**Supplemental digital content 1.** Activity-specific references for METy values

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| **Activity Category** | **Specific Activity** | **Reference numbers** |  |
| ACTIVE PLAY | BALL GAMES - BOUNCING, KICKING, DRIBBLING BALL, REACTION BALL (MODERATE INTENSITY) | (65, 106, 108) |  |
|  | BALL GAMES - BOUNCING, KICKING, DRIBBLING BALL, REACTION BALL (VIGOROUS INTENSITY) | (98, 108) |  |
|  | DODGEBALL TYPE GAMES (E.G., CASTLES, HOT FEET) | (108) |  |
|  | FREE PLAY (BASKETBALL, ROPE, HOOP, CLIMB, LADDER, FRISBEE) | (48, 49, 65) |  |
|  | FREEZE/ZONE TAG (MODERATE INTENSITY) | (108) |  |
|  | FREEZE/ZONE TAG (VIGOROUS INTENSITY) | (108) |  |
|  | HIKING | (37) |  |
|  | HOPSCOTCH | (32, 47, 63, 65, 73, 90, 106) |  |
|  | JUMP ROPE | (36, 75, 98, 102) |  |
|  | MARCHING - 75M.MIN INSTRUMENTS | (31) |  |
|  | MARCHING - 75M.MIN NO INSTRUMENTS | (31) |  |
|  | MARCHING - 91M.MIN NO INSTRUMENTS | (31) |  |
|  | MISCELLANEOUS GAMES -VIGOROUS (E.G., SLAP THE BALL, BUILDERS AND BULLDOZERS) | (108) |  |
|  | MISCELLANEOUS GAMES-MODERATE (E.G., SIMON'S SPOTLIGHT, CLEAN THE ROOM) | (108) |  |
|  | OBSTACLE/LOCOMOTOR COURSE-MODERATE | (108) |  |
|  | OBSTACLE/LOCOMOTOR COURSE-VIGOROUS | (21, 48, 108, 135) |  |
|  | PLAYING GAMES (CATCH AND THROW BALLS, JUMPING JACKS) | (75, 91, 108, 111) |  |
|  | PLAYING TAG - MODERATE | (108) |  |
|  | PLAYING TAG-VIGOROUS | (21, 47-49, 108) |  |
|  | RELAY | (21, 108) |  |
|  | SHARKS AND MINNOWS | (108) |  |
|  | TRAMPOLINE | (6, 7) |  |
| ACTIVE VIDEO GAMES (FULL BODY) | ACTIVE VIDEO GAMES - ACTION RUNNING | (78) |  |
|  | ACTIVE VIDEO GAMES - BASEBALL | (66) |  |
|  | ACTIVE VIDEO GAMES - BOXING | (66, 113) |  |
|  | ACTIVE VIDEO GAMES - CATCHING TARGETS | (58, 117) |  |
|  | ACTIVE VIDEO GAMES - DANCE | (9, 13, 23, 34, 38, 58, 62, 66, 98, 113, 119, 132) |  |
|  | ACTIVE VIDEO GAMES - HOVERBOARD | (66) |  |
|  | ACTIVE VIDEO GAMES - KINECT ADVENTURE GAMES AND SPORTS | (13) |  |
|  | ACTIVE VIDEO GAMES - LIGHTSPACE | (9, 23) |  |
|  | ACTIVE VIDEO GAMES - OLYMPIC GAMES | (118) |  |
|  | ACTIVE VIDEO GAMES - SPORTWALL | (9, 23) |  |
|  | ACTIVE VIDEO GAMES - TRAZER | (9, 23) |  |
|  | ACTIVE VIDEO GAMES - WALKING ON TREADMILL AND BOWLING | (79) |  |
|  | ACTIVE VIDEO GAMES - WATCHING TV/DVD - WALKING | (58) |  |
|  | ACTIVE VIDEO GAMES - WII AEROBICS | (40) |  |
|  | ACTIVE VIDEO GAMES - WII BOXING/TENNIS | (9, 23, 38, 39, 41, 57, 86, 88, 100, 112, 137) |  |
|  | ACTIVE VIDEO GAMES - WII HOCKEY | (100) |  |
|  | ACTIVE VIDEO GAMES - WII MUSCLE CONDITIONING | (40) |  |
|  | ACTIVE VIDEO GAMES - WII SKIING | (137) |  |
|  | ACTIVE VIDEO GAMES - WII STEP | (137) |  |
