

Table S1. Mean differences (adjusted means \pm standard errors, differences (diff) and their corresponding 95% confidence intervals (95%CI)), and two-factor ANCOVA model, adjusted for height and weight, main results for each physical fitness test in girls between 2009 and 2019 cohorts.

Girls																
Age (y)	Handgrip (kgf)				Standing Long Jump (cm)				Sit and reach (cm)				Shuttle-run (s)			
	2009	2019	Diff.	95%CI	2009	2019	Diff.	95%CI	2009	2019	Diff.	95%CI	2009	2019	Diff.	95%CI
6	9.1 \pm 0.5	9.5 \pm 0.4	0.4 ^{ns}	-0.63; 1.50	101.8 \pm 3.2	88.6 \pm 2.9	-13.2 ^{**}	-20.3; -6.14	19.6 \pm 0.9	23.1 \pm 0.8	3.5 ^{**}	1.41; 5.43	28.5 \pm 0.5	31.2 \pm 0.4	2.7 ^{**}	1.68; 3.77
7	9.1 \pm 0.4	9.7 \pm 0.3	0.6 ^{ns}	-0.28; 1.49	97.2 \pm 2.6	94.6 \pm 2.2	-2.6 ^{ns}	-8.48; 3.27	20.6 \pm 0.7	22.2 \pm 0.6	1.6 [*]	0.02; 3.36	29.2 \pm 0.4	29.9 \pm 0.3	0.7 ^{ns}	-0.14; 1.59
8	9.1 \pm 0.4	9.7 \pm 0.3	0.6 ^{ns}	-0.39; 1.47	104.9 \pm 2.5	94.6 \pm 2.0	-10.3 ^{**}	-16.5; -4.21	19.8 \pm 0.7	22.2 \pm 0.6	2.4 ^{**}	0.58; 4.08	29.2 \pm 0.4	29.1 \pm 0.3	-0.1 ^{ns}	-0.95; 0.86
9	9.6 \pm 0.3	10.1 \pm 0.3	0.5 ^{ns}	-0.34; 1.34	104.3 \pm 2.1	97.4 \pm 1.9	-6.9 [*]	-12.4; -1.35	20.3 \pm 0.6	22.2 \pm 0.5	1.9 [*]	0.29; 3.44	28.9 \pm 0.3	28.8 \pm 0.3	-0.1 ^{ns}	-0.99; 0.64
10	10.7 \pm 0.3	10.5 \pm 0.3	0.2 ^{ns}	-0.98; 0.63	106.8 \pm 2.1	101.5 \pm 2.0	-5.3 [*]	-10.7; -0.01	20.7 \pm 0.6	22.9 \pm 0.6	2.2 ^{**}	0.75; 3.78	29.1 \pm 0.3	28.0 \pm 0.3	-1.1 ^{**}	-1.87; -0.29
11	12.6 \pm 0.3	12.3 \pm 0.3	0.3 ^{ns}	-1.18; 0.41	110.7 \pm 2.3	103.9 \pm 2.3	-6.8 ^{**}	-12.0; -1.53	22.1 \pm 0.7	23.9 \pm 0.7	1.8 [*]	0.37; 3.35	28.1 \pm 0.3	27.1 \pm 0.3	-1.0 ^{**}	-1.85; 0.30
Two-Factor ANOVA Model Results																
Age	F = 14.64, $p < 0.001$, $\eta^2 = 0.085$				F = 2.77, $p < 0.001$, $\eta^2 = 0.017$				F = 1.91, $p = 0.089$, $\eta^2 = 0.012$				F = 4.15, $p < 0.001$, $\eta^2 = 0.026$			
Year	F = 1.79, $p = 0.181$, $\eta^2 = 0.002$				F = 36.07, $p < 0.001$, $\eta^2 = 0.044$				F = 39.42, $p < 0.001$, $\eta^2 = 0.048$				F = 0.94, $p = 0.333$, $\eta^2 = 0.001$			
Age-by-Year	F = 1.00, $p = 0.418$, $\eta^2 = 0.006$				F = 1.34, $p = 0.246$, $\eta^2 = 0.008$				F = 0.44, $p = 0.823$, $\eta^2 = 0.003$				F = 8.77, $p < 0.001$, $\eta^2 = 0.528$			

