

Beginning Fencing Syllabus

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About the class: Fencing, the art of swordsmanship, has been practiced for centuries. This beginning course provides an introduction to the modern sport of foil fencing. Basic skills, terminology, competitive rules, history and strategy are taught. Students should expect to learn etiquette of the sport and some basic officiating skills.

This class requires intense physical activity. Students should be prepared to sweat and engage in difficult physical and mental work, which develops agility, strength, speed, and cunning. It's no wonder this sport is sometimes called "physical chess!"

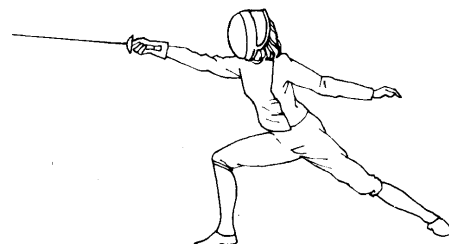
Course Objectives:

- Perform the basic skills of foil fencing
- Understand the basic strategy involved in offensive and defensive foil work
- Know and appreciate the proper use of fencing etiquette
- Know and appreciate the history of the sport of fencing
- Know the basic rules of officiating
- Increase one's physical abilities in the areas of coordination, endurance, balance, strength, power, flexibility, agility and speed.

Student Attire and Attitude:

Clothing requirements are for your safety!! Any student who fails to comply with these safety standards will be barred from participation in physical activity and will not receive participation points for the day.

- Students are required to wear tennis shoes or other athletic footwear capable of gripping smooth surfaces.
- In addition, students must *either* wear long pants (such as sweatpants that protect the full leg up to the waist), *or* fencing knickers that fasten at the knee worn with long socks in order to reduce the likelihood of injury to the lower body.
 - Sweatpants should be sufficiently thick and protective
 - Spandex or thin sweatpants are not acceptable
 - No shorts or pants with holes (bare legs) are permitted
- A t-shirt or other lightweight top (you will be wearing a heavy jacket) is required
- No sunglasses or jewelry are to be worn.
- Absolutely no beverages (besides water), food, candy, gum, etc.
- All students are asked to dress modestly and converse respectfully with classmates and the instructor. Those who choose to ignore this policy will be asked to leave the class and not be allowed to return until meeting with the instructor.



Materials Needed:

- Towel to absorb perspiration
- Fencing glove (cost \$10 cash or check made payable to PHHS)
- Breast Plates (girls only: cost \$10 cash or check made payable to PHHS)
- Cup (boys only: purchase at a sporting goods store)
- Water bottle
- A 3-ring binder (at least 1 inch) with labeled dividers and plenty of loose leaf paper
 - Dividers=
 - Goal Planning
 - Vocabulary
 - Rules
 - Quizzes
 - Project

General Class Policies:

- 1) Be punctual. If you arrive late to class, drop your tardy slip off at the door and begin the daily warm-up process immediately.
- 2) Regular attendance is required. Both academic and physical performance, without exception, suffer due to absences. Therefore, it is to the student's advantage to attend every class. Students are expected to know and follow the Attendance Policy of PHHS. It is the responsibility of the student to e-mail or call the instructor prior to class to discuss absent work.
- 3) Do not miss a test day. A make-up exam or an alternative grading scheme may be used if the student has written proof of a medical, personal or family emergency.
- 4) Students are expected to read and abide by the rules set forth in the Student Handbook provided by PHHS

Fencing Class Policies:

**Fencing is one of the safest sports if common-sense rules are followed. **

- 1) SAFETY will be observed at all times. This means:
 - You are responsible for knowing where the tip of your blade is at all times. Keep the tip pointed down, away from eye level. Never carry your weapon over your shoulder or under your arm.
 - Proper clothing and safety equipment must always be worn when fencing and practicing.
 - No dangerous or out-of-control actions that could injure you or someone else are permitted.
 - When you are given the command to "Halt," (individually, in a bout, or as a class) stop action immediately.
 - Always stop if you think there is a hazard (to you or to someone else), or if your partner signals you to stop.
 - Inspect your weapon and your mask before fencing
 - If you think a weapon is broken, stop fencing immediately. Never fence with a broken or suspect blade.
 - Work in parallel or within designated lines on the gym floor when practicing or fencing. Do not move at an angle to other groups, and do not move into anyone else's combat area. Do not go behind fencers who are fencing or practicing.

