

Independent Project – Final Proposal form 2025/6

Student Name: Janisata Peraworasakul

Proposal Title: “What Makes Physical Theatre More Visually and Emotionally Captivating Than Realistic Movement?”

Proposal Subtitle: The Beauty of Movement: A Comparative Study Between Physical Theatre and Realistic Movement in Non-Verbal Storytelling.

Key themes you are going to explore:

The key themes I am going to explore include the expressive potential of the human body, non-verbal communication, and the audience’s perception of beauty through movement. My project focuses on exploring why the physical theatre style often feels more visually captivating and emotionally powerful than realistic movement. To explore this idea, I will focus on two contrasting movement styles:

- Physical theatre, which uses mime, gesture, dance, and precise choreography to express ideas and emotions in a creative, abstract way.
- Realistic movement, which mirrors natural, everyday gestures and actions to reflect human behaviour.

By comparing these two, I want to investigate how physical theatre can express deeper meanings and emotions, and why audiences may find it more beautiful, expressive, and engaging.

Explain how your investigation is pertinent to your area of study?

This project is part of my studies in Acting and Movement classes. I want to explore how the body can be used as a tool to communicate and tell stories without words. Through this project, I can put into practice what I’ve learned in my classes. I know that even though physical theatre looks very different from the way we move in everyday life, but it has a unique power to connect with the audience through the beauty of movement and emotion. My goal is to help the audience experience the expressive, creative, and emotional strength that physical theatre can offer — and to show how it can be more captivating than realistic movement.

In my practical work, I will bring theory and performance together by showing how the same story can feel completely different when performed through different movement styles.

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Proposal aims and objectives:

The aim of my project is to explore why physical theatre often feels more engaging, expressive, and visually captivating than realistic movement, and to highlight how it communicates emotion and story in a way that deeply connects with the audience.

Objectives:

1. To compare two short performances videos that show the same storytelling but through two different movement styles — one using physical theatre and the other using realistic movement.
2. To investigate how audiences react differently to realistic, natural movement versus stylized, abstract movement (physical theater).
3. To understand what makes physical theatre more engaging and emotional for the audience.
4. To develop my own skills as a performer by applying physical theatre techniques such as mime, gesture, and choreography.
5. To collect audience feedback on which style they find more engaging and beautiful to watch, and which video captures their attention the most.

Proposed Collaborations:

At this stage, I am not completely sure what specific roles each collaborator will take, but I know that I would like to work with Rob, Collum, and Sam on this project. Rob is interested in set design, Collum is passionate about film and camera work, and Sam is drawn to puppetry. Each of them has creative strengths that could contribute to the visual and artistic quality of the performance.

Even though the exact responsibilities may develop later in the process, I believe that collaborating with them will bring different creative perspectives and help make the final work more visually engaging and professionally produced.

What will be your practical investigation/output?

For my practical work, I will create two short performance videos, each about 3-4 minutes long. Both videos will be the same sound, setting, and storyline, so the only difference will be the style of movement. There will be no spoken dialogue in either video, as I want the focus to be completely on the movement, body language, and emotional expression. I plan to make these videos to express the story of a single character. At this point, the detailed concept and storyline are still being discussed with my collaborators. By presenting both styles side by side, I aim to highlight the unique beauty and emotional power of physical theatre and show why it can capture the audience's attention more strongly than realistic movement.

After completing both videos, I plan to gather audience feedback through a poll to understand which performance they found more engaging, emotionally moving, and visually beautiful, and why it captured their attention.