

## TIERED QUESTIONING SET

The following tiered question sets are based on Webb's Depth of Knowledge (DOK) Levels. These sample sets are designed to assess student understanding of physical education academic language vocabulary found within the Virginia Physical Education Standards of Learning. Model these questions with other vocabulary words or critical concepts. There are 4 Depth of Knowledge Levels. However, at the primary grade levels (K-2) the authors limit question sets to DOK Level 3 (Strategic Thinking). This level provides a developmentally appropriate and realistic target for scaffolding in-class debrief questions.

DOK 1: Recall  
DOK 3: Strategic Thinking

DOK 2: Skill/Concept  
DOK 4: Extended Thinking

### **Throw** [5.1: Motor Skill Development]

DOK 1: What do you do with your feet when you throw? Trunk? Arms?

DOK 2: How is throwing a softball the same as throwing a football? How are they different?

DOK 3: What happens to the ball if you hang on too long? What happens when you let go too early?

DOK 4: What is an activity you can practice to become a better thrower?

### **Muscle** [5.2: Anatomical Basis of Movement]

DOK 1: Where is your deltoid? Where are your gluteal muscles?

DOK 2: What do muscles do for the body?

DOK 3: What activities will help you strengthen your leg muscles?

DOK 4: What major muscles are used in the overhand throw?

### **FITT Principle** [5.3: Fitness Planning]

DOK 1: What are the four parts of the FITT principle?

DOK 2: Choose one of the parts and explain it.

DOK 3: What benefits can be expected if you follow the FITT principle?

DOK 4: Select a health-related fitness component and make a fitness plan using the FITT principle.

### **Inclusion** [5.4: Social Development]

DOK 1: How would you describe inclusion?

DOK 2: What classroom rules do we have that relate to inclusion?

DOK 3: What is the importance of inclusion in physical activity settings?

DOK 4: Identify two things you have demonstrated that promoted inclusion.

### **Portion Size** [5.5: Energy Balance]

DOK 1: What is meant by portion size?

DOK 2: How do portion sizes affect Recommended Daily Allowances?

DOK 3: How do portion sizes affect energy balance?

DOK 4: Plan two days of meals with appropriate portion sizes that meet RDAs.

Learn more about DOK Question Stems for Physical Education at the [OPENPhysEd.org Blog](https://openphysed.org/blog).