



PRIMARY & COMBINED SCHOOL PROGRAMME

Designed to improve focus, behaviour and engagement, not just physical activity



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ASTON FENCING ACADEMY

"Designed to improve focus, behaviour and engagement, not just physical activity"

A Fresh, Engaging Approach to Supporting Pupils

Aston Fencing Academy delivers a structured, high-energy fencing programme for children aged 5 to 12, designed not only to develop physical skills, but to directly support learning in the classroom.

While our sessions currently run externally at venues such as Penn & Tylers Green Village Hall, we are now working closely with local primary schools to bring this programme directly into the school environment through:

Morning activity sessions | PE enrichment programmes | After school clubs | Whole school assemblies

Our approach is simple. We combine movement, structure and decision making in a way that helps children improve:

- Focus and attention.
- Confidence and self-belief
- Behaviour and discipline
- Coordination and physical literacy

Why Fencing Works So Well in Schools

Fencing is often described as *physical chess*. It requires children to think, react and move all at the same time. This makes it uniquely powerful in a school setting.

Unlike traditional sports, fencing:

- Engages both the mind and body simultaneously.
- Allows every child to progress at their own pace.
- Provides a structured and calm environment.
- Appeals to children who may not engage with team sports.

For many pupils, especially those who struggle to concentrate, fencing provides a natural and enjoyable way to develop focus without it feeling like work.



More Than a Sport - A Tool for Learning

Every session is carefully designed to support skills that transfer directly into the classroom. Children are constantly:

Watching
Thinking
Reacting
Adapting

Over time, this builds the exact behaviours schools want to see more of in lessons.

Helping Pupils Focus, Engage and Thrive

One of the most immediate benefits schools notice is an improvement in focus and attention. Fencing requires children to concentrate continuously. They must track movement, anticipate actions, and make quick decisions. This naturally develops:

- Stronger attention span
- Better listening skills
- Improved ability to follow instructions.

For children who struggle to sit still or stay engaged, fencing provides a structured outlet that helps them channel their energy positively.

Building Confidence That Carries into the Classroom

Confidence does not come from being told you are good at something. It comes from experiencing success. In fencing, children make their own decisions, take action, and see immediate results. Over time this leads to:

- Greater self-belief
- Increased willingness to participate.
- Improved communication with peers and teachers

Children who may be quieter or less confident in group settings often begin to find their voice through the programme.



Encouraging Positive Behaviour Through Structure and Respect

Fencing is built on clear rules, mutual respect, and self-control. Children quickly learn:

- To listen carefully
- To respect others
- To manage their reactions

These behaviours are reinforced naturally through the activity, not through discipline alone. Many schools find that this translates into improved behaviour and attitude within the classroom.

Developing Coordination, Balance, and Physical Literacy

Fencing develops key physical skills that underpin all movement:

- Balance
- Coordination
- Agility
- Reaction speed

Because the movements are unique and varied, children develop a greater awareness of how their body moves and responds. This supports not just fencing, but performance across all physical activity.

A Powerful Option for Children Who Struggle with Traditional Sports

Not every child connects with football or team-based activities.

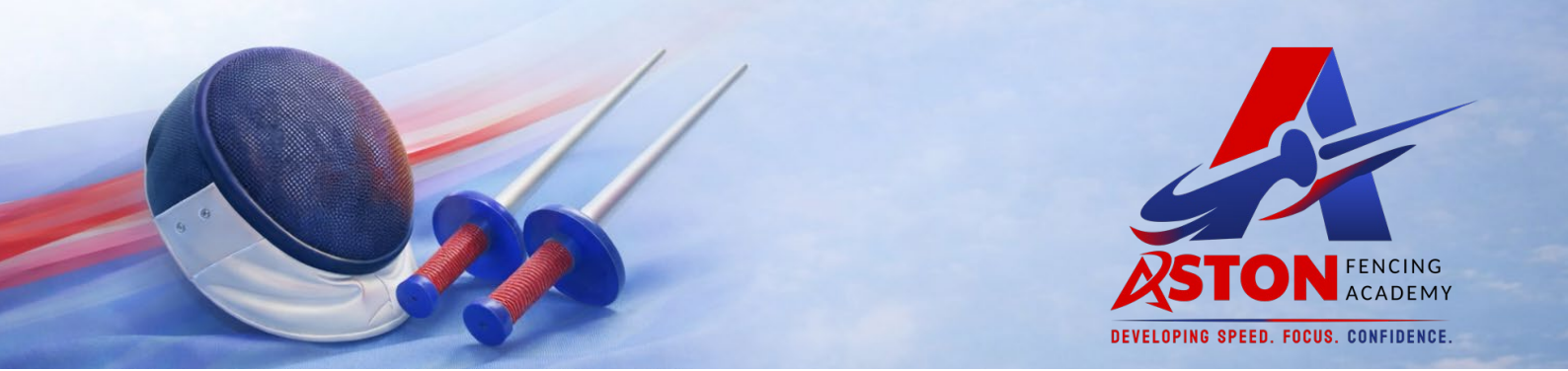
Fencing offers something different.

