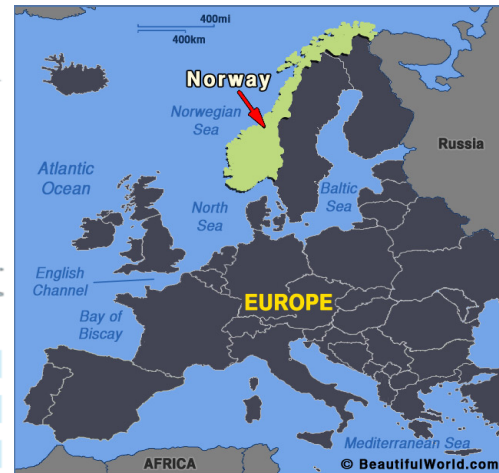
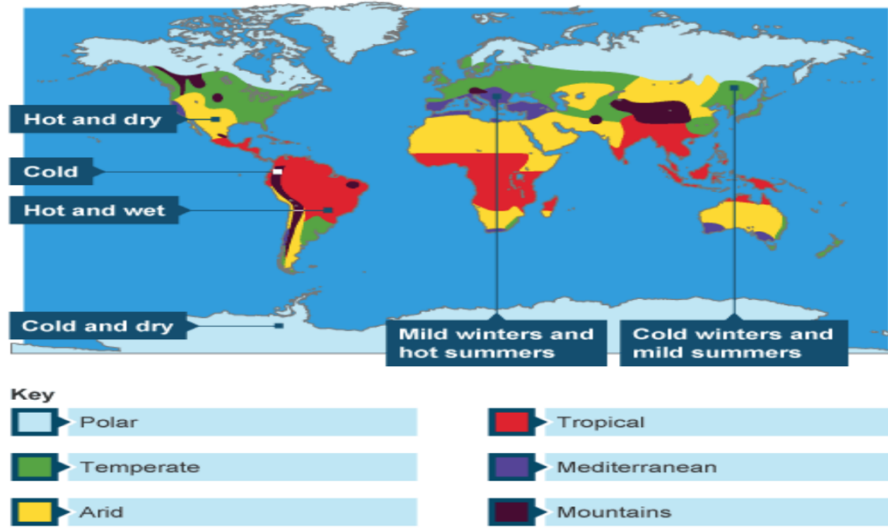
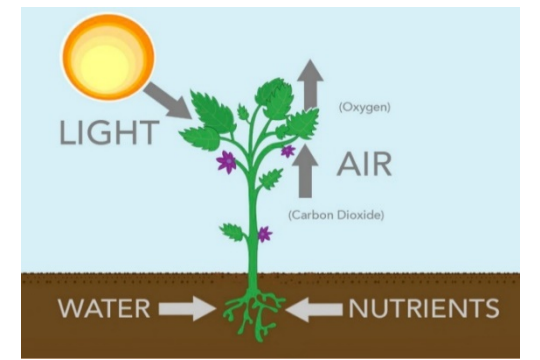


Extreme Survival - Knowledge Sheet

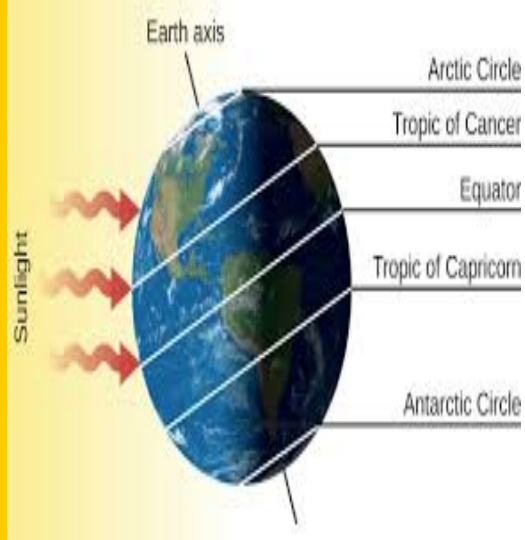
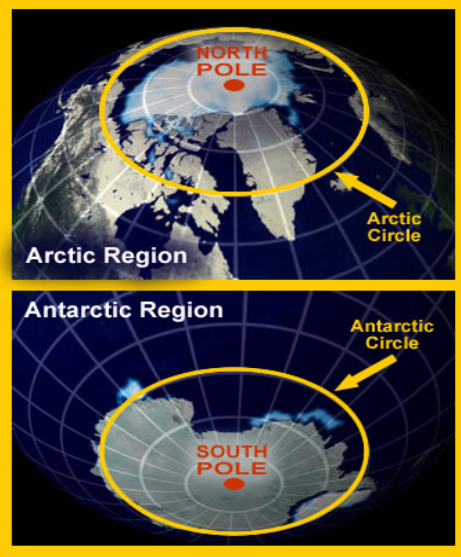


What all **plants** need to survive.

