The campus of Manzanita School provides a wide range of opportunities for physical engagement, cardiovascular fitness, and competitive and cooperative athletics. The goal of our physical fitness program is to develop students’ (1) health, agility, and confidence; (2) life-long commitment to fitness and exercise; and (3) joy and enthusiasm for individual and group games and challenges. The campus provides:

- ropes course
- climbing wall
- hiking
- running trails
- swimming
- baseball
- dance
- tennis
- basketball
- handball
- soccer
- aerial arts

Manzanita Athletics emphasizes skills and competencies that can be carried into adult life, such as hiking, trail running, and swimming. In addition, we are committed to giving students opportunities to move through personal limitations with challenging activities such as aerial arts, rock wall climbing, and ropes courses. We also offer our students more mainstream, competitive athletics such as basketball, tennis, and soccer.