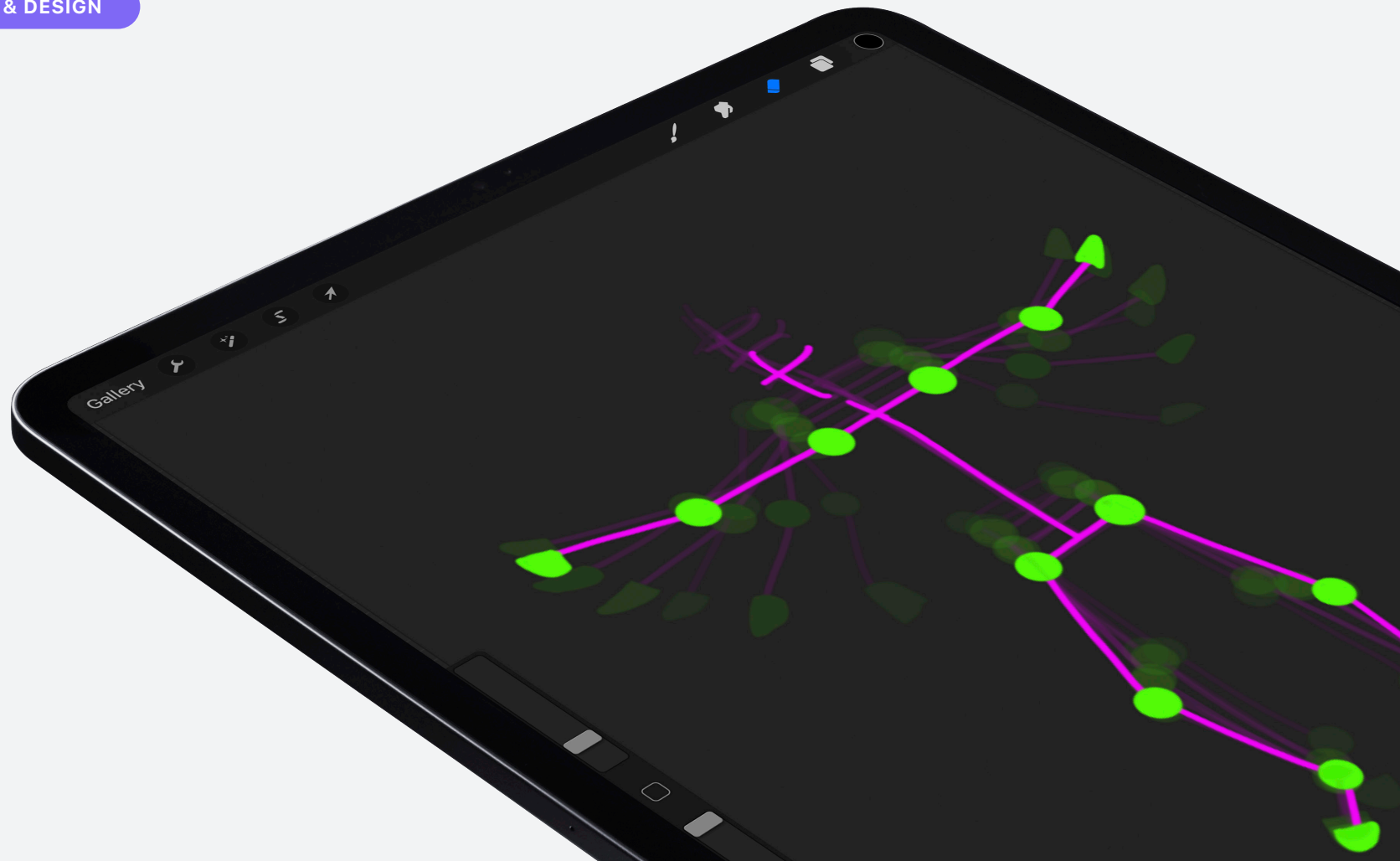# How I move

HEALTH & PE   **ART & DESIGN**

Learn with
Procreate®

Lesson ideas

Use these Lesson Ideas to spark your imagination for using Procreate in the classroom. Feel free to take them further and make them your own.

How I move

Capture and recreate your body's movements while learning the principles of motion capture and animation.

