

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

Lifetime Activities [10.1: Motor Skill Development]

DOK 1: What are lifetime activities?

DOK 2: What are examples of different lifetime activities?

DOK 3: Identify a lifetime activity and tell me the skills that are needed to be successful in that activity.

DOK 4: What are your areas of strength and weakness in lifetime activities?

Agonist [10.2: Anatomical Basis of Movement]

DOK 1: What does an agonist muscle do?

DOK 2: What is the name of the muscle that works opposite of the agonist?

DOK 3: Explain how an agonist and antagonist from your upper body work together. Lower body.

DOK 4: What happens to a joint if the related agonist is much stronger than its antagonist?

Exercise Adherence [10.3: Fitness Planning]

DOK 1: What is exercise adherence?

DOK 2: What is the impact of exercise adherence on your health?

DOK 3: What are ways to improve exercise adherence?

DOK 4: What do you know about the negative effects of extreme exercise adherence?

Yoga [10.4: Social Development]

DOK 1: What does yoga entail?

DOK 2: What are the benefits of yoga?

DOK 3: Identify another mind-body activity and explain how it is similar/different from yoga.

DOK 4: Develop a plan for incorporating yoga into your physical activity.

Chronic Disease [10.5: Energy Balance]

DOK 1: What does it mean when a disease is considered chronic?

DOK 2: What are examples of chronic diseases?

DOK 3: Identify a chronic disease and explain how it affects your health.

DOK 4: What can you do to prevent chronic disease?

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