

Programme map

Which units carry which topics? Record units or contexts, then the statement codes each one teaches (e.g. 8K2).

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					
8K1	Physiological adaptation of heart and lungs				
8K2	Observation, feedback and simple data				
8K3	Permission and purpose for activity data				
8K4	Factors in enjoyment and participation				
8P1	Heart and breathing rate recovery				
8P2	Adjust timing, force and positioning				
8P3	Gather physical activity data				
8P4	Reflect on factors in enjoyment				
Skill acquisition					
8K5	Timing, force and sequencing				
8K6	Individual, task and environment				
8P5	Experiment with timing, force, sequencing				
8P6	Adapt to changing constraints				
Psychology of movement					
8K7	Day-to-day fluctuation				
8P7	Track confidence and motivation over time				
Active participation Element					
Participating with others					
8K8	Leaders and coaches adapt actions				
8K9	Tactical awareness and inclusive leadership				
8K10	Managing personal risk				
8P8	Design and lead activities				
8P9	Apply tactics to team performance				
8P10	Select challenge within personal limits				
Social and cultural influences					
8K11	Modifying settings for inclusion				
8K12	Sport changes over time				
8P11	Community events and inclusion				
8P12	Rules and traditions across contexts				
Outdoor education					
8K13	Low-impact outdoor practices				
8K14	Outdoor safety decisions				
8P13	Apply low-impact and tiakitanga practices				
8P14	Analyse outdoor safety planning				

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).