Additional File 1: Socio-demographics and pre-intervention measures of unmatched and PSM samples in study sample for physical activity[##].

|	Unmatched[a]		Missing data (%)	PSM[b]	
	Lekker Fit! group (n=458)	Regular school group (n=1882)		Lekker Fit! group (n=453)	Regular school group (n=805)
Age (y), mean (SD)	6.09 (0.41)	6.03 (0.35)	5.6	6.09	6.08
Sex, %			7.0		
Girls	56.2	52.9		56.3	55.9
Ethnicity, %			0.7		
Native-Dutch	50.2	73.7		51.0	50.1
Turkish	6.9	2.0		6.8	6.6
Moroccan	7.1	2.1		7.1	6.7
Surinamese	9.6	4.3		9.7	10.3
Antillean	4.7	1.8		3.3	3.4
Cape Verdian	5.0	1.2		3.8	4.0
Other	18.2	14.8		18.3	18.9
Maternal education level, %			6.8		
High	26.6	36.1		25.8	28.2
Mid-High	24.0	32.1		24.7	26.1
Mid-Low	34.1	25.7		34.9	32.0
Low	15.3	6.0		14.6	13.8
Paternal education level, %			12.9		
High	30.8	41.5		28.0	28.4
Mid-High	21.3	25.9		20.8	20.0
Mid-Low	29.7	23.3		30.2	30.6
Low	18.2	9.3		21.0	21.1
Net household income, %			11.1		
<€2000/month	24.1	11.8		25.4	24.7
€2000-€3200/month	36.9	23.3		35.8	34.6
>€3200/month	38.9	64.9		38.9	40.7
BMI-sds, mean (SD)	0.19 (0.93)	0.13 (0.82)	5.8	0.19	0.18
Sports participation, %			7.6		
Yes	34.9	48.4		36.0	34.4
No	65.1	51.6		64.0	65.6
Outdoor play, %			8.9		
<5 days/week	35.9	30.7		35.5	34.2
≥5 days/week	64.1	69.3		64.5	65.8
Weight status, %			11.1		
No overweight	82.3	88.7		84.1[n.m.]	87.7[n.m.]
Overweight / obese	17.7	11.3		15.9[n.m.]	12.3[n.m.]

