**Thermal Sensitivity data help – Figure 1**

*Specific Growth Rate data explanation*

The top row indicates the temperature treatment (ᵒC)

The second row shows the time (in hours) that the culture in each cell was ceased.

Numbers 1-12 represent the cell numbers.

The values inside show the number of individuals in that cell at the time the experiment was ceased.

There is one sheet for each species (*Paramecium* and *Didinium*).

*Dispersal Data explanation*

Time across top row of each sheet (row 1) gives the time in hours that the count was made.

For this experiment, each cell of each row was not connected by a corridor, each run of cells from 1-5 therefore acted as one repeat. E.g. A1-B1-C1-D1-E1

*Mortality rate data explanation*

See comments for each header on the spreadsheet.

Details of calculation of each mortality rate and associated standard error can be found in methods.

*Swimming Speed Data Explanation*

There is a separate sheet for *Paramecium* & *Didinium*. Each one has the temperature in column A and recorded swimming speed in Column B. Note not all these points were used for the data displayed in figure 1 c. See figure legend and appendix for details.