All you need is an iPad and the following apps:
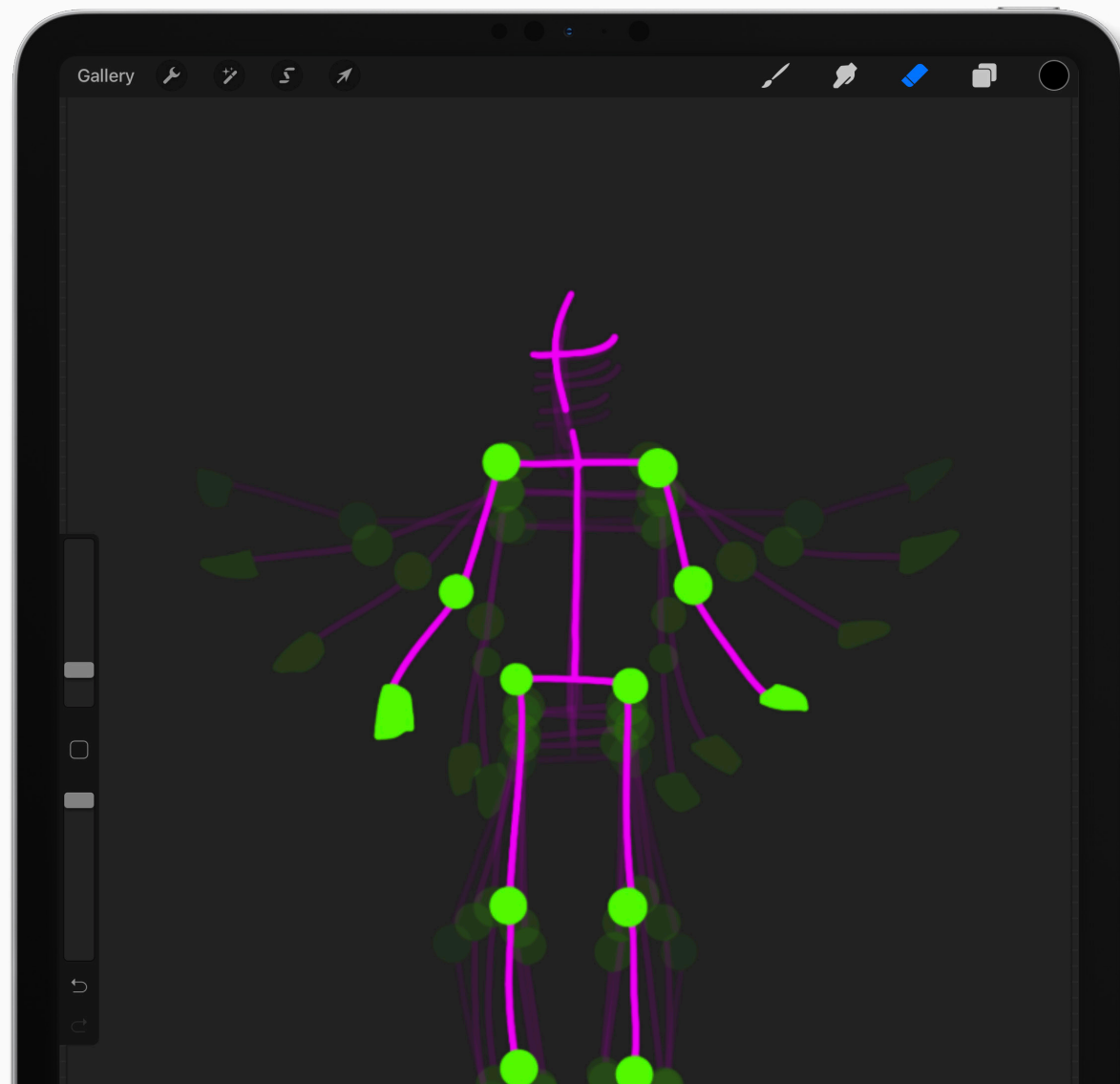
Procreate

Camera

Photos

iMovie

Educational Value

✓ Students will construct and perform imaginative and original locomotor movement sequences.

✓ Students use digital technologies to produce an accurate representation of their movement sequence.

✓ Students work collaboratively to develop further applications for their animations.

In this guide

Capture the motion

Move your body

Use the *Camera* on your iPad
to film yourself moving.

Experiment with filming actions from
your favourite sports – such as throwing
or kicking a ball – a dance move you've
perfected, or an exersice you enjoy!

FILMING TIPS

✳ Try to make big movements – this
   will look great when animated.

✳ You might like to find a friend to
   help you film, or set up a tripod,
   so that the camera doesn't move.
   Make sure that can capture all of
   the movement
   in the frame.

