

SUPPLEMENTARY DOCUMENT – REASONS FOR CHANGES IN PA BEHAVIOUR DURING LOCKDOWN

There were 947 reasons reported by students for why they were more, or less, physically active than usual. Many of them were single word responses, and some responses were coded to multiple themes. Reasons were coded to themes in the order they appeared in responses. Examples of coding are represented in this supplementary document as exactly written by the adolescents.

Facilitators to physical activity during lockdown

Inactive (0-2 Days)

Quote	Theme 1	Theme 2	Theme 3
We are stuck in the house more so I am getting out a bit more because there is nothing else to do and I don't want to have bad health or mental health.	Coronavirus	Maintain/increase health	Nothing else to do
I just felt like doing more, I will try to continue this	Stay healthy		
There's nothing to do other than exercise	Nothing else to do		
Coz we're not allowed go places except for walks so we just go for loads	Coronavirus	Going on walks	
I had more time	More time		

Slightly active (3-4 days)

Quote	Theme 1	Theme 2	Theme 3
I'm off now, more time and many celebrities do live workouts which I participate in	More time	Stay healthy	
Covid-19 and road closures meant our road was quieter	Coronavirus		
I wanted to become healthier	Stay healthy		
Because I don't have school so I have more time to do home workouts and go for walks	No school	More time	Going for walks
Because I have nothing to do when I finish my work	Nothing else to do		
Because I couldn't go anywhere else so I just went on walks	Going on walks		
To get out of the house	Needed to go out		
School asked us to take part	Other		

Active (5-6 days)

Quote	Theme 1	Theme 2	Theme 3
I usually never have the time to get out and exercise	More time		
Due to the coronavirus, I was allowed more time to exercise then I would normally during a school week.	Coronavirus	More time	
I had a lot of extra time on my hands so I decided to be more active and improve my health	More time	Stay healthy	
Having such a lengthy time off school has allowed me to focus on my physicality and health more	Stay healthy	No school	
Yes because we had no school so I decided to do more work outs	No school	Stay healthy	
I went walking everyday with my family because we can't leave the house for any other reason	Going on walks		
Around the same but over periods of time throughout the day	Other		
I went out on walks by myself because I was bored	Nothing else to do	Going on walks	
Nothing else to do and I was bored	Nothing else to do		
Needed to get fresh air and away from the computer	Needed to go out		

High active (7 days)

	Theme 1	Theme 2	Theme 3
Because I am out of school so I have more time to go for walks.	No school	More time	Going on walks
Coronavirus I want to get out more in case I won't be able to in the future	Coronavirus	Needed to go out	
I have to stay healthy during quarantine	Coronavirus	Maintain health	
Because we are off school and I have more time to exercise and I don't have to get the bus to and from school and no home work in the evenings	No school	More time	
I wasn't at school and the weather was nice	No school	Other	
I had more energy as I didn't have to wake as early for school	Other	No school	
I did more exercise as a way to entertain myself	Nothing else to do		
Needed to get out for fresh air because I was stuck inside all day	Needed to go out		

Barriers to physical activity during lockdown

Inactive (0-2 Days)

Quote	Theme 1	Theme 2	Theme 3
Because I can't leave the house due to coronavirus, I can't do the 40 min walk from school to my house every day and I can't go out with my friends at all.	Coronavirus	No school	
I have type 1 diabetes and under the current pandemic (Covid-19) I am forced to stay indoors as I am a high-risk patient.	Coronavirus	Health issues	
Quarantine/sad	Coronavirus	Mental health	
I can't go outside because of covid-19, and I find it hard to motivate myself at home	Coronavirus	Low motivation	
I can't go outside for a walk due to quarantine and social distancing. My parents don't feel comfortable with me going outside due to the coronavirus	Coronavirus		
Due to covid 19 the sports I do is cancela <i>[sic]</i> and I cannot go outside apart one walk a day	Coronavirus	Club training cancelled	
Because all sports groups have been cancelled and I have limited supplies at home.	Club training cancelled	Lack of resources	
Because I was more eager to eat and binge Netflix, and sometimes I don't even want to go on walks	Low motivation		
Extra work & Lack of sleep	Too much school work	Other	
I had too much school work and did not have time	Too much school work	No time	
Because I'm at home and I can't go to the gym or do other sports activities and I am not that motivated to do it at home	Closed facilities	Low motivation	
Because there was no school and I usually get my exercise in PE class	No school		
The change in routine, usually if I exercise I wake up before school to do it, but now, I don't wake up early.	Lack of routine	No school	

Slightly active (3-4 days)

Quote	Theme 1	Theme 2	Theme 3
Due to social distancing and not having enough room to do various activities that I would enjoy	Coronavirus	Lack of resources	
Because I can't go to hockey training or have matches and have to only play in my garden which has limited things to do	Club training cancelled	Lack of resources	
The gym is closed, and my GAA team hasn't been training because of Covid-19	Closed facilities	Club training cancelled	
Sometimes I would get so much work that it would be dark by the time I finish and I normally go to my club for dance but I can't go anymore since everything is locked down	Too much school work	Club training cancelled	Coronavirus
Had to get work done before I could go out and it was getting late by the time I got it done	Too much school work	No time	
Doing school online means that I don't get my usual exercise from walking to school each day, or my hockey trainings	No school	Club training cancelled	
I was doing homework and I was sick	Health issues	Too much school work	
Because I get lazy when I'm at home. At school I can participate in many more extra curriculars	Low motivation	No school	
Wasn't feeling myself	Mental health		
I was tired and not motivated	Low motivation		

Active (5-6 days)

Quote	Theme 1	Theme 2	Theme 3
I normally walk my dog around the park, but since we're in quarantine, I'm not able to.	Coronavirus		
Coronavirus stops me from accessing the facilities I usually need	Coronavirus	Closed facilities	
Because of the coronavirus all sports are cancelled so it's only what you do by yourself	Coronavirus	Club training cancelled	
Because I usually go walking with friends	Coronavirus	No school	
Some of my team sports have been shut down due to covid -19 and teachers are giving much more work	Coronavirus	Club training cancelled	Too much school work
Sports were cancelled, and I wasn't as motivated because I'm at home	Club training cancelled	Low motivation	
I normally go to a gym on a Monday but I don't have the space or equipment to keep going with that training	Closed facilities	Lack of resources	
I normally do more it's just I have been sitting a lot due to online school	Too much school work		
I didn't have as much time due to studying and extra work	Too much school work	No time	
Because we are not in our usual routine	Lack of routine		

High active (7 days)

Quote	Theme 1	Theme 2	Theme 3
It was unusual because I couldn't train at my running club because of quarantine.	Coronavirus	Club training cancelled	
Quarantine and being lazy	Coronavirus	Lack of motivation	
Because of the pandemic and my school and clubs are closed	Coronavirus	Closed facilities	No school
Training is not on so I have to do my own training instead.	Club training cancelled		
I swim so I can't access the amount I do	Closed facilities		
I had surgery and cannot yet do the physical activities I wish to strive in.	Health concerns		
I still did 60 mins of exercise a day but I usually do 80 mins	Other		
I had more work to do than usual	Too much school work		