Schools recruited for intervention (n = 5)

PE classes within schools (n = 16)

Blocks of 4 PE teachers/classes (n = 4)

Familiarization session

Baseline assessment

Block Randomization Process

Free choice condition (n = 4 classes)

Limited choice condition (n = 4 classes)

Relevance condition (n = 4 classes)

Usual practice condition (n = 4 classes)

Intervention teacher training / control

Post-intervention assessment