Seven Lands and Five Seas

Teacher		**Class**	Year 2
Subject	Geography	**Topic**	Continents and oceans
Date		**Room**	
Lesson length	60 minutes	**Country**	United Kingdom

We learn to name the seven continents and five oceans. We colour a world map and name each land and sea.

Curriculum links

- name and locate the world's seven continents and five oceans [1]
- use world maps, atlases and globes to identify the continents and oceans studied at this key stage [1]

Learning objectives

- Students will name the seven continents and locate them on a world map.
- Students will name the five oceans and locate them on a world map.

Success criteria

- I can say all seven continent names on a map.
- I can say all five ocean names on a map.
- I can colour land and sea in the right way.

What students already know

Show a world map for 2 minutes, point to green-brown parts and blue parts and ask: which parts could you stand on and which parts would you swim in?

Key words

continent	very big land made up of different countries [18]
ocean	very big area of salty water [7]
globe	small round model of our planet seen from space [4]
atlas	book full of flat pictures of the world [4]
map	flat picture that shows land as coloured shapes and sea as blue [6]

Materials

- outline world map sheets - one per pair
- colouring pencils or felt tips, including blue
- word bank cards with the seven lands and five seas names
- finished example coloured map with blue seas
- whiteboard to show Slides 2-12, Video clip 1 (0:00-1:31) and Video clip 5 (0:00-2:49)

Before the lesson

- Print outline world map sheets, one per pair, plus word bank cards
- Print one finished example coloured map for support
- Test Slides 2-12, Video clip 1 (0:00-1:31) on slide 6 and Video clip 5 (0:00-2:49) on slide 8 with sound
- Set tables for pairs with pencils sorted and blue pencils ready

Lesson outline

0–10 min **Starter** 10 min · Whole class

To hook interest and check what pupils know about land and sea.

YOU DO

1. Show Slide 2 Vote: Would you explore land or sea first? Take a quick hands-up vote for Big land and Big sea.
2. Show Slide 4 Key words and teach continent as very big land [18] and ocean as very big salty sea [5], with globe as little round Earth [4].
3. Ask the hook question and show Slide 5 Think, pair, share: How is land different from sea? Give 1 minute pair talk.
4. Take 2-3 answers and repeat that maps show continents as coloured shapes and oceans as blue areas between them [6].

STUDENTS DO

1. Vote for land or sea and join in saying the key words.
2. Talk with a partner about how land is different from sea.
3. Share one idea with the class.

Say: How can we make it clear which bits are land and which bits are water? Land is somewhere you could stand on. Sea is salty water you would swim in. Today we will name seven very big lands and five very big salty seas.

Ask: Is this a place you could stand on, or a place you would swim in? (Stand on is land, swim in is sea.) · On our map, which colour shows sea? (Blue shows the oceans and seas [6].)

Check understanding: Thumbs up if you can point to blue sea and brown-green land. If unsure, point together again on Slide 5.

Support: Let the student point to blue and land on the big map first and copy a partner's words. **Stretch:** Ask them to tell a partner one more land word, like mountain or beach, and one sea word.

Use: Slides 2, 4-5

10–25 min **Teaching** 15 min · Whole class

To teach the names and places of the seven continents and five oceans.

YOU DO

1. Show Slide 3 Did you know? and explain all five oceans join together and water flows between them all around the world [5].
2. Show Slide 6 Watch and listen and play Video clip 1 (0:00-1:31). Tell pupils to listen for seven lands and five seas.
3. Name the seven continents as Europe, Africa, North America, South America, Asia, Oceania and Antarctica [4], pointing to each on the big map.
4. Name the five oceans as the Pacific, Atlantic, Indian, Arctic and Southern [6] and show Slide 7 Lots of sea! that oceans cover most of our planet, 70% of Earth [3].

STUDENTS DO

1. Watch, listen and repeat each continent and ocean name.
2. Point in the air to follow where each land and sea is.
3. Chant back the seven lands and five seas together.

Say: Our world has seven very big lands called Europe, Africa, North America, South America, Asia, Oceania and Antarctica [4]. It has five very big salty seas called the Pacific, Atlantic, Indian, Arctic and Southern [6]. All five join up into one big connected water [5].

Worked example: I point to a very big land and say Asia, the biggest continent [6]. I point to the very big blue water beside it and say Pacific, the largest ocean [6]. I point to the small blue water at the top and say Arctic, the smallest ocean [7].

Ask: How many continents and how many oceans are there? (Seven continents and five oceans [4][6].) · Which ocean is the biggest and which is the smallest? (The Pacific is the largest [6] and the Arctic is the smallest [7].) · Which continent is the biggest and which is the smallest? (Asia is the biggest and Oceania is the smallest [6].)

