

FENCING: Individual/Dual Sports 1 – 1502410

Grade 9 – 12, Credit .50

Often thought of as an activity just for actors or an elite few, fencing is actually an ideal sport for people of all ages. Fencing develops dexterity, endurance, flexibility, grace, and overall fitness, while also allowing participants the opportunity to hone the mind's problem-solving abilities. It is easily learned and practiced by both young and old, men and women, boys and girls. It has even been molded to fit the needs of the blind and individuals using wheelchairs. The Fencing class is designed to provide each student with the knowledge needed to understand the traditions, techniques, rules, and honor behind one of the oldest sports on earth.