The physical landscape of the UK is varied and includes upland and lowland areas. We can see the relief or the shape of the land on this map.

Brown indicates high ground and green indicates lowland. In the north and west of the UK we find most of the uplands, Scotland's Cairngorms and the Pennines in northern England for example. Meanwhile the south and east have mostly lowlands such as the Fens in Norfolk.

Let's look at the Peak District where we can see both uplands and lowlands close to each other.

Here we have areas of high ground, ridges and peaks which experience cool temperatures, high rainfall and strong winds.

The lowland valley is sheltered from wind by the higher ground. Here we can see rivers, lakes and wetland areas and greater biodiversity. So let's consider what caused the uplands and lowlands to form.

The UK's north-west has more resistant geology formed from igneous and metamorphic rocks, for example granite and gneiss. These rocks are not easily eroded.

The south and the east of the UK are mostly formed from sedimentary rocks like sandstone and clay which are more easily eroded.

Glaciers also play a role in the geology and shaping of the UK. The UK has experienced many periods of glaciation. Here we can see how far ice spread during the last ice age, around 25,000 years ago. These glaciers melted and the meltwater flowed to the south.

The uplands were shaped by glaciers forming pyramidal peaks and mountain ridges or arêtes. As ice moved downhill it eroded, carving through the land to form U-shaped valleys and corries.

How would you describe the physical landscape where you live?