Note: adjusted means for height and weight; ^{ns}=non-statistically significant; *, $p < 0.05$; **, $p \leq 0.01$

Table S2. Mean differences (adjusted means \pm standard errors, differences (diff) and their corresponding 95% confidence intervals (95%CI)), and two-factor ANCOVA model, adjusted for height and weight, main results for each physical fitness test in boys between 2009 and 2019 cohorts.

Boys																
Age (y)	Handgrip (kgf)				Standing Long Jump (cm)				Sit and reach (cm)				Shuttle-run (s)			
	2009	2019	Diff.	95%CI	2009	2019	Diff.	95%CI	2009	2019	Diff.	95%CI	2009	2019	Diff.	95%CI
6	9.1 \pm 0.5	9.5 \pm 0.4	0.1 ^{ns}	-0.91; 1.07	103.6 \pm 2.7	91.7 \pm 2.6	-11.9 ^{**}	-18.13; -5.64	21.9 \pm 0.8	22.4 \pm 0.8	0.5 ^{ns}	-1.42; 2.30	27.5 \pm 0.5	29.3 \pm 0.4	1.8 ^{**}	0.74; 2.90
7	9.1 \pm 0.4	9.7 \pm 0.3	0.3 ^{ns}	-0.61; 1.23	103.1 \pm 2.5	93.9 \pm 2.0	-9.2 ^{**}	-15.07; -3.47	22.3 \pm 0.7	22.0 \pm 0.6	-0.3 ^{ns}	-2.04; 1.41	27.6 \pm 0.4	29.1 \pm 0.3	1.5 ^{**}	0.47; 2.47
8	9.1 \pm 0.4	9.7 \pm 0.3	-0.2 ^{ns}	-1.04; 0.58	106.3 \pm 2.0	103.7 \pm 1.7	-2.6 ^{ns}	-7.83; 2.48	21.4 \pm 0.6	21.1 \pm 0.5	-0.3 ^{ns}	-1.78; 1.29	28.2 \pm 0.3	27.5 \pm 0.3	-0.7 ^{ns}	-1.59; 0.19
9	9.6 \pm 0.3	10.1 \pm 0.3	-0.1 ^{ns}	-0.83; 0.72	112.4 \pm 1.8	111.3 \pm 1.7	-1.1 ^{ns}	-5.98; 3.88	20.7 \pm 0.5	20.2 \pm 0.5	-0.5 ^{ns}	-1.97; 0.97	27.7 \pm 0.3	27.4 \pm 0.3	-0.3 ^{ns}	-1.23; 0.47
10	10.7 \pm 0.3	10.5 \pm 0.3	-0.2 ^{ns}	-1.07; 0.59	118.4 \pm 2.0	114.5 \pm 2.0	-3.9 ^{ns}	-9.12; 1.39	19.3 \pm 0.6	19.7 \pm 0.6	0.4 ^{ns}	-1.13; 2.01	27.9 \pm 0.3	27.4 \pm 0.3	-0.5 ^{ns}	-1.32; 0.49
11	12.6 \pm 0.3	12.3 \pm 0.3	-0.8 ^{ns}	-1.67; 0.10	122.2 \pm 2.3	119.5 \pm 2.3	-2.7 ^{ns}	-8.31; 2.89	20.6 \pm 0.7	20.2 \pm 0.7	-0.4 ^{ns}	-2.01; 1.33	27.4 \pm 0.4	26.3 \pm 0.4	-1.1 [*]	-2.05; -0.12
Two-Factor ANOVA Model Results																
Age	F = 7.97, $p < 0.001$, $\eta^2 = 0.049$				F = 15.53, $p < 0.001$, $\eta^2 = 0.091$				F = 3.05, $p = 0.009$, $\eta^2 = 0.019$				F = 2.10, $p = 0.063$, $\eta^2 = 0.013$			
Year	F = 0.69, $p = 0.405$, $\eta^2 = 0.001$				F = 20.28, $p < 0.001$, $\eta^2 = 0.025$				F = 0.06, $p = 0.801$, $\eta^2 = 0.000$				F = 0.34, $p = 0.559$, $\eta^2 = 0.004$			
Age-by-Year	F = 0.66, $p = 0.654$, $\eta^2 = 0.004$				F = 2.16, $p = 0.057$, $\eta^2 = 0.014$				F = 0.25, $p = 0.939$, $\eta^2 = 0.002$				F = 5.65, $p < 0.001$, $\eta^2 = 0.035$			

