**Additional file 1**

**File S1. Medline Search Strategy**

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| --- |
| 1. (child\* or children or childhood or kids or adolescen\* or "young person\*" or "young people" or teen\* or youth\* or boy\* or girl\* or juvenile).ti,ab.2. exp child/3. exp adolescent/4. 2 or 35. (child or adolescent).ti,ab.6. 1 or 57. ("physical\* activ\*" or "physical activity" or sport\* or cycling or bicycling or bicycle\* or walk\* or "physical education" or "physical training" or exercis\* or "energy expenditure" or danc\* or "physical inactivity" or "physical fitness" or lifestyle or "active travel" or commut\* or "aerobic fitness").ti,ab.8. exp motor activity/9. exp sports/10. exp exercise/11. exp physical exertion/12. exp "physical education and training"/13. 8 or 9 or 10 or 11 or 1214. (motor activity or sports or exercise or physical exertion or "physical education and training").ti,ab.15. 7 or 1416. ("clinical trial" or "control\* trial" or controlled or randomi#ation or randomised or randomized or randomization or randomly or randomisation or rct or "randomi#ed controlled trial\*" or "randomised controlled trial" or "randomized controlled trial" or "cluster randomized controlled trial" or "group-randomized controlled trial" or "randomized controlled study" or "randomised controlled study" or "random\* sample" or trial\* or evaluation or effect\* or control\* or cluster or intervention).ti,ab.17. exp randomized controlled trial/18. exp clinical trial/19. exp randomized controlled trials as topic/20. exp clinical trial as topic/21. 17 or 18 or 19 or 2022. (randomized controlled trial or clinical trial or randomized controlled trials as topic or clinical trial as topic).ti,ab.23. 16 or 2224. ("case study" or "case report" or "abstract report" or letter).ti,ab.25. exp letter/26. exp historical article/27. exp case report/28. 25 or 26 or 2729. (letter or historical article or case report).ti,ab.30. 24 or 2931. 23 not 3032. (accelerometer or accelerometry or accelerometers or accelerometer-assessed or "counts per minute" or CPM or triaxial or Actigraph or Yamax or Actiheart or Omron, sensewear or caltrac or walk4life or ideea or actireg or lifecorder or tritrac or genea or stepwatch or actical or actiwatch or rt3 or activpal or actimarker or dynaport or CSA or MTI or pedometer or "heart rate" or pedometry or pedometers or uniaxial or actigraphy or undimensional or "objectively measur\*" or "SenseWear Pro2 Armband" or "motion sensor data" or "activity monitor" or MVPA).ti,ab.33. exp monitoring, ambulatory/34. exp actigraphy/35. 33 or 3436. (monitoring, ambulatory or actigraphy).ti,ab.37. 32 or 3638. 6 and 15 and 31 and 3739. 6 and 15 and 31 and 3740. limit 39 to english language |

