In the timeline double click on the media you wish to resize.
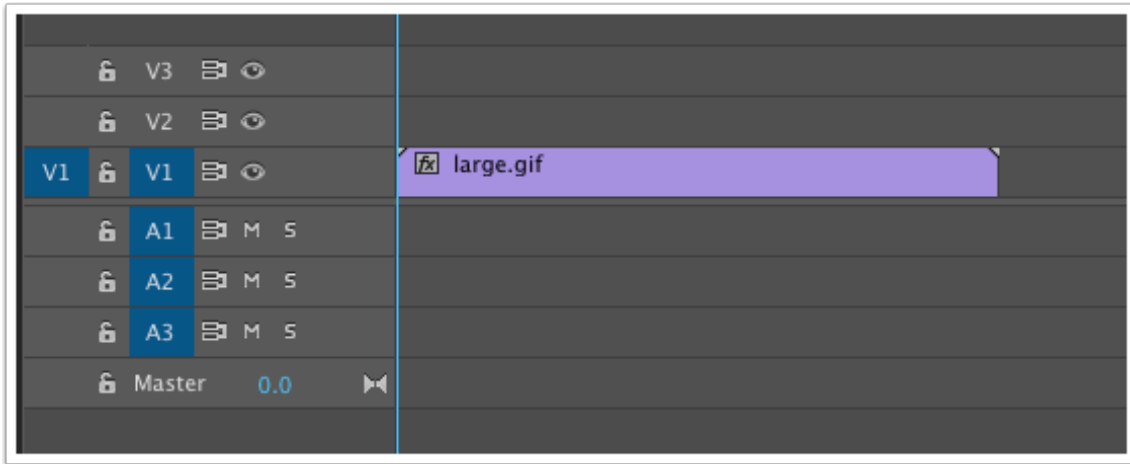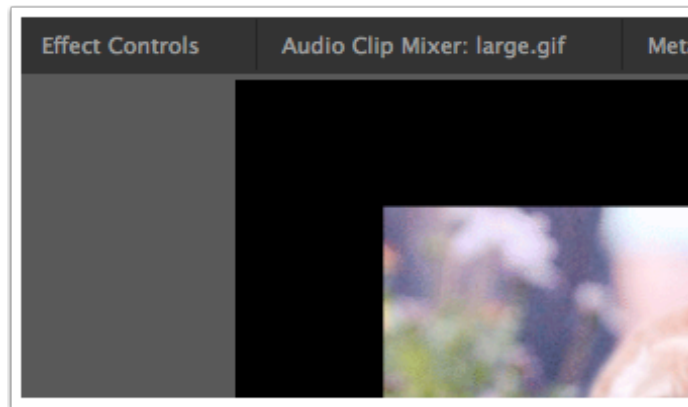

Click on "Effet Controls"

Click on "Motion" and then "Scale"