Note: adjusted means for height and weight; ^{ns}=non-statistically significant; *, $p < 0.05$; **, $p \leq 0.01$

Table S3. Girls' and boys' mean values (\pm standard deviations) of height, weight and BMIz-score in the two study cohorts.

Age (years)	Girls						Boys					
	2009			2019			2009			2019		
	Height (cm)	Weight (kg)	BMIz-score	Height (cm)	Weight (kg)	BMIz-score	Height (cm)	Weight (kg)	BMIz-score	Height (cm)	Weight (kg)	BMIz-score
6	111.8 \pm 4.0	19.5 \pm 1.9	0.11 \pm 0.79	113.2 \pm 3.7	20.8 \pm 2.3	0.43 \pm 0.88	113.1 \pm 4.2	20.0 \pm 2.2	0.10 \pm 0.77	114.1 \pm 5.3	21.1 \pm 2.7	0.44 \pm 0.95
7	116.9 \pm 4.8	21.9 \pm 2.9	0.18 \pm 0.73	118.1 \pm 4.9	22.9 \pm 3.7	0.34 \pm 0.84	117.8 \pm 5.3	22.2 \pm 2.6	0.19 \pm 0.87	119.2 \pm 4.3	22.9 \pm 4.0	0.10 \pm 1.19
8	124.7 \pm 4.9	24.3 \pm 3.1	-0.25 \pm 0.81	124.6 \pm 6.4	26.6 \pm 4.5	0.47 \pm 0.82	123.7 \pm 5.3	24.6 \pm 3.9	-0.07 \pm 1.02	125.6 \pm 6.5	27.2 \pm 5.3	0.54 \pm 1.03
9	127.5 \pm 5.4	26.1 \pm 3.8	-0.27 \pm 0.84	130.6 \pm 5.5	29.2 \pm 4.6	0.21 \pm 0.81	127.5 \pm 5.4	26.1 \pm 3.8	0.27 \pm 0.86	129.5 \pm 5.4	29.1 \pm 5.8	0.34 \pm 1.14
10	134.0 \pm 6.2	29.7 \pm 4.5	-0.29 \pm 0.92	136.1 \pm 6.4	33.2 \pm 6.4	0.22 \pm 0.97	134.0 \pm 6.2	29.7 \pm 4.5	0.03 \pm 0.82	134.3 \pm 6.1	32.8 \pm 6.4	0.47 \pm 1.06
11	139.6 \pm 6.2	34.5 \pm 6.6	-0.17 \pm 0.86	141.8 \pm 5.9	37.8 \pm 7.4	0.27 \pm 1.01	139.6 \pm 6.2	34.5 \pm 6.6	1.00 \pm 0.72	139.1 \pm 6.0	35.8 \pm 7.1	0.31 \pm 1.09

