

## FENCING - CAPTURE THE TEAM

### Quick introduction

This challenge develops:

- The attack – thrust (straightening arm towards target) and lunge (straightening arm along with kicking the front leg forward). The back leg should also straighten when lunging.
- The defence – parry (a blocking move to stop an opponent's attack) and riposte (a thrust/lunge attack following a parry).
- Fencers try to 'capture' as many of the other team as possible by winning bouts.

### Health and safety

- Check equipment to ensure rubber tips are in place on foils and there are no cracks/chips in the blade or guard. Masks should have all rivets in place with the visor fixed in place and the Velcro fastening functional.
- Ensure there is plenty of space between each pair of fencers (each pair should have a marked area approximately 12m long and 1.5m wide).
- All bouts should take place in the same direction (e.g. up and down the hall).
- Fencers should keep their non-sword arm behind their back to avoid it being hit. It is recommended fencers wear long sleeves and long trousers.
- Fencers should never turn their back on an opponent.

### Getting started

- Divide the group into four equal ability groups; begin with AvB and CvD.
- Within the groups number fencers and fence 1v1, 2v2 etc.
- When time is up or the set target of hits reached, the winner 'captures' their opponent.
- The winning team is the team with the most members at the end or that captures all of their opponents.
- Only on target (to the torso) hits count.
- Once captured the fencer joins the opposing team.

### Equipment required

- GO/FENCE plastic or foam foils.
- GO/FENCE masks.
- Chest protectors (optional).
- Tag rugby belts as an alternative to foils.



# FENCING – CAPTURE THE TEAM

## PHYSICAL ME

- Keep the foil pointing toward the target at all times.
- The attacker's foil should bend (an upward arc) when making a valid hit.
- Parry using the thickest part of the defending blade against the thinnest part of the attacking blade.

## SOCIAL ME

### Leading and volunteering

- Officials could referee fights (observe hits on the target area).
- Time keepers could time the bouts and watch the overall time.

### Think inclusively (STEP)

#### Tag fencing alternative

- If there are no or not enough foils/masks, fencers can play 'tag fencing'. Instead of aiming for the torso with a foil, fencers must tap the inside of the opponent's knee with their hand. Tag rugby belts can be used as targets to remove from your opponent.

#### Space

- Restrict the playing space to prevent more mobile players from dodging away from their opponent.

#### Task

- Set a target of a number of hits or fence for a specific time. To balance an uneven fight when tag fencing, ask the dominant player to use only one hand; opponent uses both hands.

#### Equipment

- Players who have balance issues can choose to sit to fight an opponent who is also seated.
- Seated and standing player can fight each other, but standing player must keep one foot still (pivot only).

#### People

- Where one player is dominant, match up with someone of similar ability.

## THINKING ME

- Am I sure I know and can hit the target area on my opponent?
- How should I use the lunge to hit my opponent?
- How do I know I am going to have to defend?

## SPORTING ME

### Spirit of the Games:

#### *Excellence through Competition*



I show respect to my opponent by saluting them and shaking hands.

## TACTICAL ME

Do I watch my opponents before I fence them and think about how I might hit their target area?

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GO/FENCE



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## FENCING – TAG TEAM

### Quick introduction

In this challenge that lasts a set time, teams can change the person who is fighting while the fight is going on.

### Getting started

- Clearly mark out the fencing area for each group.
- Two teams of two fencers.
- Mark out defined playing area – only two fencers in area at once.
- Teams fence for 15 hits or maximum nine minutes.
- Team members can swap with their partner any time (who have to stay at a designated side of the playing area) by 'high five' with non-sword hand.

### Health and safety

- Check equipment to ensure rubber tips are in place on foils and there are no cracks/chips in the blade or guard. Masks should have all rivets in place with the visor fixed in place and the Velcro fastening functional.
- Ensure there is plenty of space between each pair of fencers.
- Fencers should keep their non-sword arm behind their back to avoid it being hit. It is recommended fencers wear long sleeves and long trousers.
- Fencers should never turn their back on an opponent.

### Equipment required

- GO/FENCE plastic or foam foils.
- GO/FENCE masks.
- Chest protectors (optional).
- Tag rugby belts as an alternative to foils.



# FENCING – TAG TEAM

## PHYSICAL ME

- Front foot (same as sword hand) facing forward (12 o'clock).
- Rear foot facing the side (9 o'clock for right handers / 3 o'clock for left handers).
- The lunge (straightening arm along with kicking the front leg forward). The back leg should also straighten when lunging.

## SOCIAL ME

### Leading and volunteering

- This activity can be self-refereed or a fencer can be designated referee.
- Fencers should keep their own score.
- Coaching: fencers should discuss and take responsibility for deciding on the tactics of when to tag.

### Think inclusively (STEP)

#### Space

- A seated area can be integrated; players who prefer to sit to fence, or who are wheelchair users, compete in this space when tagged.

#### Task

- Play with no blade contact allowed.

#### Equipment

- If there are insufficient foils/masks, fencers can play 'tag fencing'. Instead of aiming for the torso with a foil, fencers must tap the inside of the opponent's knee with their hand. Tag rugby belts can be used - as targets to remove from your opponent.

#### People

- Use stationary fighting for players with mobility impairments (as above); for mixed ability, both fighters sit.

## THINKING ME

- How can I work well with my partner and give regular encouragement?
- How can we make sure we tag regularly and at the best time?
- How can I ensure I move around the area, both forwards and backwards?
- Can I try to keep score during the fight and demonstrate fair play?

