



The Benefits of Recreational Dance for Young Children

Dancing is joyful, and young children love to express their joy. No one dances quite like a carefree five year old!

Children love to dance, and there are so many wonderful reasons why giving them that creative, recreational opportunity in a regular dance session will benefit them now and into the future.



Phone: 01296 733258
email: enquiries@PWAcademy.com
website: PWAcademy.com



Physical Health

The physical benefits are as broad and deep. Dance has all the benefits of any exertion – muscle development, healthy heart and lung development, and the feeling of wellbeing afterwards. It also contributes enormously to the development of healthy lifestyle habits. Children who take an active part in the performing arts spend less time in front of screens, giving more balance to their day and reducing the risk of developing health issues through reduced movement. The strength and endurance they will build up are also great foundations for other forms of exercise.



Movement and Balance

As well as being great exercise, dance develops other physical abilities. Children experience a wide range of movement, and find and refine their sense of balance, and learn the ability to adapt their bodies and their movements to different spaces.

Learning and repeating dance steps and sequences exercises their kinaesthetic memory abilities, and dancing improves overall physical co-ordination, which can also help with other life skills, such as learning to ride a bike.

Phone: 01296 733258
email: enquiries@PWAcademy.com
website: PWAcademy.com



Confidence and Challenges

Children begin to understand their bodies through regular dance, and build up the courage to experiment with movement, and push themselves to see what they can achieve. This bravery and eagerness to seek new challenges will become an important trait to possess in all aspects of life.

Creativity and Imagination

While it has all of these physical and developmental benefits, dance is a wonderful creative outlet for children as well. Expressing creativity and imagination has a huge impact on mental wellbeing, and dancing in a group setting enhances that even further. In their regular classes, little ones can become that ballet dancer they've always dreamed of being; that cool street dancer; that little tap superstar.

Building Friendships

The social environment of a dance class plays a huge role in their development as well. Expressing themselves in front of other through dance develops confidence and emotional maturity; and dance classes are also a great opportunity to mix with children with backgrounds and personalities they may not otherwise know. Dance as a shared passion is a great way to start building trust and new relationships – and the ability to build friendships through common interests is a great skill to carry through life.



Try a Class

Peplow Williams Academy has a wide range of dance classes for 3-7 year olds. In these recreational sessions there are no examinations or assessments, but if they do want to graduate into our technical ITSD dance arts classes as they get older, the foundations from our carefully-structured sessions will have laid the groundwork.

Browse the classes we have on offer, and book your paid trial class today on our website.



Phone: 01296 733258
email: enquiries@PWAcademy.com
website: PWAcademy.com



LAMDA

CDMT

Recognised Awards Scheme: Recognised School

