

Meet David April—Physical Fitness and Wellness Educator



David April has worked as the physical education instructor at Wilkins School for over thirty years. During that time frame, Mr. April has created events ranging from our annual Field Day and fourth grade hikes to faculty presentations on inclusion of fitness activities across the curricula and integration of fitness and wellness with music instruction. Mr. April often teaches collaboratively with other special subject and regular education teachers to help students recognize the connection between physical activity and classroom areas of study. As we have reduced the total number of minutes that students engage in outside recess, Mr. April has played a critical role in providing a web page resource that details a wide range of activities teachers can incorporate into their daily activities and lessons to support and improve student learning, while keeping students active.

Mr. April recognizes the strong connection between physical activity, good health, and learning and works with our students and staff members to promote physical activity as a valuable tool to maintain good health to promote ongoing learning. Students in Mr. April's classes can often be found engaging in activities on the back or upper field, regular classrooms, the playground, or in the multi-purpose room as Mr. April regularly changes the location of his activities to meet the needs of his students. Given the erratic nature of our weather in southern New Hampshire, physical education teachers must always be prepared with a "Plan B". In his role as physical fitness and wellness teacher, Mr. April provides valuable instruction to students for all of the years they attend Wilkins. Mr. April, in his role as a school leader in the areas of fitness and wellness, continues to search out new ways to improve the overall health of our students and teachers.