

Programme map

Which units carry which topics? Record units or contexts, then the statement codes each one teaches (e.g. 1K2).

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					
Water safety (whole phase)					
Active participation Element · 1 topic					
Participating with others					
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					
1K1	Body shapes and positions				
1K2	Body changes during activity				
1K3	Warming up slowly				
1K4	Practice builds coordination and control				
1P1	Create and hold body shapes				
1P2	Recognise cues of exertion				
1P3	Body awareness and control				
Skill acquisition					
1K5	Skills grow through practice				
1K6	Body position, balance and space				
1P4	Run, jump, hop, skip safely				
1P5	Throw, roll, kick, strike, aim				
1P6	Balance and land safely				
Water safety (whole phase)					
K	Knowledge 0–3K1 to 0–3K7				
P	Practices 0–3P1 to 0–3P6				
Active participation Element					
Participating with others					
1K7	Shared signals and cues				
1K8	Turn-taking and boundaries				
1K9	Anticipation and awareness				
1K10	Caring for outdoor places				
1P7	Use group cues to organise movement				
1P8	Follow turn-taking and safety rules				
1P9	Negotiate games for group enjoyment				
1P10	Anticipate others in play				
1P11	Show respect for outdoor places				

Short labels summarise the statements for tracking only. Water safety statements are set for the whole phase; track them in each year you teach them. Plan from the full statements on the Unpacking Canvases (HPE Years 0–10, Sept 2026, pp.11–12).