## SPORTING ME

### Spirit of the Games: *Excellence through Competition*

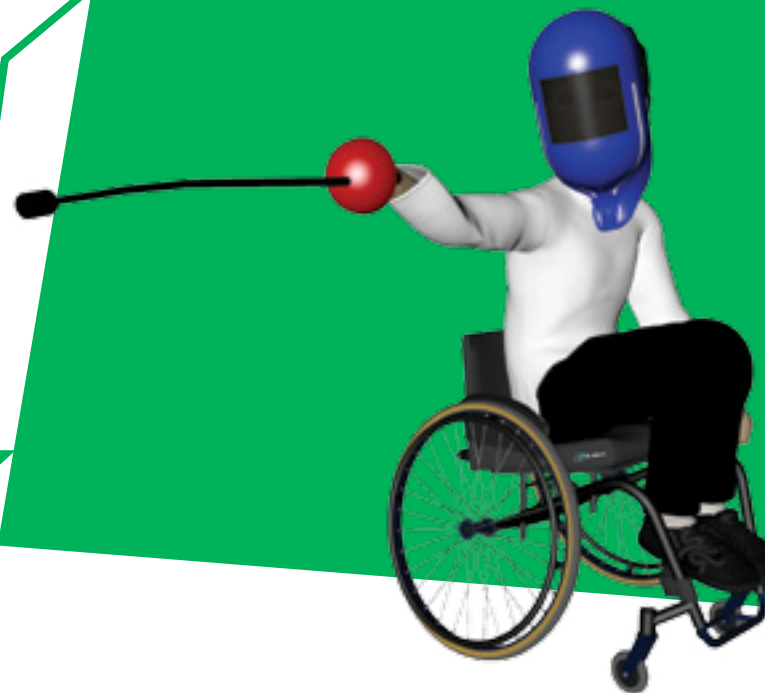


I always try to give encouraging and informative feedback to my team-mate.

## TACTICAL ME

I will make sure we discuss how we tag at the end of each bout, to see if we can improve the way we do it.

SCHOOL GAMES



GO/FENCE



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## FENCING – CIRCUIT

### Quick introduction

A fun circuit to develop: thrust; lunge; parry; footwork; balance; co-ordination. Competition can be through a league of individual scores or a single event.

### Getting started

- **Fence for three hits** – first to three points wins.
- **Catch the Bag** - partner should start by standing in front of the fencer and dropping the bag, before progressing onto standing behind the fencer and lobbing or throwing the bag over their head, fencer must catch bag with thrust (five attempts) then with lunge (five goes). One point per catch.
- **Balance the Foil** - point in palm of hand; see how long you can balance the foil using only fencing steps. Score = length of time in seconds the foil remains upright; one point per second. The foil should remain upright.
- **Stab the bag** - partner drops beanbag from a height against a wall, fencer must pin bag to wall with thrusting action. One point per successful stab.
- **Lunge at the target** – fencer has five attempts to hit the centre of a target. Vary points depending on which area of the target hit.
- **Beam/bench balance** - fencer advances (steps forward) and retires (steps back) on a gym bench (not looking down!); helper at hand to steady if fencer loses balance. A point is scored for each pass without losing balance.
- **Bat the bag** - partner lobs beanbag towards fencer who must bat the bag with the palm of the hand or backhand to knock bean bag into hoops placed on floor. One point per bag in the hoop.
- **Raise the foil** - fencer holds foil vertically at tip. Using only fingers of the hand that is holding the foil, must raise the foil until fingers reach the guard. Score a point for each successful raise within the time.
- Construct the circuit challenges so that they can be modified for all abilities; see STEP for some options.

### Health and safety

- Check equipment to ensure rubber tips are in place on foils and there are no cracks/chips in the blade or guard. Masks should have all rivets in place with the visor fixed in place and the velcro fastening functional.
- Ensure there is plenty of space between each activity.
- Place mats around the bench/beam.
- Pupils should wear a mask at any time they are in possession of a foil or when working with a partner who is using a foil.

### Equipment required

- GO/FENCE plastic or foam foils, masks.
- Chest protectors (optional).
- Tag rugby belts as an alternative to foils.
- Beanbags.
- Bench/beam.
- Stopwatch.
- Hoops.
- Target.



# FENCING – CIRCUIT

## PHYSICAL ME

- Encourage quality technique, and get the better fencers to demonstrate each challenge.
- Always ask players to practise before they attempt a challenge.
- Fencing requires good agility, so introduce some multi-skill activities before the challenge starts.

## SOCIAL ME

### Leading and volunteering

- Scorers and timekeepers can record individual scores and keep the time for the event.
- Equipment managers can help to set up the circuit and devise new activities.

### Think inclusively (STEP)

#### Space

- Ensure the route around the circuit is accessible to everyone.

#### Task

- Pupils with mobility challenges may complete the bench/bench challenge on a line on the floor.

## Equipment

- In Stab the bag use a bigger target (for example, a small cushion) and for catch the bag use a lightweight scarf which falls more slowly.

## People

- Some people can design their own parts of the circuit by adding an optional activity: self-designed skill.

## THINKING ME

- How can I score 6 out of 10 (bags in hoops, bags caught or stabbed with the foil)?
- How can I move along a line/bench, keeping my balance while using fencing steps?
- How can I be aware of my personal best and keep trying to improve on it?

## SPORTING ME

### Spirit of the Games: *Excellence through Competition*



I always attempt the circuit with the feeling I am going to improve.

## TACTICAL ME

Am I really aware of how performance on the circuit will help my fencing?



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