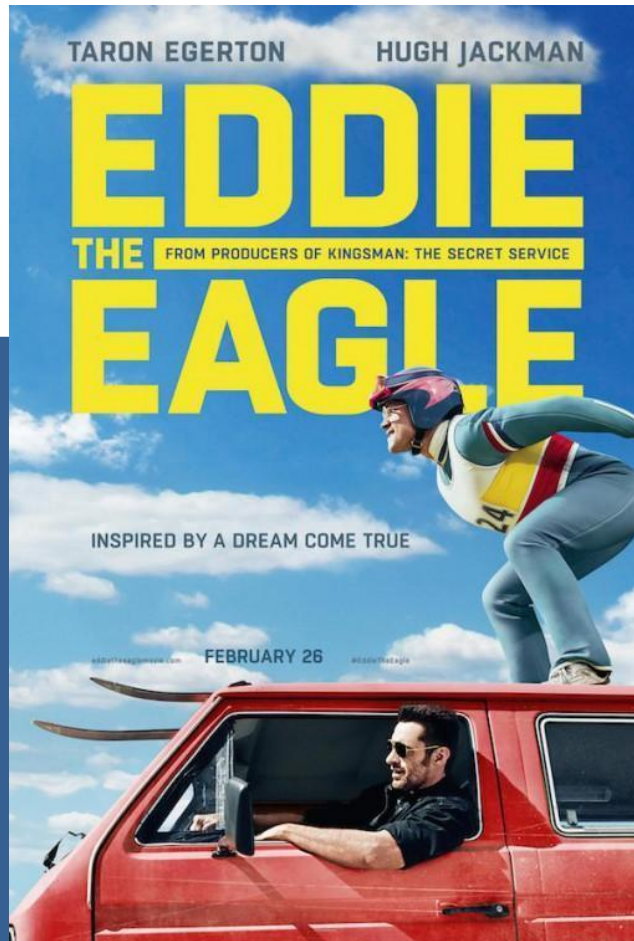




Eddie the Eagle

Eddie l'àguila

Nivells: ESO, batxillerat, cicles formatius, centres formació adults. **Àrees:** Educació física / Llengua anglesa / Tutoria / Ciències socials, geografia i història / Educació per a la ciutadania i els drets humans / Educació ètica i cívica / Món contemporani / Cultura audiovisual. Cinema. TV. Fotografia / Història. **Temes:** Esports / Educació en valors / Biografies / Adolescència. Joventut / El món del treball. Relacions laborals / Relacions humanes / Família. Relacions familiars / El món Educatiu. Coeducació. Relacions professorat- alumnat



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Fitxa tècnica i artística

Direcció: Dexter Fletcher. **Interpretació:** Hugh Jackman, Taron Egerton, Christopher Walken. **Guió:** Siguin Macaulay i Simon Kelton. **Música:** Matthew Margeson. **Gènere:** Biòpic, drama. **Països:** Regne Unit, USA i Alemanya. **Any:** 2016. **Durada:** 105 min.

Sinopsi

Inspirada en fets reals, el film explica la història de Michael "Eddie" Edwards, un peculiar i valent saltador d'esquí britànic que mai va deixar de creure en si mateix, fins i tot quan una nació sencera l'excloïa. Amb l'ajuda d'un entrenador rebel i carismàtic, Eddie es guanya el cor de tots els fans de l'esport de tot el món aconseguint competir en els Jocs Olímpics d'Hivern de Calgary 1988.



ACTIVITY ONE - WHO'S WHO? PERSONAL DESC

Here are some of the protagonists of the film. Match the pi their description.

1. He/she is in his forties. He/she is tall and well-built. He wears a short, dark hair and hazel eyes. He/she looks handsome with his/her stubble, but he/she's got some problems with alcohol. He/she is a loner.
2. He/she is in his twenties. He/she's got red hair and gray-greenish eyes. He/she wears glasses. He/she's medium height and medium build. He/she's tenuous and hard-working. He/she doesn't want to give up.
3. He/she is in her forties. He/she's got shoulder-length hair and hazel eyes. He/she's lovely and supportive. He/she is also kind and caring.
4. He/she is in his fifties. He/she's got shoulder-length fair hair and fair eyes. He/she's got a long beard. He/she's scornful.
5. He/she is in his/her sixties, but he/she looks younger. He/she's got long dark hair and hazel eyes. He/she looks quite pretty. He/she's kind and sympathetic.
6. He/she is in his fifties. He/she's bald and has got a grumpy moustache and beard. He/she doesn't trust his own feelings and courage.



