

## 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

### **Manipulative Skills** [6.1: Motor Skill Development]

DOK 1: What are examples of manipulative skills?

DOK 2: What do manipulative skills have in common with each other?

DOK 3: What is a sequence that includes a locomotor skill and a manipulative skill?

DOK 4: How does a basketball dribbling sequence change if the locomotor skill changes from walking to running?

### **Ball and Socket Joint** [6.2: Anatomical Basis of Movement]

DOK 1: What is an example of a ball and socket joint?

DOK 2: How does a ball and socket joint connect two bones?

DOK 3: What bones are connected by the hip joint?

DOK 4: How would our movement be altered if the hip joint was not a ball and socket joint?

### **Resting Heart Rate** [6.3: Fitness Planning]

DOK 1: What is meant by resting heart rate?

DOK 2: What are different ways to measure your resting heart rate?

DOK 3: How is your resting heart rate related to your aerobic fitness?

DOK 4: What are factors that may affect your resting heart rate?

### **Integrity** [6.4: Social Development]

DOK 1: What is integrity?

DOK 2: What are ways that you have demonstrated integrity?

DOK 3: What is the importance of having good integrity while participating in physical activity?

DOK 4: How can you help others demonstrate integrity?

### **Vitamins** [6.5: Energy Balance]

DOK 1: What are some common vitamins found in food?

DOK 2: How do vitamins help the body?

DOK 3: What are foods that are high in Vitamin C? Vitamin K?

DOK 4: Create a one-day meal plan with appropriate vitamins that meet RDAs.

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