



WHAT IS IT?

Fencing is sword fighting and an Olympic sport! These sessions are pitched at years 5, 6 & 7. We'll primarily use plastic child-development safe weapons, and occasionally steel swords, alongside games. I take a 'Teaching Games for Understanding' approach to the sport to help develop whole body problem-solving, hand-eye coordination, and spatial awareness. A lot of people have the image of fencing being taught in lots of drills, this is boring for everyone involved, and couldn't be further from the truth!

OK BUT WHO ARE YOU?

My name is Lewis McInley, I've been a qualified and active coach since 2012 and fencing since 2003. I hold Level 5 in each of the 3 weapons, we call this a Maître d'Armes (Fencing Master, 'Professor'), alongside the necessary First Aid and Safeguarding and Protecting Children in Sport training.

HOW MANY CAN WE FIT IN A CLASS?

Groups of up to 8 are ideal, this is largely affected by recommended staffing ratios and kit requirements. An assisting teacher and additional kit would increase the maximum group size.

HOW LONG COULD WE RUN A CLASS FOR?

1hr 15 is ideal, 45 mins is the minimum feasible if there are multiple sessions.

WHEN?

I currently have availability in my schedule Tuesdays until 2pm and Fridays until 5pm. With enough interest we could start running sessions next half-term.

WHAT KIT DO WE NEED?

All specialist kit will be provided, children will need sport appropriate clothing which covers the legs (and no forward-facing pockets!), and non-marking trainers.

ARE THERE ANY ADDITIONAL BENEFITS?

Fencing is very simple to pick up and very difficult to master. It's great for teaching transferable skills and values which can be carried further into life.

I like to use the NGB's grading system, which awards fencers badges and certifications for demonstrating a particular level of competency, also attached.

There is also potential for development of school-based staff - I can award some Level 1 qualifications under my own judgement.

I also coach at other clubs in the area which would help pupils find other places to continue to fence if they take a real interest, for instance, Worthing Fencing Club currently runs out of Durrington High on Friday evenings.