

Meden School Curriculum Planning							
Subject	Psychology	Year Group	11	Sequence No.	6	Topic	Sleep and dreaming
Retrieval		Core Knowledge			Student Thinking		
What do teachers need retrieve from students before they start teaching new content ?		What specific ambitious knowledge do teachers need teach students in this sequence of learning?			What real life examples can be applied to this sequence of learning to development of our students thinking, encouraging them to see the inequalities around them and 'do something about them!'		
<p><u>Personal experience</u></p> <p>Sleep and dreaming habits throughout the students life – length of sleep as a baby, infant, child, young person and then elderly person</p> <p>Recall of insomnia and the basic assumptions of the illness</p> <p><u>Previous learning</u></p> <p>Biopsychology recall of topic – neurons, synapses, EEGs, stages of sleep</p>		<p>Key Concepts –</p> <ul style="list-style-type: none"> • The functions, features and benefits of sleep: healthy brain; physical repair; emotional stability; stages of the sleep cycle and when dreaming occurs; the role of the pineal gland and melatonin • The causes of sleep disorders: sleep onset and sleep maintenance insomnia • Endogenous pacemakers; and exogenous zeitgebers; and their role in sleep <p>Theories/explanations –</p> <p>The Freudian Theory of Dreaming:</p> <ul style="list-style-type: none"> • the unconscious mind • the role of repression • the concept of wish fulfilment • manifest and latent content of dreams • criticisms of the theory including the issue of subjectivity. <p>The Freudian Theory of Dreaming Research Study – Freud (1918): dream analysis study of 'The Wolfman'.</p>			<p>Apply knowledge to individuals who complete shift work – how does that link with their endogenous pacemakers and exogenous zeitgebers and what are the long term health problems with this lack of routine.</p>		

	<p>The Activation Synthesis Theory of Dreaming:</p> <ul style="list-style-type: none"> • the role of REM sleep • the function and actions of the brain during sleep, including the limbic system • activity of neurons in the pons during sleep • the process of synthesis as a function of the cerebral cortex • criticisms of the theory including the reductionism/holism debate. <p>The Activation Synthesis Theory of Dreaming Research Study Differences in actions and functions of the brain when dreaming and when awake – Williams et al. (1992): study into Bizarreness in Dreams and Fantasies: Implications for the Activation Synthesis Hypothesis</p> <p>Application – development of treatments for insomnia</p> <ul style="list-style-type: none"> • Features of insomnia, the role of the nervous system and its management through relaxation techniques and the role of the physical environment in insomnia and its treatment through improved sleep hygiene • The impact of neurological damage to the hypothalamus on sleep. <p>Tier 3 vocabulary Insomnia Neurons Cerebral cortex Hypothesis Endogenous pacemaker Exogenous zeitgeber</p>	
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