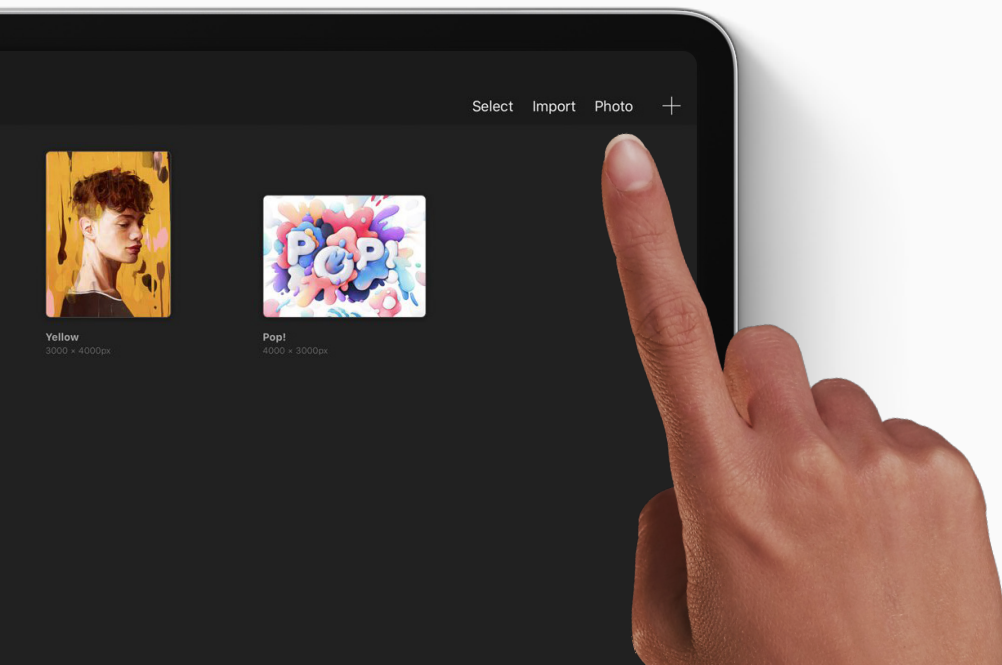✳ Try and keep your clips to only
   2-3 seconds!
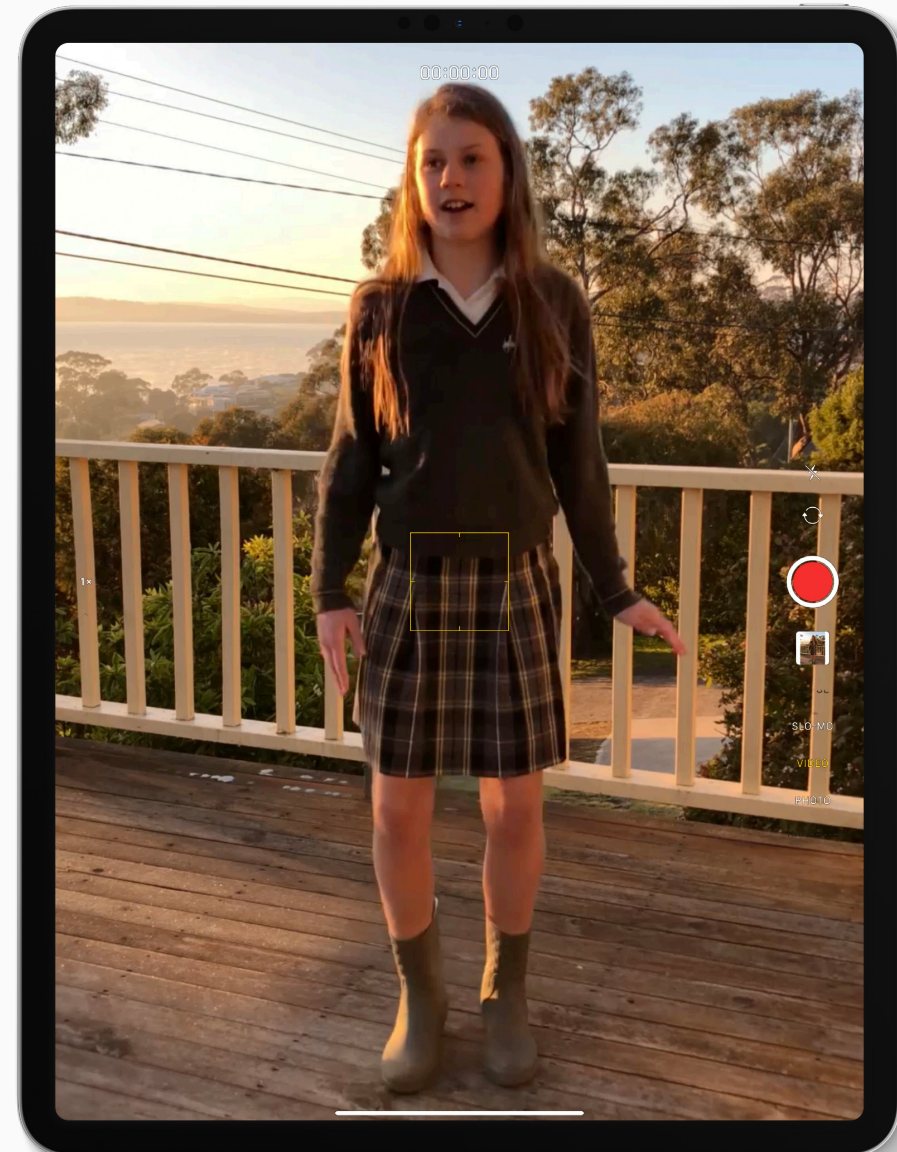
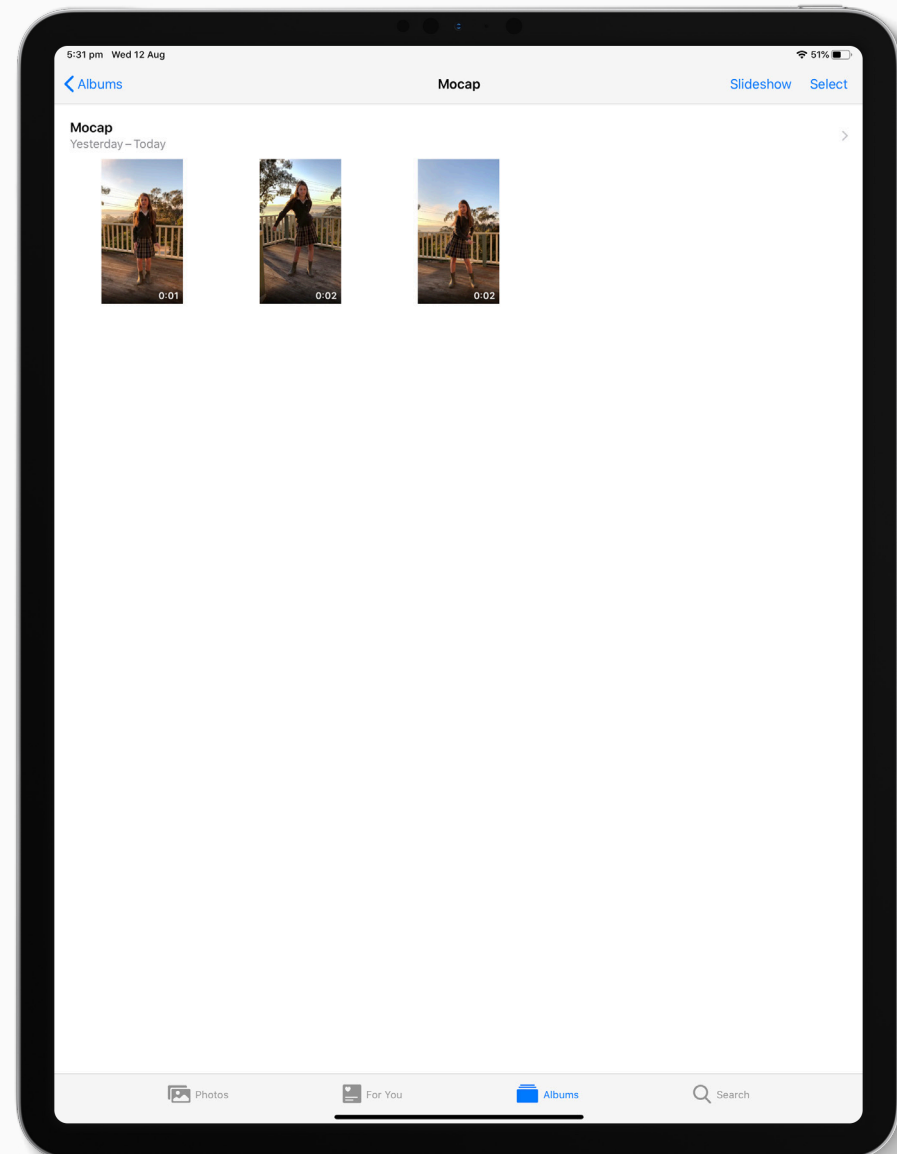
Camera

From film to frames

Import your video

Spend some time watching your clips in Photos and pick the one that you think will make the best animation.

