

New Learning: *Why do we sleep? What are the benefits of sleep & how does it occur?*

Next step: *What do theories tell us about how and why dreaming occurs?*

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Progress Step 3

EXPLORE & EXPLAIN: the role of the pineal gland and melatonin.

Success

1. I can use the information & clips on the website & textbook (page 151) to research the role of the pineal gland and melatonin in sleep.
2. I can **label a diagram of the brain** to explain this.
3. I can extend my explanation in a **paragraph** using examples and adding in the causes of sleep disorders (page 152).

Progress Step 2

EXPLORE & REPRESENT: stages of the sleep cycle and when dreaming occurs.

Success

1. I can use the information & clips on the website & textbook (pages 149-150) to research the stages of sleep.
2. I can create a **visual representation** of the stages of sleep that is accurate and includes images to show each stage.
3. I can clearly show in my representation where dreaming occurs.

Progress Step 1

EXPLORE & PRESENT: The functions, features and benefits of sleep, the healthy brain; physical repair; emotional stability.

Success

1. I can use the information and clips from the website and my textbook (page 148) to explain the functions & features of sleep using a **mind map**.
2. I can research the benefits of sleep using the website and other resources. In my research I will also cover the healthy brain, physical repair and emotional stability. This research is added to my **mind map**.

Prior Learning: understanding how the brain is structured and how to develop a healthy brain.