Supplementary Material

Table S1. The open-ended answers of the study participants in terms of the most important advantages of online PE.

Country	Open-ended answers
PL	Taking up additional challenges, riddles asked by the teacher and the students who are actually interested.
	I must say that I have a problem with the execution of the home assignments and with the participation of students in remote learning in general. After many messages and phone calls to parents, some of the students completed some tasks. As of today, out of the 5 classes I teach, I have 15 students who have not done anything since the beginning of the pandemic.
	No advantages.
	The opportunity to present yourself better to students who are physically weaker.
	Stimulating creativity and interest in issues related to physical activity.
	Easier implementation of the core curriculum content, the possibility of applying new technologies in practice, an attractive and effective form.
	Online contact with a student shows some new (other) possibilities. Students who are usually withdrawn are more open in front of the screen.
	I got to know some of the students better, they revealed interests in the physical activity that they had not talked about before.
	Possibility for children to exercise together with their parents.
	Possibility to take a bath after the exercises.
	Shy students are more active in remote teaching.
	People who do not take part in traditional lessons due to shyness are now more likely to exercise.
	Time of the day.
	Getting to know the diligence, regularity, and obligation of students (one can often be disappointed).
	Possibility to implement topics from the Core Curriculum that are difficult to be completed in a traditional lesson.
	Possibility of using various forms of physical activity with the participation of professional trainers. We are not able to train ourselves in such a wide range and perform training in such a professional manner.
	Searching for interesting solutions.
	Remote PE classes are fiction.
	The students themselves choose the time when they want to exercise ...
	The only advantage in conducting physical education classes remotely is to raise the awareness of students after almost 3 months of doing nothing, and that the physical

	activity is important. Some young people exercise, even though no one checks it. Greater activity, involvement in the written assignments of physically and motorically weaker students. Zero control over whether students are doing the exercises.
MKD	The time for the PE class for students under 5th grade should be shorter. Good possibility for students that cannot follow the regular teaching because using online teaching they can follow the activities from home. Online PE teaching is equal to disaster. Possibility for each student to be creative and design its own set of exercises. Possibility to record own exercises. Development of moral component. Some of the students don`t have the possibility to participate in online teaching. For someone to be physically active, they must be active and exercise. The things that are learned must be put in practice. Practical exercise in groups, participation in sport games and different movement games as manner for students to adjust and improve movements were also a way to improve physical and mental health, as ways to motivate are not possible during online teaching. That is not the only goal of PE teaching process, but also communication, fun, socialization etc., that is possible only with physical appearance at PE classes. These mean that this way of teaching promotes opposite values. These lead to self-isolation, selfishness, lack of tolerance... disaster of mankind. Possibility for students to create own exercises and share with others. Creative teaching by designing own exercises by students. Sport challenges designed from students.
HR	Inclusion of parents in the learning process. Significant interconnection between the use of technology in teaching PE. Students can do exercises during the day when it suits them best. (Significant) Great interaction with students you have taught before. (Significant) Learning theoretical PE knowledge. Reduced possibility of injury. Most significant: Some students have realized that they learn, work, and do exercise only for themselves and their own health, not for grades! Students' motivation. Responsibility. Cooperative and interactive parents. Students have materials close by. Students can do exercises when it suits them best. Introverted students showed their values. Attractive way of presentation. Possibility of independent organization of students' free or exercise time. Critical thinking and students' creativity. Students monitor and feel their own progress. Importance of physical activity. Easier way of learning important theoretical PE knowledge.
TR	All of these are very good cognitively, but have no effect on psycho-motor development, face-to-face and by-doing-living education. The activities he / she has made attract the attention of the students. Availability of materials for each branch in schools.

BG	Establishing video communication with students. No matter how good the possibilities are, without touching the child, touching her soul, making eye contact, physical education is not as much as we want, even if there is a variety of materials. Those who do not have financial means but do not participate. There is no.
XK	Models from EU countries of what they do in times of pandemic. Students who have been reluctant to physically present themselves to 3s, a good opportunity has been for those students because the former have completed the assignments. Nothing. Do not know. There is no. Teaching Physical Education and Sports online is not good at all. I think they are all mentioned. Control of results. There is no. Lack of practical part. These are enough. Good opportunity to assess the student from a non-physical point of view. Conditions for implementation and skills of the teacher in his profession.

Table S2. The open-ended answers of the study participants of the most important negative consequences of online PE.

Country	Open-ended answers
PL	More time for the theoretical parts and additional discussions. Besides that, no advantages. Lack of direct contact. Students do not respond to the messages. They have hardware or Internet problems. It is more difficult to implement the content of the core curriculum, more theory and less practice. It is more difficult to motivate the students. Unequal access to technology in families. Students do not send back current tasks, results of fitness tests. I do not know who did what and sometimes it takes three weeks for the student to send the work back. The monotony begins. At the beginning there was no shortage of ideas. Lack of interaction between students, inability to use team games – most students' favorite. Lack of control over the correctness of the exercises, no possibility of correcting the exercising persons and individualisation due to posture defects, e.g., social tasks cannot be introduced: games and any form of teamwork. Lack of direct contact with the students. PE classes are not about sitting in front of a monitor - there is no possibility to control the correctness of performance and to secure it during technical and acrobatic exercises. The main disadvantage is the inability to practice team sports, team games, I will not

