

Programme map

Which units carry which topics? Record units or contexts, then the statement codes each one teaches (e.g. 6K2).

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					
6K1	Body position and force				
6K2	Factors that shape movement				
6K3	Person, task and environment				
6K4	Physical impacts of activity				
6K5	Pre- and post-activity strategies				
6P1	Experiment with positions and forces				
6P2	Factors that organise movement				
6P3	Choose pre- and post-activity strategies				
Skill acquisition					
6K6	What affects how well we move				
6K7	Refining skills and performance				
6P4	Create and improve sequences				
6P5	Tactics and decisions in team games				
6P6	Run, jump, throw, strike, field				
Water safety (whole phase)					
K	Knowledge 4–6K1 to 4–6K8				
P	Practices 4–6P1 to 4–6P4				
Active participation Element					
Participating with others					
6K8	Tactical awareness and technique				
6K9	Collective coordination and feedback				
6K10	Risk, safety and strategy				
6P7	Respond to game pressure				
6P8	Refine team strategies				
6P9	Analyse safety and adjust movement				
Social and cultural influences					
6K11	Sport in social and cultural contexts				
6P10	Modify activities from other contexts				
Outdoor education					
6K12	Minimising impact on nature				
6K13	Wayfinding and directions				
6P11	Responsible outdoor practices				
6P12	Orient a map				

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).