

**Supplementary Table S1.** Post hoc test results of repeated ANOVA of 2 (group: experimental group and control group)  $\times$  2 (test time: pre-test and post-test) for six indexes of the physical fitness.

		$Df_1$	$Df_2$	$F$	$\eta_p^2$
<b>10-meter shutter run</b>	Pre-test	1	18	5.10*	0.22
	Post-test	1	18	9.63**	0.35
<b>Standing broad jump</b>	Pre-test	1	18	4.04	
	Post-test	1	18	2.39	
<b>Throw a tennis ball</b>	Pre-test	1	18	7.86*	0.30
	Post-test	1	18	2.75	
<b>Both legs jump in succession</b>	Pre-test	1	18	1.72	
	Post-test	1	18	4.75*	0.21
<b>Balance beam</b>	Pre-test	1	18	3.32	
	Post-test	1	18	1.55	
<b>Sit and reach</b>	Pre-test	1	18	0.57	
	Post-test	1	18	0.21	

Note. \* $p < 0.05$ . \*\* $p < 0.01$ . \*\*\* $p < 0.001$ .