

Programme map

Which units carry which topics? Record units or contexts, then the statement codes each one teaches (e.g. 3K2).

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					
3K1	Intensity and duration change responses				
3K2	Space, surface, rules and equipment				
3P1	Plan an effort strategy				
3P2	Adapt to environments and equipment				
Skill acquisition					
3K3	Adjusting skills to the context				
3K4	Observation, feedback and practice				
3P3	Create and perform sequences				
3P4	Hand-eye coordination				
3P5	Throw, catch, strike, retrieve				
Water safety (whole phase)					
K	Knowledge 0–3K1 to 0–3K7				
P	Practices 0–3P1 to 0–3P6				
Active participation Element					
Participating with others					
3K5	Rules and simple procedures				
3K6	Attitudes shape participation				
3K7	Locational awareness and routes				
3K8	Connecting with natural places				
3P6	Create and apply rules				
3P7	Coordinate group effort				
3P8	Reflect on personal attitudes				
3P9	Promote connection in activity				
3P10	Use maps and landmarks for routes				
3P11	Notice and name natural features				

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).