



FENCING
VICTORIA

FENCING IN SCHOOLS

Why Fencing?

Fencing is a fun and engaging activity for all school ages. Fencing promotes individual initiative and discipline, as well as respect, sportsmanship, and provides both mental and physical exercise, all of which help children succeed outside of the sport.

Introducing Fencing

How we can introduce the sport of fencing to your students:

- Incursions to your school
- Excursions to the State Fencing Centre
- PE Classes
- School Sports
- Lunchtime or After-School Activity

We provide all required equipment. Our coaches are all nationally accredited, fully insured, and have current WWCC cards.

Whether it is a one-off taster session, a structured course, or an ongoing sporting program, we are able to tailor sessions to suit your school's requirements.



**En Garde.
Ready?
Fence!**



Extended Opportunities

Fencing Victoria run a Winter Schools League competition for junior and senior secondary students.

These competitions enable students to represent their school, and qualify for the National Schools Fencing Championships.

Students who enjoy fencing at school can progress to join their local fencing club. Here they can potentially pursue fencing as a **lifelong activity**, for recreation and fitness, competition, or take on roles in coaching, refereeing and administration.

Fencing in the Curriculum

- **A Challenge Activity:** Known as “physical chess”, fencing is a game of strategy that engages both mind and body.

When practiced by children during their developing years, martial arts such as fencing have been shown to increase executive function including focus, suppression of impulsive reactions, and mental manipulation of ideas (Diamond and Lee, 2011)

- **Health Benefits of Physical Activity:** In addition to providing a physical workout, fencers have been shown to have significantly increased bone and muscle mass compared with controls (Felsenberg and Gowin, 1998), which help prevent injury and osteoporosis.

- **Mental Health and Wellbeing:** Not every child will excel at mainstream sports. Since fencing involves a high level of strategy, children who are strong athletes don't necessarily have an advantage over analytical thinkers. This allows all students to build self-confidence. Studies show that children who are more physically active demonstrate higher self-esteem (Tremblay et al., 2000).

- **Respectful Relationships:** Fencing dates back to kings and nobility, and the traditions of sportsmanship continue to this day. Every fencing bout starts with a salute to your opponent and ends with a handshake.

- **Fundamental Movement Skills:** Fencing is a highly technical sport, requiring fine motor control of the sword, with balance and coordination of the entire body.

- **Safety:** Fencing is also an exceptionally safe sport, with fencers suffering fewer injuries than athletes in most other Olympic Sports including swimming, and table tennis, (Junge et al., 2009.)

This is achieved through strong emphasis on safe equipment and practices.

- **A Lifelong Activity:** Fencing is an activity with wide appeal that can be pursued during all stages of life. We have fencers still competing internationally in their 70's and beyond!

It often engages students who do not normally participate in physical activity, providing a gateway to a more active lifestyle.

The tactical and analytical aspects can make fencing attractive to gifted and neurodiverse children.



For more information

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<http://fencingvictoria.org>