

**Supplementary Table S1.** Results of Kolmogorov Smirnov test (KS) for the total sample of participants

	Kolmogorov Smirnov test	
	Max D	<i>p</i> -value
Body height (cm)	0.12	<i>p</i> < 0.10
Body mass (kg)	0.09	<i>p</i> < 0.15
Body mass index	0.12	<i>p</i> < 0.10
Broad jump (cm)	0.08	<i>p</i> > 0.20
Sit-and-reach (cm)	0.08	<i>p</i> > 0.20
Sit-ups (number)	0.06	<i>p</i> > 0.20
Beep test (level)	0.07	<i>p</i> > 0.20
Step count	0.04	<i>p</i> > 0.20