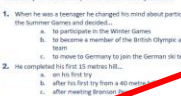
Terry (Eddie's father)



Jasante (Eddie's mother)



Eddie (the main character)



Jasante (Eddie's mother)

Jasante (Eddie's mother)

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IMPORTANCIA DE LA DISCIPLINA Y DEL ESFUERZO PERSONAL

Aprender a tener un método sin sentirlo como un castigo nos ayudará a conseguir los objetivos que nos marquemos. Utilizarlo será la mejor herramienta para una vida plena.

En las vacaciones desconectamos de la disciplina que nos impone las fechas de entrega, los profesores y la lista de lo que tenemos que hacer. Intentamos no ser esclavos del reloj. La disciplina a veces nos impone renunciar a lo que nos gusta, la asistencia a los deberes y los límites, y por ello nos pone en tensión. Entonces sentimos que la disciplina es más una carga que una liberación. Pero es posible conseguir una vida plena si logramos incorporar prácticas y normas que empiezan siendo una disciplina y acaban volviendo de manera natural como desarrollar cada mañana.

La experiencia nos demuestra que necesitamos disciplina para lograr lo que queremos y llegar adelante. Nos ayuda a la necesidad para mantenernos en forma y alcanzar nuestras metas. Cuando una meta se convierte en una meta, disciplina de la práctica y la disciplina como una aliada. Primero necesitamos tener una visión clara de lo que queremos y que nos motive. La motivación por satisfacer una objetivo nos ayudará a ser disciplinados...

... Para cambiar un hábito y sustituirlo por otro necesitamos disciplina. Podríamos hacer una lista de todo aquello que lo podemos dar las gracias. Por este valor, por ser quien soy, por aprender y compartir, por todo lo que he vivido. Cuando el agradecimiento se convierte en hábito, agradecemos la experiencia del dolor. Sabremos comprenderlo y así recuperar el bienestar...

... Seguimos una disciplina y otras según el código de conducta que interiorizamos en función de nuestras creencias, cultura y relaciones sociales. En este marco siempre existe la posibilidad de incorporar el esfuerzo de hacer lo máximo o lo mejor que uno pueda. Podemos estar en una buena posición, decir palabras con sentido que den pie a conversaciones enriquecedoras y actuar con elegancia y respeto. Así no nos conformamos con lo ordinario y nos comprometemos en mejorar. Para ello necesitamos intención y disciplina. De lo contrario, la mente se dispersa. Una estrategia eficaz es formular pensamientos positivos y usarlos como afirmaciones que fortalecen la concentración. Podemos elaborar una lista de pensamientos que sean como frases que podemos usar para abrir el canal de positividad interior. Por ejemplo: "No puedo", "no me vendrán", "voy a morir", "todo fue como tiene que ser", "No acepto lo que es". La modificación es una práctica esencial para fomentar la concentración y llegar a ser capaces de pensar solo lo que queremos pensar. Como en todo, la modificación dará buenos resultados si la practicamos.

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ACTIVITY TWO - THE PLOT

Read the plot of the film, and answer these questions:

1. When he was a teenager he changed his mind about participating in the Summer Games and decided...
 - a. to participate in the Winter Games
 - b. to become a member of the British Olympic alpine ski team
 - c. to move to Germany to join the German ski team
2. He completed his first 15 metres hill...
 - a. on his first try
 - b. after his first try from a 40 metres hill
 - c. after meeting his mother
3. To qualify for the British Olympic team...
 - a. he had to win the 15 metres hill
 - b. he had to win the 40 metres hill
 - c. he had to win the 80 metres hill

Through discouraged, Eddie decided to continue...

... Eddie, but unable to reach the final event, he lands at a 40 metres hill. Eddie is disappointed and decides to change the rules and demand that he jumps at 15 metres.

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For ser disciplinados es muy importante hacer un trabajo serio para

concerner a nosotros mismos. Y no

haber este trabajo interior (interior)

cualquier, nos motivamos, día

de nuestro tiempo y cómo, cuáles ser

cuando acciones concretas. Entre nos

tanto, disciplina, ahí donde nuestro

propósito.

Por disciplina, requiere entrenamiento

uno de practicar, se pierde la f

recuperar. No hay que caer en esas

El paraiso requiere mucha fuerza de v

ojar por la fácil y no consideras tod

masculina, es un desafío y tener g

caso contrario, la vida termina por e

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info@cinemaperaestudiants.cat / www.cinemaperaestudiants.cat

