

Programme map

Which units carry which topics? Record units or contexts, then the statement codes each one teaches (e.g. 10K2).

Topic	Term 1	Term 2	Term 3	Term 4	Hours
Units or contexts Name and number of weeks					
Movement Element · 3 topics					
The moving body					
Skill acquisition					
Psychology of movement					
Active participation Element · 3 topics					
Participating with others					
Social and cultural influences					
Outdoor education					
Total hours					

Time available

Teaching weeks

Lessons per week

Lesson length (minutes)

Check and challenge

Does every statement have at least one tick in the tracker?

Which topic is thinnest, and is that a choice or a gap?

Which knowledge gets explicit teaching, not just activity time?

Does the time available make ‘in full’ realistic? If not, who needs to know?

Coverage tracker

Tick each term a statement is taught. Every statement needs at least one tick.

Code	Statement (short label)	T1	T2	T3	T4
Movement Element					
The moving body					
10K1	Cardiovascular and respiratory systems				
10K2	Physiological indicators regulate effort				
10K3	Health-related components of fitness				
10K4	Movement efficiency and biomechanical refinement				
10P1	Discuss physiological responses to exercise				
10P2	Observe heart rate and perceived exertion				
10P3	Trial strength, endurance or flexibility				
10P4	Trial alignment, force and sequencing				
Skill acquisition					
10K5	Varied practice across conditions				
10K6	Environment and temperature as feedback				
10P5	Adjust movement solutions to conditions				
10P6	Move in hot and cold temperatures				
Psychology of movement					
10K7	Goal setting				
10K8	Positive self-talk				
10K9	Strategies combined to improve focus				
10P7	Experiment with strategies in challenge				
Active participation Element					
Participating with others					
10K10	Leadership for inclusive environments				
10K11	Individual actions and group outcomes				
10K12	Organising for group needs				
10P8	Lead inclusive experiences				
10P9	Critique individual actions in competition				
10P10	Plan and organise group activities				
Social and cultural influences					
10K13	Diverse needs and equitable participation				
10P11	Modify an activity for diverse needs				
Outdoor education					
10K14	Outdoor safety management				
10K15	Outdoor group roles				
10K16	Reciprocity and tiakitanga				
10P12	Apply safety management processes				
10P13	Roles and shared decisions for safety				
10P14	Actions that show tiakitanga				

Short labels summarise the statements for tracking only. Plan from the full statements on the Unpacking Canvases (HPE Years 0–10, Sept 2026, pp.28–29).