|  | ACTIVE VIDEO GAMES - WII TENNIS | (39, 64, 82, 137) |  |
|  | ACTIVE VIDEO GAMES - WII YOGA | (40) |  |
|  | ACTIVE VIDEO GAMES - XAVIX | (9) |  |
|  | ACTIVE VIDEO GAMES (COMPILATION OF GAMES) | (75) |  |
|  | ARCADE VIDEO GAME - AIR HOCKEY | (94) |  |
|  | ARCADE VIDEO GAME - HORSE RIDING SIMULATION | (94) |  |
| ACTIVE VIDEO GAMES (UPPER BODY) | ACTIVE VIDEO GAMES - BOWLING | (38, 39, 78, 118, 137) |  |
|  | ACTIVE VIDEO GAMES - DRIVING SIMULATOR | (117) |  |
|  | ACTIVE VIDEO GAMES - WII (COMPILATION OF GAMES) | (47, 75, 108) |  |
|  | ACTIVE VIDEO GAMES - WII BALANCE | (40) |  |
|  | ACTIVE VIDEO GAMES - WII BASKETBALL | (100) |  |
|  | ACTIVE VIDEO GAMES - WII GOLF | (100) |  |
|  | ARCADE VIDEO GAME - DRIVING SIMULATION | (94) |  |
|  | ARCADE VIDEO GAME - SHOOTING HOOPS | (94) |  |
| BIKE/SCOOTER RIDING | RIDING A BIKE - FAST SPEED | (61, 75) |  |
|  | RIDING A BIKE - MEDIUM SPEED | (61, 75, 108) |  |
|  | RIDING A BIKE - SELF PACED | (108) |  |
|  | RIDING A BIKE - SLOW SPEED | (75) |  |
|  | RIDING A MINI-SCOOTER | (48) |  |
|  | RIDING SCOOTER | (8, 95) |  |
| CALISTHENICS/GYMNASTICS | ACTIVE CLASSROOM INSTRUCTION | (45) |  |
|  | BROADCAST CALISTHENICS - 'COLOURFUL SUNSHINE' | (24) |  |
|  | BROADCAST CALISTHENICS - 'FLOURISHING YOUTH' | (24) |  |
|  | BROADCAST CALISTHENICS - 'FLYING IDEAL' | (24) |  |
|  | BROADCAST CALISTHENICS - 'HOPEFUL SAIL' | (24) |  |
|  | CALISTHENICS - LIGHT | (61) |  |
|  | GYMNASTICS | (60) |  |
|  | JUMPING JACKS | (33) |  |
|  | RADIO GYMNASTICS | (36) |  |
|  | STRENGTH EXERCISES - CURL-UPS | (104) |  |
|  | STRENGTH EXERCISES - PUSH-UPS | (104) |  |
| COMPUTER/VIDEO GAMES (SITTING) | COMPUTER GAMES (COMPILATION OF GAMES) | (36, 75, 135) |  |
|  | VIDEO GAMES - BOWLING | (78) |  |
|  | VIDEO GAMES - DRIVING SIMULATOR | (15) |  |
|  | VIDEO GAMES - GAMEBOY | (40) |  |
|  | VIDEO GAMES - GAMEPAD | (117) |  |
|  | VIDEO GAMES - HANDHELD | (117, 135) |  |
|  | VIDEO GAMES - MOBILE PHONE | (6) |  |
|  | VIDEO GAMES - NINTENDO | (82, 91, 92) |  |
|  | VIDEO GAMES - PS2 | (58, 59, 112) |  |
|  | VIDEO GAMES - PS3 | (57, 82, 137) |  |
|  | VIDEO GAMES - XBOX360 | (39, 82) |  |
|  | VIDEO GAMES (COMPILATION OF GAMES) | (17, 44, 60, 61, 66, 73, 75, 82, 86, 87, 90, 94, 102, 106, 109, 113, 117, 118, 126-128, 136) |  |
| DANCE/AEROBICS/STEPS | AEROBIC DANCE/DANCE | (60, 75, 87, 92, 127, 128, 135) |  |
|  | STAIR WALKING - ASCENDING | (10, 60, 61, 75, 111, 127) |  |
|  | STAIR WALKING - ASCENDING 80 STEPS/MIN | (87) |  |
|  | STAIR WALKING - ASCENDING/DESCENDING | (7, 16, 51, 109) |  |
|  | STAIR WALKING - DESCENDING | (10) |  |
|  | STEP BOARD | (6) |  |
|  | STEPPING - HEIGHT 30%-50% LEG LENGTH | (20) |  |
