

# Fencing



Fencing is a group of three related combat sports. The three disciplines in modern fencing are the foil, the épée, and the sabre; winning points are made through the weapon's contact with an opponent. Based on the traditional skills of swordsmanship, the modern sport arose at the end of the 19th century, with the Italian school having modified the historical European martial art of classical fencing, and the French school later refining the Italian system.

Sport Coaching Group aspires to provide the opportunity for all children to access sport as well as providing an inclusive environment in which to operate. Our experienced and highly trained coaches exhibit an engaging environment where children are able to strive for excellence whilst also being equipped with the appropriate skills to participate in sport for life.

## Key Stage 1

At this age we would be focusing on learning the basic fencing skills. We would be working on fun games and activities that would develop fundamental movement skills. There will also be a focus on skills such as Confidence, Commitment, Control, Communication, Concentration.

## Key Stage 2

At this age they will be working on more sport specific skills. They will be working more closely on 'swordsmanship' skills and how to manipulate the weapon. Using the skills they have learned to put together short routines. This can be as a whole class or in smaller groups. We aim to put an emphasis on teamwork, Confidence, Commitment, Control, Communication, Concentration as well as the physical skills.

## General Information

Our company always provides a high quality of coaching no matter what sport we provide and we always encourage and allow children to strive for excellence and inspire them to achieve greatness. However, our main priority is to provide the children with the opportunity to get involved under any circumstance. Inclusion, diversity and equality are essential in all our lessons and we strive to equip each child with the appropriate knowledge and skill set in order to compete and learn to use in and most importantly out of our sessions in everyday life.