



# Fencing

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## About the activity

Fencing is a great workout for both body and brain. It's challenging, exciting and involves good eye-to-hand coordination, fast footwork, lightning reflexes and even quicker decision-making. It's a sport that offers huge potential for the enthusiast to learn more and progress at club level, but it's also accessible and great fun for beginners too. Our qualified instructors will teach your pupils the basic principles and safety procedures before they progress onto outwitting their opponent in this great Olympic sport.

## Activity aims

### The aim of this activity is to:

- Introduce the sport of fencing and the necessary equipment.
- Understand the need to prepare physically whilst learning basic skills for the activity.
- Allow each participant to experience fencing.
- Choose and use a range of simple tactics and strategies.
- Consolidate and develop the range and consistency of their skills.
- Provide an opportunity for participants to discuss what they have accomplished.

## Progression opportunities

### Some participants may also:

- Take part in recording of scores, timekeeping and refereeing.
- Choose skills and tactics that meet the needs of the situation.
- Design warm ups that suit the activity.
- Take the initiative in evaluating their performance and that of the group.
- Be able to suggest suitable ideas to improve performance.
- Be able to assess risks and understand how these may be controlled.

### In addition, participants should also have developed in the following:

- Interpersonal Communication
- Teamwork

## Learning outcomes

### Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- Learnt techniques for basic principles of fencing.
- Taken part in practice and warm ups to get ready for fencing safely.
- Understood the rules of the game and why they need to be followed.
- An understanding of associated hazards.
- Effectively worked in small teams supporting their peers throughout the activity and recognising their own and others achievements in fencing.
- Contributed to a post activity review led by the instructor identifying what they did well and then suggested ways to improve.

## Associated vocabulary

### Words relevant to safety

e.g. boundaries, personal protective equipment, risk, risk assessment, rules, warm up.

### Words relevant to equipment

e.g. chest protectors, foil, full jacket, gloves, half jacket, mask.

### Words relevant to the activity

e.g. hit, lunge, parry, position, posture, repost, stance, steps, technique.

### Words relevant to teamwork

e.g. achievement, communication, encouragement, listening, participation, review, support, trust, tactics.