



# JOSEPH KUSHNER HEBREW ACADEMY RAE KUSHNER YESHIVA HIGH SCHOOL

## GYM CLASSES GET READY FOR SPRING

With Passover in the air the PE program begins to finish its winter activities and move onto the spring. The next two weeks we are finishing up assessing fitness levels with Fitnessgram. Even our youngest classes are getting into the pacer test spirit jogging to the funky music and switching directions on the beeps.

In Mr. Goldman 4th grade classes students have written and practiced and are now filming their balance beam routines. This exercise encourages students to learn about sequencing, movement expression and helps them understand the challenge of writing out and performing a routine. Spring also brings Frisbee to JKHA with “ultamite” and “cam jam” activities.

Mrs Robinson is finishing up on her vaulting activities. This activity truly challenges many children to try new different body movements. The excitement on a student’s face when they accomplish a maneuver that they did not believe they could is priceless. Opposite the vault, team handball softplay hockey and soccer are all going on in Mrs Robinson’s classes.

As a school we are very excited to congratulate the boys Hockey team as they won the YMSSA league championship last week. Their undefeated season and championship is the first for the boys in the school history. We look forward to a JKHA wide celebration when we get back from Passover break. Boys and Girls indoor Soccer and Girls Hockey schedules can be seen at [www.ymssa.com](http://www.ymssa.com) . You cannot beat the ticket price for an exciting evening for you and the kids!

