

Table 1. Full session-by-session schedule of the gamification-based intervention

Session	Week	Theme	Activity Name	Targeted FMS	Detailed Description	Duration (min)	Progression Criteria	Materials
1	1	Explorers	Conquering Territories	Running, agility	Run between cones to claim zones	30	Complete 5 zone claims	Cones, colored vests
2	1	Explorers	Bridges and Rivers	Hopping, balance	Hop across "river stones" (hoops)	30	Hop without stepping out 3x	Hoops, mats
3	1	Explorers	Explorer's Trail	Sliding, coordination	Slide sideways along a line	30	Slide 5 meters without falling	Floor tape
4	2	Explorers	Tower Builders	Gallop, leaping	Gallop to collect blocks, build tower	30	Build tower of 3 blocks	Foam blocks
5	2	Explorers	Explorer's Race	Horizontal jump	Jump forward from standing start	30	Jump distance >80cm	Measuring tape
6	2	Explorers	Obstacle Relay	Combined locomotor	Relay race with running, hopping, jumping	30	Complete relay under 2 min	Cones, hoops
7	3	Explorers	Treasure Cave	Overhand throw	Throw soft balls into a cave (hoop)	30	3/5 throws inside	Soft balls, hoops
8	3	Explorers	Catch the Explorer	Catching	Catch balls thrown by partner	30	Catch 4/6 from 3m	Soft balls

9	3	Explorers	Kicking the Gate	Kicking	Kick stationary ball between cones	30	Score 3/5 goals	Balls, cones
10	4	Explorers	Explorer's Labyrinth	Integrated (run+throw)	Run through maze, throw at target	35	Hit 2/3 targets	Maze setup, targets
11	4	Explorers	Recovery of Artefacts	Integrated (hop+catch)	Hop to collect artefacts, catch on return	35	Collect 5 artefacts	Small objects
12	4	Explorers	Explorer Challenge	Integrated circuit	Circuit of 4 stations (run, jump, throw, catch)	35	Complete circuit in <6 min	Full circuit
13	5	Heroes	The Hero's Odyssey	Dynamic balance	Walk on balance beam, avoid obstacles	30	Stay on beam for 10 sec	Balance beam
14	5	Heroes	Castle Defence	Agility, dodging	Dodge soft balls while running	30	Avoid 5/6 throws	Soft balls
15	5	Heroes	Hero's Sprint	Speed running	Timed sprint with zigzag	30	Time <8 sec for 20m	Cones, stopwatch
16	6	Heroes	Quest for Crown Jewels	Striking (stationary ball)	Strike ball off tee toward target	30	Hit target 3/5 times	Ball tee, bat, target
17	6	Heroes	Path to the Kingdom	Stationary dribbling	Dribble ball between cones	30	10 consecutive touches	Balls, cones

					without moving feet			
18	6	Heroes	Fortress Guardians	Overhand throw for accuracy	Throw at elevated target (fortress)	30	3/5 hits	Targets, balls
19	7	Heroes	Resource Reconnaissance	Integrated (dribble + run)	Dribble while running to collect resources	35	Collect 8 resources under time	Balls, tokens
20	7	Heroes	Dragon Attack	Integrated (catch + throw while moving)	Catch and throw back while running sideways	35	5 successful exchanges	Soft balls
21	7	Heroes	Hero Training Camp	Integrated circuit (advanced)	6-station circuit (balance, throw, kick, dribble, jump, run)	35	Complete all stations with 80% success	Full circuit
22	8	Heroes	Final Campaign	Team-based integrated	Team relay with all skills	30	Winning team (points)	Full equipment
23	8	Heroes	Dragon Grand Prix	Endurance race	Timed obstacle course (locomotor only)	30	Personal best time improved	Obstacle set
24	8	Heroes	Skills Carnival	Celebration circuit	Free choice of stations, peer feedback	45	Participation & self-assessment	All materials