[##] Study sample for physical activity contains participants with data on the outcome measure PA-Days
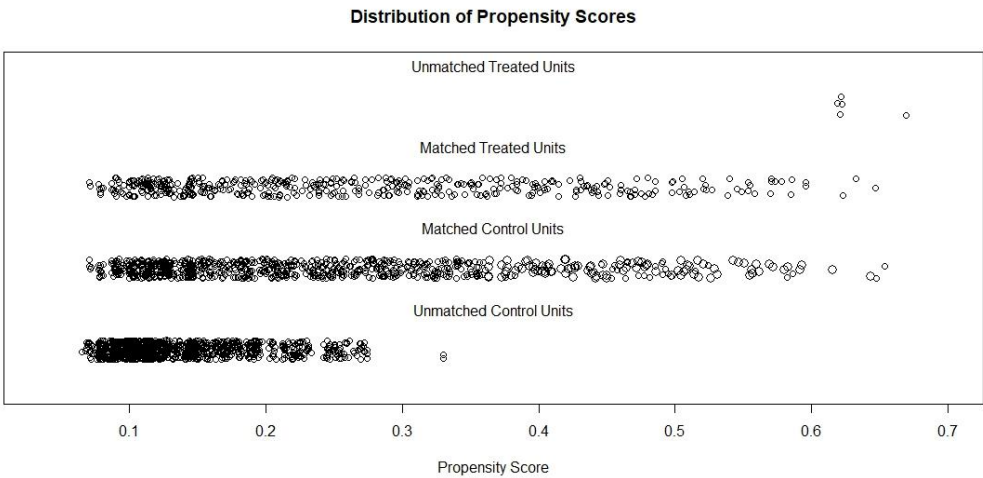[a] Non-imputed sample; [b] Imputed sample
Abbreviations: y = years, BMI = body mass index
n.m. = sample is not matched on weight status, as it was matched on BMI-sds.
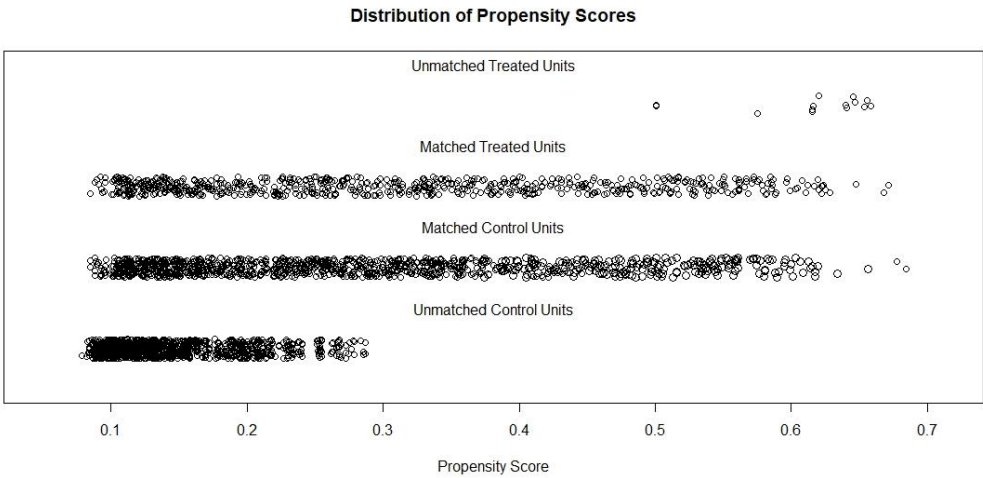
Additional File 2: Distribution of the propensity scores for matched and unmatched children in the sample for examining intervention effects on WRpeak z-scores
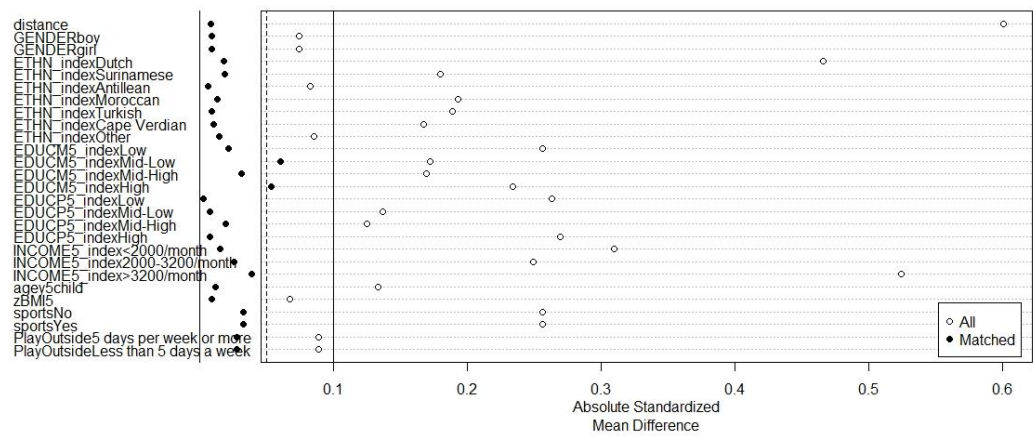

