



Superhero Landing

Scriptures for Meditation:

Open your mouth, judge righteously, And defend the rights of the afflicted and needy.

Proverbs 31:9 (NASB)

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Superhero Landing Project Description: You will film and edit a “superhero landing” shot in Adobe After Effects.

Learning Targets: I can freeze frame, mask, use keyframes and expressions in Adobe After Effects

Procedure:

1. View the first five minutes of the [Superhero Landing Tutorial](#)
2. Film your own jumping and landing video, don't forget to also walk out of view and film the background without you there.
3. Import your filmed shot into your computer.
4. Follow the tutorial as you edit your own version, however you don't need to use Premiere you can just do the After Effects portion and Import the clip into After Effects and trim it there.
5. Export your video from Adobe After Effects
 - a. In After Effects go to *File>Export*
 - b. Choose *Add to Adobe Media Encoder Queue*
 - c. After Media Encoder opens it will show up in the queue
 - d. In the Output file column click the blue text and navigate to where you want the file saved, and title the file Superhero Landing and your last name and first name
 - e. Leave the Preset the way it is (i.e. Match Source - High Bitrate)
 - f. Click the green arrow in the upper right hand corner and the file will render
 - g. While the video renders write your Reflection below.

6. After the render is complete it will say Done.
7. Import the video that you exported into the Adobe Premiere project that you were working on earlier.
8. Place the video after your other clips in your timeline.
9. Turn in your Reflection via Google Classroom

Reflection:

1. What was challenging about the project?
2. What did you like about the project?
3. Read the Scripture for Meditation above, why should we do what it says to do?
4. How can you do what it says to do?