

Edexcel GCSE Learning Intentions – Year 11 (Term 2.2)

What? When? Why?	Lesson 1 Learning Intentions	Lesson 2 Learning Intentions	Lesson 3 Learning Intentions
1	To outline the ultradian stages of sleep (N-REM and REM) including associated brain features of each stage of sleep.	To explain activation synthesis theory and consider the importance of REM for students and development.	To introduce the circadian rhythm of sleep including the role of the pineal gland and melatonin.
2	To understand the influence of exogenous zeitgebers and their influence on the circadian rhythm of sleep.	To outline and evaluate the research by <b>Siffre (1975)</b> including the effects of no exogenous zeitgebers on the circadian rhythm, memory and concentration.	To evaluate the research by <b>Siffre (1975)</b> on the grounds of validity, generalisability and reliability. Students will apply the findings to other artificial environments.
3	To understand the REM stage of sleep in more detail, including the Activation Synthesis Theory (1977).	To outline the research by Hobson and MaCarley (1977) to develop student understanding of the Activation Synthesis Theory.	To introduce psychodynamic psychology and the concept of the unconscious mind and ego-defence mechanisms.
4	To outline the psychosexual stages of development including the Oedipus and Electra Complex.	To outline the case study of <b>Little Hans</b> to explain the psychodynamic perspective of dreaming and dream analysis.	To evaluate the usefulness of case studies such as Little Hans to understand the purpose and role of dreams.
5	To compare and contrast the psychodynamic explanation of dreaming and Activation Synthesis Theory.	Sleep Disorders 1 – To explain narcolepsy (cataplexy and hypersomnia) and the effects of the sleep disorder on an individual.	Sleep Disorder 2 – To outline the potential causes of narcolepsy and treatments.
6	Sleep Disorder 3 – To explain insomnia and the effects of the sleep disorder on an individual.	Sleep Disorder 4 – To explain the potential cause of insomnia and possible treatments.	To outline the ethical guidelines that should be followed when conducting psychological research. This includes the role of the BPS and an ethics committee.
7	To consider previous research that may be considered unethical by modern standards and how these studies could be modified to meet ethical guidelines.	Examination practice and preparation – students to practice and develop their exam technique by focusing on the extended essay questions relating to issues and debates.	Examination practice and preparation – students to practice and develop their exam technique by focusing on the extended essay questions relating to issues and debates.