Al<sub>1372</sub> (1120 K) and He<sub>2000</sub> (2400 K).

• Exchange-correlation: PBE.

Brillouin zone integration: Γ-point.

Systems: Al<sub>500</sub> (1120 K), C<sub>512</sub> (315.8 K),

- Type of calculation: AIMD.
- Timestep: 1 fs (Al<sub>500</sub>, Al<sub>1372</sub>), 1.5 fs (C<sub>512</sub>) and 0.2 fs (He<sub>2000</sub>).
- Discretization: 0.66 Bohr (Al<sub>500</sub>, Al<sub>1372</sub>)
   and 0.3 Rohr (Case Heaves)
- and 0.3 Bohr ( $C_{512}$ , He<sub>2000</sub>).

  Accuracy:  $\sim 1 \times 10^{-3}$  Ha/Bohr in force.