Year 11 A-F PSYCHOLOGY

Subject	Psychology
Class/ Division	Year 11 A-F
Week	5 (27 th September to 1st October)
Work sent to students via	Zoom Meeting and Google Classroom
Total number of lessons per week	3 Zoom Classes(Synchronous) 1 Google Classroom
Topic (Term 1 Lesson)	Sleep and Dreaming

Lesson Topic	Internal and external influences on sleep
	• Symptoms and explanations of Sleep disorders
	Learning Objectives:
Content in Sleep and Dreaming	• Explore the internal and external influences on sleep, including strengths and weaknesses of each explanation:
	a. bodily rhythms, to include (i) circadian rhythms (ii) ultradian rhythms
	b. hormones, to include (i) pineal gland (ii) melatonin
	c. zeitgebers, to include (i) light
	• Outline symptoms and explanations of sleep disorders, including:
	a. insomnia
	b. narcolepsy
	Learning Outcomes:
	• Explain the internal and external influences on sleep, including strengths and weaknesses of each explanation:
	a. bodily rhythms, to include (i) circadian rhythms (ii) ultradian rhythms
	b. hormones, to include (i) pineal gland (ii) melatonin
	c. zeitgebers, to include (i) light

Task	 Describe symptoms and explanations of sleep disorders, including: a. insomnia b. narcolepsy Task 1: a. Answer the Exam style question on Page 232. b. Answer the Apply it question on Pg. 234 Write it in your NB, take a pic and submit on GC (during GC session) Submit by 1st Oct 2020 Task 2: Homework Answer the Apply it question on Pg 236. Write it in your NB, take a pic and submit on GC.
Resources	Submit by 2 nd Oct 2020 TB. Psychology Book Edexcel GCSE (9-1) 1 pp. 232 - 236. PPT