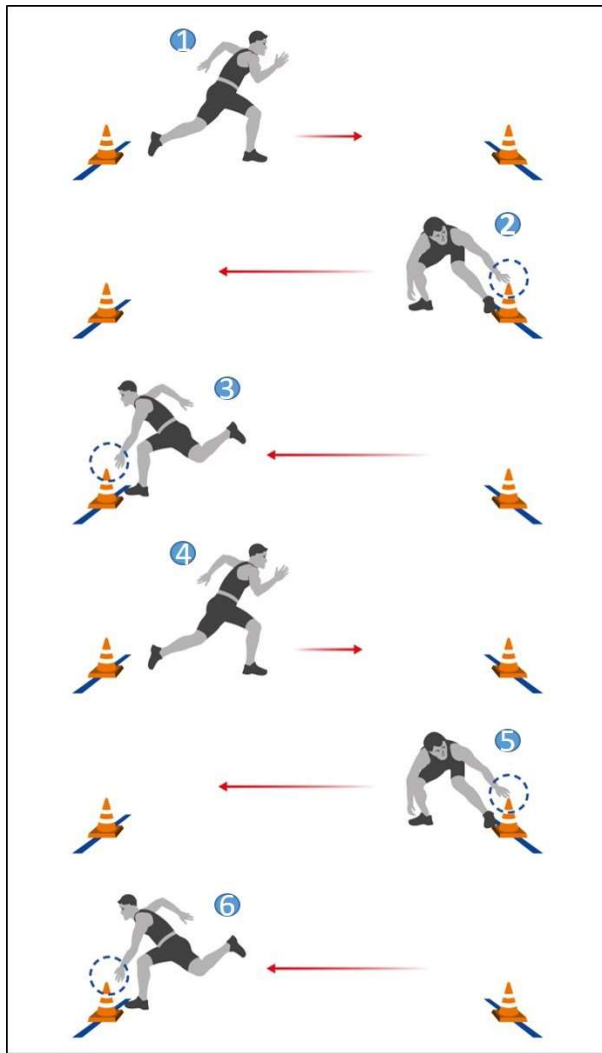


**Broad jump:** The child stands behind the starting line with legs slightly apart (feet shoulder width apart). The child knees must be flexed and the body extends forward while arms extend behind the body. By extending the arms forward and upward, the child takes off and has to jump as far as possible. The length of the jump in centimetres are evaluated and each participant gets three trials.

**Throwing:** The child throws a tennis ball overhead as far as possible. Each child gets three chances with the right hand and three with the left hand.

**Shuttle run 4x10m:** The child starts on signal “GO” from a semi-crouched position and have to run as fast as possible four 10meters tracks with each time touching the top of the cone (see Fig 1) Each child had a familiarization/ practice trial run, after which they had two attempts. The motor task was explained and demonstrated. The test is scored in seconds and tenth of seconds and the better time from two trials was scored.



**Sit and reach test:** The child is asked to sit against the wall, straighten the lower limbs and lean against the wall with the back against the wall. A sit and reach bench, 25 cm high and 60 cm long are moved against the feet, so that the entire surface of the child's feet rests on one side of the bench. Subsequently, the child is asked to stretch the arms forward. The metric scale is moved to the tip of the middle finger while the child is bending forward as far as possible. While bending, the child is not supposed to flex the knees. The examiner checks the correct knee position by holding his hand on the child's knees throughout the whole trial. The maximum distance the child reaches without breaking the rules to closest centimetre, are then recorded. The child has two trials. The better performance of the two trials, is scored.

**Cardiorespiratory fitness:** Assessed by 20-meter shuttle run endurance test (Leger test). The child repeatedly run back and forth between two lines that are set 20 meters apart according to a sound signal that progressively increase in speed. At each sound signal, the child has to reach the line. The test ends when the child fails to reach the end lines prior to the beep on two successive occasions. Number of tracks are scored. During the test the running tempo was controlled as the examiner acted as a pacemaker as recommended by Cadenas-Sánchez et al. (2016).

#### References:

Cadenas-Sanchez, C., Martinez-Tellez, B., Sanchez-Delgado, G., Mora-Gonzalez, J., Castro-Piñero, J., Löf, M., ... & Ortega, F. B. (2016). Assessing physical fitness in preschool children: Feasibility, reliability and practical recommendations for the PREFIT battery. *Journal of Science and Medicine in Sport, 19*(11), 910-915.