

## Suggested Books

### Fiction

The Polar Bear Explorer's Club by Alex Bell  
The Polar Bear Son: an Inuit Tale—Lydia Dabovich  
Sky Song by Abi Elphinstone  
The Last Bear - Hannah Gold  
Brightstorm by Vashti Hardy  
The Last Polar Bears by Harry Horse  
The Arctic Railway Assassin - M G Leonard & Sam Sedgman  
The Rainbow Bear—Michael Morpurgo  
Arctic Start - Tom Palmer  
Pugs of the Frozen North—Philip Reeve & Sarah McIntyre  
First Light—Rebecca Stead

### Non Fiction

Ice Trap by Meredith Hooper  
Alastair Humphrey's Great Explorers  
Race to the Frozen North: The Matthew Henson story by Catherine Johnson & Katie Hickey  
The Cold Book –Mike Goldsmith & Miranda Smith  
Introducing Antarctica—Anita Ganeri  
Shackleton's Journey by William Grill

## Visit/ Trip ideas

National Maritime Museum, London  
Scott Polar Research Institute, Cambridge  
Natural History Museum at Tring  
Cheltenham Art Gallery and Museum—The Wilson  
Dundee Heritage Trust  
Gilbert White and The Oates Collection, Hampshire

## Topic Hooks

Excavate ice cores  
Bring kit for a polar adventure to school  
Provide artefacts [pictures of artefacts] to discuss  
Set up a polar explorers hut  
Training Day for polar explorers

# Frozen Kingdoms

## Useful Resources

British Antarctic Survey : <https://www.bas.ac.uk/>  
UK Arctic Research Station :  
<https://www.arctic.ac.uk/uk-arctic-research-station/>  
Royal Geographical Society : <https://www.rgs.org/schools/teaching-resources/?loadall=0&pageindex=1&searchterm=polar>  
National Geographic kids: <https://www.natgeokids.com/uk/home-is-good/save-our-polar-habitats/>  
South by Ernest Shackleton  
Captain Scott by Ranulph Fiennes  
YouTube: Drifting With the Ice: Life on an Arctic Expedition  
| National Geographic: The Search For The Northwest Passage;  
Race to the South Pole: Tragedy at the South Pole

## Prominent People

Ernest Shackleton  
Captain Robert Falcon Scott  
Roald Amundsen  
Sir John Franklin  
Sir James Clark Ross  
Ranulph Fiennes  
Ann Bancroft  
Robert Peary  
Fridtjof Nansen  
Sir Edmund Hillary

## ENGLISH

### Writing opportunities

Narrative: write an adventure/ mystery story set in Antarctica/ Arctic; retell an Inuit folk tale

Poetry—write poetry using pictures/ photographs of Polar Regions as stimulus

Discussion: debate the impact of climate change on polar regions; the impact of research stations

Explanation- Leaflet for explorers explaining about life on an expedition; for scientists about life on a research station

Instructions: How to dress for extreme weather conditions/ how to look after huskies/ how to make hoosh

Persuasion—Write advert to recruit fellow explorers; Write a letter to respond to Shackleton's advert

Recount: Diary entry—explorers hopes, dreams and fears; Postcard /letter from a research station/ explorers hut

Report: NCR— Antarctic/ Arctic; Newspaper—recount of an expedition; reaching the Pole

## ENGLISH

### Speaking and Listening opportunities

Drama: use role play to: interview applicants for expeditions; explore emotions of polar explorers during an expedition;

Discussion: debate the impact of climate change on polar regions; the impact of research stations

## ENGLISH

### Poetry

Snow Fox—Liz Brownlee

Stopping by Woods on a Snowy Evening—Robert Frost

Winter Poem—Laurie Lee

## GEOGRAPHY

Locational knowledge: latitude and longitude; use of atlases and maps

Physical geography: Climate and hostile environment and Biomes

Human geography: settlements and land use; distribution of natural resources

## SCIENCE

Living things and their habitats[Y4]

Earth and Space: night and day, seasons [Y5]

Properties of materials: thermal insulators; reversible and irreversible change [Y5]

Evolution and inheritance: Animal adaptation[Y6]

## HISTORY

Race for North and South Poles

Timeline of expeditions to the Poles

Evolution of polar equipment

## MATHS

Negative numbers

Measurement—area and perimeter; converting miles to kilometres

Statistics

## **COMPUTING**

Use of data loggers to measure temperature/ sound

Create an eBook about a Polar expedition

Create an animation about a Polar expedition

Create a quiz about Polar Regions

Design and program a Polar vehicle that

## **MUSIC**

Listen to music that creates atmosphere and consider instrument choice

The Nutcracker Suite—Tchaikovsky

Frozen—Disney film

Compose music to reflect Polar Regions weather conditions

## **PE**

Circuit training to prepare for an expedition

Swimming

Water Safety

## **ART**

Sketch/ paint Polar animals and landscapes

Collages of polar animals and landscapes

Sculpture: polar landscape/ animals

## **DT**

Create and cook a menu for a healthy diet for explorers

Design and make goggles for explorers

Design and make gloves for explorers

Design and make a vehicle to transport explorer equipment which will glide over snow

Design a boat to break through ice

## **PSHE—character strengths**

Determination

Resilience

Teamwork

Co-operation

## **PSHE—curriculum**

What a healthy lifestyle requires: nutrition; physical; mental well-being

Problem-solving strategies for dealing with emotions, challenges and change

To recognise and celebrate personal strengths and achievements

Basic first aid

Response in an emergency situation

How to predict, assess and manage risk in different situations

## **RE**

Explore how world religions respond to risk

Explore how world religions can contribute to well-being