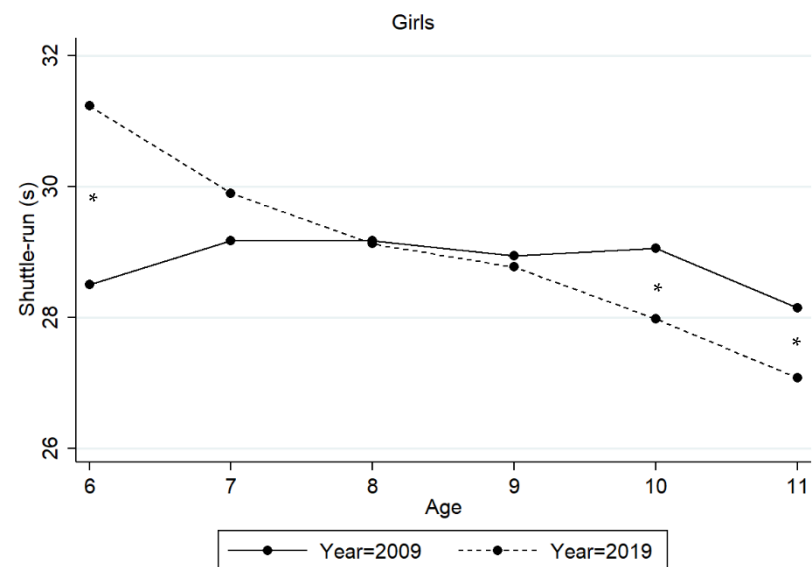
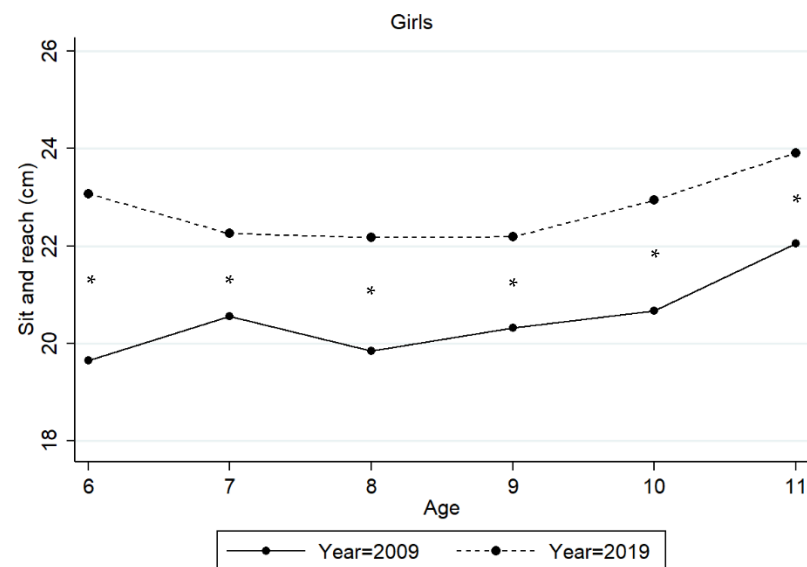
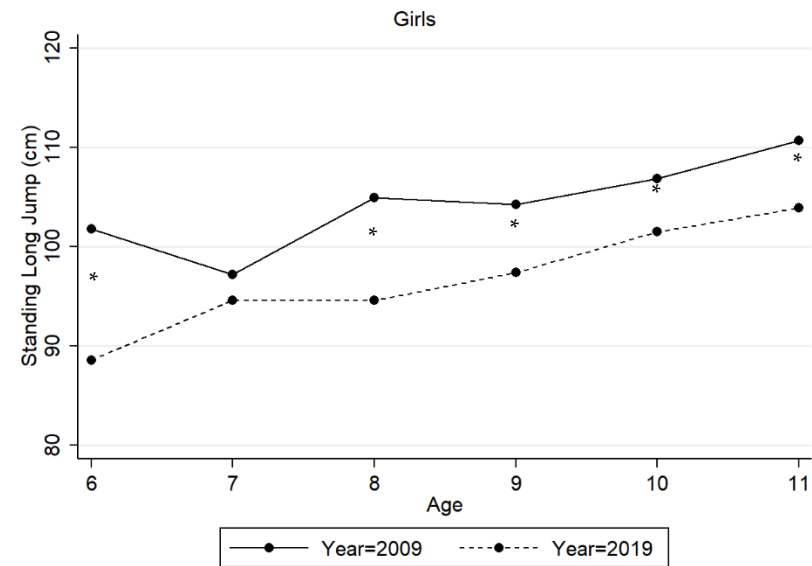
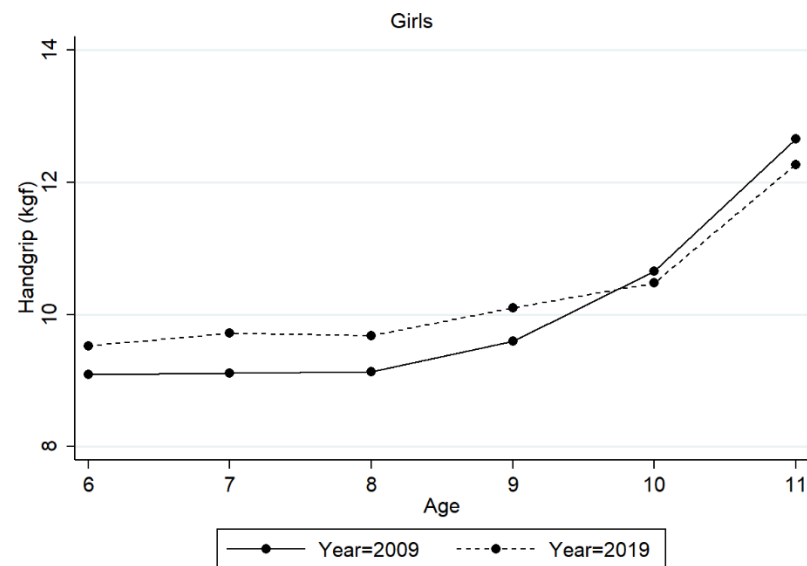


