

**Supplementary table 3.** Boys’ total valid wear time and total minutes accumulated in various physical activity intensity levels across school types and assessment years

|                        | <b>Total time</b>    | <b>School time</b>   | <b>Leisure time</b>  | <b>Weekend</b>       | <b>PE</b>            | <b>Recess</b>        |
|------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| <i>Normal schools</i>  | 1: n=226<br>2: n=212 | 1: n=226<br>2: n=212 | 1: n=226<br>2: n=212 | 1: n=194<br>2: n=182 | 1: n=217<br>2: n=196 | 1: n=226<br>2: n=212 |
| <b>Total wear time</b> |                      |                      |                      |                      |                      |                      |
| 1                      | 4863 (879)           | 1398 (234)           | 2426 (411)           | 1163 (382)           | 90 (14)              | 263 (46)             |
| 2                      | 4860 (877)           | 1420 (206)           | 2366 (413)           | 1213 (383)           | 89 (6)               | 272 (40)             |
| <b>Sedentary</b>       |                      |                      |                      |                      |                      |                      |
| 1                      | 2969 (595)           | 806 (170)            | 1486 (276)           | 757 (263)            | 29 (12)              | 89 (34)              |
| 2                      | 2941 (652)           | 846 (163)            | 1417 (326)           | 762 (269)            | 31 (16)              | 98 (33)              |
| <b>Light</b>           |                      |                      |                      |                      |                      |                      |
| 1                      | 1452 (346)           | 444 (103)            | 721 (186)            | 323 (126)            | 35 (8)               | 110 (27)             |
| 2                      | 1445 (323)           | 434 (85)             | 705 (173)            | 348 (133)            | 34 (9)               | 115 (25)             |
| <b>Moderate</b>        |                      |                      |                      |                      |                      |                      |
| 1                      | 291 (89)             | 94 (29)              | 147 (53)             | 55 (31)              | 14 (5)               | 40 (16)              |
| 2                      | 296 (86)             | 90 (25)              | 150 (53)             | 64 (34)              | 13 (6)               | 37 (13)              |
| <b>Vigorous</b>        |                      |                      |                      |                      |                      |                      |
| 1                      | 151 (67)             | 53 (25)              | 72 (39)              | 29 (24)              | 12 (7)               | 24 (15)              |
| 2                      | 178 (80)             | 50 (25)              | 94 (52)              | 39 (30)              | 10 (7)               | 22 (15)              |
|                        |                      |                      |                      |                      |                      |                      |
| <i>Sports schools</i>  | 1: n=284<br>2: n=257 | 1: n=284<br>2: n=255 | 1: n=284<br>2: n=255 | 1: n=256<br>2: n=234 | 1: n=284<br>2: n=253 | 1: n=284<br>2: n=255 |
| <b>Total wear time</b> |                      |                      |                      |                      |                      |                      |
| 1                      | 4982 (834)           | 1541 (235)           | 2297 (390)           | 1227 (361)           | 242 (58)             | 285 (48)             |
| 2                      | 4906 (812)           | 1520 (239)           | 2244 (388)           | 1220 (377)           | 238 (51)             | 280 (47)             |
| <b>Sedentary</b>       |                      |                      |                      |                      |                      |                      |
| 1                      | 3061 (616)           | 845 (174)            | 1455 (305)           | 813 (256)            | 79 (33)              | 89 (36)              |
| 2                      | 3007 (624)           | 871 (180)            | 1404 (326)           | 776 (263)            | 104 (51)             | 95 (36)              |
| <b>Light</b>           |                      |                      |                      |                      |                      |                      |
| 1                      | 1467 (308)           | 503 (102)            | 660 (156)            | 330 (123)            | 98 (25)              | 125 (29)             |
| 2                      | 1444 (329)           | 473 (103)            | 650 (158)            | 346 (145)            | 84 (24)              | 120 (29)             |
| <b>Moderate</b>        |                      |                      |                      |                      |                      |                      |
| 1                      | 287 (83)             | 115 (32)             | 121 (44)             | 55 (32)              | 36 (12)              | 44 (16)              |
| 2                      | 282 (87)             | 107 (33)             | 119 (45)             | 62 (37)              | 27 (13)              | 40 (16)              |
| <b>Vigorous</b>        |                      |                      |                      |                      |                      |                      |
| 1                      | 166 (73)             | 78 (32)              | 62 (37)              | 29 (25)              | 33 (15)              | 28 (17)              |
| 2                      | 174 (79)             | 70 (31)              | 71 (42)              | 37 (29)              | 22 (15)              | 26 (17)              |

All data are crude means and (SD) reported in minutes. “1” denotes first assessment year, “2” denotes second assessment year

