

* Balance on one foot for 10 seconds.
* Crawl forwards for 10 seconds.
* Jump in place 10 times.
* Run in place for 10 seconds.
* Stomp your feet 10 times.
* Walk backwards for 10 steps.
* Bend and touch your toes 10 times.
* Hop on one foot 10 times.
* Twist your body to the right and left 10 times.
* Hold one of the following superhero poses without falling over for 10 seconds:

**Crocodiles Superhero Training**