

Hello PE and Fencing class families,

This is week 3 of the spring class and week 3 of fencing! After learning the basic concepts in fencing and having some 1 on 1 bouts, I hope you have a good feel for 1 on 1 fencing. I hope you all have some “practice foils” at home and have been actively working on the skills. By the way parents, this is a very valid method for practicing fencing. The US Olympic Fencing Coach uses the exact same thing to practice frequently. This is where I got the idea!

For this, the final week of Fencing (before we move into PICKLEBALL next week) I have instruction for your students on playing large group fencing games. These games can be played at home with children and parents, or you can add as many other participants in to the games as you are comfortable with. My demonstration videos will show you that they can all be done at home, and with just the group of you who live together. There are 4 games that I will demonstrate on the following YouTube videos:

Coach Nash Fencing 3, Game 1

This game is “King of the Class”.

<https://www.youtube.com/watch?v=ztKLeju9g2s>

Coach Nash Fencing 3, Game 2

This game is the “Battle Royale”!

https://www.youtube.com/watch?v=1Z3U1WLL_mA

Coach Nash Fencing 3, Game 3

The 3rd game is TEAM FENCING! This is FUN! Get practice foils of 2 different colors and set up 2 BIG TEAMS! Use the whole neighborhood!

<https://www.youtube.com/watch?v=ca5yEVTS6uE>

Coach Nash Fencing 3, Game 4

For your final group game, IMPROVISE! Use a log, a picnic table, put 2 or more in the game, and use your imagination. Just apply standard fencing rules to take others out of the game.

<https://www.youtube.com/watch?v=CuwaB7zMxxI>

I highly encourage you all to make these games a FAMILY ACTIVITY this weekend! Get as many foils as you have kids, and play these games regularly. It is great family time! You can see in the videos how much fun these ADULT kids have playing these games!

Starting in week 4 of the spring session, we will be playing PICKLEBALL!! As in anything else in our home schooling, you will need to purchase some materials. Particularly now that we are all at home for a while, let’s continue to be PRODUCTIVE, and help our kids see that we can be productive under adverse

conditions, and that we don't have to let circumstances bring us down, but we can find ways to be productive in the midst of any circumstances we face. Those are some of the best life lessons our kids will learn by what we do during this time of restrictions and changes. So to get ready for the next weeks of class, please go out and buy as many pickleball paddles and balls as you have kids. Even a couple extra for parents would be fantastic. If you don't want to venture out of your home for them, you can order them on Amazon.com, Pickleballcentral.com, Walmart.com, or many other online sites. Get those on order NOW so you are ready for the next set of classes. This is a GREAT game to learn, practice, and PLAY at home as a family!

As the spring progresses and we have some of the restrictions lifted, I plan to offer Pickleball play days at local parks. We will play long game days either in local parks that have courts and nets, or I will bring nets and mark out courts for games. We will even have a tournament day. Whenever they open up society again, we will do this, even if it is this summer!

See you all soon, and watch for the next set of class videos on PICKLEBALL!

Coach Nash