To import your video into Procreate as individual frames, tap *Photo* while in the Gallery, and select your chosen video.

Prepare your animation

Cut it back

Once your video is imported to Procreate as a series of frames, delete some so that you have a more manageable number of layers to animate.

PREPARING FRAMES

1   Tap the frame that you want to delete to view the *Frame Options*. Then tap *Delete*.

2   Repeat the process, keeping every third frame.

3   Tap *Settings* and drag the *Onion Skin Frames* slider to 0. Then make sure animation is set to *Loop*.

4   *Play* the sequence to make sure that it plays smoothly. Experiment with changing the *Frames per Second* until you're happy with the speed.
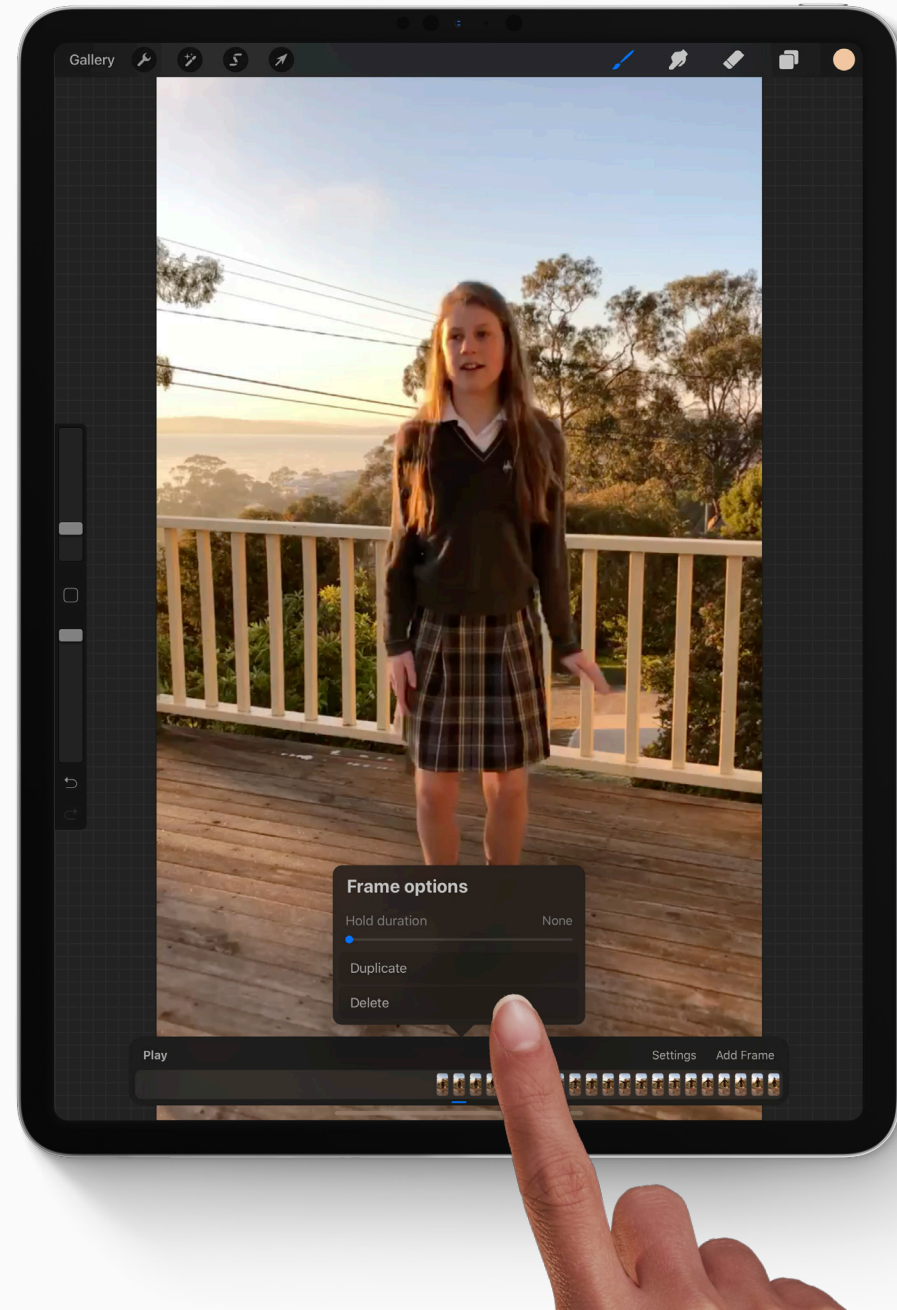
Rigging it up

Joint markers

In the *Layers Panel* tap the + to create a new layer. Group this layer with the first frame in your sequence, making sure the new layer sits on top.

Then select a bright color that stands out from the rest of the image and draw round markers on each of your joints.

DRAWING TIPS

✱ While drawing with your finger is always fun, using an Apple Pencil for this exercise will help you be more precise in placing your markers.

✱ Use *QuickShape* to draw your markers. Draw perfectly smooth straight and curved shapes and lines easily by holding your finger at the end of each line.

