

## Supplementary

The reductions in health related fitness measures over time (Figure 2) could be explained by the significant increase in height for this age group. This increase in stature is not unexpected as improvements in nutrition and healthcare have been proved to cause increased height. Therefore, we analysed the interactions for health related fitness measures with height. There were no significant interactions for strength, power and fitness with height overtime. There was, however, a significant interaction for ball catching skill and height with the short group showing a steeper decline in ball catching skill compared to the average height or tall group (Figure S1). This indicates that the increase in height may not be responsible for the change in HRF measures over time.

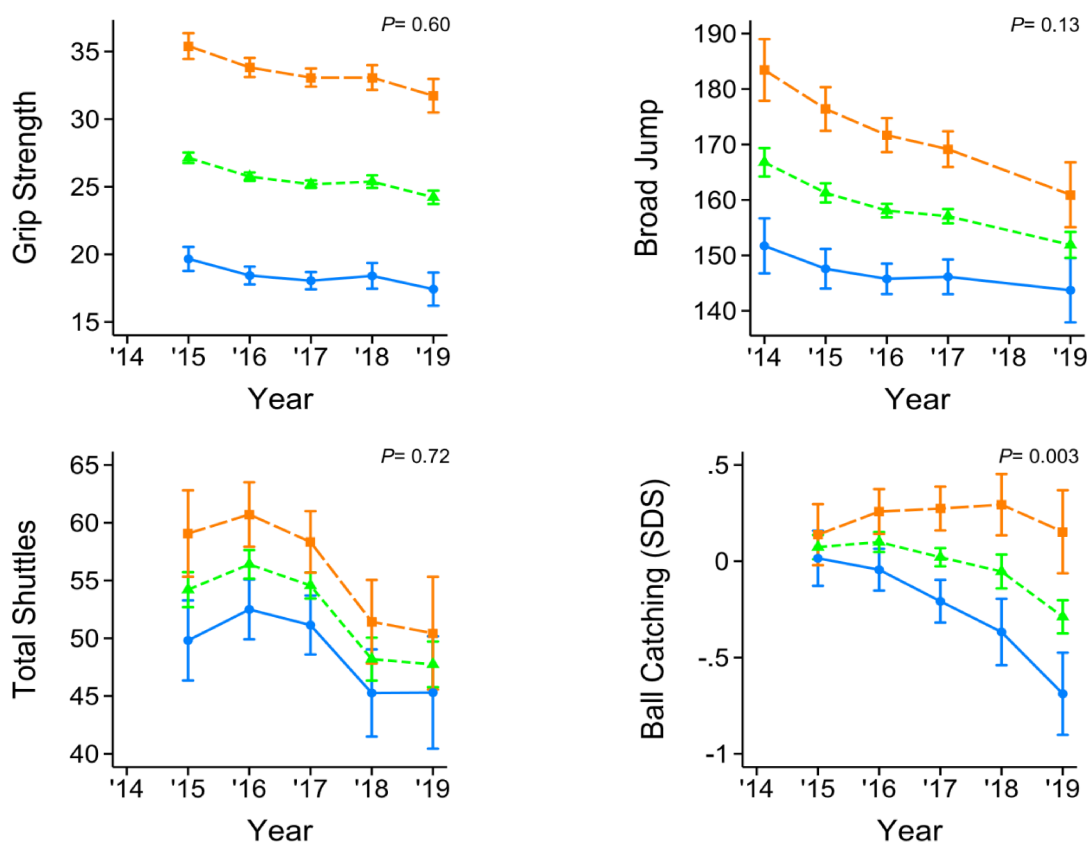


Figure S1: Estimated marginal means and 95% confidence intervals illustrating the interactions for height and year for three height categories: tall group (orange squares with long dashes), average height (green triangles with short dashes) and short group (blue circles with solid line).