Check understanding: Call and response: teacher says half a name, class finishes it. Re-play the 1:31 clip part if names are muddled.

Support: Keep a list of the seven names and five names on the board to point to while repeating. **Stretch:** Ask them to say which two lands or seas sit next to each other on the map.

Use: Slides 3, 6-7, Video clip 1 (0:00–1:31)

Created with LessonDino.com · AI lesson planner with checkable sources

25–45 min **Main activity** 20 min · Pairs

To make a coloured map that shows and names lands and seas.

YOU DO

1. Show Slide 8 Sing the names and play Video clip 5 (0:00-2:49) to sing seven lands and five seas together.
2. Show Slide 9 Your task and model: colour each land a new colour, say its name out loud, point to each sea and name it.
3. Give out outline sheets, pencils and word bank cards. Remind pairs that an ocean is a huge area of salty water [5] and maps show continents as coloured shapes and oceans as blue areas [6].
4. Move around, ask pairs to say names aloud as they colour and check blue is used for all seas.

STUDENTS DO

1. Sing the names together, then in pairs colour each continent a different colour and all oceans blue.
2. Use the word bank to write the names and say each name out loud.
3. Hold up the map, point to one land and one sea and name them.

Say: Colour each land a new colour and say its name out loud. Colour all the water blue, because blue shows the seas. Point to each sea and name it. Work in pairs to colour and name the lands and seas.

Worked example: I pick Asia first. I colour it yellow and say Asia. I pick the Pacific next. I colour it blue and say Pacific, the largest ocean [6]. I check the word bank to spell the name and move to the next land.

Ask: Which bits do we colour blue and why? (All the oceans, because blue areas show water between the lands [6].) · How do we know we have all seven lands? (We can count and say Europe, Africa, North America, South America, Asia, Oceania and Antarctica [4].)

Check understanding: Pairs hold up maps and name two lands and one sea. If names or colours are mixed, show the finished example and fix one together.

Support: Give the student a finished example where the continents are already coloured shapes and the oceans are blue to copy [6]. **Stretch:** Ask them to add a simple key with a small coloured square for each label.

Use: Slides 8-9, Video clip 5 (0:00–2:49)

45–60 min **Plenary** 15 min · Whole class

To check pupils can name and locate continents and oceans.

YOU DO

1. Show Slide 10 Our blue Earth and ask what is brown and green land and what is blue sea all around.
2. Show Slide 11 What could this be? White, cold, no towns. Which land? Model finding Antarctica, which is surrounded by the Southern Ocean [7].
3. Show Slide 12 Quick quiz: How many lands? 7. How many seas? 5. Biggest sea? Pacific. Cold white land? Antarctica.
4. Link back to success lines and praise clear colouring and loud naming.

STUDENTS DO

1. Point to land and sea on Slide 10 and call out names.
2. Answer the mystery and quiz questions together and on mini whiteboards.
3. Say what they can now do from the success lines.

Say: Look at our blue Earth. Brown and green land with blue sea all around. White, cold, no towns must be Antarctica. The sea around it is the Southern Ocean, which surrounds Antarctica [7].

Worked example: Clue says white, cold, no towns. I look for white land at the bottom of the map. I point and say Antarctica. I point to the blue around it and say Southern Ocean [7].

Ask: Which land is white, cold and has no towns? (Antarctica.) · Which sea is the biggest? (The Pacific, the largest ocean [6].) · The Arctic Ocean is often covered in what? (Ice, it is often completely covered in ice [7].)

Check understanding: Mini whiteboards for the four quiz answers. Re-point on the wall map if under half get Pacific or Antarctica right.

Support: Let the student answer with the map in front showing coloured shapes and blue seas to narrow the choice [6]. **Stretch:** Ask them to make up a new clue for a partner using the map, like naming neighbours.

Use: Slides 10-12

Common mistakes

Mistake	How to spot it	How to fix it
Mixing up a country and a continent	Child names a country when asked for a continent	Remind that a continent is a very large landmass made up of different countries [18] and point to the whole coloured shape.
Thinking oceans are separate bowls of water	Child says water cannot move from one ocean to another	Show that all five oceans are connected and water flows between them [5] on the globe and map.
Calling the Arctic the biggest ocean	Child points to the top of the map for the biggest sea	Compare sizes: the Pacific is the largest [6] and the Arctic is the smallest [7].

