

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

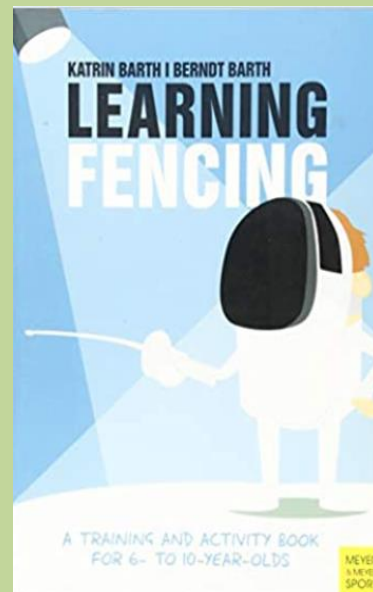
Demonstrate how to move forward and backwards when fencing.

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

