

**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

**Obesity [PF.1: Motor Skill Development]**

- DOK 1: Describe the medical condition of obesity.  
DOK 2: What are some of the negative effects of obesity?  
DOK 3: What is the relationship between health-related fitness and obesity?  
DOK 4: What fitness assessments could be done to monitor the progress of a person who is obese? How would they differ from the assessments for a person who is not obese?

**Muscular System [PF.2: Anatomical Basis of Movement]**

- DOK 1: What are the three categories of muscles that make up the muscular system?  
DOK 2: Give an example of a skeletal, smooth, and cardiac muscle.  
DOK 3: Describe exercises and activities that increase the strength and flexibility of the lower body/upper body/abdominal area.  
DOK 4: Explain the effects of physical activity and training on the muscular system.

**Strength Training [PF.3: Fitness Planning]**

- DOK 1: What is strength training? What are different types of strength training programs?  
DOK 2: What are the benefits of strength training?  
DOK 3: What strength training principles should be followed for safe and successful participation in a program?  
DOK 4: What factors should be considered when developing a personal strength training program?

**Recreational Fitness [PF.4: Social Development]**

- DOK 1: What is recreational fitness?  
DOK 2: What are the benefits of recreational fitness activities?  
DOK 3: What are recreational fitness activities that are available in our school? Our community?  
DOK 4: How could you initiate more recreational fitness activity opportunities in our school?

**Performance-Enhancing Supplements [PF.5: Energy Balance]**

- DOK 1: What is another name for performance-enhancing supplements?  
DOK 2: What are examples of performance-enhancing supplements?  
DOK 3: What are the risks of taking performance-enhancing supplements?  
DOK 4: Explain how you would help a friend who is contemplating the use of performance-enhancing supplements.

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