Figure S1. Physical fitness tests' adjusted means in Peruvian girls between 2009 and 2019 cohorts. Results are adjusted for trends in height and weight. Significant differences are marked by *

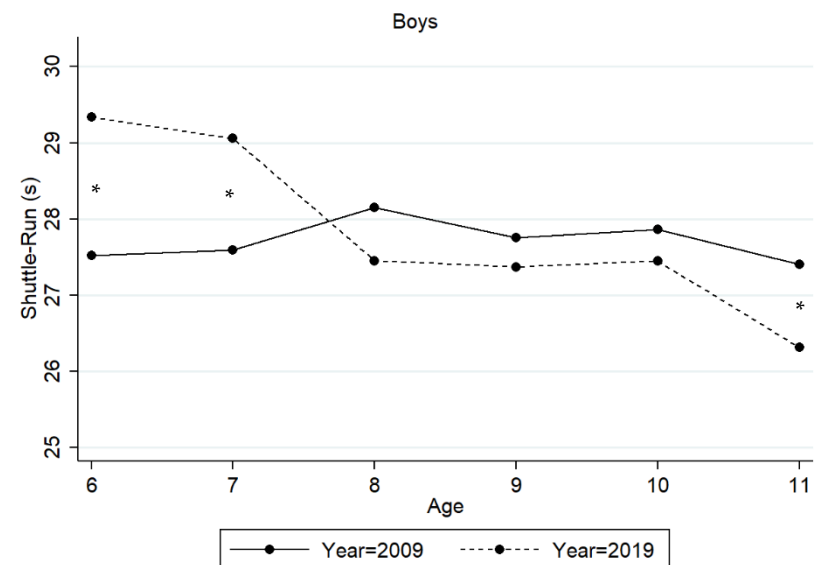
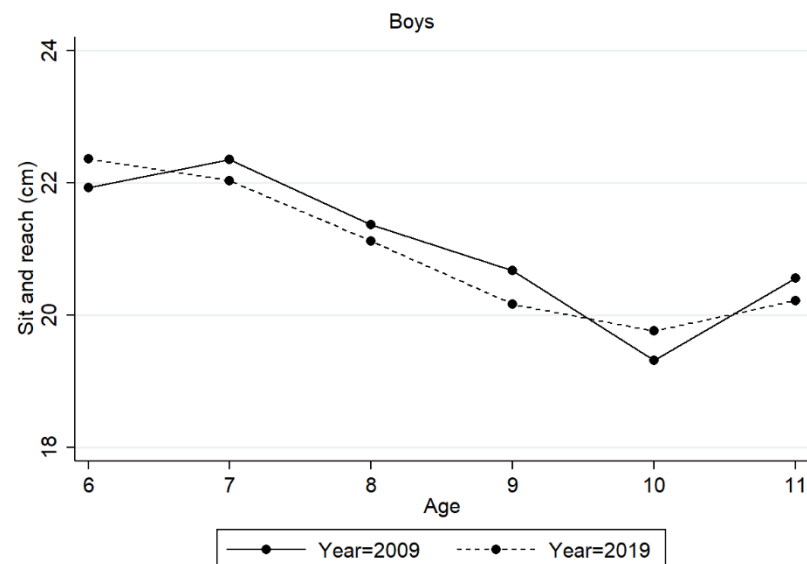
