**Supplementary Table S1:** Children questionnaire (5-11 years old) – list of questions.

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| **Section** | **Questions** |
| **A** | **My Parents…**  |
| **A.1** | My parents let me do PE at school  |
| **A.2** | My parents let me play at the park and in the school playground  |
| **A.3** | My parents are happy when I exercise or I do physical activity/sports  |
| **A.4** | If applicable - My parents let me join in with my brother/sister’s activities  |
| **B** | **How I feel…**  |
| **B.1** | I feel different to other children  |
| **B.2** | I feel happy when doing physical activity, exercise or sports  |
| **B.3** | I feel happy when doing PE  |
| **C** | **When I exercise/do physical activity…**  |
| **C.1** | I can exercise or do physical activity without feeling tired  |
| **C.2** | I can only exercise or do physical activity for a short while before having to stop  |
| **C.3** | I can breathe properly when I exercise or do physical activity  |
| **D** | **What I can do…**  |
| **D.1** | I can walk or run long distances without stopping  |
| **D.2** | I am able to do the same activities my friends can do  |
| **D.3** | I can do the activities I want to do.  |
| **E** | **In my free time…**  |
| **E.1** | I like to take part in physical activity or exercise  |
| **E.2** | I think it is important to take part in physical activity or exercise  |
| **F** | **Possibilities…**  |
| **F.1** | I have a gym/sports club that I can go to  |
| **F.2** | I have a playground or park that I can go to  |
| **F.3** | I can participate in a lot of sports/physical activity  |
| **F.4** | If applicable - I can join in the same activities as my brother/sister  |
| **G** | **Me and the others…**  |
| **G.1** | My friends let me play with them  |
| **G.2** | I do PE at school with my friends  |
| **G.3** | At school, my teachers let me play with my friends  |
| **G.4** | I meet with my friends to play outside together after school  |
| **G.5** | If applicable -My brother and sister let me join in activities with them and their friends  |
| **H** | **What I like…**  |
| **H.1** | I like to run  |
| **H.2** | I like taking long walks  |
| **H.3** | I like to swim  |
| **H.4** | I like jumping  |
| **H.5** | I like to ride a bike  |
| **H.6** | I like playing team sports  |
| **H.7** | I like playing individual sports  |
| **H.8** | Other (please specify)………………….  |