

Online resource 1 Full search strategy

The selected search terms were:

("musc* strength" OR "musc* fitness" OR “resistance exercis*” OR "resistance training" OR “musc* power” OR “musc* endurance” OR "weight training" OR "weightlifting" OR "strength training") AND (cognition OR "academic achievement" OR "academic performance" OR "executive function" OR learning OR "on-task behav*" OR "on-task behav*" OR "student engagement" OR attention OR "goal-directed behav*" OR concentration OR “cognitive function” OR “cognitive control” OR memory OR inhibition OR “working memory” OR “task switching” OR “cognitive flexibility” OR “executive control” OR “mental flexibility”) AND (child* OR student* OR “school” OR adolescen* OR “preadolescen*” youth OR “young person” OR teen*).