

Including Fencing within a Wellbeing Syllabus

Wellbeing is a new area of learning in the junior cycle. The Wellbeing programme commenced in 2017 with 300 hours of timetabled learning in Wellbeing over the three years. This will build up to 400 hours by 2020 as the new junior cycle is implemented in schools.

The wellbeing programme teaches students the knowledge, attitudes and skills to enable them to protect and promote their own wellbeing and that of others. Fencing can be included as part of a schools' wellbeing syllabus since the skills learned while fencing contribute to a fencers' mental and physical wellbeing:

- Physical Speed and Stamina
- Coordination and Technical Discipline
- Strategic Thinking – Problem Solving at Lightning Speeds
- Self Confidence and Mental Resilience

Fencing is a sport where size or strength doesn't matter and individuals can shine. It's a game of chess played at lightning speed where the fastest, neatest, most tactically aware player will win. When fencers step onto the strip, nothing else matters – all problems and worries melt away as they concentrate on their opponent.