



Peploe Williams ACADEMY of Theatre and Performing Arts



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How Important are the Performing Arts in a Child's Development?

As a performing arts academy, you would probably expect us to say "very important!" in answer to that question – and you would be right!

There are so many benefits to being involved in performing arts, whether it's out front in the spotlight, or making it happen behind the scenes.

Here are our top five gifts we believe the performing arts can impart to every child who takes part in them.

1

It develops you in a team, and as an individual

The arts can be enjoyed in groups of all sizes, or as a solitary pursuit – and both of these things bring different benefits.

Communication and teamwork skills are essential for pulling off a successful stage show, and the feeling of camaraderie that develops in a production is something that will stay with your child for many years.

Immersing yourself in the arts alone is also important. Temporarily shutting out your surroundings to read, write, and create is hugely beneficial for firing the imagination, and allows children to explore themselves and their motivations – which develops their sense of self.

2

It's practical and theoretical at the same time

In the performing arts, you learn about the theory – whether that's the first position in ballet, how to inhabit a character, or how to deliver your lines to camera – and then you actually get to do it as well, with help, guidance and insight from teachers who have many years' experience of doing it themselves.

All subjects teach theory, but few offer the opportunity to put all that learning into practice, with on-the-spot feedback about how you're doing – which is, of course, the very best way to learn.

3

It introduces critical face-to-face-feedback – positive and constructive

That brings us on to that very subject – feedback.

Classes are kept small so that everyone can receive personal attention to help them develop – which means they will be praised for the things they are doing well, and given advice about the areas in which they need to improve. Understanding that this criticism does not reflect on them as a whole person, and that every piece of feedback can be turned into a positive outcome, is something that not all children are exposed to.

Adults who have received little or no constructive feedback in their youth can find it very difficult to take positive messages from it, however well-intentioned the feedback may be. Learning to receive feedback – both positive and constructive – is a life skill that we begin to teach early on at Peploe Williams Academy, and is one that will be beneficial to them throughout their lives.

4

It gives you confidence and helps you find your “voice”

Instilling a level of comfort in performing to an audience is one of the greatest gifts you can give a child. It gives them self-confidence in speaking to groups of all sizes, and teaches them how to gauge an audience’s reaction to what they are saying and doing. Some degree of emotional intelligence is innate, but performing helps to draw it out and refine it, giving them the ability to judge situations and respond accordingly – enormously important in understanding the world.

And it’s strange but true: shy or introverted children often make the best performers. A stage performance gives them a façade behind which to develop their self confidence, express themselves and discover what they enjoy and are good at. Even those who aren’t afraid of put themselves in the spotlight will discover new things about themselves – perhaps that they are natural leaders, or can figure out quick solutions to problems.

5

It helps emotional development at a critical age

Performing can provide an opportunity to rehearse and deal with some big emotions. Childhood and adolescence are steep learning curves, complicated by massive physical, mental and emotional development – and the result is that children and teenagers can find it hard to express the new emotions they feel, and deal with them in the right way.

The arts allow children to rehearse and explore these feelings – joy, anger, disappointment, delight – and deal with them as characters, as well as themselves. It's an excellent opportunity to learn about life, emotions and how to manage them.

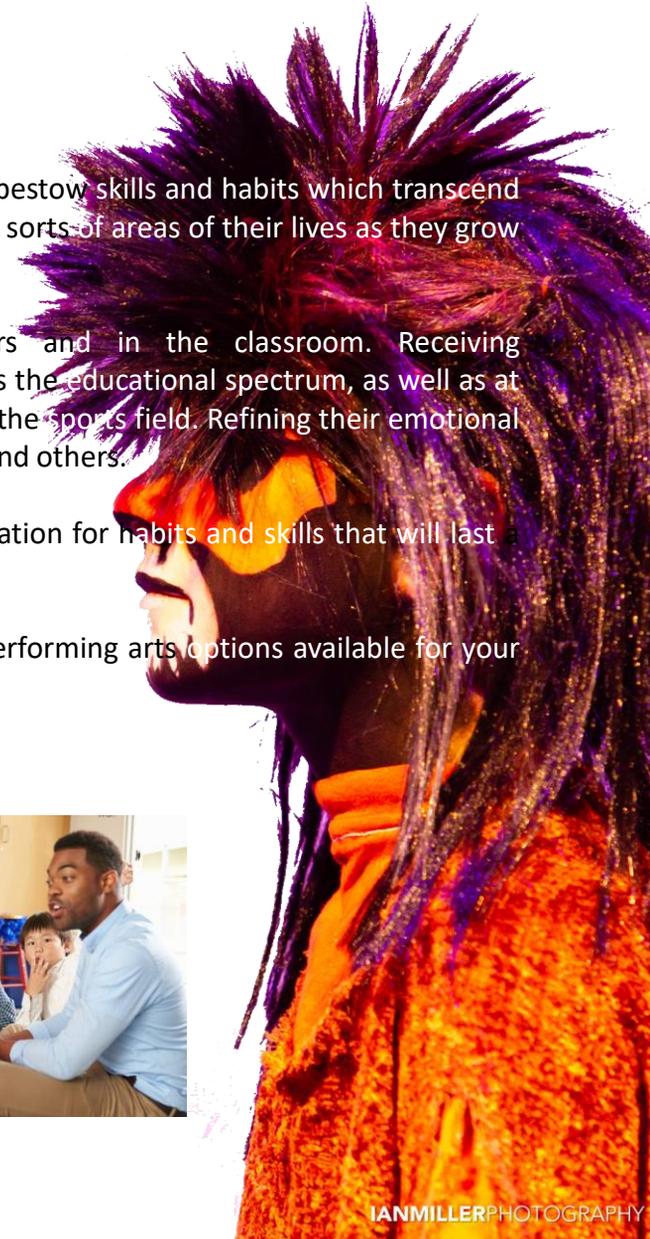
Life and Education enhancing benefits

The benefits of participating in the performing arts bestow skills and habits which transcend all areas of study, and children can apply them to all sorts of areas of their lives as they grow and develop.

Confidence will help them among their peers and in the classroom. Receiving feedback positively will help them to improve across the educational spectrum, as well as at home. Leadership and teamwork will help them on the sports field. Refining their emotional intelligence will help them to relate to and understand others.

An education in the Performing Arts lays the foundation for habits and skills that will last a lifetime.

Contact Peplow Williams Academy to discuss the performing arts options available for your child's age, or browse our website.



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