



Experience Life as a Polar Explorer

Level 1 & 2

Workshop 1 hour

Your class will have the opportunity to enter the mind-set of a Polar explorer and learn more about the battles they faced to survive in the coldest place on earth.

Your crew will join us on board R.R.S Discovery to learn more about what life was like for a Polar explorer over 100 years ago. Find out how they protected themselves from extreme cold and how the cold can affect the human body. Try on the replica clothing to experience first-hand what it must have been like for Captain Scott and his crew. Find out what the coldest ever recorded temperature was at the South Pole. Examine materials used to keep warm and compare with materials and clothing used by today's Polar explorers and Scientists.

Our education staff will provide an inclusive and personalised session for your pupils, making sure everyone is actively engaged and has the opportunity to explore and ask questions.

Learning outcomes:

By participating in this session, pupils will have explored the following:

- Made a personal link to the past by exploring items or images connected with important individuals or special events
- Explored how people lived in the past and used imaginative play to show how their lives were different
- Compared aspects of people's daily lives in the past with their own by using historical evidence and the experience of recreating an historical setting

People, past events and societies:

SOC 0-02a , SOC 0-04a, SOC 1-04a

English and Literacy. Listening and Talking:

LIT 1-02a, ENG 1-03a, LIT 1-07