Additional file 3: Distribution of the propensity scores for matched and unmatched children in the sample for examining intervention effects on PA-Days
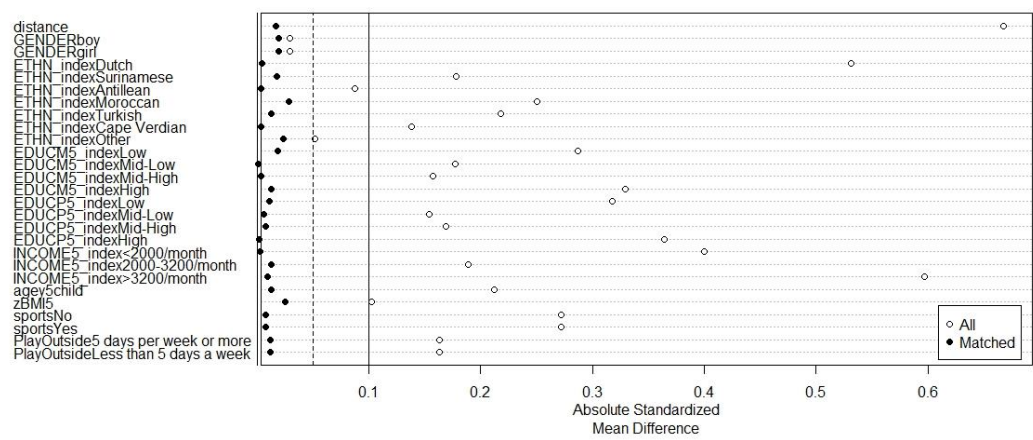
Additional File 4: Absolute standardized mean difference for the propensity score-matched variables in the original and the matched sample for examining intervention effects on WRpeak z-scores

Additional File 5: Absolute standardized mean difference for the propensity score-matched variables in the original and the matched sample for examining intervention effects on PA-Days

Supplemental material

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Additional File 6. Sensitivity analysis in a 85%-HR-sample for the estimated long-term treatment effect of 6-years of the LF intervention on Z-WRpeak

	n	Regular school group (mean)	Lekker Fit! group (mean)	Effect of intervention (95% CI)
WRpeak z-score	X	-0.02 ()	-0.20 (-0.27 to -0.11)	**-0.18 (-0.28 to -0.08)**

Results are the average treatment effects on the standardized achieved proportion of the predicted highest achieved work rate, obtained from a linear regression model on a propensity score matched sample. The propensity score matched sample was matched on age, gender, ethnic background, maternal educational level, paternal educational level, net household income, sport participation, playing outside and BMI-sds.

Notes: Significance at the 0.05 level is indicated in bold.
Abbreviations: 85%-HR-sample: sample only including participants with ≥85% achieved proportion of the predicted absolute heart rate to account for the role of motivation; WRpeak z-score = z-score of the standardized achieved proportion of the predicted highest achieved work rate; CI = confidence interval.

Additional File 7. Sensitivity analysis in a 1y-TSPM-sample for the estimated long-term treatment effect of 6-years of the LF intervention on Z-WRpeak, and PA-Days

	n	Regular school group (mean)	Lekker Fit! group (mean)	Effect of intervention (95% CI)
WRpeak z-score	X	-0.10 (-0.18 to -0.03)	-0.21 (-0.30 to -0.12)	-0.11 (-0.24 to 0.01)
PA-Days (days/week)	X	4.13 (3.93 to 4.32)	3.97 (3.76 to 4.18)	-0.16 (-0.45 to 0.14)

Results are the average treatment effects on the standardized achieved proportion of the predicted highest achieved work rate, obtained from a linear regression model on a propensity score matched sample. The propensity score matched sample was matched on age, gender, ethnic background, maternal educational level, paternal educational level, net household income, sport participation, playing outside and BMI-sds.

Notes: Significance at the 0.05 level is indicated in bold.
Abbreviations: 1y-TSPM-sample: sample only including participants with ≥1 year since primary school to avoid the risk that the estimated treatment effect was attributable to the children who were relatively recently exposed to the intervention; WRpeak z-score = z-score of the standardized achieved proportion of the predicted highest achieved work rate; PA-Days = days with at least one hour of physical activity; CI = confidence interval.