S03

Freezing Frame

CHAPTER ASSIGNMENT

Name _____ Class _____ No. _____ Date _____

Practical assignment for Adobe Premiere Pro 2026 | Grade 12. Follow every step in Premiere Pro; use the lines to note your settings and file names.

Questions from the Guru Jazzy session page, for classroom use.

Create a 15-Second Video with Freeze Frame Effects

Task **Your task:** Create a 15-second video that includes two freeze-frame moments using the techniques learned in Session 3. You must use both freeze frame methods taught in class.

(1) **Step 1 — Open your project**

Open Adobe Premiere Pro 2026. Load your Session 2 project or create a new project. Make sure at least 3 action clips are in your Footage bin.

(2) **Step 2 — Build your base clip**

Using the Mark-In / Mark-Out workflow from Session 2, assemble a rough 15-second clip on the timeline using at least 3 different clips. Do not drag clips directly onto the timeline.

(3) **Step 3 — Add Freeze Frame 1 using Add Frame Hold Segment**

1. Play your first clip and find the strongest action moment (e.g. peak of a jump)
2. Use the left / right arrow keys to land on the exact frame
3. Right-click the clip > select Add Frame Hold Segment
4. Drag the right edge of the hold segment to extend the freeze to at least 2 seconds
5. Press play to preview

(4) **Step 4 — Add Freeze Frame 2 using Insert Frame Hold**

1. Find a strong moment in a second clip on the timeline
2. Use arrow keys to position the playhead on the exact frame
3. Right-click the clip > select Insert Frame Hold
4. Adjust the duration to at least 1.5 seconds
5. Press play to preview

(5) Step 5 — Export one still frame as PNG

1. Move the playhead to your favourite freeze frame moment
2. Press Ctrl+Shift+E to open the Export Frame dialogue
3. Choose format: PNG
4. Name the file: `YourName_Session3_StillFrame`
5. Save it to your class folder
6. Tick "Import into project" and click OK

(6) Step 6 — Check and save

Confirm all requirements below are met, then save your project: Ctrl+S (Windows) / Cmd+S (Mac)

Files

File naming

Project file: `YourName_Session3_FreezeReel`

Exported PNG: `YourName_Session3_StillFrame`

Example: Somchai_Session3_FreezeReel and Somchai_Session3_StillFrame

Submit your video and exported PNG to the class shared folder before the start of Session 4.

End of assignment · Check your answers against the chapter at gurujazzy.com/subjects/video-editing/session-03-freezing-frame/