

Basic Fencing Parry

by

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Grade Level: 3rd-12th Grade

National Standards:

- Standard 1: Demonstrates motor skills and movement patterns to perform a variety of physical activities.
- Standard 2: Understands movement concepts, principles and tactics as they apply to the learning and performing of physical activities
- Standard 5: Demonstrates responsible personal and social behavior in physical activity settings.
- Standard 6: Chooses physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Learning Objectives:

- The students will practice the proper technique for parry.
- The students will work cooperatively with a partner.
- The students will develop basic offensive and defensive strategies.
- The students will develop social skills in a game situation.

Space Needed:

- Any level, flat surface; wooden floors are best.

Equipment & Materials Needed:

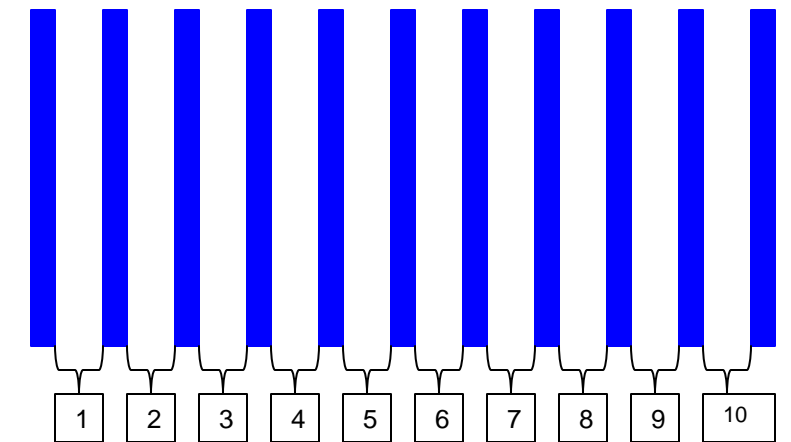
- One foil per student.
- One jersey per student.
- Optional: Rubber, flexible balance beams.

Alternative Equipment:

- Foils (may be made out of swim noodles)

Set-Up:

- If on blacktop or other surfaces which may be written on: draw the fencing courts with chalk on the ground.
- If using grass: use cones to form the boundaries of each fencing court.
- Alternative: use rubber balance beams to mark the boundaries of the fencing courts.



Description of Learning Activities:

- Discussion:
 1. Fencing is not fighting or sword play.
 2. Fencing is about tradition, ceremony, etiquette, and sportsmanship.
 3. Target is ONLY the chest and back areas.
- Review safety rules and precautions.
- Parry: defensive maneuver to get the opponent's foil out of the way.
- Body Positioning:
 1. Foot placement: dominate foot forward, toe pointing to the target; non-dominate foot behind, toe perpendicular to the target.
 2. Non-dominate hand/arm is above and behind head; fingers pointing to the target (above head).
 3. Dominate hand/arm extended, pointing to the target.
- Partners (opposite gender).
- The pair must stay in their court (or between the lines).
- May use the jersey to indicate the target area.
- Partners shake hands.
- Partners are in 2 lines opposite one another:
 1. Offense does the standard lunge & thrust, aiming for their partner's chest (gently).
 2. Defense uses their foil to LIFT, not hit away, the offense's foil.
 3. The LIFT may be up then right or left; or it may be down then right or left.
 3. Repeat 4x then switch.
- Repeat the above steps and ADD:
 1. After defense "parry", the student will attempt to lunge & thrust, aiming at the chest of the opponent (offense).
 2. Students must stay on their court or between the lines.
 3. Repeat 4x then switch.
- At the end of the "bout", partners shake hands.
- Repeat activity.
- Rotate partners so each student works with different partners.

Authentic Assessment:

- Teacher observation of correct body positioning.
- Teacher observation of student's social interactions.

Debriefing & Reflection:

- Discuss why you lifted the foil up or down, right or left.
- Which "style" worked best and why?