

Table S3. Synthesis of the measured outcome variables for students.

Dimension	Variable	Instrument
<i>Primary outcomes</i>		
Students' approach to PA (2.a)	- Perceived motivational climate in PE	12 items, 3 subscales, 5-point scale [110 Papaioannou et al., 2007]
	- Basic psychological needs satisfaction	15 items, 3 subscales, 5-point scale [111-113]
	- Behavioural regulation of motivation towards PE classes	Behavioural Regulation in Exercise Questionnaire, 20 items, 5 subscales, 5-point scale [BREQ-2; 114]
	- Achievement goals in PE	13 items, 2 subscales, 5-point scale [115]
	- Enjoyment in PE	Physical Activity Enjoyment Scale, 12 items, 2 subscales, 5-point scale [Short PACE-it; 83,116,117]
	- Intention to practice physical exercise/sport in leisure time	3 items, 7-point scale [76]
	- Perceived behavioural control regarding physical exercise/sport in leisure time	3 items, 7-point scale [60,118]
	- Attitudes towards physical exercise/sport in leisure time	4 items, 4 subscales, 7-point scale [60]
	- Perceived social support from friends and family towards PA	8 items, 2 subscales, 5-point scale [119]
	- Action planning	5 items, 5-point scale [120]
	- Self-monitoring	4 items, 5 point-scale [121,122]
	- Subjective vitality	5 item, 7 point-scale [123]
Students' out-of-school PA levels (3.a)	- Objective PA levels	Accelerometer wGT3X-BT [ActiGraph; 124]
	- Frequency of moderate-to-vigorous PA (Days/week)	2 items [PACE+ Adolescent PA Measure; 126]
	- Amount of moderate-to-vigorous PA (Hours/week)	1 item [125]
	- Extracurricular out-of-school training with a coach/instructor (Times/week)	1 item [30]
	- Extracurricular in-school training (Days/week)	1 item [30]
	- PA at school, PA outside of school, and sedentary behaviours	Youth Activity Profile, 15 items, 3 subscales, 5 or 6-point Likert scales [YAP; 127]
<i>Secondary outcomes</i>		
Students' physical fitness (3.b)	- Cardiorespiratory fitness	6-minute walk test [65]
	- Musculoskeletal fitness	Handgrip; Standing long jump tests [66,67]
	- Body Mass Index (BMI)	2 items (self-report weight and height)