



## MBS INTERNATIONAL SCHOOL

## **WORKSHOP FOR STUDENTS**

**SESSION 2020-21** 

**TOPIC: Baichung Bhutia Football School Online Training** 

**DATE: July 25,2020 and July 30,2020** 

**ATTENDED BY: Students of Class V-VIII** 

**VENUE: Zoom** 

**RESOURCE PERSON: Coaches of Football** 

"There is no tomorrow when it comes to right exercise."

Investing wisely, generously and often in the policy of supporting the spirits and healthy body, MBS International School collaborated with Baichung Bhutia Football School to give the students a unique experience of professional and live virtual football workshop on July 25,2020 for classes V and VI and on July 30, 2020 for classes VII and VIII on Zoom Platform. Almost 160 children have participated and enjoyed this event. Setting forth an example of a healthy mind along with a healthy body, the school aimed to provide its students a virtual playground where the coaches ensured the training would be based on experiential and observational learning. The session started with an ice-breaking activity in the form of games and puzzles in order to get acquainted with the students and arise their interest in the forthcoming activities. This was followed by warming up exercises and some techniques to introduce them to the sport. The students were brimming with vim and vigour to bridge the gaps in their physical health due to the lack of outdoor activities.