| HOUSEKEEPING/WORK | BEDMAKING | (14, 60, 95) |  |
|  | CARPENTRY | (123) |  |
|  | DRESSING AND UNDRESSING | (14, 121, 135) |  |
|  | DUSTING | (44, 92) |  |
|  | DUSTING AND SWEEPING | (60, 61) |  |
|  | HANGING OUT WASHING | (95) |  |
|  | HOUSEWORK | (75, 108, 135) |  |
|  | LAUNDRY | (47, 128) |  |
|  | LOADING/UNLOADING BOXES | (61) |  |
|  | SETTING THE TABLE | (95) |  |
|  | SHOVELLING | (42, 75) |  |
|  | SWEEPING | (23, 30, 44, 75, 87, 109, 127, 128) |  |
|  | VACUUMING | (23, 44, 75, 96) |  |
|  | WASHING THE DISHES | (95, 96, 123) |  |
| LYING | QUIETLY LYING | (2, 6, 10, 11, 17, 23, 36, 41, 44, 48, 59, 65, 73, 87, 88, 90, 104, 127, 128) |  |
|  | WATCHING TV/DVD - LYING | (2, 126) |  |
| QUIET PLAY/SCHOOLWORK/TELEVISION (SITTING) | ARTS AND CRAFTS | (47, 59, 64, 65, 91, 108, 126, 135) |  |
|  | BOARD GAMES | (60, 64, 75, 108) |  |
|  | COLORING, READING WRITING, INTERNET | (17, 32, 63, 75, 111) |  |
|  | COMPUTER WORK | (23, 56, 59, 61, 92) |  |
|  | GIVING A SPEECH | (56) |  |
|  | LISTENING TO RADIO | (22, 122) |  |
|  | LISTENING TO STORY | (22) |  |
|  | PLAYING QUIETLY | (120, 124) |  |
|  | PLAYING STRINGED INSTRUMENT | (46) |  |
|  | PLAYING WITH BRICKS | (51) |  |
|  | PLAYING WITH TOYS (CARDS, PUZZLES, CARS, TRAINS) | (47, 59, 91, 100) |  |
|  | PUZZLES | (100) |  |
|  | QUIETLY SITTING | (2, 7, 10, 11, 15, 16, 28, 33, 41, 51, 52, 61, 85, 88, 96, 97, 104, 109, 111, 112, 119) |  |
|  | READING | (10, 11, 23, 28, 36, 61, 136) |  |
|  | READING A BOOK AND LISTENING TO MUSIC | (60) |  |
|  | SCHOOLWORK | (36, 45, 60, 126) |  |
|  | SEWING | (14, 123) |  |
|  | SINGING | (122) |  |
|  | TALKING WITH FRIEND | (59, 112) |  |
|  | WATCHING TV/DVD - SITTING | (2, 22, 23, 28, 36, 46, 47, 52, 57, 58, 60, 61, 65, 75, 82, 87, 88, 102, 109, 111, 117, 127, 135, 137) |  |
|  | WRITING | (10, 11, 44, 56, 60, 96, 102, 128) |  |
| RUN | JOG - FAST | (61) |  |
|  | JOG - SLOW | (61) |  |
|  | JOG SELF-PACED | (65) |  |
|  | RUN 3.0 | (9, 65, 75) |  |
|  | RUN 3.5 | (75) |  |
|  | RUN 4.0 | (75, 108, 111, 115, 116) |  |
|  | RUN 4.5 | (44, 65, 75, 102, 105, 111, 115, 116, 130, 133) |  |
|  | RUN 5.0 | (3, 4, 6, 18, 19, 32, 49, 50, 53, 54, 63, 68, 69, 74-77, 87, 101, 106, 108, 109, 115, 125, 127, 133, 134) |  |
|  | RUN 5.5 | (1, 4, 11, 53, 54, 65, 75, 104, 133) |  |
|  | RUN 6.0 | (4, 6, 32, 53, 63, 68, 70, 75, 81, 101, 106, 108, 125, 129) |  |
|  | RUN 6.5 | (53, 65, 75) |  |
|  | RUN 7.0 | (53, 75, 125) |  |
|  | RUN 7.5 | (27, 75) |  |
|  | RUN 8.0 | (25, 26, 53, 75) |  |
|  | RUN SELF-PACED | (47, 135) |  |
| SPORTS/GAMES | BASKETBALL - GAME | (6, 7, 21, 47, 61, 75, 90, 102, 108, 111, 135) |  |
