

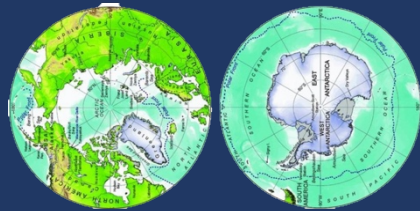
Polar Regions - Frozen Worlds

KS1

WHAT IS A CONTINENT?

A continent is a massive area of land that is separated from other areas of land by water or natural features. Five of the continents are connected to at least one other continent by land, whilst **Antarctica** and **Australia** (Oceania) are cut off by oceans. Each continent has a wide range of land types, climates and animal life.

The Polar Regions consist of the Arctic and Antarctic. They are located at the very top and very bottom of the Earth. There are lots of similarities and differences.



The Antarctic - Penguins, seals, orcas, albatrosses













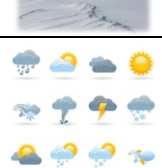


The Arctic - Polar bears, walrus, whales and narwhals.



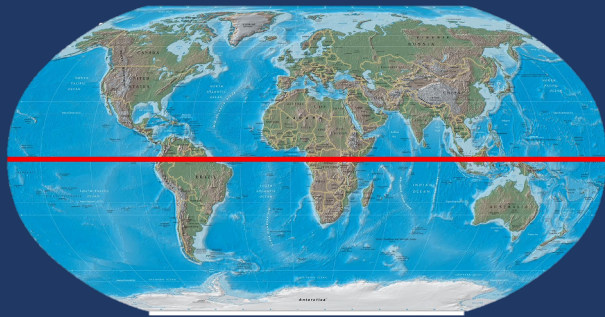
Animals have to adapt to ensure they stay warm. For example: having a thick layer of fat or feathers; burrowing into the ground to stay warm and hibernating during the coldest months.

Key Vocabulary

Antarctica		the southernmost continent in the world.
Aurora Borealis		the shimmering display of lights that sometimes appears in Earth's Northern Hemisphere
Arctic		a region in the north of the planet
climate		the average weather conditions in a place over 30 years or more
equator		an imaginary line around the Earth that goes exactly midway between the North Pole and the South Pole
explorer		a person who explores an area that is not known
ice caps		an ice cap is a thick layer of snow and ice covering less than 50,000 square kilometers. Ice caps form as snow falls, melts and falls again.
North Pole		the point that is farthest north on the planet Earth.
polar regions		polar habitats are located at the very top and very bottom of the Earth.
Sisimiut		A town on the west-central coast of Greenland
South Pole		It is the southernmost point on Earth
Tundra		treeless regions found in the Arctic and on the tops of mountains
weather		the way the air and the atmosphere feels. Including temperature, strength of the wind, and whether it is raining, sunny, hailing, snowing, sleeting, foggy, or cloudy.

Where are the Polar Lands?

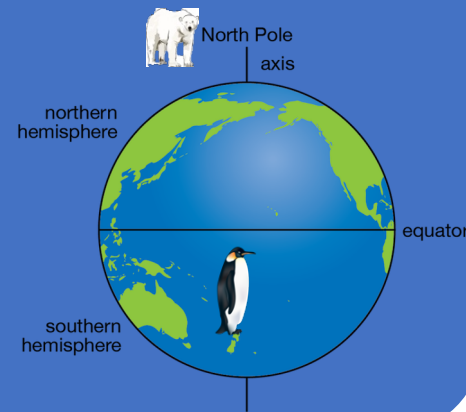
The polar regions are two snowy places at the top and the bottom of the earth. They are called the Arctic (North Pole) and Antarctica (South Pole). The hottest part of the Earth is called the Equator and this is in the middle.



Did you know...

Polar bears and penguins do not live in the same pole.

Polar bears live in the North Pole (Arctic) and penguins live in the South Pole (Antarctic)



Do people live in the Polar Regions?

Approximately four million people call this wintry wonderland home. Amongst these are the indigenous people of the Arctic, called the 'Inuits.' They've found many ways to survive in one of the harshest environments on our planet.



As it is very cold, people need to wear thick warm clothing, which is sometimes made from animal fur.

Antarctica is the only continent with no permanent human habitation. There are, however, permanent human settlements where scientists and support staff live for part of the year.



How do People Travel?

As the land is covered in snow and ice for much of the year, some people use sledges pulled by husky dogs to travel around. However, snowmobiles are being used more nowadays as they can be faster.



ARCTIC ANIMALS



Animals in the Polar Regions

There are lots of animals in the polar regions and they have very thick fur so they don't get cold. Many of them have a layer of blubber underneath their fur to keep them warm too. Some of the animals are white in colour so that they are camouflaged against the snow.

15 Different animals found in Antarctica

