Figure 1: Planned flow of participants through the Active for Life Year 5 school-based cluster randomised controlled trial

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