

Video and Forms

```
<section>
  <h2>Main Content</h2>

  <iframe width="560" height="315" src="https://www.youtube.com/embed/your-video-id" frameborder="0" allowfullscreen></iframe>

  <video width="100%" controls>
    <source src="your-local-video.mp4" type="video/mp4">
    Your browser does not support the video tag.
  </video>
</section>
```