

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

Offense [7.1: Motor Skill Development]

- DOK 1: What does it mean when a team is on offense?
- DOK 2: What is an offensive strategy that you could use in basketball? In soccer?
- DOK 3: What are offensive strategies that could be used in more than one activity?
- DOK 4: With a partner, develop an offensive strategy that would help your team be successful.

Center of Gravity [7.2: Anatomical Basis of Movement]

- DOK 1: What does center of gravity mean?
- DOK 2: How does your center of gravity change as you widen your base of support? How does it change as you make your base of support narrower?
- DOK 3: What is the advantage of having a lower center of gravity? Higher center of gravity?
- DOK 4: How does your center of gravity affect movement across a balance beam? Dribbling a soccer ball? Swinging a bat?

Body Composition [7.3: Fitness Planning]

- DOK 1: What is body composition?
- DOK 2: What are different ways to measure your body composition?
- DOK 3: How is your physical activity related to your body composition? How is your caloric intake related to your body composition?
- DOK 4: Using your body composition assessment results, design a plan to maintain or improve your body composition.

Etiquette [7.4: Social Development]

- DOK 1: What is etiquette?
- DOK 2: What are examples of appropriate etiquette?
- DOK 3: What is the importance of appropriate etiquette while participating in physical activity?
- DOK 4: How would you react when others do not demonstrate appropriate etiquette?

Portion Size [7.5: Energy Balance]

- DOK 1: What is meant by portion size?
- DOK 2: How are portions sizes different from serving sizes?
- DOK 3: What are strategies to control portion sizes?
- DOK 4: Make a one-day meal and snack plan with appropriate portion sizes.

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