

EXPLORE FENCING



*This is an interactive PDF.
When you see this symbol,
you will be able to click on it
for more information.*

MESSAGE FROM BRITISH FENCING'S CEO, GEORGINA USHER

Hello and welcome to this opportunity to Explore Fencing together.

Here at BF, we're all about making sure everyone has access to our exciting sport. Fencing is now more accessible than ever, taking place in holiday camps, schools and leisure centres across the country. Every year, over 250,000 people try this exciting sport supported by a network of coaches, trainers and teachers like you.

I have personally experienced the self-development journey we can take young people on as they access fencing, and what it can lead to. I first started fencing myself when I was at school. At the time, I wasn't a naturally sporty kid and I lacked self-confidence in all aspects of my life. But from the moment I held a sword in my hand and put on a fencing mask, I found something else starting to grow within me, a sense of self-efficacy and inner resolve, which I believe laid the foundation for my future personal and professional success.

I remain passionate about providing the same development opportunity to as many school children as possible by providing the tools and resources to teachers across the UK to help them inspire others, as I was once inspired.

Therefore I am delighted to invite you to explore fencing, discover its benefits and find ways to introduce swordplay through fun activities that relate to your wider curriculum and whole school approach to PE, Sport and Physical Activity. As one of the oldest Olympic sports, we are always looking ahead to welcome the next generation of fencers to our sport. The Olympic champions of the future are out there. You never know, they could be in your school right now!

We live our values of honesty, respect and excellence here at BF. Fencing is about honesty, respecting yourself and your opponent, and finding excellence through effort. I hope you find answers to your questions in the information that follows.

Do reach out to us with any questions.

Georgina Usher, CEO British Fencing



TURNING THE KEY

“Education and training are the keys to the future. A key can be turned in two directions. Turn it one way and you lock resources away; turn it the other way and you release resources and give people back to themselves.” *Ken Robinson, Out of Our Minds, 2011*

Do you have students who identify as “sporty” or “non-sporty”?

As adults and teachers, we can affect a young person’s self-efficacy regarding this identity. Our bodies are made to move. It’s important that we search out programmes that have the intent to fully engage pupils and challenge their self-perception, turning the key to unlock their full potential. Fencing does this extremely well. Our new programme has been developed within 30+ primary schools, with over 1,500 pupils providing feedback; constructed in a way that empowers children to be the key holders of their future selves.

“Every week they are learning something new, whether that be a new stand or such or a new piece of vocabulary, I think that’s kept the excitement there as well.” *Lyndsey Done, Class teacher*

At British Fencing our aim is to unlock the sporting potential of young people.



**Open a door for you
and your students**



The Explore Fencing course is a non-accredited CPD opportunity for teachers.

The course is £20 and is designed to be accessible. You will leave feeling more confident and competent in your “how” coaching skills. You can then lead energiser sessions at school or in the playground. Take children’s eyes away from the interactive whiteboard for a moment so they can try something new.

Your Explore Fencing certificate gives you access to the Coach area of our Games App. You’ll also receive two years of preferential rates on foam and plastic equipment, as well as on a conversion course if you decide to become a fully trained British Fencing Core Coach.

“Just providing those extra opportunities that they wouldn’t normally get. We obviously keep all the children together all of the time and there are some children that have additional needs - those children are catered for within the fencing lessons and they are making good progress. Fencing has given those opportunities to build up resilience skills and all the children started at the same level, because nobody had seen it before. It’s just great to see that everybody is out there just buzzing really, they really enjoy it.”

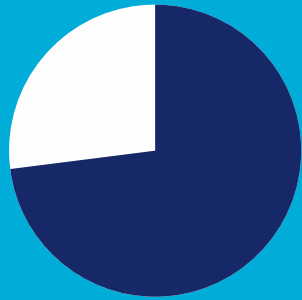
Zoe Howarth, Class teacher and SENCo

“It’s not really about fencing, its swordplay, it’s that infamous sci-fi movie, light sabers, Zorro, all of those. It’s in pop culture and it’s there for us to hook into, to find that kind of recognition in a smile. Everyone has picked up a stick in the woods and had a swordfight. We can meet young people within that experience and take them forwards.” *James Craig, Head of Commercial, British Fencing*

Watch educators talk about the opportunities fencing has given them and the difference they see in their students



MAKING A DIFFERENCE



77%

of novice fencers said the main draw of fencing was being able to do something unique or different to other sports

“Fencing is a totally new sport to Warley Primary School and year 5 are very excited at the prospect of learning new skills... I have already been lucky to go on some different sport coaching courses but I was very impressed with the design of the fencing programme. I particularly like the different activities that were available to do with children” Tom Fulk, Class teacher

WHY FENCING?

It's really different. Something completely new, for staff and students.

