

SUPPLEMENTARY MATERIAL 1

SELF STRUCTURED INTERVIEW GUIDE

1. Can you tell us about your child's participation in physical activities at school?
 - a. How often does your child take part in physical activities in school?
 - b. In what ways do they show excitement or reluctance to participate?
 - c. How would you describe the school's role in encouraging them?

2. What specific physical activities do you think your child engages in while at school?
 - a. Can you mention examples (e.g., football, athletics, dancing, marching, playground games)?
 - b. How well do these activities match your child's interests?
 - c. In what ways are these activities enough (or not enough) to keep your child physically active?

3. How much time is usually allocated for physical activities in your child's school?
 - a. Is this time part of the regular timetable or is it occasional?
 - b. How adequate do you think this time is for children's needs?
 - c. Would you prefer more, less, or the same amount of time, and why?

4. Can you describe the resources and facilities available for physical activities in your child's school?
 - a. What kinds of spaces are provided (e.g., playground, field, hall)?
 - b. What equipment or instructors are available?
 - c. How would you describe the quality or condition of these facilities?

5. How satisfied are you with your child's physical activity participation at school?
 - a. What do you like most about how the school handles physical activity?
 - b. What areas could be improved?
 - c. How does your child usually feel after participating (e.g., happy, tired, motivated)?

6. What challenges do you think may affect your child's ability to be physically active at school?

a. How do the timetable, facilities, or staff influence participation?

b. What health or personal factors may affect your child?

c. How do academic or cultural priorities interfere with activity time?

7. Are there any individuals you think can help improve children's physical activity practices in school?

a. How would you describe the role of teachers or PE instructors?

b. What role could parents, School Administrators or Governments play?

c. Who else could contribute to motivating children?

8. What suggestions can you share that would help increase children's participation in physical activities at school?

a. What specific changes should the school make (e.g., more playtime, better facilities)?

b. How can teachers encourage children to be more active?

c. In what ways can parents also support this?

COMMUNITY BASED QUESTIONS

1. Can you tell us about your child's participation in physical activities at home and in the community?

a. How often does your child take part in these activities outside school?

b. In what ways do they show excitement or reluctance?

c. How would you describe the encouragement they get from home or the neighborhood?

2. What specific physical activities does your child engage in at home or within the community?

a. Can you give examples (e.g., football with friends, cycling, dancing, chores, recreational play)?

b. How well do these activities reflect your child's personal interests?

c. In what ways are these activities enough (or not enough) to keep your child physically active?

3. How much time does your child usually spend on physical activities outside school?
 - a. Is this time part of their daily routine or more occasional?
 - b. How adequate do you think this time is for their needs?
 - c. Would you prefer more, less, or the same amount of time, and why?

4. Can you describe the resources and opportunities available for physical activities at home and in your community?
 - a. What spaces are available (e.g., compound, playground, field, street)?
 - b. What equipment or materials do they have access to?
 - c. How safe and supportive is the environment for children's activity?

5. How satisfied are you with your child's physical activity participation outside school?
 - a. What do you value most about the opportunities at home or in your community?
 - b. What aspects could be improved?
 - c. How does your child usually feel after engaging in such activities (e.g., happy, energized, relaxed)?

6. What challenges do you think may affect your child's ability to be physically active outside school?
 - a. How do safety issues, lack of space, or absence of playmates influence participation?
 - b. In what ways do household routines or screen time interfere?
 - c. How do cultural or neighborhood factors affect children's activity opportunities?

7. Are there any individuals or groups who you think can help improve children's physical activity outside school?
 - a. How would you describe the role of parents and siblings at home?
 - b. What role can neighbors, community leaders, or local clubs play?
 - c. Who else could contribute to motivating children in your area?

8. What suggestions can you share that would help increase children's participation in physical activities outside school?

a. What changes in your home or community environment would make the biggest difference?

b. How can parents encourage children more at home?

c. In what ways can neighbors, leaders, or organizations create better opportunities?.