

Programme map

Which units carry which topics? Record units or contexts, then the statement codes each one teaches (e.g. 9K2).

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					
9K1	Major bones: structure, stability, support				
9K2	Major muscle groups: contraction and relaxation				
9K3	Balance: centre of gravity and base of support				
9K4	Skill-related components of fitness				
9K5	Physical, emotional and relational well-being				
9P1	Observe movement: identify muscles and bones				
9P2	Experiment with balance and stability				
9P3	Analyse a fitness component in performance				
9P4	Use models to link health and participation				
Skill acquisition					
9K6	Kinaesthetic awareness				
9K7	Internal and external feedback				
9P5	Use feedback to adjust performance				
Psychology of movement					
9K8	Practice and mistakes build confidence				
9K9	Activation levels				
9K10	Emotional regulation				
9K11	Movement choices and sense of self				
9P6	Practise a movement to build confidence				
9P7	Regulation, focus and energy in groups				
Active participation Element					
Participating with others					
9K12	Tactical decisions and feedback				
9K13	Factors for safe participation				
9P8	Modified contexts: tactical feedback				
9P9	Factors in unfamiliar contexts				
Social and cultural influences					
9K14	Social and cultural influences on sport				
9K15	Participation and identity				
9P10	Examine media representations				
9P11	Explain participation and identity				
Outdoor education					
9K16	Managing adversity outdoors				
9K17	Planning for changing conditions				
9K18	Care from ecology, culture and values				
9P12	Support self and others outdoors				
9P13	Pre-trip checks				
9P14	Investigate knowledge of place				

Short labels summarise the statements for tracking only. Plan from the full statements on the Unpacking Canvases (HPE Years 0–10, Sept 2026, pp.28–29).