



Supplementary material

Table S1. Means of performance by physical fitness tests in children (3 to 10 years).

| Measured physical fitness | Low/poor (mean) | Good/Great (mean) |
|----------------------------|-----------------|-------------------|
| Cardiorespiratory fitness: | | |
| 20-m shuttle run (stage) | 2.5 | 4.4 |
| Muscular fitness: | | |
| Handgrip (kg) | 6.4 | 14.2 |
| Standing long jump (cm) | 63.8 | 116.9 |
| Speed-Agility: | | |
| Shuttle run 4 × 10 m (s)* | 22.6 | 14.1 |
| Flexibility: | | |
| Sit and reach (cm) | 19.3 | 30.6 |

* The lower the score (time in seconds) the better the performance.

Table S2. Means of performance by physical fitness tests in adolescent (11 to 17 years).

| Measured physical fitness | Very poor (mean) | Poor (mean) | Average (mean) | Good (mean) | Very good (mean) |
|---------------------------|------------------|-------------|----------------|-------------|------------------|
| Cardiorespiratory fitness | | | | | |
| 20-m shuttle run (stage) | 3.2 | 3.6 | 4.3 | 5.3 | 6.7 |
| Muscular fitness | | | | | |
| Handgrip (kg) | 25.5 | 27.2 | 29.3 | 32.0 | 35.5 |
| Standing long jump (cm) | 148.1 | 151.7 | 158.4 | 170.2 | 190.1 |
| Speed-Agility | | | | | |
| Shuttle run 4 × 10 m (s)* | 13.3 | 12.6 | 12.0 | 11.8 | 10.6 |
| Flexibility | | | | | |
| Sit and reach (cm) | 15.4 | 18.1 | 21.3 | 24.4 | 27.5 |

* The lower the score (time in seconds) the better the performance.