# The Seven Continents and Five Oceans Explained

KS2 GEOGRAPHY Ages 9-12 ⏰ 3 min read

## What Are Continents?

A **continent** is a very large area of land on Earth. There are **seven continents** in total, and each one is completely different. They have different animals, climates, and people living on them.

The seven continents are: **Africa**, **Antarctica**, **Asia**, **Europe**, **North America**, **Oceania** (sometimes called Australia), and **South America**. **Asia** is the biggest continent, while **Oceania** is the smallest.

Think of it like seven enormous puzzle pieces that fit together to make up all the land on Earth.

## What Are Oceans?

An **ocean** is a massive body of salt water that covers most of our planet. There are **five oceans**, and they all connect to each other. In fact, some scientists think of them as one big ocean split into different sections.

The five oceans are: the **Pacific Ocean** (the largest), the **Atlantic Ocean**, the **Indian Ocean**, the **Arctic Ocean**, and the **Southern Ocean**. The **Pacific Ocean** is so huge that it covers an area larger than all the land on Earth combined!

Think of it like five different swimming pools that are all connected by underwater channels, with all the water mixing together.

## Why Do They Matter?

Understanding continents and oceans helps us know where places are on Earth. Maps show continents as the coloured shapes and oceans as the blue areas between them. When we learn geography, we're learning about how our world is organised.

Oceans are incredibly important because they give us food, oxygen, and water. They also affect our weather and climate. Continents are home to billions of people,

animals, and plants, each with their own unique stories and ecosystems.

Think of learning about continents and oceans like learning the layout of your town — it helps you understand where everything is and how it all connects.


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