Video files store moving images

Movies are actually made of lots of still images which change very quickly. This is called the **frame rate** of the movie

The higher the frame rate the better quality the movie is. Standard films use a frame rate of 24 frames per second (fps)

Video files have two properties:

- **1. Frame rate** the number of frames shown per second. Standard frame rates of 24 fps create what looks like a moving image
- **2. Resolution** the number of pixels on a screen, sometimes called the **definition**. This adds more detail to the picture

Video files definition:

SD	Standard definition – 720 pixels x 576 pixels	Old style 4:3 TV and DVD
HD	High definition – 1280 x 720 px	Modern TVs using 16:9 format
UHD	Ultra HD – 3840 x 2160 px	Modern TVs, streaming services, modern DVD and Blueray
4K	4096 x 2160 px	Cinema quality digital projectors
8K	7680 x 4320 px	Some modern devices

If a file is recorded in a higher definition but viewed on a lower definition device, the extra detail won't be seen

There are different formats of video file that you need to know about:

MP4	Popular format that can be used in lots of different applications. Compressed so reduces file size but loses some quality. Easy to play	
MPEG	Similar to MP4 but higher quality and so bigger file size. Not as widely used	
AVI	Higher quality and can be used with some compression or not compressed at all. This increases file size. Can't be streamed online	
MOV	Apple format for video. Can't be used by all devices. Similar to MP4 – smaller file size but reasonable quality	
GIF	Animated image format for very small videos. No audio and very limited in how it can be used	