots. DON'T just put your camera in a filming location and press record. Think – collection of shots rather than long continuous shots.

When done, use the "File Request" document to upload your AWESOME footage to the Skills Canada OneDrive folder created for this purpose.