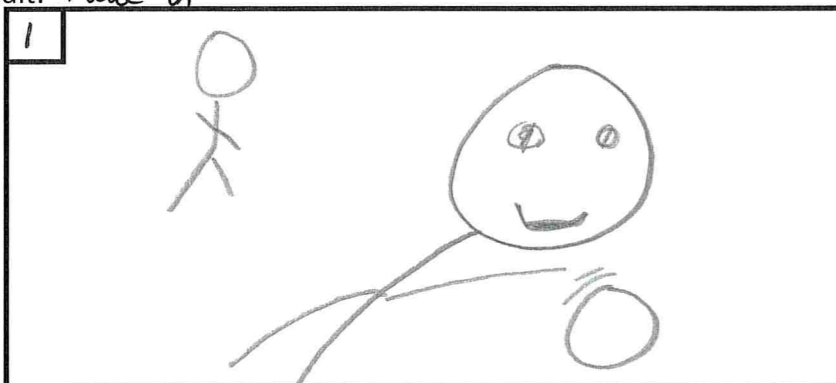


Act 2

Edit: Fade in

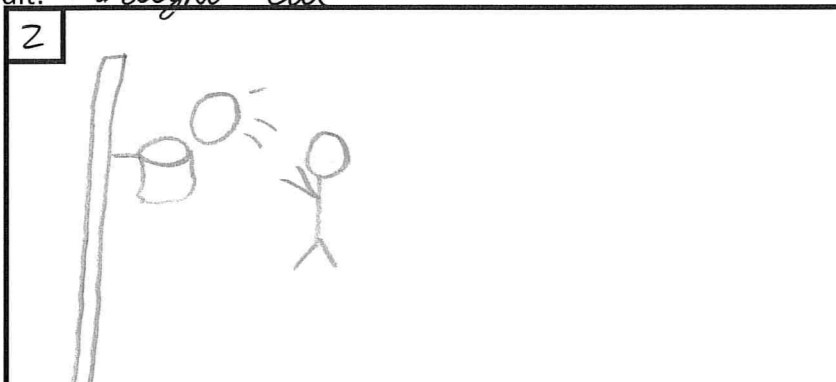


Description: The first shot in this act in a continuous medium close up tracking shot of a basket ball player dribbling the ball around people and setting up their shot.

Dur: 6 seconds

Audio: The music should start a second before the clip starts. Background audio of voices can be heard but the main focus should be on the breathing of the person.

Edit: Straight cut

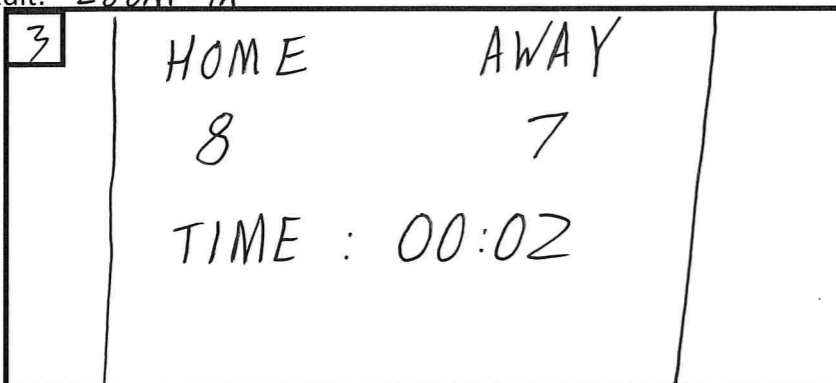


Description: This is a wide slow motion shot which will follow the jump of the shooter.

Dur: 3 seconds

Audio: This music and voices should become quite as audience anticipation rises. A crowd cheer will be heard when the goal is scored.

Edit: Zoom in

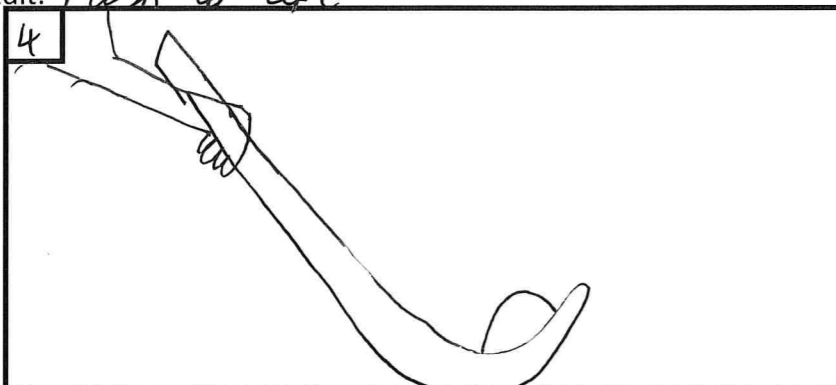


Description: This close up of the scoreboard will show the final 2 seconds on the countdown of the game.

Dur: 2 seconds

Audio: sound of the end game buzzer as well as a cheering crowd. Have the audio fade into next clip.