✱ Drag your selected color from the top right to fill any area in your artwork.
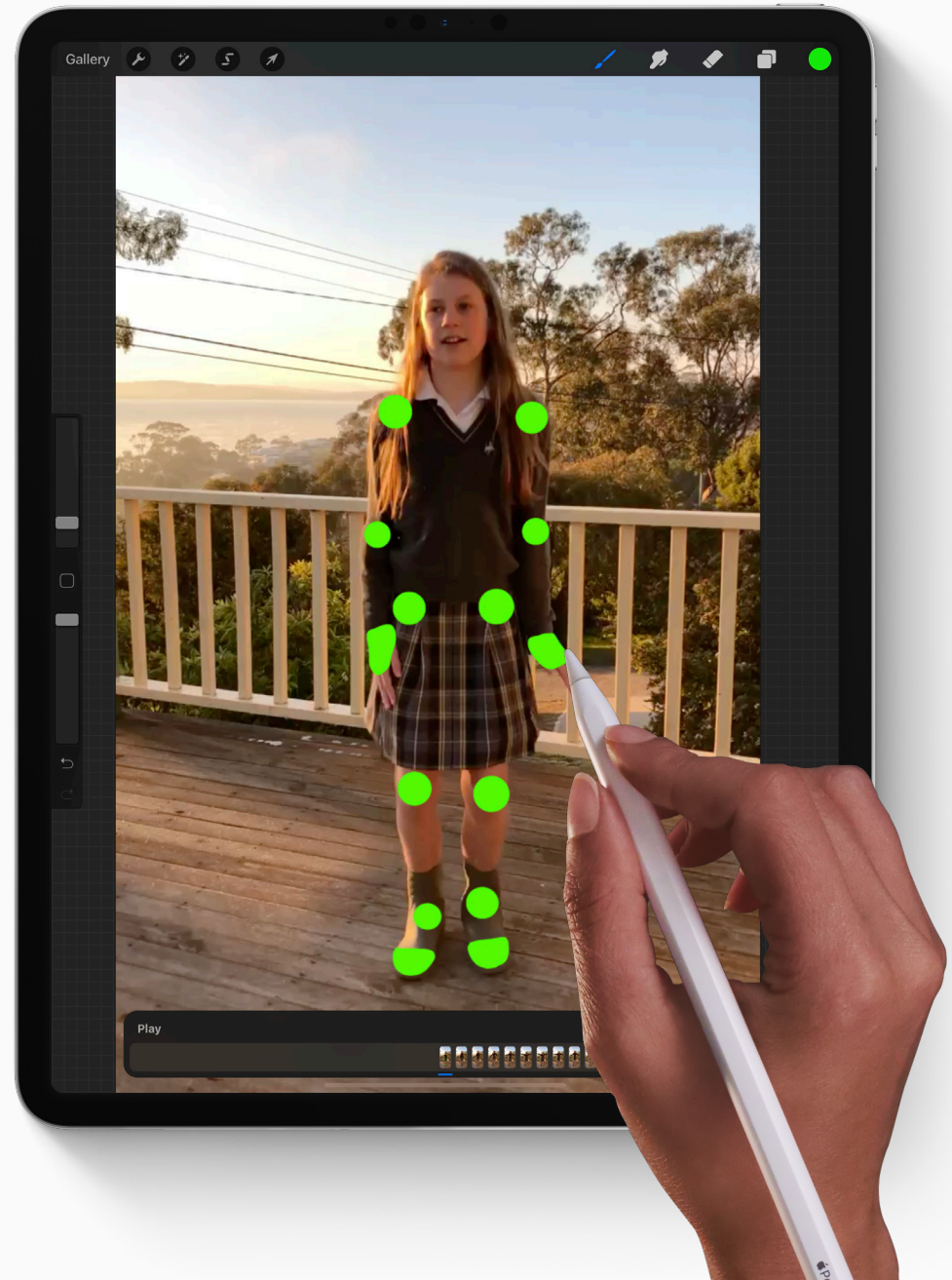
Connect the dots

Create a second layer in your group, underneath your joint markers' layer, and select a new bright color.

Draw lines that follow your body parts and connect each of the joint markers.

