Creating an HTML page that includes a video file is straightforward. Below is an example of a basic HTML page that embeds a video using the `<video>` tag. This example assumes you have a video file named `sample-video.mp4` in the same directory as your HTML file.

```
```html
<!DOCTYPE html>
<html lang="en">
<head>
 <meta charset="UTF-8">
 <meta name="viewport" content="width=device-width, initial-scale=1.0">
 <title>Video Example</title>
</head>
<body>
 <h1>Sample Video</h1>
 <video width="640" height="360" controls>
   <source src="sample-video.mp4" type="video/mp4">
   Your browser does not support the video tag.
 </video>
</body>
</html>
. . .
```

## ### Explanation:

- `<!DOCTYPE html>`: Declares the document type and version of HTML.
- `<html lang="en">`: Sets the language of the document to English.
- `<head>`: Contains meta-information about the document.

- `<meta charset="UTF-8">`: Specifies the character encoding for the HTML document.
- `<meta name="viewport" content="width=device-width, initial-scale=1.0"> `: Ensures the page is responsive by setting the viewport to the device's width.
- `<title>Video Example</title>`: Sets the title of the web page.
- ` < body> `: Contains the content of the HTML document.
- `<h1>Sample Video</h1>`: A heading for the video section.
- `<video width="640" height="360" controls>`: The video element with specified width and height, and controls enabled (play, pause, volume).
- `<source src="sample-video.mp4" type="video/mp4">`: Specifies the source of the video file and its type.
- `Your browser does not support the video tag.`: Fallback text displayed if the browser does not support the `<video>` element.

To see the video on the webpage, ensure that the video file (`sample-video.mp4`) is in the same directory as your HTML file. Open the HTML file in a web browser to view the embedded video.