Support

- Use the finished example map where continents are coloured shapes and oceans are blue to copy [6]
- Work in pairs so the student hears each name said aloud before writing it

Stretch

- Add a simple key with a small coloured square for each continent and ocean label
- Make up new mystery clues and order lands and seas from biggest to smallest

Created with LessonDino.com · AI lesson planner with checkable sources

For the LSE or teaching assistant

Stay with target pairs in main task, help match word bank names to shapes, prompt saying each name aloud, and use the finished example for copying colours.

Check for understanding

Question	Answer
How many continents are there? Name two.	7; any two of Europe, Africa, North America, South America, Asia, Oceania and Antarctica [4].
Name the five oceans.	Pacific, Atlantic, Indian, Arctic and Southern [6].
Which is the biggest ocean and which land is cold and white?	Pacific is biggest [6]; Antarctica is the cold white land.

Homework

Find-it hunt at home: find each land and sea on a map - Worksheet page 5.

Sources

1. National Curriculum - Geography key stages 1 to 2 - GOV.UK · assets.publishing.service.gov.uk · https://assets.publishing.service.gov.uk/media/5a7c1ecae5274a1f5cc75e97/PRIMARY_national_curriculum_-_Geography.pdf
2. YEAR 2 GEOGRAPHY CURRICULUM · st-marys-deane.bolton.sch.uk · https://www.st-marys-deane.bolton.sch.uk/wp-content/uploads/2024/01/Geography-Curriculum-Y2.pdf
3. School Learning Zone - Oceans and Continents · school-learningzone.co.uk · https://school-learningzone.co.uk/key_stage_one/ks1_geography/oceans_and_continents/oceans_and_continents.html
4. Exploring locations - the seven continents - Years 1/2 - P2/3 ... · bbc.co.uk · https://www.bbc.co.uk/bitesize/articles/zw7gsk7
5. BBC Bitesize – Primary Topic Packs – Oceans – KS1 - BBC Bitesize · bbc.co.uk · https://www.bbc.co.uk/bitesize/articles/zt34mbk
6. The Seven Continents and Five Oceans Explained · eli10.co.uk · https://eli10.co.uk/topics/the-seven-continents-and-five-oceans-explained
7. Continents of - Childwall CE · childwallce.co.uk · https://childwallce.co.uk/wp-content/uploads/2020/06/Continents-and-oceans-Presentation.pdf
8. Year 2 Continents and Oceans Geography Knowledge Organiser · stmarksschool.co.uk · https://www.stmarksschool.co.uk/assets/Knowledge-Organisers/Year-2/Year-2-Continents-and-Oceans-Geography-Knowledge-Organiser.pdf
9. The world's five oceans KS1 | Y1 Geography | Lesson Resources · thenational.academy · https://www.thenational.academy/teachers/programmes/geography-primary-ks1/units/continents-and-oceans-what-can-we-find-out-about-the-world/lessons/the-worlds-five-oceans
10. Geography for Kids: Oceans - Ducksters · ducksters.com · https://www.ducksters.com/geography/oceans.php
11. Continent Facts for Kids · kids.kiddle.co · https://kids.kiddle.co/Continent
12. Continent · education.nationalgeographic.org · https://education.nationalgeographic.org/resource/Continent/
13. ocean - Kids | Britannica Kids | Homework Help · kids.britannica.com · https://kids.britannica.com/kids/article/ocean/346185
14. Continents and Oceans Explained for Kids: Story, Facts ... · mystorypie.com · https://mystorypie.com/learn/en/concept/continents-and-oceans/
15. What Are Continents and Oceans? – Explained for Kids · smartonlinegames.com · https://smartonlinegames.com/learn/what-are-continents-and-oceans.html
16. Continents and Oceans Teaching Resources - Teach Starter · teachstarter.com · https://www.teachstarter.com/us/learning-area/continents-oceans/
17. Continents and Oceans Worksheets for Kids: Geography ... - 7ESL · 7esl.com · https://7esl.com/continents-and-oceans-worksheets/
18. knowledge organiser geography continents and oceans · primarysite-prod-sorted.s3.amazonaws.com · https://primarysite-prod-sorted.s3.amazonaws.com/oakridge/UploadedDocument/f56bf053-d5ec-4e51-bc4a-356783f930d9/knowledge-organiser-geography-continents-and-oceans.pdf
19. The seven continents - KS2 Geography - BBC Bitesize · bbc.co.uk · https://www.bbc.co.uk/bitesize/topics/zsw4kty
20. Early onset of industrial-era warming across the oceans and cont… · pubmed.ncbi.nlm.nih.gov · https://pubmed.ncbi.nlm.nih.gov/27558063
21. Pays, continents, océans | Idéllo · idello.org · https://www.idello.org/en/gp392079/pays-continents-oceans

Created with LessonDino.com · AI lesson planner with checkable sources