

## TPS-DRC/JTC

### Class I – Syllabus & Learning Resource

| Subject          | Games | Syllabus Till 10June 2020                                               |
|------------------|-------|-------------------------------------------------------------------------|
| Topic            |       | Availability of Learning Resource                                       |
|                  |       | Reading Material Reference                                              |
| Morning Exercise |       | <a href="https://youtu.be/skSbg1lGup8">https://youtu.be/skSbg1lGup8</a> |
| Daily exercises  |       | <a href="https://youtu.be/h3Xrtm0lVnY">https://youtu.be/h3Xrtm0lVnY</a> |
| 2 Party game     |       | <a href="https://youtu.be/e9gKt0plMnM">https://youtu.be/e9gKt0plMnM</a> |
| Sports cardio    |       | <a href="https://youtu.be/HUmWVSDRN7A">https://youtu.be/HUmWVSDRN7A</a> |
| Yoga             |       | <a href="https://youtu.be/kYsA9-Qbtyk">https://youtu.be/kYsA9-Qbtyk</a> |