



Activity	Key Skills			National Curriculum		Q.C.A	
	Communication	Working with others	Improving own learning and performance.	Physical Education	PSHE	Physical Education	Outdoor and Adventurous activities
Fencing		*	*	*	*	*	*

Learning objective: By the end of this session pupils will have experienced an introduction to the basic skills of fencing.

Description: An opportunity to learn the art of fencing which combines both mental and physical skill. Pupils learn the basic principles of attack and defence and have to combine these with tactics that can be applied to best suit the situation. Fencing is a combination of strength, balance, control and strategy.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> To recognise the perceived risk of the activity and how this is controlled by safety equipment. Correct use of personal protective equipment. Keywords : Foil, lunge, parry, repost. 	<ul style="list-style-type: none"> Recognising activity boundaries and safety areas. To wear the appropriate clothing including long trousers and sensible shoes. Observing general safety rules for fencing. 	<ul style="list-style-type: none"> To prepare physically for the activity in hand. To demonstrate a good technique for attack and defence. To maintain good balance and footwork going both forwards and backwards. To improve the quality and technique of the newly acquired skill.