

Programme map

Which units carry which topics? Record units or contexts, then the statement codes each one teaches (e.g. 5K2).

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					
5K1	Adjusting forces for stability				
5K2	Intensity, duration and fitness				
5K3	Adjusting skills for environments				
5K4	Physical states affect performance				
5P1	Develop balance and stability				
5P2	Adjust effort to fatigue				
5P3	Regular activity for fitness				
5P4	Physical states and personal movement				
Skill acquisition					
5K5	Transferring skills				
5K6	Practice builds consistency and confidence				
5K7	Variety broadens skill use				
5P5	Team games: attack and defence				
5P6	Serve, send, receive, return				
5P7	Run, jump, throw with technique				
Water safety (whole phase)					
K	Knowledge 4–6K1 to 4–6K8				
P	Practices 4–6P1 to 4–6P4				
Active participation Element					
Participating with others					
5K8	Tactics to control play				
5K9	Strategies for cooperation and competition				
5K10	Communication and roles				
5K11	Rules, conventions and modifications				
5P8	Apply decisions, tactics and strategies				
5P9	Coordinate through roles and communication				
Social and cultural influences					
5K12	Shared identity and values in sport				
5K13	Access to spaces and equipment				
5P10	Negotiate behaviours and group identity				
5P11	Review environment and access				
Outdoor education					
5K14	Preparing for different outdoor places				
5K15	Learning about self and others outdoors				
5P12	Match preparation to conditions				
5P13	Reflect on outdoor experiences				

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).