

Programme map

Which units carry which topics? Record units or contexts, then the statement codes each one teaches (e.g. 4K2).

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 · 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					
4K1	Muscle tension and relaxation				
4K2	Forces change movement				
4K3	Rhythm and timing				
4K4	Coordination through practice and feedback				
4P1	Test forces in movement				
4P2	Develop timing and rhythm				
Skill acquisition					
4K5	Refining skills with feedback				
4K6	Varied practice across contexts				
4K7	Techniques suit different tasks				
4P3	Create and perform sequences				
4P4	Attack and defend in small team games				
4P5	Strike, throw, catch, field				
4P6	Refine timing or accuracy				
Water safety (whole phase)					
K	Knowledge 4–6K1 to 4–6K8				
P	Practices 4–6P1 to 4–6P4				
Active participation Element					
Participating with others					
4K8	Decisions and tactics in games				
4K9	Observation and supportive feedback				
4K10	Rules, tikanga and procedures				
4K11	Team performance and group identity				
4P7	Respond to space and opponents				
4P8	Use cues to synchronise timing				
4P9	Apply rules and tikanga				
Social and cultural influences					
4K12	Systems that organise games and sport				
4P10	Model group practices				
Outdoor education					
4K13	Exploring unfamiliar outdoor places				
4K14	Using weather information				
4P11	Explore outdoor places safely				
4P12	Prepare using weather information				

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.17–18).