

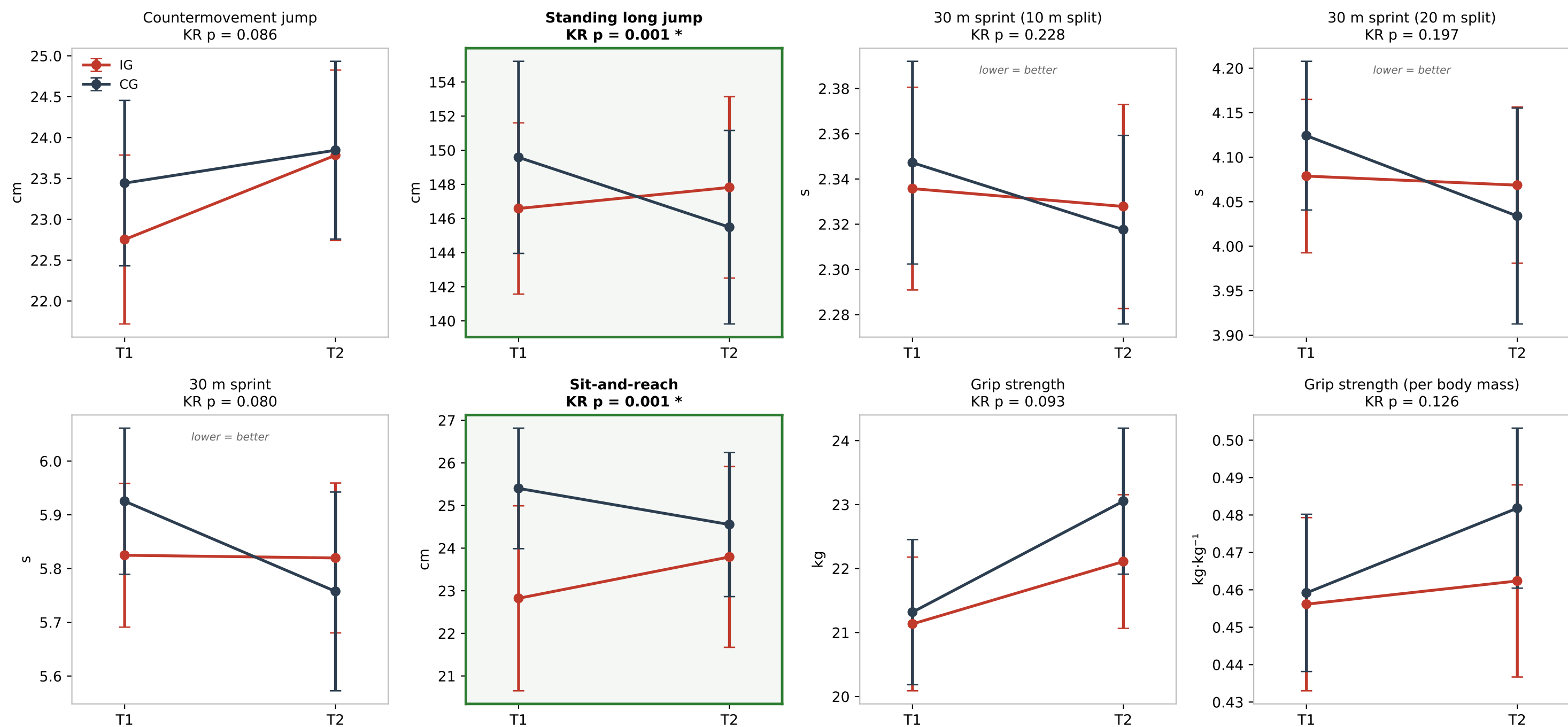


Figure 1. Motor-performance outcomes from baseline (T1) to post-intervention (T2) in the intervention group (IG, red) and control group (CG, blue); symbols show group means with 95% confidence intervals under the intention-to-treat analysis (all randomized participants, complete-case per outcome). p-values are group × time interactions from the cluster-adequate three-level mixed model with Kenward-Roger degrees of freedom. Panels with a green frame and an asterisk indicate a significant interaction ($p < .05$): standing long jump and sit-and-reach. Grip strength is additionally shown per body mass. For the sprint outcomes, lower values indicate better performance.