Edit: Push to left

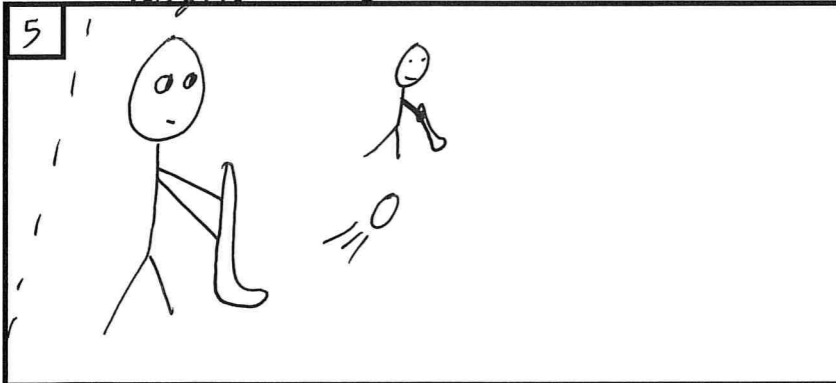


Description: Close up of hockey club and ball.

Dur: 2 seconds

Audio: In order to focus on the energy of the scene heavy breathing as well as the sound of running. (Diegetic sounds + Non diegetic music).

Edit: Straight Cut



Description: Tracking shot of girl making a pass to a teammate. Pull focus during the pass.

Dur: 3

Audio: Sound of the club hitting the ball.

Edit: Whip-pan right

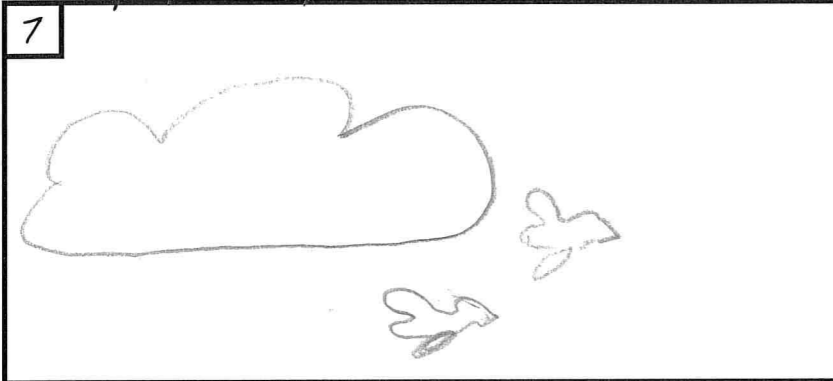


Description: Close up of a persons arms moving in time with their breathe while running.

Audio: In this shot the music will be quieter, focusing on the sounds of nature. Bird noises etc.

Dur: 2 seconds

Edit: Whip-pan up

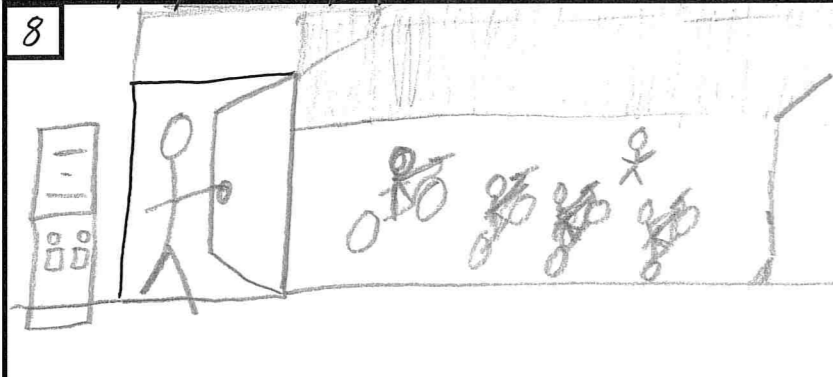


Description: A short static shot showing birds flying above.

Audio: Bird sounds repeated from previous clip along with music.

Dur: 2 seconds

Edit: Whip-pan down

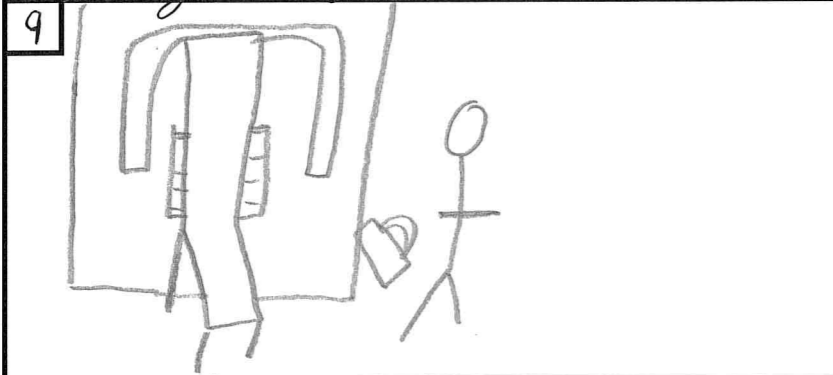


Description: A 17/18 year old woman entering a gym and looking nervously at bike session taking place, so she turns to the left out of frame instead. (Wide shot)

Audio: Noise from gym instructor, loud and aggressive, sound of exercise machines and heavy breathing. Drown out sound as woman turns the other way.