Follow the gaze

Next, draw a horizontal line across the face at the height of the eyes, and a vertical line down the face in line with the nose. This will allow you to tell which way your figure is facing.
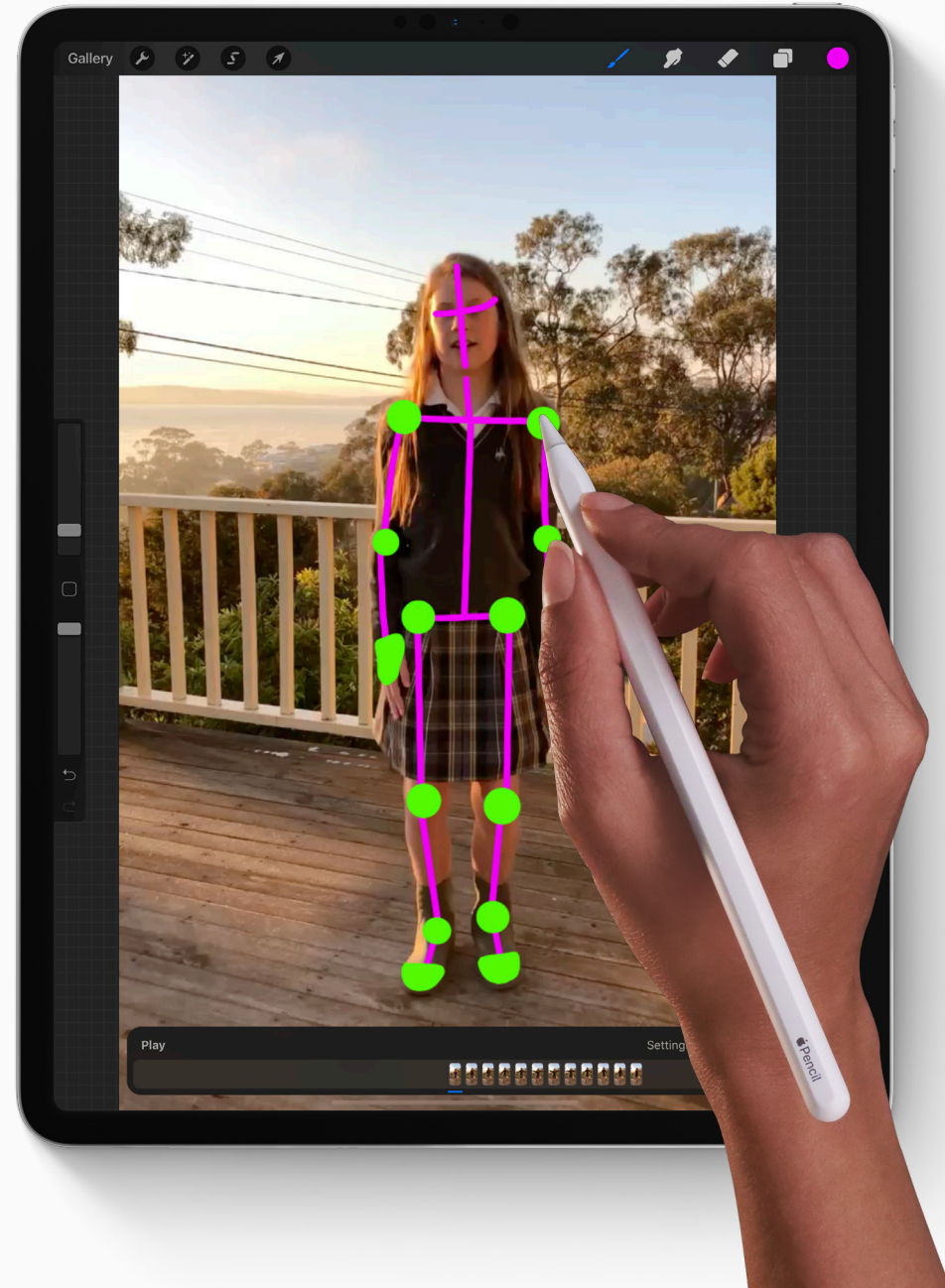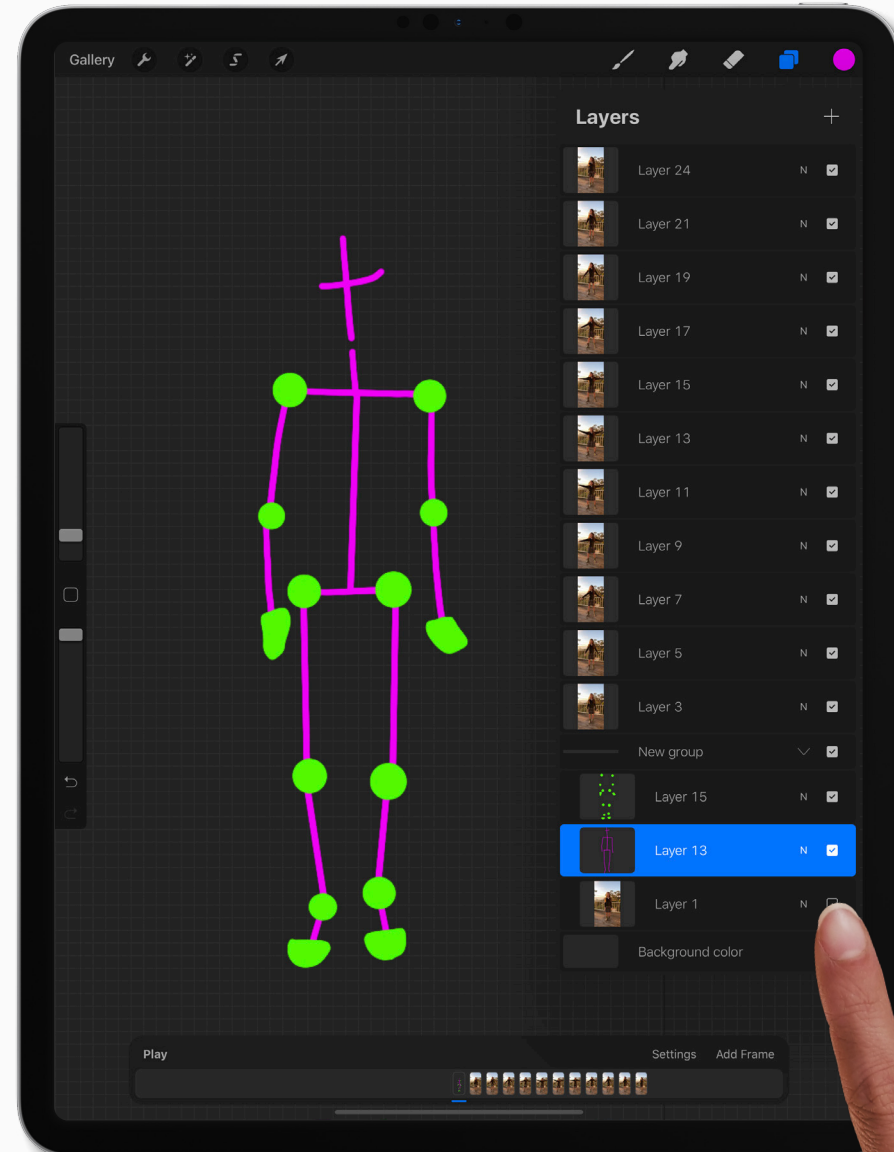
Repeat

Hide the image layer in the group, and repeat the process – creating a group with joint markers and joining lines for each frame.

