

Programme map

Which units carry which topics? Record units or contexts, then the statement codes each one teaches (e.g. 2K2).

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					
2K1	Muscles and joints in everyday actions				
2K2	Body responses signal rest				
2K3	Movement builds muscle and bone				
2P1	Experiment with muscles and joints				
2P2	Match effort to the activity				
2P3	Observe responses and adjust effort				
Skill acquisition					
2K4	Practice, feedback and adjustment				
2K5	Technique affects control and force				
2K6	Skills change with the situation				
2P4	Balance, roll, jump and move				
2P5	Dribble, pass, catch, shoot				
2P6	Run, dodge and change direction				
Water safety (whole phase)					
K	Knowledge 0–3K1 to 0–3K7				
P	Practices 0–3P1 to 0–3P6				
Active participation Element					
Participating with others					
2K7	Adjusting to environmental conditions				
2K8	Shared spaces and signals				
2K9	Communication for safe movement				
2K10	Activities as shared traditions				
2K11	Respect for playing environments				
2K12	Care for natural environments				
2K13	Clothing and equipment for outdoors				
2P7	Identify hazards and risks				
2P8	Keep safe spacing in a group				
2P9	Verbal and non-verbal cues				
2P10	Activities from other cultures				
2P11	Protect the natural environment				
2P12	Prepare for outdoor activities				

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).