THE BIGGER PICTURE: CURRICULUM CONNECTIONS

From Vikings to British Values, the rich history and etiquette of fencing lends itself to curriculum connections. Engage your pupils through fencing and lead them through stories, non-fiction concepts, rhymes and poems. Fencing provides extensive opportunities to use and embed new words in a range of contexts and gives children the opportunity to thrive. Through conversation, storytelling and role play, pupils can share their ideas with support and modelling from their teacher. Sensitive questioning with invitations to elaborate will allow children to become comfortable using a rich range of vocabulary and language structures.

“It’s one of those sports that they see on the television and they think, “That’s not something I am going to be able to do at school, that’s something specialist and we are not going to be able to do that, but that looks really exciting.” It’s about providing those opportunities for the children to access things that they wouldn’t have previously been able to do.”

Zoe Howarth, Classteacher and SENCo

**Almost half
of all fencers
began fencing in
an educational
environment**



“My coach came to my primary school looking for talent to bring to the newly founded Fencing Club Newham Swords and came across me. From then on I have been fencing and trying to develop my skills.” *Kamal Minott, British Men’s Foil Team*

Let's take a look at some of the possible discussion avenues based on the question, **“What do you think of when you hold a sword?”**

ANSWER

“It’s posh!”

SEGUE TO LEARNING

Discussion of social class system and social constructs.

“It’s for old, white guys.”

Equality and diversity. Community and heroes of all types.

“Pirates have swords!”

Story telling and creativity. What’s your pirate name? Where have you seen pirates? What do they do? How do they behave? Values, legal systems and geography.

“Space battles”

Science and light. Create a light-sword. Gravity and lasers.

“It’s about fighting and stabbing!”

Conflict and bullying. Link to respect and etiquette of fencing.

“It’s in the Olympics”

The 2040 Olympic Champion is about 10 years old right now. Could it be one of you? Inspire the whole class to have an Olympic mindset, igniting the Olympic spirit of dedication, commitment, record breaking, effort, planning, goal setting, awareness of the world, teamwork.

WHY FENCING?

It develops emotional and social learning. You learn how to referee, make decisions and respect each other’s opinions.



THINK 'OFF PISTE' WHEN IT COMES TO WHEN AND WHERE YOU CAN FENCE



Create a reaction board

A simple target board for pupils to score points as they hit different numbers and areas in a set time.

- Use shapes for EYFS and numbers to 10
- Create a dartboard pattern for older students and gamify maths with fencing



Make your own 'piste' with cones or tape.

A great link to maths, measurements and shapes.



Access BF's free #ITriedFencing resources and apply for a downloadable certificate for each pupil or your whole class!

Send it home

- Maths: how many lunges can you do in 'x' time? How far can you lunge?
- Reading/writing: did you know Winston Churchill fenced? Who was he?

Classroom moments - Indoors and outdoors on any non-slip surface

- As an energiser in the morning, or a fun sensory break

After school clubs



Find activities with British Fencing's library of on demand videos



Download the free Explore Fencing app that introduces fencing skills through games.

INTRODUCE YOUR STUDENTS TO THE OLYMPIC WEAPONS WITH THESE GREAT VIDEOS



The Foil



The Epee



The Sabre



Cost effective and fun to start

The Explore Fencing course is £20 and the app is free to access. No equipment or resources are needed to get started, (apart from a smartphone or tablet for the app).

If you want to introduce fencing equipment like masks, bibs and swords, a set of equipment designed for safe use by children ranges from £100 - £500 (depending on numbers and whether you choose foam or plastic).

If you want to start a competitive metal fencing club, we can help you with that larger investment. However, we find for most schools, when introducing fencing and swordplay fun into curriculum, foam or plastic equipment is more than enough!

Action packed and popular

Did you know David Beckham, Madonna, Tom Cruise, Mark Zuckerberg and Will Smith all fence? Do you know a fencer?

Around 250,000 young people try fencing every year through BF's delivery partners and in schools like yours. You just need the app and a safe space to move and you are good to go!

"There's those boys who really enjoy football and the girls wouldn't necessarily play football with the boys, but in fencing they fence together and the girls are going for it, against the boys, so it's worked really well" Zoe Howarth,
Class teacher and SENCo



Respectful and honest

Fencing has some simple moves and is easy to start. In essence, the object of the sport is to score a hit. It's that simple! Of course, becoming a competitive Olympian takes a lot of coaching and skill but in essence, the sport is about using movement and strategy to score and defend.

*Every match starts with a salute to your opponent. A fencing bout also involves a referee who makes the final call on who scored the point. It's actually part of the rules that the referee's call is to be respected, so **students learn to communicate, make judgement calls and listen to others with respect.***

"It's got everything, it's so fast, it's so furious, it's so skilful, it's so precise. It can also be a team sport. It just encapsulates everything. Every day is a learning curve and it's really enjoyable, but what's really good about this is we've got massive backup from British Fencing. I would encourage everyone to explore it because it really is a cognitive sport as well."