Violations of safety rules will result in immediate dismissal from class

- 2) At the end of class, always ensure that all equipment has been put away properly. Always treat equipment with care and respect.
- 3) Courtesy, respect and sportsmanship should always be observed

Evaluation Scale:

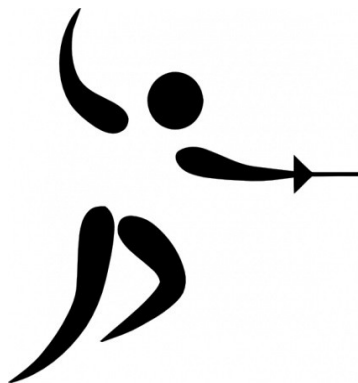
Grades are based on student attendance, participation, skills tests, quizzes and a final project.

Homework: 5%

Participation: 25% (see rubric)

Assessments: 60%

Final Exam: 10%

**Letter Grades:**

A: 90 and up

B: 80-89

C: 70-79

F: 69 and below

There are no pluses or minuses, and grades will not be curved or rounded up.

** Students who are not receiving a grade of B in the class will be barred from physical activity.

Academic Honesty Policy:

Each student is expected to read and comply to PHHS's Academic Honesty Policy. Cheating, in any form, will not be tolerated.

Participation/Sportsmanship Rubric	
Points	Expectations
Excellent (5)	Appropriately dressed, ready for class on time, and puts equipment away after use. Active and enthusiastic participation throughout entire class period. Demonstrates self-control and respect. Cooperative and contributing member of class. Always listens and promptly responds to instructor instructions/directions. Participates in drills and class activities. Receptive to feedback and correction. Always adheres to safety protocol.
Good (4)	Appropriately dressed, ready for class on time, and puts equipment away after use. Active and enthusiastic participation throughout most of the class period. Demonstrates self-control and a positive attitude. Usually complies promptly with instructions/directions. Participates in drills and class activities. Accepts correction and attempts to implement. Always adheres to safety protocol.
Adequate (3)	Appropriately dressed, ready for class on time, and puts equipment away after use. Participation is adequate but inconsistent. Requires verbal prompts to stay on task and comply with the specified drills and activities. Demonstrates self-control. Needs reminders for fair-play and/or cooperation with peers. Usually complies with instructions/directions. Always adheres to safety protocol and usually to class policies.
Poor (2)	Appropriately dressed. Participates only under direct observation and requires verbal encouragement. Lacks self-control. Eventually complies with instructions/directions but requires prompts or repetition. Inappropriate behavior/language. Behavior that hinders progress. Mostly adheres to safety protocol and class policies.
Unacceptable (0)	Appropriately dressed. Participates only on demand. Inappropriate and distracting language/behavior. Does not demonstrate desire to learn or improve. Rarely or intermittently complies with instruction/direction. Avoids cooperating with others. Intermittently complies with safety protocol and class policies.

Procedures: There are a number of procedures which will keep our class running smoothly.

Daily Warm-up: Students will begin the daily warm-up (to be discussed in class) immediately following the five minutes allotted to dress-out.

Student Leaders: Each week a new student will be assigned to lead the daily warm-up and stretching exercises. That student will remain in the position of student leader for the entire week.

Turning in assignments: Any assigned homework is to be turned in at the beginning of the class period.

Hall Passes: Students should not leave class during instruction time. The pass to the restroom is to be used only with permission. You should request permission to use the restroom before class starts.



I have read and understand the Fall 2013 Beginning Fencing Course Syllabus

Student Name (Print) _____

Student Signature _____ Date _____

Student E-Mail Address: _____

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____ Date _____

Parent/Guardian E-Mail Address: _____

Best Contact Number/Time: _____

Are you willing/able to be a parent volunteer if needed? Yes _____ No _____

If your son/daughter has any special needs/concerns (including medical conditions) that I should be aware of, please let me know. I also welcome your feedback and comments.

Parent comments:

