



Lesson 8: Sleep and dreams 2.2 Restoration theory of sleep

Learning objective	Gain knowledge and understanding of sleep and dreams
Lesson objectives	By the end of the lesson, learners will be able to: <ul style="list-style-type: none"> • Explain the argument against the restoration theory of sleep • Apply knowledge of the restoration theory of sleep to novel scenarios • Practice assessment skills
Vocabulary	N/A
Previous learning	Learners have studied the restoration theory of sleep, including the named study argument for the theory.

Plan

Activities	Resources
Beginning (5 mins)	<p>Sample assessment Paper 1: www.cambridgeinternational.org/Images/718593-2027-specimen-paper-1.pdf</p> <p>Sample assessment Paper 2 mark scheme: www.cambridgeinternational.org/Images/718601-2027-specimen-paper-1-mark-scheme.pdf</p>
Middle (50 mins)	

Ask learners to complete the cloze exercise to recall their learning from the previous lesson.

Share the answers to the starter activity, answer any questions, and discuss any misconceptions.

Explain limitations to the research as the argument against the restoration theory of sleep, that muscle repair also happens effectively when resting while one is awake, as well as when one is asleep.

Ask learners to find evidence and examples for this using the activity shown and take notes on their findings to share with the rest of the class.

Ask learners for a written response to the sample assessment question for AO3 practice.

Provide them with the mark scheme to self-assess their responses.

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End (5 mins)

Ask learners to complete the reflection activity to consider how they could improve their approach next time.

Reflection and evaluation

Reflection:

Summary evaluation:

What two things went really well? (Consider both teaching and learning.)

- 1.
- 2.

What two things would have improved the lesson? (Consider both teaching and learning.)

- 1.
- 2.

What have I learned from this lesson about the class or individuals that will inform my next lesson?

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