Doug Keast, Assistant Principal and Director of Sport, Crown Hills Community College



EXPLORE FENCING (ONLINE COURSE) £20 per person

The Explore Fencing CPD opportunity is designed to help you explore the option to introduce fencing to your school. Explore Fencing can be taken as a stand-alone online experience, or as the first step in the Core Coach journey. Core Coach is our Community entry level qualification.

WHAT YOU GET

- Focuses on the “How to coach” skills
- Aimed at KS1 to KS2, though also applicable to EYFS and early KS3 children
- 3-4 hours of online content
- Includes access to the Coach area of the free Explore Fencing app
- Includes access to preferential rates on foam and plastic equipment for up to 2 years

OUTCOMES

- Be more confident and competent in using the content in the **Explore Fencing app** >
- Introduce the overall Core Coach course - the full Community level training available from British Fencing
- Be part of the Explore Fencing coaching community; help develop further games based on your feedback and receive further resources that we will distribute through the app

At the end of the Explore Fencing course you will not be a fully qualified BF Core Coach but you will have completed Stage 1 of 3 and be part of the way there. If you choose to continue, Core Coach is awarded after you have accessed further learning and successfully completed a face-to-face assessment.

Join the Explore Fencing course [here](#)



BEYOND EXPLORE FENCING

GO FURTHER FOR YOUR STUDENTS, YOURSELF AND YOUR COLLEAGUES WITH CORE COACH

Click [here](#) to access the webinar talking about all things intent with Kevin Holland, Head of Child Journey at Premier and James Craig, Head of Commercial at British Fencing



Have you ever heard a teacher say, "I'm not very sporty" or "I am no good at sport"? Have you said that yourself? Did your pupils hear you? Explore fencing! Fencing connects the mental and physical aspects of sport through imagination. The Explore Fencing short course is perfect for playground and lunchtime staff to heads of school.

If you want to go further after Explore Fencing, you're already on your way. Explore Fencing is the first stage of our full Core Coach course.

EXPLORE FENCING COURSE

Get Access
25% of the way there

PROGRESS FROM EXPLORE FENCING TO THE FULL ONLINE CORE COACH COURSE

Get Knowledgeable
75% of the way there

Get Assessed
100% complete



YOU ARE HERE

Access now



GOING EVEN FURTHER



**FREE EXPLORE
FENCING APP**

**EXPLORE
FENCING
COURSE**



**FULL CORE
COACH COURSE**



Get full access to the British Fencing coaching framework 

“...Core Coach was fantastic, it gave us that basic level of understanding and knowledge and it was good for us to get that knowledge, terminology, history, background to the sport. It’s been really helpful to link that into the lessons that we are delivering” *Stuart King, Director at Premier Sport*



**WE
ARE
FORGING
FUTURES**

In association with

**BRITISH
FENCING**

Together, **We Are Forging Futures** harnesses the exciting world of swordplay and fencing as part of a distinctive learning journey aimed at the **Education Sector** that inspires more young people to engage in lifelong learning. We are unlocking untapped potential, renewing self-belief and opening up a world of possibilities.

UNLOCK YOUR LEARNING JOURNEY THROUGH...

ENHANCING YOUR PESSPA PROVISION

Personal development of your teachers as well as children.

ALIGNED WITH THE CURRICULUM

Ofsted-aligned and focused on resilience and self-efficacy.

POSITIVE EXPERIENCES PURPOSEFUL PLAY

Stretches and challenges self-perceptions, renews self-belief and instils confidence.

CLICK HERE TO WATCH

Hear from one of our partners Niall at Kickstart.

FORGING FUTURES, INSPIRING CHILDREN

1

**AN EQUALISER IN
THE CLASSROOM**

2

**A CATALYST FOR
BUILDING RESILIENCE**

3

**CHALLENGING
SELF-PERCEPTION**

4

**DEVELOPING TEACHERS
ENHANCING TEACHING**

MOTIVATING CHILDREN TO MOVE THROUGH A THEMATIC APPROACH

36 Ofsted aligned lesson plans to introduce the concept of resilience from session one.

Training that focuses on physical literacy and how fencing can help children to think, feel, move, and connect with others.

Harness the power of fencing to positively challenge students' perceptions, so more students more often will engage in PE, school sport and physical activity.

**WE
ARE FORGING
FUTURES**



START FORGING FUTURES NOW

To bring the excitement of We Are Forging Futures to your school, get in touch with our team at:

forgingfutures@britishfencing.com

07840 856370

www.weareforgingfutures.com

**CLICK HERE
TO WATCH**



What do kids think of when fencing?





WHY FENCING?

It offers success for every child. Whatever level of physical literacy they have, everyone can experience success with fencing.

**BRITISH
FENCING**