

Fencing programmes for the education sector

“ With many young fencers viewing the sport as a way to have a fun, channel stress, challenge themselves and stay active, fencing is a great activity to introduce to your school sports programme. 73% of young fencers state that fencing is the only sport they take part in and it appeals to those with an individual streak.”

About our programmes

Sector specific and inclusive

The educational programmes we deliver are used by a range of learning establishments from early primary years through to senior school and higher education and have been adopted in both the State and Private sectors. The programmes have also been delivered within SEN groups including Mencap, The Deaf Association and Special Olympics Great Britain.

Total inclusion

The programmes are totally inclusive for children and students of all abilities. Often called 'chess on wheels' because of the strategic thinking required, fencing provides physical and cognitive benefits for fencers from an early age. Our courses help the fencers develop their motor skills, improves their concentration and gets them to think strategically. They will also learn to make complex decisions quickly, analyse problems and think fast on their feet. The spin offs from this are huge both socially, mentally and physically.

The classes are tailored for boys and girls, and are inclusive of ALL abilities, including physical or mental impairments. They are run by a team of highly experienced coaches, who teach the children about fencing in a lively and fun atmosphere.

FENCING

WHY SHOULD MY CHILD START FENCING?

- IT IS NOT EXPENSIVE**
The equipment is not much more expensive than with other popular sports or event clothing. Most clubs will let you borrow it for a few months.
- Fencing stimulates speed, balance, mental focus and coordination. But it is also a great tool to teach fair play and self-discipline.**
- AN EXCELLENT PHYSICAL EXERCISE**
A typical fencing practice will burn between 420 & 700 kcal/h, depending on the intensity.
- TEAM SPIRIT**
They will learn to compete individually as well as in teams.
- FENCING, A SAFE SPORT**
Despite the fact of being a combat sport, fencing is a very safe sport. The fencing gear is designed to protect you.
- They will learn how to celebrate victory and accept defeat.**
- Fencing is one of only four sports that has been at every single olympic games**
- Traditionally, both girls and boys, started practice fencing not earlier than 10 years old.**
- But now many clubs start teaching fencing to kids as young as five years old. Specially designed equipment makes it possible.**
- They acquire excellent behavioral habits coming from fostering self-discipline and respect for your opponent.**
- It increases oxygen flow to the brain, improving their ability to focus.**
- They learn how to make COMPLEX DECISIONS, ANALYZE PROBLEMS AND THINK FAST.**
- Learning, memory and attention abilities improve significantly.**
- Helps to establish good working habits that can help with academic performance.**
- A STRONG HEART**
Excellent Cardio exercise prevents rising glucose levels, reduces triglycerides and lowers blood pressure.
- BEHAVIORAL IMPACT**
Increases self-control and their ability to funnel aggression, improving the way they overcome physical and psychological tensions. It also contributes to reduce stress levels and frustrations.
- All of this helps girls and boys to achieve their highest potential in areas completely unrelated to fencing.**

There is a significant positive impact on the development of their abstract thinking as they learn how to combine speed, distance, strength and timing. **25%**

GLOBAL FENCING NETWORK
www.globalfencing.net
www.valladolidclubesgrima.com
designed by Valladolid Club de Esgrima



Key Stages 1 and 2

These Primary sessions are run in either half or full term blocks and are suitable for Year 3 pupils upwards. The programme links the teaching of fencing with key components of the curriculum such as maths, sports science, languages and PSHE. By creating links to these modules, the programmes tick all the 'creative and measurable' boxes when meeting the criteria set out by the school sports funding.

After school clubs can be added to these programmes if required.



Duration	Content	Class Sizes	Group Profile
6 or 10 weeks blocks delivered as part of the PE curriculum programme	The sessions offer a structured approach to fencing whilst following key parts of the curriculum. Suitable for fencers from 7 years upwards.	Maximum 14-16 per class	Suitable for fencers from 7 years upwards of all abilities. Suitable for mixed year group classes

INSET days

These interactive INSET sessions last between 60/90 minutes and are open to all school staff. The INSET training has been developed to help school staff understand the benefits that fencing can bring to a school environment and to help them identify pupils who may benefit from the programmes.

Key Stages 3 to 5

Fencing is very popular at secondary level and HFC run programmes in both the Private and State school sectors.

In the Private sector fencing has always been a prominent sport. HFC deliver programmes that incorporate individual lessons alongside lunchtime clubs and after school sessions. The club is often asked to organise inter school tournaments and prepare representative teams for national competitions, including Modern Pentathlon.

State schools are now starting to run programmes despite the removal of the sport from the GCSE PE curriculum. The programmes run for either half or full term blocks offering a structured approach to learning to fence, refereeing and tournament competition. The sessions often lead to the formation of a school fencing club.

Duration	Content	Class Sizes	Group Profile
6 or 10 weeks blocks delivered as part of the secondary PE curriculum programme	The sessions offer a structured approach to fencing whilst following key parts of the curriculum. Suitable for fencers from 11 years upwards.	Maximum 14-16 per class	Suitable for fencers from 11 years upwards of all abilities





Olympic Days

Fencing is only one of four sports that have been contested at every Summer Olympic Games since the birth of the modern Olympic movement at the 1896 Athens games.

Our Olympic Fencing programme is a full day of activity and can be run for selected year groups from year 3 upwards. They are often used for,

- 'Reward' based programmes,
- School transition and enrichment days
- School/cluster sports days.

We can either offer advice on the structure of the day or work with schools to deliver any specific requirements and objectives. We supply all the equipment required, tuition, insurances and relevant documentation.

Duration	Content	Class Sizes	Group Profile
Full day activity	These are taster sessions offering pupils a quick introduction to fencing. 60/90 minute sessions depending on year groups and school requirements.	Maximum 14-16 per class	Suitable for fencers from Year 3 upwards and of all abilities.

SEN Groups

Our specialist programmes have been used by many of the SEN groups including Mencap, the Autistic Society, the Deaf and Blind Associations and Special Olympic Great Britain.

We have taught fencing to many athletes who experience a number of learning disabilities including ADHD/RSD, dyslexia, autism and anxiety. Fencing can be a means to developing coordination, balance, and a sense of spatial relationships.

When coaching athletes with learning disabilities you set aside any expectations you might normally have for how rapidly progress can be made. Some students with learning disabilities will improve at a typical or faster than expected rate, while others show little progress.

It is important to remember that learning disabilities are separate from intellect. Many people with learning disabilities are remarkably intelligent and with a little bit of encouragement and structured guidance have gone on to achieve great things in the sport.

For some athletes, the process of fencing may be akin to physical or occupational therapy and we, as tutors, have to ensure they benefit from the process of learning to fence at the highest level they can reach.





Talent Pathways

All our programmes are based around inclusivity and are geared to enable anyone, of any ability or background, to try the sport in a safe, fun and engaging environment.

The sport isn't for everyone. However many students who experience our programmes want to continue their development outside of the school environment. Our Talent Pathway programmes, which are run either at selected schools or more commonly in a local club environment, offer the fencers the chance to try different weapon types, spar with seasoned fencers and take individual lessons from experienced coaches. When ready, the pathways then prepare them for competition initially at regional level and then, with lots of hard work and dedication, on the national and international circuits.

The programme has produced fencers who have successfully competed, and won major medals at regional, national and international tournament level.

