**Health Promoting School Intervention Components**

- Enhanced PE lessons/pedometers to assist students meet 50% of PE class time in MVPA.
- Individualised student PE plans developed to increase students’ behavioural and intrapersonal skills related to PA.
- Enhanced school sport programs implemented - Program X and PALs.
- PA programs & equipment available during school breaks.
- School policies modified that encourage low active students to participate in PA.
- After school community sporting and fitness programs.
- Parent engagement through newsletters, workbooks, homework, parent information evenings.

**Hypothesised Mediators**

- Self management strategies
- Self efficacy
- Perceived benefits of PA
- Actual & perceived environment
- Peer and social support

**Behavioural Outcome**

Increased physical activity

**Intervention Adoption Strategies to Support Implementation of Intervention Components**

- School change agent position
- Organisational leadership & support
- Staff development and training
- Resources
- Systems and prompts
- Performance feedback