

Supplement Table S1. Obstacle course points system

	Points	Note	Possible Maximum points
Single leg hop:			
Landing in inner circle*	2 points	6 circles	12 points
Using the same foot in consecutive hops in each station	1 point	2 single hop stations	2 points
Completing the consecutive hops in each station without extra hop	1 point	2 single hop stations	2 points
Double leg hop:			
Demonstrating sound landing mechanics with good balance	2 points	3 hop- landings	6 points
Completing the consecutive hop- landing on both feet at the same time	1 point	1 double hop station	1 point
Performing consecutive hops without contacting objects [¶]	1 point	1 double hop station	1 point
Kicking a ball:			
Approaching a ball with continuous, steady running speed without stopping	1 point	1 kicking station	1 point
Final step: Taking a slightly longer step before previous step to prepare for kicking movement	1 point	1 kicking station	1 point
Kicking leg: Kicking a ball with smooth back-swing, downwards kicking motion, foot contact with a ball, and follow- through after kicking a ball	1 point	1 kicking station	1 point
Supporting leg: Planting firmly to assist entire kicking a ball motion	1 point	1 kicking station	1 point
A ball goes through center of two cones [‡]	3 points	1 kicking station	3 points
Catching a ball:			
Being able to stop at catching line with preparing to catch a ball	1 point	1 catching station	1 point

A thrown ball did not pass through hand(s) and hit other body parts	1 point	1 catching station	1 point
Catching a ball with either one hand or two hands	1 point	1 catching station	1 point
Catching a ball “cleanly” without fumbling or juggling	1 point	1 catching station	1 point

Throwing a ball:

Showing an overhand throw with contralateral arm and foot movements	1 point	1 throwing station	1 point
Demonstrating a trunk rotation and a follow-through in the throwing motion	1 point	1 throwing station	1 point
Being able to complete entire throwing motion with a well-controlled manner	1 point	1 throwing station	1 point
A ball hits center of the target (screen) [§]	2 points	1 throwing station	2 points

Sliding:

Being able to pick up a ball from a cone cleanly	1 point	6 cones	6 points
Being able to place a ball to a cone smoothly	1 point	6 cones	6 points
Maintaining sideway sliding motions to move to a right direction	1 point	1 throwing station	1 point
Maintaining sideway sliding motions to move to a left direction	1 point	1 throwing station	1 point
Being able to transfer a ball from picking up hand to placing hand	1 point	1 throwing station	1 point
Maintain knee bent, feet apart movements during sliding	1 point	1 throwing station	1 point
Performing sliding motions with low center of gravity	1 point	1 throwing station	1 point

*When foot was landed between inner and outer circles, 1 point was awarded.

¶The height of the object is 15.3 cm.

‡ When a ball was passed between the middle two cones and outer two cones in each side, 2 points were awarded.

§ When a ball did not hit center of the target, but somewhere between screen, 1 point was awarded.