

Ethics approval

153 primary schools invited & asked to complete brief survey of current pupil numbers and school activities

60 schools **recruited and randomised** n~1500 pupils

30 schools allocated to **intervention**
n~ 750 children in year 4

30 schools allocated to **control**
N~750 children in year 4

Baseline measurements - children in Year 4:
accelerometer assessed sedentary behaviour and physical activity,
diet, height, weight, waist circumference, screen-based activities.
n ~ 1500

Active For Life Year 5 **intervention**
Process assessment – teachers logs etc.

Audit of all schools
Collecting information on e.g. changes to local policy or relevant healthy
promotion initiatives in children

Immediate follow-up measurements- children in Year 5:
accelerometer assessed sedentary behaviour and physical activity, diet,
height, weight, waist circumference, screen-based activities. n=1425 (95%)
Qualitative data collection with children, teachers & parents.

12-month long-term follow-up measurements - children in Year 6:
accelerometer assessed sedentary behaviour and physical activity, diet,
height, weight, waist circumference, screen-based activities. n=1350 (90%)
Qualitative data collection with children, teachers & parents.

Active For Life Year 5 **intervention**
provided to **control** schools