|  | BASKETBALL - SHOOTING AND RETRIEVING A BASKETBALL, CONTINUOUSLY, WITHOUT STOPPING | (61, 64, 87, 109, 127, 128) |  |
|  | BASKETBALL GAME (MINI BASKETBALL) | (100) |  |
|  | BOWLING - GAME | (21, 30) |  |
|  | BOXING - PUNCHING BAG AND GLOVES | (100) |  |
|  | CATCH/THROW BALL | (8, 21, 23, 32, 47, 51, 61, 63, 92, 128) |  |
|  | GOLF - GAME (MINI GOLF) | (100) |  |
|  | HANDBALL | (75) |  |
|  | HOCKEY - GAME (MINI FLOOR HOCKEY) | (100) |  |
|  | JUGGLING | (21) |  |
|  | KICKBALL, CONTINUOUS MOVEMENT | (21) |  |
|  | ROLLERBLADING | (95) |  |
|  | SKIING | (37) |  |
|  | SLIDE BOARD - 40 SLIDES/MIN | (110) |  |
|  | SLIDE BOARD - 50 SLIDES/MIN | (110) |  |
|  | SLIDE BOARD - 60 SLIDES/MIN | (110) |  |
|  | SLIDE BOARD - 70 SLIDES/MIN | (110) |  |
|  | SLIDE BOARD - 80 SLIDES/MIN | (110) |  |
|  | SOCCER - AROUND CONES | (23, 48, 49, 61, 75) |  |
|  | SOCCER - GAME | (21, 47, 102, 108, 135) |  |
|  | TABLE TENNIS | (60) |  |
|  | TENNIS PRACTICE AND GAMES | (21, 75, 85) |  |
|  | ULTIMATE FRISBBE | (108) |  |
|  | VOLLEYBALL | (102) |  |
| STANDING | ARCADE GAMES - TABLE FOOTBALL | (60) |  |
|  | BOARD GAMES - STANDING | (136) |  |
|  | DRAWING, COLORING - STANDING | (121) |  |
|  | SINGING - STANDING | (122) |  |
|  | STACKING CUPS | (48, 84) |  |
|  | STANDING | (10, 11, 16, 51, 84, 102, 104, 135) |  |
|  | VIDEO GAMES - STANDING | (75) |  |
|  | WATCHING TV/DVD - STANDING | (57) |  |
| SWIMMING | SWIMMING – 200 M | (93) |  |
|  | SWIMMING - FRONT CRAWL 0.9 M.SEC | (89) |  |
|  | SWIMMING - FRONT CRAWL 1.0 M.SEC | (89) |  |
|  | SWIMMING - FRONT CRAWL 1.1 M.SEC | (89) |  |
|  | SWIMMING - SELF-SELECTED PACE | (75, 93) |  |
|  | SYNCHRONISED SWIMMING | (12) |  |
| WALK | WALK 0.5 | (111) |  |
|  | WALK 1.0 | (111) |  |
|  | WALK 1.5 | (38, 55, 75, 83, 84, 103, 111) |  |
|  | WALK 2.0 | (6, 17, 29, 43, 55, 64, 65, 71, 72, 75, 80, 83, 92, 98, 108, 111, 114) |  |
|  | WALK 2.5 | (5, 6, 8, 17-19, 32, 35, 38, 44, 48-50, 63, 67, 72, 75, 77, 81, 83, 87, 88, 91, 98, 102, 106, 107, 109, 111, 127, 130) |  |
|  | WALK 3.0 | (1, 5, 6, 10, 11, 17, 29, 43, 44, 46, 64, 67, 69, 71, 72, 75, 83, 96, 98, 104, 108, 111, 114, 129, 131) |  |
|  | WALK 3.5 | (5, 6, 18, 19, 32, 38, 43, 48-50, 63, 64, 67, 72, 75, 77, 83, 87, 88, 99, 106, 109, 111, 127) |  |
|  | WALK 4.0 | (29, 43, 71, 75, 83, 129) |  |
|  | WALK 4.5 | (43, 75) |  |
|  | WALK 5.0 | (64, 75) |  |
|  | WALK SELF-PACED BRISK | (61, 135) |  |
|  | WALK SELF-PACED CASUAL | (47, 61, 65, 108, 135) |  |
| WEIGHT LIFTING | HAND WEIGHTS EXERCISES | (61) |  |
|  | STRENGTH EXERCISES - BENCH PRESS | (75) |  |
|  | STRENGTH EXERCISES - LEG PRESS | (75) |  |

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