



GEOGRAPHY

Welcome to the Geography Super Curriculum. Below you'll find a whole host of things to do to stretch yourself beyond the classroom curriculum.

UK rivers are vital geographical features that shape landscapes and support human and ecological systems. However, in recent years the health of UK rivers has declined due to pollution from agricultural runoff, including fertilisers and pesticides, sewage discharges and urban waste. Climate change has also intensified pressures through altered rainfall patterns, increased flooding and periods of drought that reduce water quality and flow. These issues threaten biodiversity, human health and economic activities reliant on clean water. Ensuring UK rivers remain healthy is essential for sustainable development. Protecting and restoring river systems helps safeguard biodiversity, improve water security, support local economies and build resilience to climate change. Effective management, stricter pollution controls and public awareness are therefore critical to preserving these vital natural resources for future generations.

READ

Read about the importance of freshwater ecology from the UK Centre for Ecology and Hydrology:

[Freshwater ecology](#) - UK Centre for Ecology & Hydrology

WATCH

Watch this video exploring the need to protect our rivers, part of the Rivers Trust's ongoing work:

[The Rivers Trust: Protecting our Rivers](#) - YouTube

LISTEN

Take your pick from some of these podcasts on the Rivers Trust website. There are a multitude of speakers to listen to regarding river health and issues relating to river pollution:

[Podcast: Rambling about Rivers](#) - theriverstrust.org

DO

Socially, rivers provide water for drinking, recreation and cultural identity, often forming the historic centres of towns and cities such as London along the Thames. Economically, rivers have long supported industry, agriculture and transport, and today they remain crucial for irrigation, energy generation and tourism. Environmentally, rivers sustain diverse ecosystems, acting as habitats and wildlife corridors, while also playing a key role in nutrient cycling and flood regulation.

Next time you are at a river, take a few moments to consider its health and what it means to your local area or, if you're just visiting, that area you're in.