Dur: 3 seconds

Edit: Straight cut



Description: A shot in medium-wide of woman walking into frame a placing her bag by a weight machine.

Audio: As the bag falls a ^{long} sigh is heard while the music is still dim, when sigh downs out increase music into the following clip.

Dur: 1 second

Edit: Straight cut

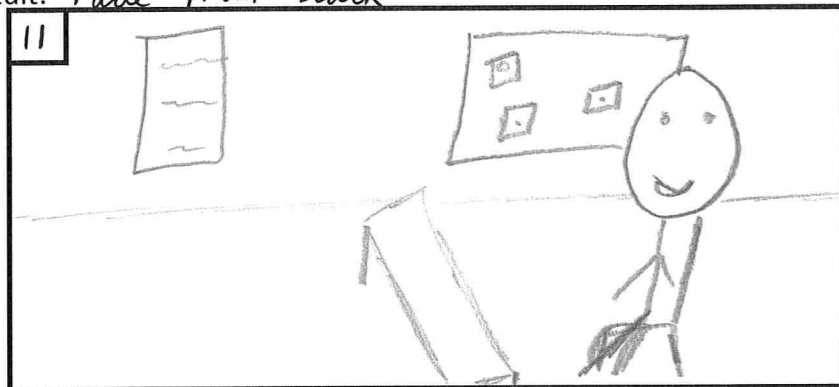


Description: The woman will start by looking down, then quickly raise her head, looking at the camera and start lifting. to the music.

Audio: When she starts music will be back to full volume. With her now wearing headphones this will become a digetic sound.

Dur: 3 seconds

Edit: Fade from black



Description: This wide shot will introduce a teacher who has been involved in the 'Into fitness challenge'.
Slow tracking
Dur: 10 seconds

Audio: Dialogue from the teacher along with the music quietly in the background.

Edit: Straight Cut



Description: This ~~close~~ close up will punch in on the teacher as he explains the scheme.
Slow tracking
Dur: 15 seconds

Audio:

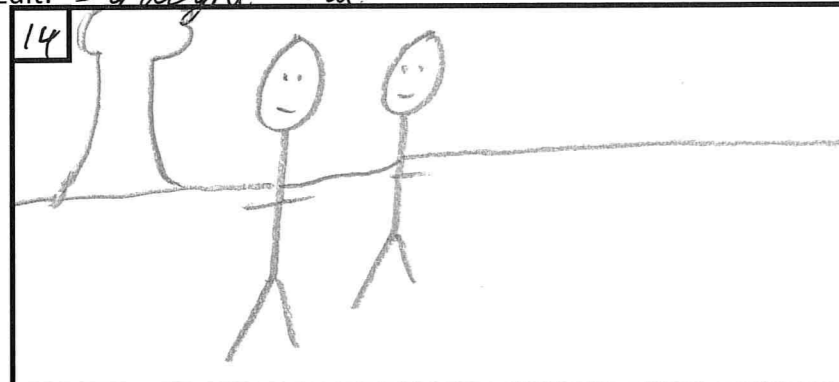
Edit: Straight Cut



Description: A close up of two students walking to school.
Tracking shot.
Dur: 2 seconds

Audio: Continued dialogue from the teacher as a voice-over with quite music.

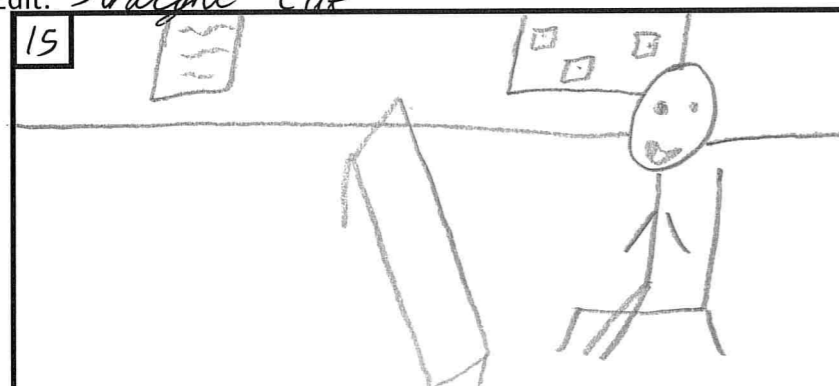
Edit: Straight Cut



Description: A static wide shot of the two students walking and laughing.
Dur: 2 seconds

Audio:

Edit: Straight Cut



Description: Cut back to the wide shot of the teacher saying the schemes impact.
Dur: 15 seconds

Audio: Continued dialogue from teacher and quiet background music.