

Supplementary Table 2. Repeated cross-sectional comparison of children from ($n=6$) schools measured 36 months before and 18 months after London 2012.

Boys	Pre-2012		Post-2012		<i>t</i> -test	Effect size
	(n=407)		(n=513)			
	Mean	SD	Mean	SD		
Age (years)	12.2	(1.42)	12.4	(1.46)	$t=1.2, p=0.188$	$d=0.08$
VO _{2peak} ^a (ml·kg ⁻¹ ·min ⁻¹)	46.2	(5.4)	44.2	(5.4)	$t=4.8, p<0.001$	$d=0.37$
Physical Activity ^b (PAQ-A)	3.02	(0.75)	2.92	(0.73)	$t=1.9, p=0.059$	$d=0.14$
BMI (z-score)	0.71	(1.18)	0.32	(1.42)	$t=4.5, p<0.001$	$d=0.30$
Girls	Pre-2012		Post-2012		<i>t</i> -test	Effect size
	(n=366)		(n=418)			
	Mean	SD	Mean	SD		
Age (years)	11.9	(1.5)	12.2	(1.5)	$t=1.7, p=0.088$	$d=0.18$
VO _{2peak} ^a (ml·kg ⁻¹ ·min ⁻¹)	42.1	(6.6)	40.1	(5.6)	$t=4.9, p<0.001$	$d=0.38$
Physical Activity ^b (PAQ-A)	2.56	(0.64)	2.58	(0.61)	$t=0.49, p=0.621$	$d=0.01$
BMI (z-score)	0.53	(1.1)	0.39	(1.24)	$t=1.6, p=0.103$	$d=0.12$

Legend: Pre-2012 data collected 2009; Post-2012 Collected October 2013 and June-July 2014. BMI – Body mass index, z-score calculated using the UK1990 Growth Reference. (Cole et al., 1995); ^a-estimated from 20 m shuttle-run using equation of Leger et al. (1988); ^b-Assessed using Physical Activity Questionnaire for Adolescents (Crocker et al. 1997), ^c- Effect size is Cohen's *d*. Data were collected from the same schools all <50 km of the Olympic Park September-October 2008 and May-July 2009 or October 2013 & June-July 2014.