

RETURN TO DANCE

INCREASING LOAD & THE DEVELOPMENT OF NEUROMUSCULAR SKILL

PHASE	ESTIMATED WEEKS	GUIDELINES
Phase One	Week 1	<ul style="list-style-type: none"> - <u>No new skills</u>. Review prior term skills/technique - No jumping - Building confidence and skill level - Flexibility through mobility
	Week 2	
Phase Two	Week 3	<ul style="list-style-type: none"> - Double leg jumps, gradual introduction of petite allegro or comparable skill - <u>No new skills</u>, consolidating pre-COVID-19 skills - Building strength, endurance by building repetitions - Flexibility through mobility
	Week 4	
Phase Three	Week 5	<ul style="list-style-type: none"> - Single leg jumps - <u>No new skills</u>, consolidating pre-COVID-19 skills - Building strength, endurance by increasing repetitions and decreasing rest between exercises. Build intensity of exercises. - Can add in repertoire class for concert work if skill level is not beyond pre-COVID-19 level.
	Week 6	
Phase Four	Weeks 7-12	<ul style="list-style-type: none"> - Return to full training levels and classes - Gradual introduction of grande allegro and comparable jumps/skill - Skills consolidated to pre-COVID-19 level but <u>no new skills</u> beyond pre-COVID-19 level - Building strength, endurance by increasing repetitions and decreasing rest between exercises. Build intensity of exercises.
Phase Five	Weeks 12 +	<ul style="list-style-type: none"> - 12 + weeks - Maintain full training levels - <u>Gradual introduction of new skills</u> - Introduce more difficult and new repertoire

Phases 1-3: Are characterised by the re-acquisition of skill and increase in strength and endurance

Phases 4-5: Are characterised by the reintroduction of more complex skills and increased intensity and duration of training

Through all of these phases, monitor the students for

- Quality of movement
- Ability to maintain technique
- Levels of exertion
- Focus and enjoyment



**PERFORMANCE
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