For our assignment we decided to create a fitness program.

Rough Draft: Emily is putting it together after everyone discussed

Digital Video Capture and Editing:

*Video 1*: Lower Extremity: squat, lunges, calf raises, box jumps (Emily is creating the story board and putting together the video)

*Video 2:* Upper Extremity: pull ups, biceps, triceps, trap, pects (Tom is creating the story board and putting together the video)

*Video 3:* Warm up-stretching-cool down (Margot is creating the story board and putting together the video)

Powerpoint:

*PP1:* Overview of program (Emily)

*PP2:* Other factors related to fitness (Margot)

*PP3:* Core and stability (Tom)

One page narrative justifying technology chosen and target audience: Tom

2-3 page paper outlining fitness unit (narrative with how the media we create will be implemented in the fitness unit and provide age, unit/activity and technology needed): We are each writing up a section about the video/PP we were in charge of and Margot is putting it all together.

Graph/Spreadsheet about each partners participation: Emily Pogrund

Extra part because there are 3 of us: putting everything together into a website: We are all going to do this together

5 additional features:

1. PP3: photoshop tool on powerpoint to edit photos
2. Video 2: Inserting a photo slideshow
3. Video 3: Chart/graphs within the video
4. PP2/PP1: Adding a graph to the powerpoint
5. Video 1: Instant replay function on Imovie