## **Supplementary Information on Theoretical Modeling of Inertia-Driven Spin Switching in Antiferromagnets**

The dynamics of an antiferromagnet with two sublattices can be describedon the basis of a system of two Landau–Lifshitz equations for the sublattice magnetizations  $M_1$  and  $M_2$ ,  $|\mathbf{M}_1| = |\mathbf{M}_2| = M_s/2$ , where  $M_s$  is the maximum possible value of the magnetization of the antiferromagnet when the sublattices are parallel. It is more convenient to use the equations for the irreducible vectors, the net magnetization  $M=M_1+M_2$  and the antiferromagnetic vector  $\mathbf{L} = \mathbf{M}_1 - \mathbf{M}_2$ , subject to the constraints  $(\mathbf{M} \cdot \mathbf{L}) = 0$ ,  $\mathbf{M}^2 + \mathbf{L}^2 = M_s^2/2$ . The equations for **M** and **L** can be written as  $dL/dt = \gamma(L \times H_M) + \gamma(M \times H_L)$ ,  $d**M**/dt=γ(**L**×**H**<sub>L</sub>)+γ(**M**×**H**<sub>M</sub>), where **H**<sub>L</sub>=−∂*W*/∂**L** and **H**<sub>M</sub>=−∂*W*/∂**M**, *W* is the energy of$ the antiferromagnet, written in terms of the vectors **M** and **L**. Using the conditions  $|M| \ll |L|$  which is natural for antiferromagnets (we will verify the condition below), and the inequality for the material parameters  $H_e \gg |H|$ ,  $|H_D| \gg H_a$ , where  $H_e$  and  $H_a$  are exchange field and anisotropy field, respectively, and the vectors  $H$  and  $H_D$  determine the external field and Dzyaloshinskii field, respectively, we can neglect the dependence of the anisotropy energy  $W_a$  on **M** and the energy takes the form  $W=(H_e/2 M_s)M^2 - H_{tot} M +$  $W_a(L)$ , where  $H_{tot} = H + H_D$ . The second term in the right hand side of the equation for  $dL/dt$  is of the order of  $MH_a$ , and is small compared to the first term, that is of order  $H_eM^2$ or *MH*D. This leads to an essential simplification: the vector **M** appears to be only a slave variable and is determined by the vector **L** and its time derivative, as follows, **M**= $(M_s/H_e)[\mathbf{H}_{tot}-(\mathbf{H}_{tot}]+\mathbf{d}I/dt \times I)/\gamma]$ , where the antiferromagnetic unit vector **l**= **L** /|**L**| is

introduced. Then, excluding **M** from the equation for d**M** /dt, one can obtain the second order dynamical equation for the unit vector **l** only. The equation for **l** is too long to be written here, but can be obtained through the variation of the Langrangian (see equation 1) in the manuscript).

It is worth discussing here the condition  $|M| \ll |L|$  which is a key point in deriving the sigma-model equation. To comply with it, we need to satisfy not only the natural condition  $|\mathbf{H}_{\text{tot}}| \ll H_e$ , but the inequality  $| \text{ d}I/\text{d}t| \ll \gamma H_e$  as well. For the description of free spin oscillations, these two conditions are in fact equivalent, but the last one could be a much more serious limitation for the usage of the sigma-model for the problem of ultrafast pulse pumping, where the characteristic time scale  $\Delta t$  is much shorter than the spin wave period  $2\pi/\omega$ . For typical orthoferrites,  $H_e=1.3 \cdot 10^3$  T, the value of  $\gamma H_e$  exceed 30 THz, and the sigma-model is adequate even for pulse durations like 30 fs.

In equation (3), the anisotropy energy  $W_a$  is modelled by a standard expansion over components of the vector **l** till fourth order. For a magnetic field pulse of short duration  $\Delta t \ll 1/\omega$ , equation 3 was solved numerically and analytically, with replacing the real pulse shape by a Dirac delta-function,  $H(t) \rightarrow \delta(t)H_0\Delta t = \delta(t)[H(t)dt$ . Then before ( $t \le 0$ ) and after  $(t>0)$  the action of the pulse, the spin dynamics is described by equation 2 with *H*(*t*)=0. Assuming  $\varphi$ =0 at *t*<0, it is easy to find the initial conditions of the form,  $\varphi$ =0,  $d\varphi/dt = \gamma^2 H_p H_p \Delta t / \sin\theta_0$ , which gives the solution of equation 4 in the same form of a damped nonlinear oscillation, as in Fig. 3.