

INTERVENTION IMPLEMENTATION

RECRUITMENT

YEAR 10 GIRLS
(Age 15-16yrs)
n=31

YEAR 7 GIRLS
(Age 12-13yrs)
n=34

Week 1

One day training
n=8

Regular Sport Education
Curriculum in class

Week 2

**Assisted
Implementation**
d=65 minutes

**Blindfold
'Challenge'**

Assisted Implementation
n=8

Participants n=7

Non- participants n=1

*Due to external workplace
experience*

**Participation in the GLAMA
program**
n=34

Participants n=28

Non- participants n=6

*Due to illness (3), absence
from class (2), injury (1)*

Week 3

**Unassisted
Implementation**
d=110minutes

**'Paper Race & Ball
Challenges'
implemented**

**Unassisted
Implementation**
n=8

Participants n=5

Non- participants n=3

*Due to external workplace
experience, community
leadership course, school
athletics team*

**Participation in the GLAMA
program**
n=34

Participants n=31

Non-participants n=3

*Due to absence from
class(2), injury (1)*

Data Collection

Week 1: Leadership Training
Evaluation (Q)

Week 2 & 3: Evaluation of
Assisted and Unassisted
Implementation (Q)

Verbal debrief & discussion of
assisted implementation

Week 3: GLAMA program
Evaluation (Q)

Week 3: GLAMA program
evaluation (GR)

Note: d= duration of challenge; Q= Questionnaire; GR= group response