Reviewer’s report

Title: KIDS OUT! Evaluation of a brief multimodal cluster randomized intervention integrated in health education lessons to increase physical activity and reduce sedentary behavior among eighth graders

Version: 0 Date: 12 Dec 2018

Reviewer: Louisa Peralta

Reviewer's report:

Dear Authors,

I commend you on the design of the school-based research, which included the RE-AIM evaluation framework. This does fill a gap in the school-based health promotion literature. The paper reads reasonable well, although there are some tense and English grammatical errors throughout. Below are the list of minor essential revisions:

Abstract: Missing end bracket on Line 43.

Paper:

Page 4, Line 93 Change impacts to 'would impact'.

Methods section: Need to provide a rationale for the Health Action Process Approach that was used to underpin the design of the 3 HE lessons.

Implementation section: Quality should be included as a measure of fidelity. The quality of delivery would definitely have an impact on the learning experiences that students would receive and perhaps the outcomes they would achieved.

Limitations section: You highlight the weaknesses of not being able to use robust objectives measures of physical activity data (accelerometers and activity diaries). You also acknowledge the challenge of reaching parents and the oversight of not using a whole school approach. This is well known in the school-based literature. Perhaps these factors should be discussed further in the discussion.

In addition, why was only 3 HE lessons used as the intervention? The introduction of the paper clearly stated that multi-faceted/multi-pronged school-based interventions with appropriate dose have been shown to have positive effects on students physical activity levels?
Thank you,

Reviewer

**Are the methods appropriate and well described?**
If not, please specify what is required in your comments to the authors.

No

**Does the work include the necessary controls?**
If not, please specify which controls are required in your comments to the authors.

Yes

**Are the conclusions drawn adequately supported by the data shown?**
If not, please explain in your comments to the authors.

Yes

**Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?**
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

**Quality of written English**
Please indicate the quality of language in the manuscript:

Needs some language corrections before being published

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