

## Year 11 G-H PSYCHOLOGY

<b>Subject</b>	<b>Psychology</b>
<b>Class/ Division</b>	<b>Year 11 G-H</b>
<b>Week</b>	<b>2 (7<sup>th</sup> Feb to 11<sup>th</sup> Feb )</b>
<b>Work sent to students via</b>	<b>Zoom Meeting and Google Classroom</b>
<b>Total number of lessons per week</b>	<b>3 Zoom Classes( Synchronous) 1 Google Classroom</b>
<b>Topic (Term 2 Lesson)</b>	<b>Sleep and Dreaming</b>

<p><b>Lesson Topic</b></p> <p><b>Content in Sleep and Dreaming</b></p>	<ul style="list-style-type: none"> <li>• <b>Features, Functions and Benefits of Sleep</b></li> <li>• <b>Internal and external influences on sleep</b></li> </ul> <p><b>Learning Objectives:</b></p> <ul style="list-style-type: none"> <li>• Outline the features, functions and benefits of sleep</li> <li>• Explore the internal and external influences on sleep, including strengths and weaknesses of each explanation: <ul style="list-style-type: none"> <li>a. bodily rhythms, to include (i) circadian rhythms (ii) ultradian rhythms</li> <li>b. hormones, to include (i) pineal gland (ii) melatonin</li> <li>c. zeitgebers, to include (i) light</li> </ul> </li> </ul>
<p><b>Task</b></p>	<p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>• Discuss the four stages of sleep, REM sleep, the sleep cycle and Functions and benefits of sleep.</li> <li>• Explain the internal and external influences on sleep, including strengths and weaknesses of each explanation: <ul style="list-style-type: none"> <li>a. bodily rhythms, to include (i) circadian rhythms (ii) ultradian rhythms</li> <li>b. hormones, to include (i) pineal gland (ii) melatonin</li> <li>c. zeitgebers, to include (i) light</li> </ul> </li> </ul> <p><b>Task 1:</b>  Answer the following questions in breakout groups(each group gets one question) and type on a Word Doc and share with the other groups during</p>

<b>Resources</b>	<p>zoom session like Jigsaw</p> <ol style="list-style-type: none"><li>a. What is the sleep cycle?</li><li>b. What is REM Sleep?</li><li>c. What are the four main stages of sleep?</li><li>d. What is sleep useful for?</li><li>e. What is meant by the term sleep deprivation?</li></ol> <p><b>Task 2:</b> Answer the Exam style question on Page 232.</p> <p>Write it in your NB, take a pic and submit on GC (during GC session)</p> <p><b>Task 3: Homework</b> Answer the Apply it question on Pg. 234</p> <p>TB. Psychology Book Edexcel GCSE (9-1) 1 pp. 228-234</p>
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