S05

Speed Remapping

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.

Build a 20-Second Highlight Reel Using Speed Effects

Task **What you will do:** Using skills from Sessions 1–5, import footage, edit it using Mark-In/Out, and build a 20-second highlight reel that uses three different speed effects. You will also add a lower-third title over your slow-motion section.

(1) **Part 1 — Recap (Sessions 1, 2 & 4)**

Step 1 — New project

1. Create a new project named: `YourName_Session5`
2. Make a bin called Footage
3. Import at least 3 action video clips into the bin

Step 2 — Edit your clips

1. Open each clip in the Source Monitor
2. Use Mark-In (I) and Mark-Out (O) to select 5–8 seconds from each clip
3. Press comma (,) to insert each clip onto V1
4. Do not drag clips onto the timeline

Step 3 — Add a lower-third (Session 4)

Over your slow-motion section, add a lower-third with your name and a job title. Animate it so it slides in and fades out. Refer to your Session 4 assignment if you need a reminder.

(2) **Part 2 — Speed effects (Session 5)**

Apply all three speed effects below to different clips on your timeline.

Effect 1 — Slow motion using Time Remapping

1. Right-click the clip > Show Clip Keyframes > Time Remapping > Speed
2. Hold Ctrl / Cmd and click the yellow speed line to add two keyframes
3. Drag the speed line down between the keyframes (aim for 30–40%)
4. Click each keyframe and drag the handles outward to create a smooth ramp
5. Press play to preview — the speed should gradually slow down, not jump

Effect 2 — Fast forward using Speed/Duration

1. Right-click a different clip > Speed/Duration
2. Set speed to 200%
3. Tick: Ripple Edit, Shifting Trailing Clips
4. Click OK and preview

Effect 3 — Reverse playback

1. Right-click a third clip > Speed/Duration
2. Tick: Reverse Speed
3. Click OK and preview
4. Optional: combine with 50% slow motion for extra effect

(3) **Step 4 — Check duration**

Total timeline duration must be between 18 and 22 seconds. Trim or adjust clips if needed.

(4) **Step 5 — Export**

1. File > Export > Media
2. Format: H.264
3. Preset: Match Source — High Bitrate
4. File name: `YourName_Session5_Export`
5. Click Export

Files **File names**

Somchai_Session5_SpeedReel

End of assignment · Check your answers against the chapter at gurujazzy.com/subjects/video-editing/session-05-speed-remapping/