Create a background color

In the Layers Panel, select the *Background color* layer to set a dark background color to make your animation stand out.
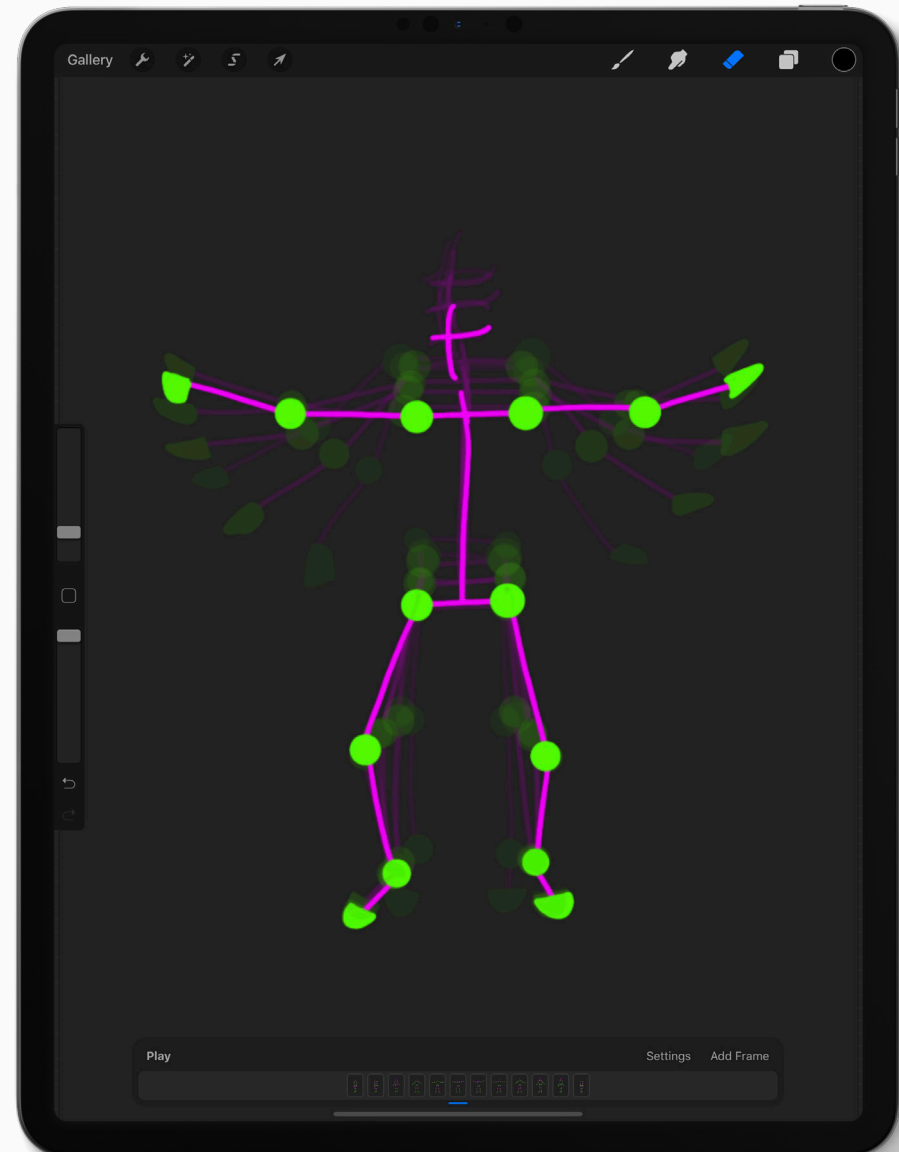
Play it

Congratulations

You have created an animation that shows how your body moves!

Press *Play* to watch your work come to life.

You might like to compare your animation with your classmates. Are there any similarities or differences in how your bodies move?

Take it further

Work out with friends

Use Airdrop to swap animations with your classmates and create an exercise montage video in iMovie.

Export your video from Procreate as an Animated MP4, and experiment with using the different iMovie overlays. You can increase the speed of the clip to make the workout harder, or add a motivational backing track.

MoCap in the wild

Motion Capture, or MoCap, is a process of recording movement that has lots of real-world applications. Use Safari to research what some of these might be.
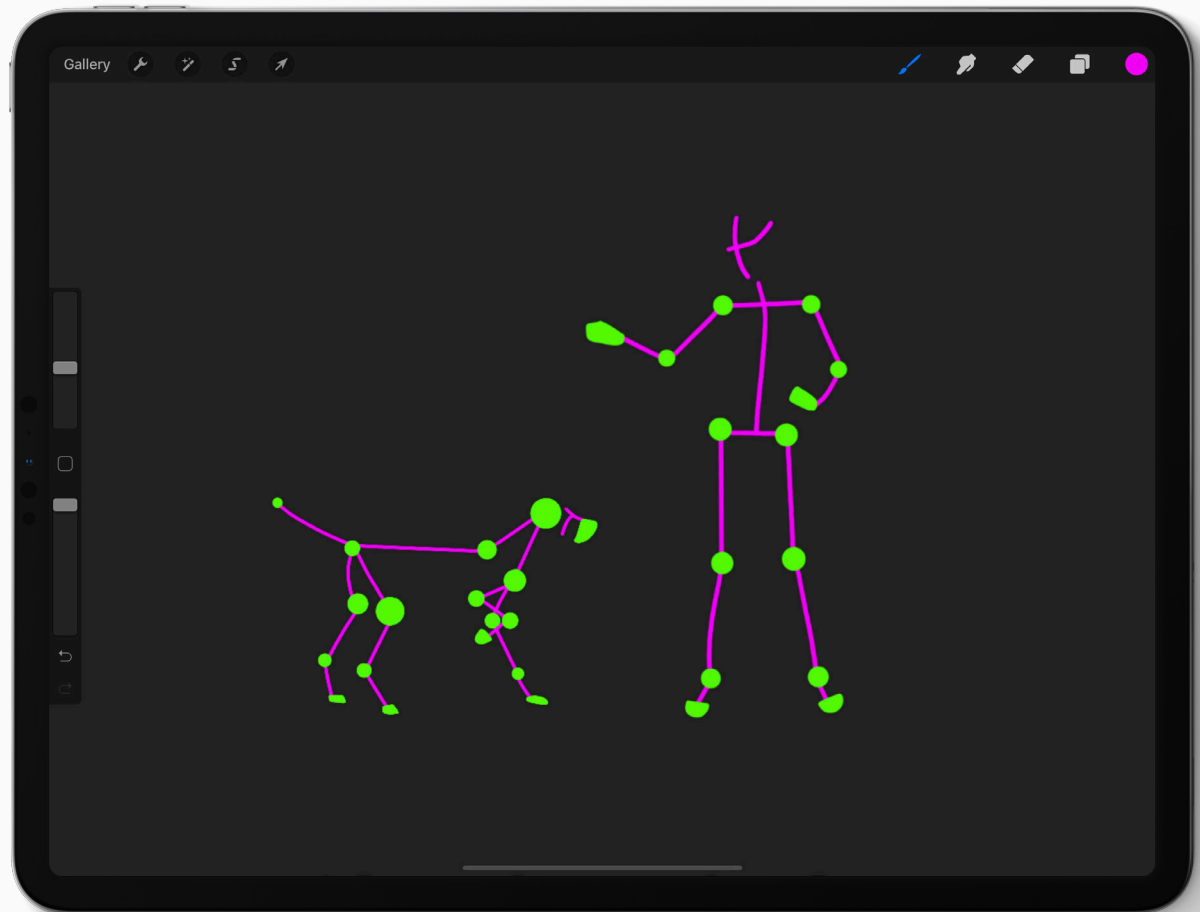

