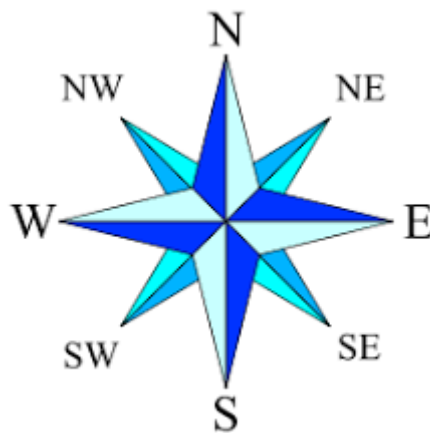


## Explorers in Lockdown



We have all been in lockdown for a good while now and I bet you are getting a little bored, fed up of being in the same place and only seeing and speaking to the same people.

Throughout history explorers have been travelling round the planet, discovering new places, new people and about themselves. Being able to deal with lockdown and boredom was an important skill. Come on a journey and discover why.

### Tall ships or galleons

Some of the earliest well known explores were Christopher Columbus who discovered the Americas, Ferdinand Magellan who led perhaps the first expedition to travel around the world and Captain James Cook who mapped the south pacific, discovered New Zealand, the Great Barrier Reef and other parts of Australia. They all made their discoveries by Sailing ships.



## Derwent Hill Activity Sheet: Explorer's Challenge

Often lured by the chance of trade and riches, tall ships or galleons required large crews to man them. Being in the ship could be like being in lockdown. Journeys by sea were often long and lasted many years. Conditions were often cramped with many people living, eating and sleeping in the same small space. They were often at sea for months with only a short few days on land where they were allowed to explore before setting out again.



See if you can find out about the explorers above and what life was like for those who sailed with them. Try Googling the names already mentioned and 'life on a tall ship or galleon'.

*When did they sail?*

*What did the sailors eat?*

*What was scurvy?*

*How did the sailors entertain themselves?*

If you can, reward yourself with this sailing game. Can you sail the boat? You can also learn about all things sailing including pirates, knots and navigation.

[http://www.thepirateking.com/ships/sail\\_simulator.htm](http://www.thepirateking.com/ships/sail_simulator.htm)



Hopefully you have learned that a sailor's life was hard, dangerous and often very boring.

## Derwent Hill Activity Sheet: Explorer's Challenge

The officers were often better educated and could read. On long voyages they often liked reading about a wide variety of subjects from science to poetry. Many often later went on to write books. Charles Darwin wrote a famous book called the "Origin of species" about the theory of evolution after a 5year voyage on Beagle to the south Pacific.

The officers also liked to take exercise walking the deck. They would walk a set number of widths each day. Playing instruments was also popular.

The men or "hands" would keep busy in their free time by singing and playing music or making things out of common materials like wood, rope or canvas. They needed less exercise as their job was more physical, pulling in ropes, lifting or climbing rigging.



How would you keep busy? Like the men or like the officers?

During your lockdown you could read about something you want to know about or perhaps you could make things out of materials around the home for example recycling?

## Derwent Hill Activity Sheet: Explorer's Challenge

### Polar explorers

Early polar explorers also had to spend a lot of time at sea traveling to the Poles, but conditions were much better by this time.

Two of the most famous Polar explorers were Robert Falcon Scott and Roald Amundson. During the end of 1911 and early 1912 they took part in a race to be the first to reach the South Pole. Both were



great heroes but differed greatly in their leadership styles and approaches to their expeditions.

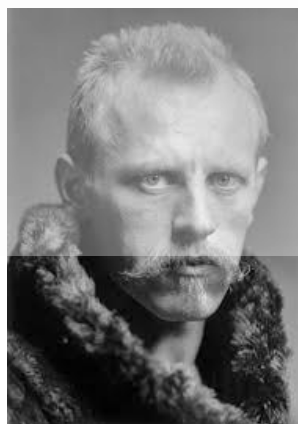
Find out more here:

<https://www.coolantarctica.com/Antarctica%20fact%20file/History/race-to-the-pole-amundsen-scott.php>

Robert Falcon Scott



Roald Amundson



Find out about these explorers, their expeditions, their race and what happened to them?