**File S2. Characteristics of included intervention trials**

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| --- | --- | --- |
| **Included Intervention Trials**(Author (year) is included if trial has no name) | **Author & Publication Year**  | **Country of implementation**  |
| Aburto (2011) | Aburto et al. 2011 | Mexico  |
| Andrade (2014) | Andrade et al. 2014 | Ecaduor |
| Backlund (2011) | Backlund et al. 2011 | Sweden |
| Baranowski (2011)  | Baranowski et al. 2011 | USA |
| Baranowski (2012) RCT | Baranowski et al. 2012 | USA |
| The Memphis Girls’ health Enrichment Multi-site Studies (GEMS) Pilot trial | Beech et al. 2003 | USA |
| Mebane on the Move Intervention  | Benjamin Neelon et al. 2015 | USA |
| Challenge! Intervention | Black et al. 2010 | USA |
| Sport for LIFE intervention | Breslin et al. 2012 | UK |
| Copenhagen School Child Intervention Study  | Bugge et al. 2012 | Denmark |
| Pathways  | Caballero et al. 2003 & Going et al. 2002 | USA |
| Comprehensive school physical activity program (CSPAP)  | Carson et al. 2014 | USA |
| Chen (2010)  | Chen et al. 2010 | USA |
| Web ABC study  | Chen et al. 2011 | USA |
| The Supporting Children's Outcomes using Rewards, Exercise, and Skills intervention (SCORES) Cluster RCT  | Cohen et al. 2015 | Australia |
| Beat the Street physical activity intervention | Coombes et al. 2016 | UK |
| The Family Project | Coppins et al. 2011 | UK |
| Boston Active School Day policy  | Cradock et al. 2014 | USA |
| Crouter (2015) | Crouter et al. 2015 | USA  |
| D'Haese (2015) | D’Haese et al. 2015 | Belgium |
| The nutrition and enjoyable activity for teen (NEAT) girls study  | Dewar et al. 2013 & Dewar et al. 2014 & Lubans et al. 2012 | Australia |
| Dimitriou (2011) | Dimitriou et al. 2011 | Greece |
| Apps for IMproving FITness and Increasing Physical Activity Among Young People: The AIMFIT Pragmatic Randomized Controlled Trial | Direito et al. 2015 | New Zealand  |
| Physical Activity Across the Curriculum (PAAC) | Donnelly et al. 2008 | USA |
| Dudley (2010) | Dudley et al. 2010 | Australia |
| The Healthy Homework pilot study | Duncan et al. 2011 | New Zealand  |
| Fit4fun Pilot Study | Eather et al. 2013 | Australia |
| Fit4fun group randomized controlled trial  | Eather et al. 2013 | Australia |
| It's child's play: A cluster randomised controlled trial | Engelen et al. 2013 | Australia |
| Erwin (2011) | Erwin et al. 2011 | USA |
| Eyre (2016) | Eyre et al. 2016 | UK  |
| FATaintPHAT | Ezendam et al. 2012 | Netherlands |
| Children's Health, Activity and Nutrition: Get Educated! (CHANGE!) Project | Fairclough et al. 2013 | UK |
| Finkelstein (2013) | Finkelstein et al. 2013 | Singapore  |
| Ford et al. (2012)  | Ford et al. 2012 | UK |
| SWITCH what you Do, View and Chew  | Gentile et al. 2009 | USA |
| Lifestyle triple P | Gerards et al. 2015 | Netherlands |
| Interactive Multimedia for Promoting Physical Activity (IMPACT) in Children | Goran et al. 2005 | USA |
| GreatFun2Run  | Gorley et al. 2009 & Gorley et al. 2011 | UK  |
| Gortmaker (2012) | Gortmaker et al. 2012 | USA |
| Graves (2010) | Graves et al. 2010 | UK  |
| HEalth in Adolescents (HEIA) study | Grydeland et al. 2013 | Norway |
| The Rope Skipping 'STAR' Programme | Ha et al. 2015 | Hong Kong |
| Haerens (2007) | Haerens et al. 2006 & Haerens et al. 2007 | Belgium |
| Hands (2011) | Hands et al. 2011 | Australia |
| Harder-lauridsen (2014) | Harder-lauridsen et al. 2014 | Denmark |
| Fit 'n' fun dudes program (2009) | Hardman et al. 2009 | UK  |
| Fit 'n' fun dudes program (2011) | Hardman et al. 2011 | UK  |
| Walking School Bus - Nebraska | Heelan et al. 2009 | USA |
| The Sports, Play, and Recreation for Youth (SPARK) program | Herrick et al. 2012 | USA |
| Fit for Life Boy Scouts Program | Jago et al. 2006 | USA |
| The Bristol Girls Dance Project Feasibility Trial  | Jago et al. 2012 | UK |
| Action 3:30 (Jago et al. 2014) | Jago et al. 2014 | UK |
| The Bristol Girls Dance Project | Jago et al. 2015 | UK |
| Active for Life Year 5 (AFLY5) | Kipping et al. 2014 | UK |
| The Memphis Girls’ health Enrichment Multi-site Studies (GEMS) | Klesges et al. 2010 | USA |