iMovie
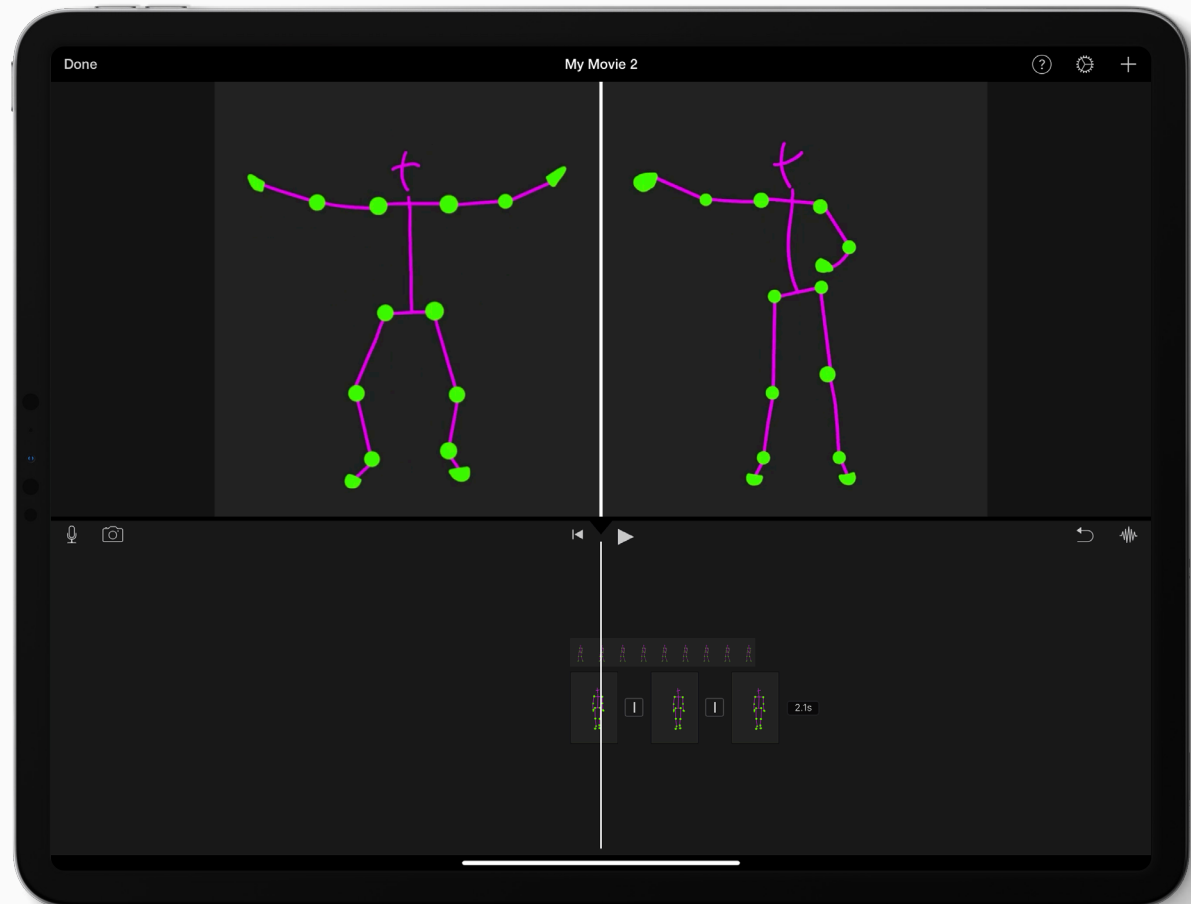
How animals move

Explore and compare the movement of human withs non-humans. Film your cat, dog or guinea pig and repeat the activity. What differences do you notice in how your bodies move?

Active animations

Use your movement data to create more elaborate animations in Procreate.
Add detail to limbs, joints and clothing to bring your character to life.

Create

Artistic expression helps make education meaningful, memorable and fun. Find more creative lesson ideas at education.procreate.art

To dive deeper into the full creative potential of Procreate, see our Handbook at procreate.art/handbook

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