

Hot and Cold

The Big Freeze

Our Big Questions

Where are the cold places?

What is it like in Antarctica?

Who has explored Antarctica?

Who lives in the Arctic?

Are there animals and plants in the Arctic?

Knowledge Bank

There are seven continents that make up our world.

There are five oceans.

The Polar Regions are the coldest places on our planet.

The average winter temperature in Antarctica is -49 degrees C. Life in Antarctica is incredibly harsh and difficult.

Penguins, seals and whales live in Antarctica.

In the Summer, it is never dark in Antarctica. In the Winter, it is never light.

Captain Robert Falcon Scott led two expeditions to Antarctica. He kept a diary of his travels. When they arrived at the South Pole, they discovered someone else had got there first! Scott and his team never made it home from Antarctica.

The Arctic is a polar region located at the northernmost part of the Earth. The Inuit people live in the Arctic areas of Greenland, Canada, Alaska, Russia and Denmark. They live in houses and make igloos when they are travelling.

Inuit people hunt and fish, sometimes with harpoons.

The Arctic has very few plants as it is so cold.

Polar bears, Arctic foxes, Arctic hares, seals and Snowy Owls live in the Arctic.

They have adapted to live in the cold conditions.

Vocabulary

continent country Africa Asia Europe North America

South America Australia Antarctica ocean

Arctic Inuit explorer Captain Robert Falcon Scott