

Supplementary Table S1. Global Matrix 4.0 Indicators and benchmarks used to guide the grade assignment process.

| Indicator | Benchmark |
|---------------------------------------|---|
| Overall Physical Activity | <p>% of children and youth who meet the Global Recommendations on Physical Activity for Health, which recommend that children and youth accumulate a combined total of at least 60 minutes of daily moderate- to vigorous-intensity physical activity.</p> <p>Note: for countries with Actigraph data, please report results using the Evenson cutpoint for MVPA to facilitate comparisons.</p> |
| Organized Sport and Physical Activity | <p>% of children and youth who participate in organized sport and/or physical activity programs.</p> |
| Active Play | <p>% of children and youth who engage in unstructured/unorganized active play for several hours a day.</p> <p>% of children and youth who report being outdoors for several hours a day.</p> |
| Active Transportation | <p>% of children and youth who use active transportation to get to and from places (e.g., school, park, mall, friend's house).</p> |
| Sedentary Behaviours | <p>% of children and youth who meet the Canadian Sedentary Behaviour Guidelines (5- to 17-year-olds: no more than two hours of screen time per day).</p> <p>Note: the Guidelines currently provide a time limit recommendation for screen-related pursuits, but not for non-screen-related pursuits.</p> |
| Family and Peers | <p>% of family members (e.g., parents, guardians) who facilitate physical activity and sport opportunities for their children (e.g., volunteering, coaching, driving, paying for membership fees and equipment).</p> <p>% of parents who meet the Global Recommendations on Physical Activity for Health, which recommend that adults accumulate at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity.</p> <p>% of family members (e.g., parents, guardians) who are physically active with their kids.</p> <p>% of children and youth with friends and peers who encourage and support them to be physically active.</p> <p>% of children and youth who encourage and support their friends and peers to be physically active.</p> |
| School | <p>% of schools with active school policies (e.g., daily PE, daily physical activity, recess, "everyone plays" approach, bike racks at school, traffic calming on school property, outdoor time).</p> <p>% of schools where the majority ($\geq 80\%$) of students are taught by a PE specialist.</p> <p>% of schools where the majority ($\geq 80\%$) of students are offered the mandated amount of PE (for the given state/territory/region/country).</p> <p>% of schools that offer physical activity opportunities (excluding PE) to the majority ($> 80\%$) of their students.</p> |

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| | <p>% of parents who report their children and youth have access to physical activity opportunities at school in addition to PE classes.</p> <p>% of schools with students who have regular access to facilities and equipment that support physical activity (e.g., gymnasium, outdoor playgrounds, sporting fields, multi-purpose space for physical activity, equipment in good condition).</p> |
| Community and Environment | <p>% of children or parents who perceive their community/ municipality is doing a good job at promoting physical activity (e.g., variety, location, cost, quality).</p> <p>% of communities/municipalities that report they have policies promoting physical activity.</p> <p>% of communities/municipalities that report they have infrastructure (e.g., sidewalks, trails, paths, bike lanes) specifically geared toward promoting physical activity.</p> <p>% of children or parents who report having facilities, programs, parks and playgrounds available to them in their community.</p> <p>% of children or parents who report living in a safe neighbourhood where they can be physically active. % of children or parents who report having well-maintained facilities, parks and playgrounds in their community that are safe to use.</p> |
| Government | <p>Evidence of leadership and commitment in providing physical activity opportunities for all children and youth.</p> <p>Allocated funds and resources for the implementation of physical activity promotion strategies and initiatives for all children and youth.</p> <p>Demonstrated progress through the key stages of public policy making (i.e., policy agenda, policy formation, policy implementation, policy evaluation and decisions about the future).</p> |
| Physical Fitness | <p>Average percentile achieved from Error! Hyperlink reference not valid. from Tomkinson et al. 2017 across age and sex for available data.</p> <p>% of children and youth who meet criterion-referenced standards for muscular strength.</p> <p>% of children and youth who meet criterion-referenced standards for muscular endurance.</p> <p>% of children and youth who meet criterion-referenced standards for flexibility.</p> |