

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

Measure	Mean (SD)
Age (years)	10.1 (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 the following tasks:

1. To perform a series of 10 sprints (10 m) and 10 s rests (10 m).
2. To perform a series of 10 sprints (10 m) and 10 s rests (10 m).
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