It is:

- Individual yet social
- Structured yet exciting
- Challenging yet accessible

This makes it particularly effective for:

- Less confident pupils
- Children who prefer independent activities
- Those who may feel overwhelmed in large group sports.



Supporting Neurodiverse Pupils in a Meaningful Way

Fencing can be especially beneficial for children with ADHD, autism, and additional needs.

The structured nature of the sessions, combined with smaller group sizes, creates an environment where children can feel comfortable and focused.

It allows them to:

- Channel energy positively.
- Develop concentration.
- Build confidence at their own pace.

We will work with you to create a structure that is both effective and affordable for your school.

Fitness That Feels Like Fun, Not Exercise

Children are active throughout every session, but it never feels repetitive or forced.

Through games, challenges, and controlled activities, they develop fitness while staying fully engaged.

This leads to:

- Higher participation
- Greater enjoyment
- Better long-term engagement

Flexible Delivery That Fits Your School Day

We understand that every school operates differently, which is why we offer a flexible approach. Sessions can be delivered as:

- Breakfast clubs to energise pupils before lessons.
- PE enrichment programmes across a half term or full term
- After school clubs with strong pupil uptake

Each programme is structured, progressive and designed to deliver measurable outcomes over time.



A Programme Designed for Long Term Impact

Our sessions are not one-off activities. They are part of a structured journey. We would be delighted to share our full ten-week programme with you, which clearly demonstrates:

- How skills develop week by week
- How confidence and focus improve over time
- How pupils build both physical and mental capability

This gives schools a clear understanding of the long-term value of the programme, not just the immediate experience.

Safe, Structured and Fully Supported

We provide everything required to deliver sessions safely and professionally:

- All equipment
- Age-appropriate training methods
- Fully structured sessions

Safety, inclusivity, and engagement are at the heart of everything we do.

Making the Programme Accessible for Every Child

We are committed to ensuring that as many children as possible can take part. Where needed, we can:

- Offer reduced fees.
- Support funded places.
- Work with schools to ensure no child is excluded due to financial circumstances.

Why Schools Should Choose Aston Fencing Academy

Because it delivers more than just sport. It supports:

- Focus in lessons.
- Confidence in pupils
- Positive behaviour
- Physical development
- Engagement across all ability levels

It is something different, something exciting, and something that genuinely makes an impact.



Simple for Schools, Seamless to Deliver

We make this easy to implement:

- All equipment provided
- Fully structured sessions
- Minimal involvement required from staff
- Flexible scheduling around your timetable

Flexible Pricing to Suit Your School

We understand that every school operates with different budgets and priorities.

We offer flexible pricing structures depending on:

- Session type (PE, enrichment or after school clubs)
- Programme length
- Group sizes

We are always happy to work with schools to find a structure that is both effective and affordable.

Let's Bring This to Your School

We would welcome the opportunity to visit your school and deliver a free, no-obligation fencing assembly, allowing you to experience the programme first-hand.

We will also share our full ten-week programme so you can clearly see how it supports pupil development over time.

Final Thought

We genuinely believe this programme can have a meaningful and lasting impact on your pupils, not just physically, but in how they focus, learn, and grow in the classroom. We would welcome the opportunity to show you.



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