**Supplementary table 4.** Girls' total valid wear time and total minutes accumulated in various physical activity intensity levels across school types and assessment years

|                        | <b>Total time</b>    | <b>School time</b>   | <b>Leisure time</b>  | <b>Weekend</b>       | <b>PE</b>            | <b>Recess</b>        |
|------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| <i>Normal schools</i>  | 1: n=231<br>2: n=234 | 1: n=231<br>2: n=234 | 1: n=231<br>2: n=234 | 1: n=206<br>2: n=194 | 1: n=220<br>2: n=219 | 1: n=231<br>2: n=234 |
| <b>Total wear time</b> |                      |                      |                      |                      |                      |                      |
| 1                      | 4884 (861)           | 1389 (250)           | 2446 (360)           | 1136 (376)           | 90 (13)              | 261 (49)             |
| 2                      | 4865 (875)           | 1437 (215)           | 2377 (392)           | 1223 (383)           | 89 (6)               | 275 (42)             |
| <b>Sedentary</b>       |                      |                      |                      |                      |                      |                      |
| 1                      | 3071 (651)           | 882 (202)            | 1508 (280)           | 733 (265)            | 34 (11)              | 114 (41)             |
| 2                      | 3086 (646)           | 944 (181)            | 1458 (286)           | 794 (277)            | 38 (14)              | 126 (37)             |
| <b>Light</b>           |                      |                      |                      |                      |                      |                      |
| 1                      | 1453 (315)           | 406 (88)             | 748 (162)            | 327 (126)            | 35 (8)               | 108 (23)             |
| 2                      | 1425 (324)           | 394 (86)             | 734 (175)            | 348 (132)            | 34 (8)               | 109 (24)             |
| <b>Moderate</b>        |                      |                      |                      |                      |                      |                      |
| 1                      | 236 (72)             | 65 (21)              | 125 (41)             | 50 (29)              | 11 (4)               | 26 (10)              |
| 2                      | 226 (76)             | 64 (22)              | 118 (47)             | 51 (30)              | 10 (5)               | 29 (14)              |
| <b>Vigorous</b>        |                      |                      |                      |                      |                      |                      |
| 1                      | 124 (62)             | 35 (16)              | 64 (36)              | 26 (25)              | 9 (6)                | 13 (9)               |
| 2                      | 128 (64)             | 36 (21)              | 67 (38)              | 29 (25)              | 8 (5)                | 15 (13)              |
|                        |                      |                      |                      |                      |                      |                      |
| <i>Sports schools</i>  | 1: n=342<br>2: n=344 | 1: n=341<br>2: n=344 | 1: n=341<br>2: n=344 | 1: n=305<br>2: n=306 | 1: n=341<br>2: n=342 | 1: n=341<br>2: n=344 |
| <b>Total wear time</b> |                      |                      |                      |                      |                      |                      |
| 1                      | 4933 (799)           | 1547 (221)           | 2293 (352)           | 1186 (371)           | 243 (54)             | 286 (47)             |
| 2                      | 4939 (859)           | 1539 (234)           | 2289 (379)           | 1204 (389)           | 242 (54)             | 285 (50)             |
| <b>Sedentary</b>       |                      |                      |                      |                      |                      |                      |
| 1                      | 3107 (627)           | 931 (184)            | 1451 (288)           | 784 (269)            | 92 (32)              | 122 (43)             |
| 2                      | 3122 (642)           | 965 (176)            | 1440 (291)           | 774 (276)            | 112 (49)             | 130 (38)             |
| <b>Light</b>           |                      |                      |                      |                      |                      |                      |
| 1                      | 1466 (301)           | 478 (96)             | 685 (146)            | 330 (122)            | 96 (27)              | 121 (29)             |
| 2                      | 1467 (331)           | 453 (103)            | 692 (168)            | 350 (134)            | 87 (26)              | 117 (31)             |
| <b>Moderate</b>        |                      |                      |                      |                      |                      |                      |
| 1                      | 235 (70)             | 87 (27)              | 105 (35)             | 49 (27)              | 30 (12)              | 29 (14)              |
| 2                      | 223 (69)             | 77 (26)              | 100 (36)             | 51 (29)              | 24 (13)              | 25 (11)              |
| <b>Vigorous</b>        |                      |                      |                      |                      |                      |                      |
| 1                      | 125 (56)             | 51 (22)              | 52 (30)              | 24 (19)              | 25 (13)              | 15 (10)              |
| 2                      | 127 (59)             | 45 (23)              | 57 (33)              | 28 (24)              | 18 (12)              | 13 (11)              |

All data are crude means and (SD) reported in minutes. "1" denotes first assessment year, "2" denotes second assessment year