

S2 Table. Grouping survey responses to establish adherence to The Daily Mile's ten core principles

Principle	Response options	Grouping / categories of responses
1 Quick*	1 = less than 15 mins 2 = 15 to 30 mins 3 = 31 to 45 mins 4 = 45 mins or more	<ul style="list-style-type: none"> • less than 15 mins (response 1) • at least 15 mins (responses 2, 3, & 4)
2 Fun	1 = a social and fun activity 2 = competitive element	n/a
3 100%*	1 = Whole school 2 = Early Years Foundation 3 = Key Stage 1 4 = Key Stage 2	<ul style="list-style-type: none"> • whole school (response 1) • specific year groups (responses 2, 3, & 4)
4 Weather	Yes No	n/a
5 & 6. Route & Risk ^a	1 = school playground 2 = sports field 3 = other sporting arena 4 = local park 5 = other	<ul style="list-style-type: none"> • school playground (response 1) • another area (responses 2, 3, 4, & 5)
7 When to go ^{b,*}	1 = during lessons 2 = during breaks between classes 3 = during lunch break 4 = during scheduled PE lesson time 5 = prior to the first lesson of the day 6 = after school	<ul style="list-style-type: none"> • during lessons (response 1) • other (responses 2, 3, 4, 5 & 6)
	5 = everyday (Mon-Fri) 4 = four times a week 3 = three times a week 2 = twice a week 1 = once a week	<ul style="list-style-type: none"> • once or twice a week (responses 1 & 2) • at least three times a week (responses 3, 4 & 5)
8 Clothes	Yes No	n/a
9 Own pace	1 = running 2 = jogging 3 = walking 4 = other	<ul style="list-style-type: none"> • running/jogging (responses 1 & 2) • other (responses 3 & 4)
10 Simple	Yes No	n/a

*To establish adherence to the three fundamental principles, responses to Principles 1, 3, and 7 were combined.

^aParticipants required to indicate 'all that apply'. Those indicating 'school playground' regardless of indicating any additional areas was included in the 'school playground' category. Any other responses or combination of responses (excluding school playground) were grouped together.

^bBoth questions explored separately and then combined to establish adherence to implementation during lessons at least three times a week.