The Movie Menu

The Movie menu is visible only when there is a QuickTime movie within the front most page. Commands under this menu include commands to: turn the Sound On or to turn the Sound Off, Play or Stop a movie, Step Forward a frame, Step Backward a frame, Rewind the movie, to return the movie to its Normal Size (the size at which it was created) and to make it Large Size (one and a half times its normal size.)
This is also where you will find the command to Show Controller or Hide Controller.