

Lynher Summer 2 2023

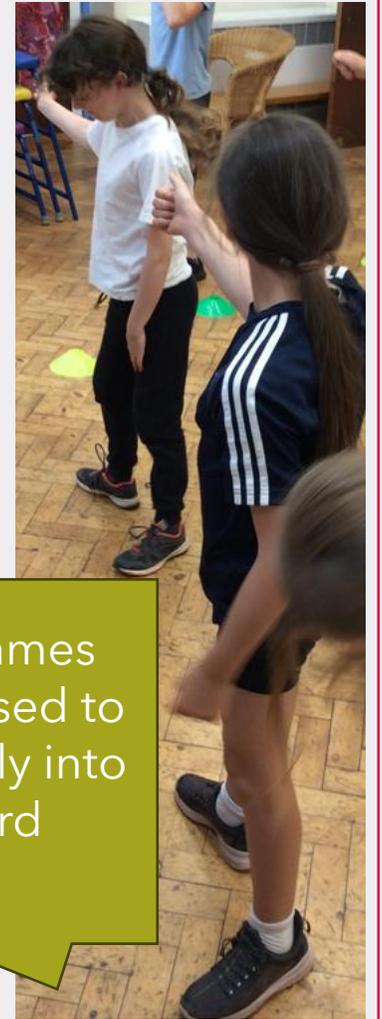
PE – Fencing

I know the on-guard position

You need to make sure your feet are hip width apart and one foot is turned out and the other straight.

Remember the heels must align. You then turn your body with your arm raised with your foil extended.

We played games which got us used to resetting quickly into the on-guard position.



I can demonstrate how to move forward and backward

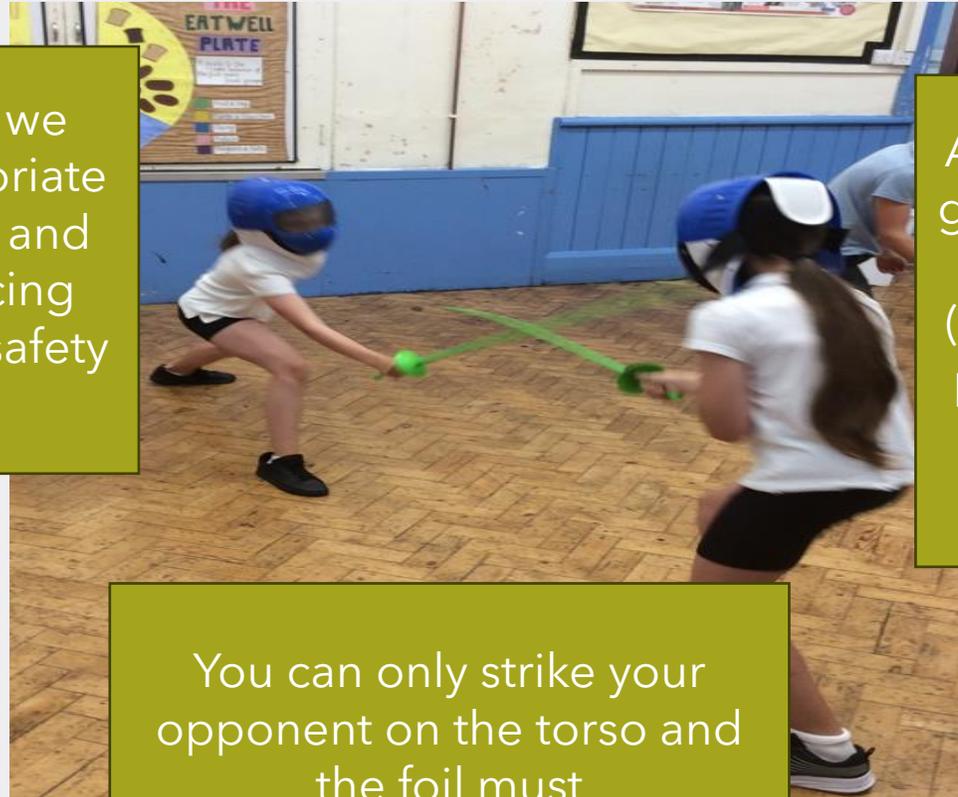
When moving forward you flick your foot up like kicking a cone - then our back foot moves forward.

But when moving backward we lead with our back leg.



I can use the parry reposte

When using the foil we must have the appropriate safety equipment on and when not in the fencing area we stood in the safety zone



A parry reposte is when I go to strike my opponent but the use the forte (thick part of their foil) to push away my foil at the foible (thin part) then strike me.

You can only strike your opponent on the torso and the foil must

I can use all my skills to participate in a sparring match

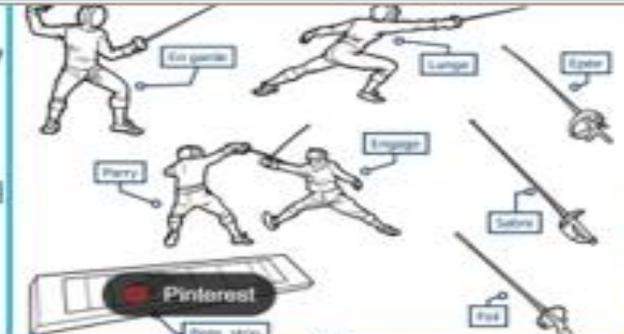
We used all our skills and safety lessons learnt and played in a tournament until we got to the final winner for year 5 and year 6.

You should always salute the referee and your opponent, then shake hands after.

The referee will instruct you to be on-guard, ready, fence. Also if they raise their hand and say 'halt' everyone must stop.



The referee's decision is final - you cannot argue with them.



Forever Facts

The name 'fence' originated as a contraction of the Old French term 'defens', which was derived from the Latin term 'defensa'.

The objective of fencing is to touch the valid target with the point of the foil or épée, or with the cutting edge and point of the saber.

Skills

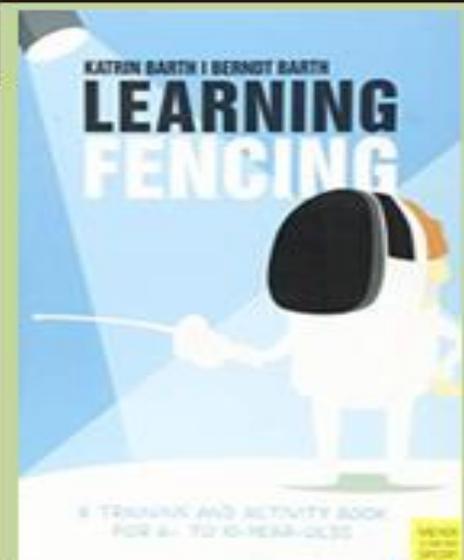
Demonstrate how to move forward and backwards when fencing.

Demonstrate coordination and fluency when lunging.

Demonstrate some strategies by planning my moves before executing them.

What I have learnt before: Team sports including badminton and hockey, coordination and stamina through athletics.

Exciting Books



Our Endpoint

To compete in a fencing match.

Subject Specific Vocabulary

Technique	A way of carrying out a particular task
Stamina	The ability to sustain prolonged physical or mental effort
Flexibility	The quality of bending easily without breaking.
Strength	The quality or state of being physically strong
Endurance	Denoting or relating to a race or other sporting event that takes place over a long distance or otherwise demands great physical stamina.

Personal Development: The real- life knowledge that links is: to work effectively as part of a team, body control and movement, teamwork. The jobs it can be used in are: professional athlete, fitness instructor, sports coach or manager, sports official