

Here is all the entry information for this three-point questionnaire:

Table 1. Frameworks for the Physical Activity Literacy Questionnaire for Grades 1-2

Dimensionality	Question number	Entry content	Question type
Physical Activity Knowledge	B1-B2	The concept of physical activity	Judgment question
	B3	Benefits of physical activity	
	B4-B5	Knowledge about physical activity safety	
	B6	The concept of health	
	B7	Whether air pollution should continue to exercise	
	B8-B9	The dangers of sitting for a long time	
	B10	Knowledge about the amount of exercise	
	C1	In order to strengthen physical fitness, get sick less	
	C2	For happiness	
	C3	To learn new skills	
Physical Activity Motivation	C4	Because of the love for challenge	Judgment question
	C5	To maintain good health	
	C6	In order to complete the sports test	
	C7	To meet new people	
	C8	To have a good look	
	C9	For fun	
	C10	Because exercise is important	
Physical Activity	A7-A8	The condition of self-movement Cycling/Running/Gymnastics/Dancing/Skipping/Kick	Choice question

Behavior		ing shuttles/Playing table tennis/Swimming/Rollerblading/Taekwondo	
	D01A-D10A	Whether you like the above exercises	
	D01C-D10C	The frequency of these movements over the past 7 days	Choice question
Physical	D01B-D10B	Whether these movements are mastered or not	
Activity Skill			

Table 2. Frameworks for the Physical Activity Literacy Questionnaire for Grades 3-4

Dimensionality	Question number	Entry content	Question type
	B1-B2	The concept of physical activity	
	B3	Benefits of physical activity	
Physical	B4-B5	Knowledge about physical activity safety	
Activity	B6	The concept of health	Judgment question
Knowledge	B7	Whether air pollution should continue to exercise	
	B8-B9	The dangers of sitting for a long time	
	B10	Knowledge about the amount of exercise	
	C1	In order to strengthen physical fitness, get sick less	
Physical	C2	For happiness	
Activity	C3	To learn new skills	Judgment question
Motivation	C4	Because of the love for challenge	
	C5	To maintain good health	

	C6	In order to complete the sports test	
	C7	My friend wants to exercise more	
	C8	To have a good look	
	C9	For fun	
	C10	To meet new people	
	C11	In order to get good results in sports tests	
	C12	Because exercise is important	
	A10-A11	The condition of self-movement	Choice question
		Cycling/Running/Gymnastics/Dancing/Skipping	
Physical		rope/Kicking Shuttlecock/Soccer/Table	
Activity		tennis/Badminton/Swimming/Rollerblading/Taekwondo	
Behavior	D01A-D12A	Whether you like the above exercises	
	D01C-Q12C	The frequency of these movements over the past 7	
		days	Choice question
Physical	D01B-D12B	Whether these movements are mastered or not	
Activity Skill			

Table 3. Frameworks for the Physical Activity Literacy Questionnaire for Grades 5-6

Dimensionality	Question number	Entry content	Question type
Physical	B1-B2	The concept of physical activity	
Activity	B3	Benefits of physical activity	Judgment question
Knowledge	B4、 B6-B7	Knowledge about physical activity safety	

	B5	Type of physical activity	
	B8	Knowledge about the amount of exercise	
	B9-B10	Whether air pollution should continue to exercise	
	B11-B14	The dangers of sitting for a long time	
	B15	The concept of health	
	D1	Because it is in line with life goals	
	D2	To relieve stress	
	D3	To control weight and improve body shape	
	D4	For happiness	
	D5	Because of the enjoy of the process of exercise	
	D6	To maintain health	
Physical	D7	To have a good looking	Likert five-level scale
Activity	D8	To maintain relationships	
Motivation	D9	To learn new skills	
	D10	Because everyone thinks you should exercise	
	D11	Because of the requirements of teachers and parents	
	D12	In order to get good results in sports tests	
	D13	Because of love	
	D14	For fun	
	D15	Because of the importance of health	
Physical	A10-A11	The condition of self-movement	Choice question
Activity		Running/Cycling/Gymnastics/Dancing/Basketball or	

Behavior

Football or Volleyball/Badminton or Table Tennis or

Tennis/Skipping rope/Sit-ups or

Pull-ups//Rollerblading/Taekwondo/Martial arts/Mountain

climbing/Swimming/Skiing

C01A-C14A

Whether you like the above exercises

Choice question

C01C-C14C

The frequency of these movements over the past 7
days

Choice question

C01D-C14D

The time of each exercise

Choice question

Physical

C01B-C14B

Whether these movements are mastered or not

Choice question

Activity Skill