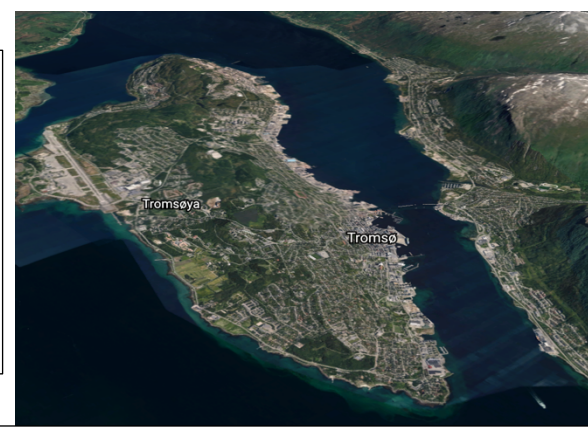


The main things animals and humans need to **survive**.

Food 	Space/Air 
Shelter 	Water 



The **Arctic** and **Antarctic Circles** are the coldest areas on the earth because of their **position** to the sun.

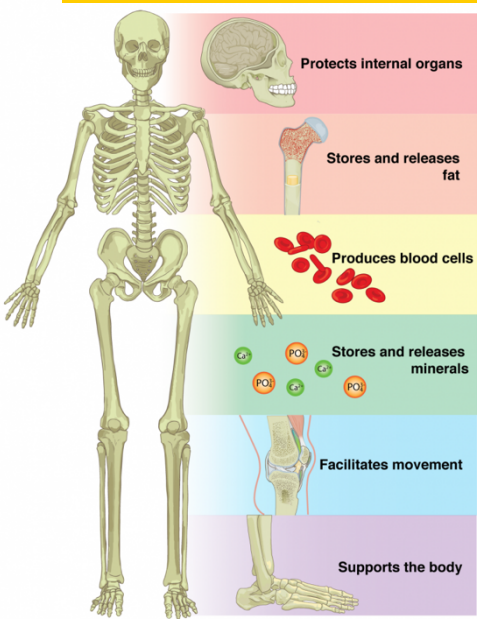


The **British army** completed Extreme Survival training in Tromsø.

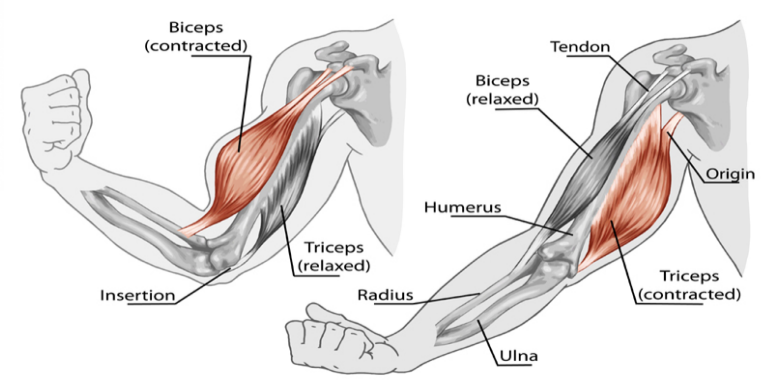
**Tromsø** is a city in Northern Norway. Tromsø has a population of 76,974. Most of Tromsø, including the city centre, is located on the **island** of Tromsøya, 350 kilometres (217 mi) north of the Arctic Circle. Tromsøya is connected to the mainland by the Tromsø Bridge and the Tromsøysund Tunnel. It is surrounded by large **mountains** on the mainland and by the **Arctic Ocean**. It has a colder climate due to its location in the **Arctic Circle**.

YOU CAN SURVIVE

3 MINUTES without AIR	3 HOURS without SHELTER	3 DAYS without WATER	30 DAYS without FOOD
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ENDOSKELETON (INTERNAL)	EXOSKELETON (EXTERNAL)



**Muscles** work with the skeleton to allow us to move. They work in pairs when one **relaxes** the other one will **contract** to allow movement.



**Evesham** is a market town in the Wychavon district of Worcestershire, in mid England with a population of 24,428, according to the 2011 census. It lies within the **Vale of Evesham**, an area comprising the flood plain of the River Avon, which has been renowned for **farming of crops and fruit**. It has **two rivers** running through the town.



Some animals **hibernate** to survive the tough winter months.



People wear different clothes to **adapt to their environment**. The type of shelter also changes to make it most suitable for the environment.



The painting '**The Scream**' was created by Norwegian Artist **Edvard Munch**. It was created after he was inspired after witnessing a strange light in the Norwegian sky.