

Physical Education

In-person students are offered two types of physical education: swimming and Capoeira*. Both are offered twice weekly on alternating days (Monday thru Thursday). Alternate options are available for student who may not be able to participate in either activity.

Virtual students may be offered Yoga Courses, pending availability of summer instructors.

***What is Capoeira?**

Capoeira is a form of Brazilian martial arts developed by enslaved African communities and people as a form of resistance, communication, and protection. Students learn the historical and cultural meaning and techniques related to the music and dance of Capoeira. They learn to play instruments and movements of the martial art. Visit the following resources for more information about Capoeira:

- [Capoeira Wikipedia Page](https://en.wikipedia.org/wiki/Capoeira): <https://en.wikipedia.org/wiki/Capoeira>.
- [How Brazilian Capoeira Evolved From a Martial Art to an International Dance Craze](https://www.smithsonianmag.com/smithsonian-institution/capoeira-occult-martial-art-international-dance-180964924/), by Smithsonian Magazine: <https://www.smithsonianmag.com/smithsonian-institution/capoeira-occult-martial-art-international-dance-180964924/>
- [Princeton Capoeira](https://www.princeton.edu/~capoeira/ln_abt.html): https://www.princeton.edu/~capoeira/ln_abt.html