

Physical fitness of primary school children differs depending on their timing of school enrollment. Results from the longitudinal arm of the EMOTIKON-study

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Supplementary Material

18 **Table S1** Sample description of keyage children in third and fourth grade.

<i>Component</i>	<i>Grade</i>	<i>Sex</i>	<i>N Schools</i>	<i>N Children</i>	<i>Age (M)</i>	<i>Age (SD)</i>	<i>Score (M)</i>	<i>Score (SD)</i>
Endurance	3	Boys	31	466	8.53	0.28	1057.6 m	169.9 m
Endurance	3	Girls	31	504	8.52	0.29	995.3 m	140.6 m
Coordination	3	Boys	30	455	8.53	0.28	2.07 m/s	0.31 m/s
Coordination	3	Girls	30	489	8.52	0.29	2.03 m/s	0.26 m/s
Speed	3	Boys	31	480	8.53	0.28	4.65 m/s	0.46 m/s
Speed	3	Girls	31	514	8.52	0.29	4.57 m/s	0.41 m/s
PowerLOW	3	Boys	30	465	8.53	0.28	130.5 cm	20.01 cm
PowerLOW	3	Girls	30	491	8.52	0.29	124.5 cm	18.7 cm
PowerUP	3	Boys	30	473	8.53	0.28	4.0 m	0.7 m
PowerUP	3	Girls	30	493	8.52	0.29	3.5 m	0.6 m
Balance	3	Boys	30	465	8.53	0.28	16.2 s	15.1 s
Balance	3	Girls	30	490	8.52	0.29	21.8 s	18.2 s
Endurance	4	Boys	31	464	9.54	0.28	1084.2 m	174.4 m
Endurance	4	Girls	31	508	9.52	0.29	1020.1 m	142.4 m
Coordination	4	Boys	30	461	9.53	0.28	2.22 m/s	0.31 m/s
Coordination	4	Girls	30	503	9.52	0.29	2.19 m/s	0.28 m/s
Speed	4	Boys	31	488	9.53	0.28	4.78 m/s	0.46 m/s
Speed	4	Girls	31	524	9.52	0.29	4.69 m/s	0.42 m/s
PowerLOW	4	Boys	31	481	9.54	0.28	137.2 cm	21.5 cm
PowerLOW	4	Girls	31	524	9.52	0.29	131.8 cm	19.4 cm
PowerUP	4	Boys	31	480	9.53	0.28	4.4 m	0.7 m
PowerUP	4	Girls	31	517	9.52	0.29	4.0 m	0.7 m
Balance	4	Boys	31	484	9.54	0.28	17.4 s	15.1 s
Balance	4	Girls	31	519	9.52	0.29	24.6 s	18.9 s

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20 Endurance = cardiorespiratory endurance (i.e., 6-min run test), coordination = star-run test, speed = 20-m linear sprint test,
21 powerLOW = lower limbs muscle power (i.e., standing long jump test), powerUP = upper limbs muscle power (i.e., ball push test),
22 Balance = one-legged-stance test with eyes closed. Score (M) = Mean test score, Score (SD) = Standard deviation of test scores.
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24 **Table S2** Sample description of OTK children in third and fourth grade.

<i>Component</i>	<i>Grade</i>	<i>Sex</i>	<i>N Schools</i>	<i>N Children</i>	<i>Age (M)</i>	<i>Age (SD)</i>	<i>Score (M)</i>	<i>Score (SD)</i>
Endurance	3	Boys	32	137	9.33	0.34	1041.4 m	154.7 m
Endurance	3	Girls	26	90	9.48	0.42	948.5 m	146.5 m
Coordination	3	Boys	30	140	9.35	0.35	2.06 m/s	0.30 m/s
Coordination	3	Girls	26	89	9.47	0.41	1.98 m/s	0.28 m/s
Speed	3	Boys	32	147	9.33	0.34	4.70 m/s	0.45 m/s
Speed	3	Girls	25	88	9.49	0.42	4.51 m/s	0.46 m/s
PowerLOW	3	Boys	31	138	9.32	0.33	132.8 cm	19.9 cm
PowerLOW	3	Girls	25	86	9.47	0.42	120.9 cm	19.3 cm
PowerUP	3	Boys	31	142	9.32	0.34	4.1 m	0.7 m
PowerUP	3	Girls	25	88	9.48	0.42	3.7 m	0.6 m
Balance	3	Boys	31	138	9.33	0.33	16.4 s	14.9 s
Balance	3	Girls	25	89	9.47	0.42	18.6 s	16.3 s
Endurance	4	Boys	31	144	10.33	0.34	1060.0 m	175.3 m
Endurance	4	Girls	26	87	10.49	0.41	974.0 m	158.5 m
Coordination	4	Boys	30	144	10.33	0.34	2.21 m/s	0.31 m/s
Coordination	4	Girls	25	89	10.47	0.41	2.13 m/s	0.30 m/s
Speed	4	Boys	31	145	10.34	0.33	4.81 m/s	0.44 m/s
Speed	4	Girls	25	90	10.47	0.41	4.60 m/s	0.42 m/s
PowerLOW	4	Boys	31	145	10.34	0.34	138.6 cm	20.2 cm
PowerLOW	4	Girls	26	91	10.49	0.41	125.6 cm	22.1 cm
PowerUP	4	Boys	31	143	10.34	0.34	4.5 m	0.7 m
PowerUP	4	Girls	26	93	10.47	0.41	4.1 m	0.7 m
Balance	4	Boys	31	145	10.33	0.33	17.3 s	15.4 s
Balance	4	Girls	26	90	10.46	0.41	20.9 s	17.5 s

25 Endurance = cardiorespiratory endurance (i.e., 6-min run test), coordination = star-run test, speed = 20-m linear sprint test,
 26 powerLOW = lower limbs muscle power (i.e., standing long jump test), powerUP = upper limbs muscle power (i.e., ball push test),
 27 Balance = one-legged-stance test with eyes closed. Score (*M*) = Mean test score, Score (*SD*) = Standard deviation of test scores.