| KISS school-based physical activity program | Kriemler et al. 2010 & Meyer et al. 2014 | Switzerland  |
| Laukkanen (2015) | Laukkanen et al. 2015 | Finland |
| Lee (2012) | Lee et al. 2012 | Taiwan |
| Lubans & Morgan (2008)  | Lubans & Morgan. 2008 | Australia |
| Program X intervention  | Lubans et al. 2009 & Lubans et al. 2010 | Australia  |
| Physical Activity Leaders (PALS) | Lubans et al. 2011 & Lubans et al. 2012 | Australia |
| MacConnie (1982) | MacConnie et al. 1982 | USA |
| School-Community Partnerships: a Cluster RCT | Madsen et al. 2013 | USA |
| Energy Balance 4 Kids with Play RCT | Madsen et al. 2015 | USA |
| Magnusson (2011) | Magnusson et al. 2011 | Iceland |
| Maloney (2008) | Maloney et al. 2008 | USA |
| STOPP Cluster RCT  | Marcus et al. 2009 | Sweden |
| McManus (2008) | McManus et al. 2008 | Hong Kong |
| McMinn (2012) | McMinne al. 2012 | UK |
| Meinhardt (2013) | Meinhardt et al. 2013 | Switzerland  |
| Walking School Bus - Texas (Mendoza et al. 2011)  | Mendoza et al. 2011 | USA |
| Couch Potatoes to Jumping Beans  | Mhurchu et al. 2008 | New Zealand  |
| The Healthy Dads, Healthy Kids community randomzied controlled trial (2011) | Morgan et al. 2011 | Australia |
| The Healthy Dads, Healthy Kids community randomzied controlled trial (2014) | Morgan et al. 2014 | Australia |
| The Great Activity Programme | Morris et al. 2013 | UK  |
| Children, parents and pets exercising together (CPET) | Morrison et al. 2013 | UK  |
| Action Schools! BC  | Naylor et al. 2008 | Canada |
| Healthy School Start Study  | Nyberg et al. 2015 | Sweden |
| Healthy School Start Study II | Nyberg et al. 2016 | Sweden |
| Y-PATH Intervention (O'Brien et al. 2013)  | O’Brien et al. 2013 | Ireland |
| BOUNCE (Behavior Opportunities Uniting Nutrition, Counseling, and Exercise) trial | Olvera et al. 2010 | USA |
| Promoting Lifestyle Activity for Youth (PLAY) Intervention | Pangrazi et al. 2003 | USA |
| Sigue la Huella intervention | Pardo et al. 2014 | Spain |
| PACE+ for adolescents  | Patrick et al. 2006 | USA |
| Prochaska (2004) | Prochaska et al. 2004 | USA |
| Reza (2014) | Reza et al. 2014 | Turkey |
| Reznik (2015) | Reznik et al. 2015 | USA |
| Encouraging Activity to Stimulate Young (EASY) Minds' programme | Riley et al. 2015 | Australia  |
| The EASY Minds pilot RCT | Riley et al. 2015 | Australia |
| Robbins (2012) | Robbins et al. 2012 | USA |
| Roemmich (2004) | Roemmich et al. 2004 | USA  |
| Roemmich (2012) | Roemmich et al. 2012 | USA |
| Swwitch play intervention | Salmon et al. 2008 | Australia |
| Schodielf (2005) | Schodielf et al. 2005 | Australia  |
| The Nereu Program  | Serra-Paya et al. 2015 | Spain |
| HYPPE - Helping Youth Pursue Physical Activity and Exercise (Shore et al. 2014)  | Shore et al. 2014 | USA |
| Sigmund (2012) | Sigmund et al. 2012 | Czech Republic |
| Active Teen Leaders Avoiding Screen-time (ATLAS) cluster randomized controlled trial | Smith et al. 2014 | Australia |
| Minnesota GEMS Pilot Study  | Story et al. 2003 | USA |
| Straker (2013) | Straker et al. 2013 | Australia |
| Physical Activity 4 Everyone  | Sutherland et al. 2013 & Sutherland et al. 2013 | Australia  |
| The APPLE project | Taylor et al. 2006 | New Zealand |
| The Mulicomponent SPACE Study: A Cluster RCT  | Toftager et al. 2014 | Denmark |
| The MOVE Project  | Tymms et al. 2016 | UK |
| The prevention of dietary- and lifestyle-induced health effects in children and infants (IDEFICS) intervention (IDEFICS)  | Verbestel et al. 2015 | 8 European Countries (Belgium, Cyprus, Estonia, Germany, Hungary, Italy, Spain and Sweden) |
| UP4FUN pilot intervention (2012)  | Verloigne et al. 2012 | Belgium |
| Verstraete (2007) | Verstraete et al. 2007 | Belgium |
| lauft' trial  | Vivien Suchert et al. 2015 | Germany |
| Wells (2014) | Wells et al. 2014 | USA |
| Wilson (2002) | Wilson et al. 2002 | USA |
| Wilson (2005) | Wilson et al. 2005 | USA |
| Active by Choice Today (ACT) | Wilson et al. 2011 | USA |

**File S3: References of Included Trials**

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