

Programme map

Which units carry which topics? Record units or contexts, then the statement codes each one teaches (e.g. 7K2).

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					
Psychology of movement					
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					
7K1	Intensity, duration and energy supply				
7K2	Speed, accuracy and control				
7K3	Forces, rhythm and timing				
7K4	Well-being models and participation				
7P1	Observe intensity and duration demands				
7P2	Speed versus accuracy and control				
7P3	Experiment with rhythm and timing				
7P4	Use well-being models to analyse participation				
Skill acquisition					
7K5	Skill learning through practice and feedback				
7K6	Players, tasks and environments				
7P5	Decisions in game play				
Psychology of movement					
7K7	Confidence and motivation				
7K8	Self-belief				
7P6	Progressive challenge and confidence				
7P7	Self-belief and achievable success				
Active participation Element					
Participating with others					
7K9	Interpersonal skills and dynamics				
7K10	Assessing and responding to hazards				
7P8	Define and compare roles				
7P9	Interpersonal skills in group activities				
7P10	Identify hazards and act safely				
Social and cultural influences					
7K11	Organised sport and community programmes				
7K12	Role models in sport				
7P11	Compare recreation and organised sport				
Outdoor education					
7K13	Environment and activity demands				
7K14	Planning and preparation				
7P12	Reflect on responses outdoors				
7P13	Plan and prepare for an outdoor experience				

Short labels summarise the statements for tracking only. Plan from the full statements on the Unpacking Canvases (HPE Years 0–10, Sept 2026, pp.22–23).