

Supplementary File 1. Benchmarks for the Report Card indicators

Indicator	Benchmark
Overall Physical Activity	% of children and adolescents who meet the Global Recommendations on Physical Activity for Health, which recommend that children and adolescents accumulate at least 60 min of moderate- to vigorous-intensity physical activity per day on average.
Organized Sport and Physical Activity	% of children and adolescents who participate in organized sport and/or physical activity programs.
Active Play	% of children and adolescents who engage in unstructured/unorganized active play at any intensity for more than 2 h a day. % of children and adolescents who report being outdoors for more than 2 h a day.
Active Transportation	% of children and adolescents who use active transportation to get to and from places (e.g., school, park, mall, friend's house).
Sedentary Behavior	% of children and adolescents who meet the Canadian Sedentary Behavior Guidelines (5- to 17-year-olds: no more than 2 h of recreational screen time per day). Note: The Guidelines currently provide a time limit recommendation for screen-related pursuits, but not for nonscreen-related pursuits.
Physical Fitness	Average percentile achieved on certain physical fitness indicators based on the normative values published by Tomkinson et al.
Sleep	% of children and adolescents who meet the sleep recommendations (9-11 h per night for 6- to 13-year-olds; 8-10 h for 14- to 17-year-olds).
Family and Peers	% of family members (e.g., parents, guardians) who facilitate physical activity and sport opportunities for their children (e.g., volunteering, coaching, driving, paying for membership fees and equipment). % of parents who meet the Global Recommendations on Physical Activity for Health, which recommend that adults accumulate at least 150 min of moderate- intensity aerobic physical activity throughout the week or do at least 75 min of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity physical activity. % of family members (e.g., parents, guardians) who are physically active with their kids. % of children and adolescents with friends and peers who encourage and support them to be physically active. % of children and adolescents who encourage and support their friends and peers to be physically active.

School	<p>% of schools with active school policies (e.g., daily physical education (PE), daily physical activity, recess, “everyone plays” approach, bike racks at school, traffic calming on school property, outdoor time).</p> <p>% of schools where the majority ($\geq 80\%$) of students are taught by a PE specialist.</p> <p>% of schools where the majority ($\geq 80\%$) of students are offered the mandated amount of PE (for the given state/territory/region/country).</p> <p>% of schools that offer physical activity opportunities (excluding PE) to the majority ($>80\%$) of their students.</p> <p>% of parents who report their children and adolescents have access to physical activity opportunities at school in addition to PE classes.</p> <p>% of schools with students who have regular access to facilities and equipment that support physical activity (e.g., gymnasium, outdoor playgrounds, sporting fields, multipurpose space for physical activity, equipment in good condition).</p>
Community and Environment	<p>% of children or parents who perceive their community/municipality is doing a good job at promoting physical activity (e.g., variety, location, cost, quality).</p> <p>% of communities/municipalities that report they have policies promoting physical activity.</p> <p>% of communities/municipalities that report they have infrastructure</p> <p>% of children or parents who report having facilities, programs, parks, and playgrounds available to them in their community.</p> <p>% of children or parents who report living in a safe neighborhood where they can be physically active.</p> <p>% of children or parents who report having well-maintained facilities, parks, and playgrounds in their community that are safe to use.</p>
Government	<p>Evidence of leadership and commitment in providing physical activity opportunities for all children and adolescents.</p> <p>Allocated funds and resources for the implementation of physical activity promotion strategies and initiatives for all children and adolescents.</p> <p>Demonstrated progress through the key stages of public policy making (i.e., policy agenda, policy formation, policy implementation, policy evaluation and decisions about the future).</p>
Obesity	<p>This indicator is a health outcome instead of a health behavior. It is impossible to follow the same grading scheme as the other indicators. Grading is based on the similar situations of obesity reported from the other countries and the consensus from RWG members and stakeholders.</p>