

## Supplementary Information

Table S1. List of scores for each dimension item

Dimensions	Item	1	2	3	4	5
Physical fitness	Let me run faster	12.30%	10.32%	28.79%	19.74%	28.83%
	Make my flexibility better	13.24%	12.59%	24.76%	20.64%	28.75%
	Make me more powerful	2.40%	4.76%	23.96%	20.36%	48.52%
	Make my endurance better	2.77%	4.45%	24.02%	22.69%	46.05%
	Make me more sensitive	12.28%	10.54%	24.34%	18.64%	34.20%
	Make my diet more regular and healthy	9.00%	9.20%	20.12%	23.10%	38.57%
	Reduce the frequency of my illness	3.90%	6.74%	23.77%	22.22%	43.37%
Learning	Let my negative emotions out	3.74%	3.99%	17.95%	25.78%	48.54%
Efficiency	Let my study pressure get relieved	4.33%	5.23%	21.92%	26.16%	42.37%
	Make my study more efficient	3.89%	6.17%	19.50%	22.99%	47.44%
	Strengthen my confidence	4.05%	5.88%	18.60%	22.32%	49.15%
Exercise Participation	Let me gradually develop the exercise habit	4.91%	4.37%	21.53%	25.28%	43.90%
	Let me master 1-2 sports skills	6.82%	5.18%	27.00%	20.97%	40.02%
	Longer exercise time per session	4.79%	5.69%	21.16%	26.67%	41.68%
	Increased frequency of exercise	4.22%	5.14%	22.76%	24.77%	43.09%
	Make me more motivated to actively participate in sports	11.82%	10.69%	25.77%	18.10%	33.60%
	I led the family to exercise together	2.82%	2.83%	19.19%	27.86%	47.29%
Psychological Health	Make me psychology healthier	2.62%	4.12%	19.62%	26.68%	46.96%
	Let my perseverance quality is strengthened	3.23%	4.49%	21.80%	23.79%	47.67%
	Let my fighting spirit to be strengthened	4.34%	8.20%	24.38%	22.03%	41.05%
	Let my hard-working spirit was strengthened	5.24%	6.78%	22.18%	24.39%	41.42%
	Let me can feel happy in sports	12.25%	8.15%	22.19%	18.42%	38.99%
Interpersonal Relationships	Make my social adaptability better	4.08%	5.23%	21.47%	23.51%	45.71%
	Make the relationship with my classmates more harmonious	5.81%	8.82%	25.04%	20.62%	39.71%
	Make the family relations more harmonious	2.98%	4.96%	19.59%	24.56%	47.90%
	Make the relationship between teachers and students more harmonious	5.95%	4.38%	26.32%	21.03%	43.31%

Note: %:The percentage of the total number of people(n=8,574), take two decimal places.