

Table 1. Mean (SD) age, height, weight, and body mass index (BMI) of the 100 children in the study

Measure	Mean (SD)
Age (years)	10.5 (0.5)
Height (cm)	145.5 (10.5)
Weight (kg)	38.5 (10.5)
BMI (kg m ⁻²)	18.5 (3.5)

children were asked to perform a series of 10 trials of the task, with the first trial being a practice trial.

The children were then asked to perform the task again, this time with the target placed at a distance of 1.5 m from the starting position. The children were then asked to perform the task again, this time with the target placed at a distance of 2.0 m from the starting position.

The children were then asked to perform the task again, this time with the target placed at a distance of 2.5 m from the starting position. The children were then asked to perform the task again, this time with the target placed at a distance of 3.0 m from the starting position.

The children were then asked to perform the task again, this time with the target placed at a distance of 3.5 m from the starting position. The children were then asked to perform the task again, this time with the target placed at a distance of 4.0 m from the starting position.

The children were then asked to perform the task again, this time with the target placed at a distance of 4.5 m from the starting position. The children were then asked to perform the task again, this time with the target placed at a distance of 5.0 m from the starting position.

The children were then asked to perform the task again, this time with the target placed at a distance of 5.5 m from the starting position. The children were then asked to perform the task again, this time with the target placed at a distance of 6.0 m from the starting position.

The children were then asked to perform the task again, this time with the target placed at a distance of 6.5 m from the starting position. The children were then asked to perform the task again, this time with the target placed at a distance of 7.0 m from the starting position.

The children were then asked to perform the task again, this time with the target placed at a distance of 7.5 m from the starting position. The children were then asked to perform the task again, this time with the target placed at a distance of 8.0 m from the starting position.

The children were then asked to perform the task again, this time with the target placed at a distance of 8.5 m from the starting position. The children were then asked to perform the task again, this time with the target placed at a distance of 9.0 m from the starting position.

The children were then asked to perform the task again, this time with the target placed at a distance of 9.5 m from the starting position. The children were then asked to perform the task again, this time with the target placed at a distance of 10.0 m from the starting position.

The children were then asked to perform the task again, this time with the target placed at a distance of 10.5 m from the starting position. The children were then asked to perform the task again, this time with the target placed at a distance of 11.0 m from the starting position.

The children were then asked to perform the task again, this time with the target placed at a distance of 11.5 m from the starting position. The children were then asked to perform the task again, this time with the target placed at a distance of 12.0 m from the starting position.

The children were then asked to perform the task again, this time with the target placed at a distance of 12.5 m from the starting position. The children were then asked to perform the task again, this time with the target placed at a distance of 13.0 m from the starting position.

Table 1. Mean (SD) age, height, weight, and body mass index (BMI) of the 100 children in the study

Measure	Mean (SD)
Age (years)	10.2 (0.5)
Height (cm)	145.2 (10.1)
Weight (kg)	38.5 (10.2)
BMI (kg m ⁻²)	18.6 (3.2)

children were asked to perform a series of 10 trials of the task. The first trial was a practice trial and the remaining 9 trials were recorded. The mean of the last 9 trials was used for analysis.

Children were then asked to perform the task again, but this time they were asked to perform the task as fast as they could. The mean of the last 9 trials was used for analysis. The children were then asked to perform the task again, but this time they were asked to perform the task as slowly as they could. The mean of the last 9 trials was used for analysis.

The children were then asked to perform the task again, but this time they were asked to perform the task as fast as they could. The mean of the last 9 trials was used for analysis.

The children were then asked to perform the task again, but this time they were asked to perform the task as slowly as they could. The mean of the last 9 trials was used for analysis.

The children were then asked to perform the task again, but this time they were asked to perform the task as fast as they could. The mean of the last 9 trials was used for analysis.

The children were then asked to perform the task again, but this time they were asked to perform the task as slowly as they could. The mean of the last 9 trials was used for analysis.

The children were then asked to perform the task again, but this time they were asked to perform the task as fast as they could. The mean of the last 9 trials was used for analysis.

The children were then asked to perform the task again, but this time they were asked to perform the task as slowly as they could. The mean of the last 9 trials was used for analysis.

The children were then asked to perform the task again, but this time they were asked to perform the task as fast as they could. The mean of the last 9 trials was used for analysis.

The children were then asked to perform the task again, but this time they were asked to perform the task as slowly as they could. The mean of the last 9 trials was used for analysis.

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