

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

Fast [K.1: Motor Skill Development]

DOK 1: What does the word *fast* mean?

DOK 2: What do you know about moving fast in physical education class?

DOK 3: How is safety related to the word fast?

Muscle [K.2: Anatomical Basis of Movement]

DOK 1: Can you point to a muscle? Do you know that muscle's name?

DOK 2: What do you know about how muscles work?

DOK 3: How is movement related to your muscles?

Behavior [K.3: Fitness Planning]

DOK 1: What does the word *behavior* mean?

DOK 2: What is the difference between healthy behavior and unhealthy behavior?

DOK 3: How is your health related to your behavior?

Personal Space [K.4: Social Development]

DOK 1: What is your personal space? How can you recognize that it's your personal space?

DOK 2: How is personal space different from general space?

DOK 3: How can we use our activity area to create more personal space?

Energy Balance [K.5: Energy Balance]

DOK 1: What is energy balance?

DOK 2: How is physical activity and healthy eating related to energy balance?

DOK 3: What do you think will happen if someone eats a lot of unhealthy food and doesn't move very much? What will happen if they don't eat enough healthy food and they move a lot?

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