

Table S1. VR training with XBOX ONE, Nintendo Switch and Oculus Quest 2.0.

1º WEEK DAY 1	<u>Video Game1 Nintendo Switch:</u> • Nintendo Switch Sports: ⊖ Volleyball	<u>Oculus Quest 2.0.:</u> • Climb (The climb 2)
1º WEEK DAY 2	<u>Video Game1 Nintendo Switch:</u> • Nintendo Switch Sports: ⊖ Volleyball	<u>Oculus Quest 2.0.:</u> • Climb (The climb 2)
2º WEEK DAY 1	<u>Video Game2 Nintendo Switch:</u> • Nintendo Switch Sports ⊖ Tennis	<u>Oculus Quest 2.0.:</u> • Bongos (Ragnarock)
2º WEEK DAY 2	<u>Video Game2 Nintendo Switch:</u> • Nintendo Switch Sports ⊖ Tennis	<u>Oculus Quest 2.0.:</u> • Bongos (Ragnarock)
3º WEEK DAY 1	<u>Video Game3 Kinect:</u> • Just Dance Kinect: ⊖ Dance	<u>Oculus Quest 2.0.:</u> • Light Saber
3º WEEK DAY 2	<u>Video Game3 Kinect:</u> • Just Dance Kinect: ⊖ Dance	<u>Oculus Quest 2.0.:</u> • Light Saber
4º WEEK DAY 1	<u>Video Game1 Nintendo Switch:</u> • Nintendo Switch Sports: ⊖ Volleyball	<u>Oculus Quest 2.0.:</u> Climb (The climb 2)
4º WEEK DAY 2	<u>Video Game1 Nintendo Switch:</u> • Nintendo Switch Sports: ⊖ Volleyball	<u>Oculus Quest 2.0.:</u> Climb (The climb 2)
5º WEEK DAY 1	<u>Video Game2 Nintendo Switch:</u> • Nintendo Switch Sports ⊖ Tennis	<u>Oculus Quest 2.0.:</u> • Bongos (Ragnarock)
5º WEEK DAY 2	<u>Video Game2 Nintendo Switch:</u> • Nintendo Switch Sports ⊖ Tennis	<u>Oculus Quest 2.0.:</u> Bongos (Ragnarock)
6º WEEK DAY 1	<u>Video Game3 Kinect:</u> • Just Dance Kinect: ⊖ Dance	<u>Oculus Quest 2.0.:</u> • Light Saber •
6º WEEK DAY 2	<u>Video Game3 Kinect:</u> • Just Dance Kinect: ⊖ Dance	<u>Oculus Quest 2.0.:</u> Light Saber

Table S2. Semi-structured interview script for participants.

Research Areas	Questions
Perceived Effort	Did the activities involve a great physical effort for you? What type of activities required the greatest physical effort?
Motor skills	Do you think you have improved motor skills at all after this intervention? If so, in what and how do you notice it?

Table S3. Focus group discussion script with participants.

Research Areas	Questions
Perceived Effort	Do you remember that after each activity you were scoring your level of effort on a scale of 1 to 10? In general, were the activities physically demanding, which were more and which were less?
Motor skills	After this intervention, would you say that you are faster, or stronger, or that you have improved your coordination, or any particular physical ability or skill? Do you think that the activities we have carried out and for the time we have carried them out have improved your ability?