It is often forgotten that in order to start their journey early, both expeditions had to spend the winter before in Antarctica. During the summer before their ships had to unload, hastily build their hut to live in and leave stores for the years ahead. The expedition parties were then left.

## Derwent Hill Activity Sheet:

### Explorer's Challenge

During the winter temperatures would drop as low as -50c, storms would last weeks and the sun would not rise for months on end. The explorers were often in lockdown in their huts for weeks and on good days it was still too cold and dark to go far.

They kept busy by preparing for the journey ahead, maintaining their equipment, exercising their animals, and keeping scientific records such as weather observations.

Could you keep busy with science?  
Here is a link with lots of fun science games, experiments and videos:  
<https://wowscience.co.uk/>.

Or learn about the weather here:  
<https://www.dkfindout.com/uk/earth/weather/>.



The also kept busy teaching what they had learned to other people on the expedition. This was done by giving presentations about their specialist subjects.

Could you present what you have learned from a subject above to somebody in your household?

Scott and Amundson knew they were living in historic times! They took the time to record where they were, what it was like and what they were doing. They used modern technology like the newly invented camera to make records.

Try making a video with a mobile phone or tablet about being in lockdown. Try and answer these questions.

*Why are we in lock down?      Where are you?      Who are you with?*

*What is it like?      How does it feel?*

*What are you doing to keep busy and positive?*

*Remember, historians will be interested in what you say and show them. We too are living in historic times.*

## Derwent Hill Activity Sheet: Explorer's Challenge

One of the best things about living in the Antarctic is living with penguins.

Find out about penguins and what type of penguin you would be with this game.



<https://www.bbc.co.uk/cbbc/quizzes/which-penguin-are-you>

## Space. The final frontier



Space explorers or Astronauts spend a lot of time locked down in their space craft. Neil Armstrong and Buzz Aldrin were in Space just over 8 days and only spent 22 hours on the moon. On their return they spent a further 3 weeks in isolation, in case they brought back any diseases. How long did they actually spend outside the space craft? You can find out this and more about the first moon landing in this great video

<https://www.youtube.com/watch?v=raN5VLEro1w>

## Derwent Hill Activity Sheet: Explorer's Challenge

In the international space station astronauts are in lockdown for an average of six months. Tim peak was the first British astronaut to visit the space station he visited for six months. Like his previous polar explores and Apollo astronauts he spent most of his time completing over 250 experiments and recording his time in diaries, photos and videos.



He also completed a virtual London marathon running on a treadmill with elastic providing fake gravity and holding him on. Exercise is important to help us feel good and keep us healthy.

Have you set an exercise goal? It does not have to be hard. Go for a ½ hr walk every day, play keep up with a football in the garden regularly, or practice dancing. You may have even better ideas. What would you do?

Would you like to explore space?  
Build your own rocket with this  
game?

[https://www.nasa.gov/kidsclub/flas  
h/games/level2/Rocket\\_Builder.htm](https://www.nasa.gov/kidsclub/flas h/games/level2/Rocket_Builder.htm)  
!



## Derwent Hill Activity Sheet: Explorer's Challenge

### Other famous explorers

All of the explorers I mention above have been men but there are many great female explorers for example,

Ellen Macarthur was the first fastest solo sailor to circumnavigate the world.

*Try and find out how did she become a solo sailor?*

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-ellen-macarthur-record-breaking-yachtswoman/zncwmfr>



Amelia Earhart was a famous early aviator and the first woman to cross the Atlantic solo.

*Find out about her, her amazing quotes about being a female adventurer and flying solo.*

<https://www.ameliaearhart.com/>

Sunita Williams has spent more time in space and completed more space walks than any other female astronaut. See her really great tour of the International Space Station here.

<https://www.youtube.com/watch?v=doN4t5NKW-k>.

Where do Astronauts hang out in their free time?





## Derwent Hill Activity Sheet: Explorer's Challenge

### Finally

All the explores in this activity have enjoyed being in lockdown or on solo expedition, though they found it hard. They found enjoyment by keeping busy. Hopefully, you now have you some ideas and inspiration to help you do this.

**Good luck and I hope you had fun with this work sheet.**

