

Exploring activity levels in physical education lessons in the UK: A cross-sectional examination of activity types and fitness levels

SUPPLEMENTARY FILE 7: Fitness model estimates

Table: Summary of fitness model estimates, CIs and p-values

Model 1 estimate^a	β	95% CI	Model 2 estimate^a	β	95% CI
(Intercept)	-2.37***	-3.18 to -1.56	(Intercept)	-2.34***	-3.16 to -1.52
Female ^b	-0.48***	-0.56 to -0.39	Tertile-Low ^b	-0.40**	0.16 to 0.63
eFSM ^c	-0.22***	-0.29 to -0.15	School Type (ST) ^c	-0.11	-0.48 to 0.26
Female*eFSM	-0.01	-0.11 to 0.09	Tertile-Medium*ST	0.27	-0.31 to 0.84
			Tertile-Low*ST	-0.03	-0.55 to -0.49

^a Fully-adjusted model including age, term of test, and school effects; fitness scores are orderNorm transformed
^b Reference category: male
^c Reference category: not eligible for FSM
*** p<.001; ** p<.0125; * p<.05

Model 3 estimate^a	β	95% CI
(Intercept)	-1.95***	-3.03 to -0.88
School Type ^b	-0.02	-0.30 to 0.26

^a Fully-adjusted model including FSM, age, term of test, and school effects; fitness scores are orderNorm transformed
^b Reference category: Co-educational
*** p<.001; ** p<.0125; * p<.05

^a Fully-adjusted model including sex, FSM, age, term of test, and school effects; fitness scores are orderNorm transformed
^b Reference category: High
^c Reference category: Co-educational
*** p<.001; ** p<.0125; * p<.05

Notes

*Fitness Model 1 (Pupil Sex*Pupil FSM status - main effects and interaction)* to determine how fitness varied i) between boys and girls, ii) with FSM status and iii) to determine the interaction effect of sex with FSM status on fitness.

*Fitness Model 2 (School postcode Index of Multiple Deprivation (IMD) Tertile*School Type - main effects and interaction)* to explore how fitness varied between school location (based on the IMD tertile), and the interaction of school type (co-educational or single sex).

Fitness Model 3 (School Type [Girls only]) was developed to see if, for girls-only, fitness varied between school type.