	elaborate on the advantages of cooperation and competition, etc. Difficulty in ensuring safety, technical difficulties of students, avoiding contact with the teacher on the pretext of technical problems. It is impossible to conduct the PE classes over the Internet. It is possible only for those who are aware that they should exercise.
MKD	Lack of ability to perform movements in a pair, group, or team. Exercises of great importance for the improvement and development of the psycho-social and motor development of the student. Online PA classes – doomed. Teamwork. They all have their drawbacks. Want live practice, etc. do not want anything, reject everything that is online. I do not have. Frivolity of students. Almost all classes are focused on exercises for strengthening the body. None. Teaching is not only an educational process, but also an upbringing process. not every student is able to get involved in online teaching in the prescribed period, for various justified reasons! It is remembered.
HR	Difficult implementation due to the size of the place where the tasks are performed. Difficult monitoring of student progress, lack of individualization. It is more difficult to motivate some students to work at home. Impossibility of credible demonstration and correction of mistakes. Impossibility of real-time feedback. Students falsify their data. It is impossible to control real activity and effective work of students. Difficult monitoring of student progress, lack of individualization. Lack of play and practical knowledge (sports matches and competitions). Communication face-to-face. Responsibility and parents' attitude of online learning and inability to control students. Communication between student and PE teacher, as well as the relationship with other students. Social life, joy, play. Online learning cannot replace PE. Work conditions. Interaction between students and teacher.
TR	Non-socializing problem. Loss of motivation in students as a result of the openings made with education in the press. Not enough training-resource videos. Space, material shortage. Interactive learning and learning cannot be provided due to the closed cameras. Not enough hours of lessons.
BG	Checking physical activity is possible only with videos and a camera on. Not all parents and children agree with this. Impossibility to teach the technical elements by sport. She does not have the joy of sports. Not all students are covered.

	When students are not required to have cameras on, it is not possible to monitor whether they still monitor the transmitted information - theoretically. And the platforms that are given to us for use cover 3-4 people, the rest do not know what they do. Contact, laughter, air, socialization! The students are demotivated !!! Lack of technical equipment for PA teachers. There is no health without movement. Not all students have the conditions to work at home. The limited space in which students work.

Table S3. The open-ended answers of the study participants of the biggest difficulties of online PE.

Country	Open-ended answers
PL	Lack of direct contact with children. I cannot see their reaction to the content they receive. There is no default platform. Each school uses a different software. In one school, every teacher works on a different tool. It should be unified. Lack of space for the presentation of the exercises. Implementation of the core curriculum. Lack of time. A weak Internet connection, both mine and students. Sometimes it even makes it impossible to work, especially between 10 am-4pm. I work only on my own hardware, I received only 1 pen-drive. Lack of school equipment, each teacher works on their own private equipment. Lack of experience in working with the applications, no support from the school management, no support from colleagues. I did not come across any of these difficulties, but I am concerned about the decline in the physical condition of the students, their endurance, and the fact that they just got lazy. Lack of knowledge what equipment, space, and exercise equipment the student has. No unified standards for everyone, no nationwide online learning platform. All the above apply to the students only. Lack of student commitment and the possibility of its verification by the direct contact. No parental support. Limited contact with the students, no control, no possibility to monitor the implementation of tasks, no relationship. PE classes did not exist, for example, on the website of the Ministry of Education - remote lessons!!! That is again a subject of the second category... I always have concerns about the copyrights of the videos that I recommend or, for example, the music that I use to record the exercises, or even the exercises themselves, for which we often take inspiration from the Internet.

	I have no difficulties. No support from the ministry, Schools of Physical Education, sport unions. The activity in front of the monitor. Reluctance to appear in public, no conditions (a kindergarten child running in the background), no possibility of correcting students' mistakes (their cameras are turned off), students do not have the basic equipment (ball, jumping rope, tapes). Lack of any support from the Ministry of Education, PE teachers left without support, if hadn't been for activity on social networks, it would be bad. The students are rather unfamiliar with the forms of submitting messages and materials through the electronic register. Students avoid active participation in the lessons on the pretext of technical problems. No willingness of participants. None. Network congestion when teaching online with cameras turned on. I have no difficulties. There are students who love exercising but are unable to engage in front of the computer and do not exercise at home. Individual training is boring, they are usually engaged in team training. They do not function well in remote learning.
MKD	There are no possibilities in every family to do online teaching and in many families there is a lack of space for realization of PE classes. Families are not educated enough for importance of physical activity and how to motivate children to be active. Online teaching in PE is a disaster. Everyone wants to go to school (teachers and children). Lack of possibility to follow the work of the students. No particular and clear instructions from responsible institutions (Ministry of education and Bureau for development of education). Lack of material facilities and space in homes, lack of sport equipment for every student. It's not possible to realize activities in smaller groups.
HR	Students' demotivation. Lack of parental support. It is difficult to find space to work in the house. Parents with disabilities, parents who cannot, do not know or do not want to help their children. Large number of students. Inability to work directly with students. Displaying false data. Lack of support from competent institutions. Much more daily working hours. I don't know if they do the exercises. Adequate workspace at home. No correlations between PE and online learning. Lack of support. Eye problems.

TR	Internet speed decreasing or breaking due to excessive density. There was not enough material for physical education in Ebba and I often failed to upload files because there was not enough loading space. Students do not want to practice in front of their families in the home environment. Infrastructure deficiency. We did not have working hours. There could be a meeting at 8 pm.
BG	Impossibility to implement the educational content concerning team sports, e.g., volleyball, basketball. Lack of electronic lessons on FVS. Lack of access or poor internet for some students. To master the basic elements of some sports. I have no difficulties. Not everything has appropriate materials, lack of textbooks from 5th grade onwards. There are materials but they are in a language I do not know well. It is difficult to hold a normal sports class !! To be precise, everything in our school was at a perfect level and all colleagues were perfect, including the management. There are no separate places and tools. Disinterest of parents. Online training is not suitable for physical education and sports in my opinion. Students' motivation is very low when their classes are not in a real environment.
XK	There is no. Impossible program contents to be realized, consequently the results are extremely low and completely formal. There is no. Lack of practice.