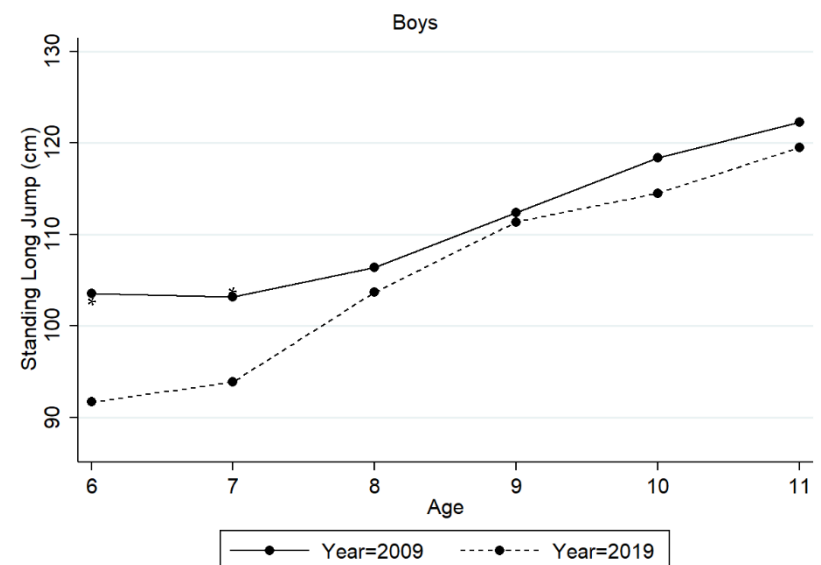
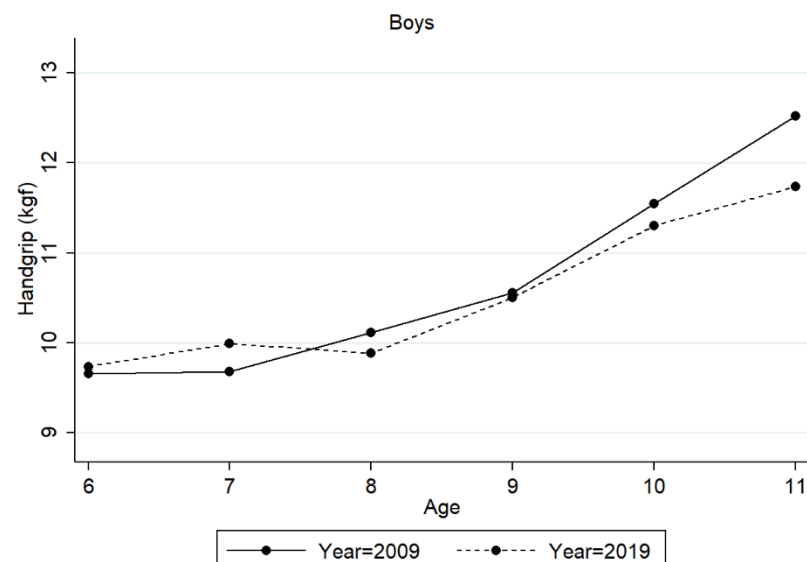


Figure S2. Physical fitness tests' adjusted means in Peruvian boys between 2009 and 2019 cohorts. Results are adjusted for trends in height and weight. Significant differences are marked by *