

Supplementary Table 1. Characteristics of the 19,504 elementary students by sex and year of study

	2013/14		2014/15		2015/16		2016/17	
	Boys (N=9935)	Girls (N=9569)	Boys (N=9935)	Girls (N=9569)	Boys (N=9935)	Girls (N=9569)	Boys (N=9935)	Girls (N=9569)
BMI, kg/m ²	16.72 (3.51)	16.23 (2.90)	17.05 (3.13)	16.46 (3.63)	17.90 (4.40)	16.88 (2.99)	18.68 (4.91)	17.65 (3.57)
Physical fitness tests								
Handgrip test, kg	20.32 (6.57)	19.44 (6.03)	23.55 (6.72)	22.76 (6.72)	27.38 (11.11)	26.27 (7.68)	33.13 (68.14)	33.51 (82.01)
One-minute sit-up test, times	21.26 (12.73)	20.56 (10.20)	24.01 (13.23)	23.32 (9.56)	26.46 (11.17)	25.61 (10.09)	28.43 (11.83)	27.73 (10.24)
Sit-and-reach test, cm	23.61 (7.04)	26.91 (7.48)	24.23 (7.74)	27.63 (6.85)	23.25 (7.97)	28.06 (13.08)	23.18 (7.70)	28.73 (13.12)
Endurance run test, m	932.90 (249.11)	948.47 (269.15)	1077.59 (296.06)	1078.45 (281.71)	1232.01 (450.41)	1201.50 (300.86)	1319.05 (334.09)	1293.75 (347.11)

All numbers are mean (SD)