

## 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

### **Pass** [4.1: Motor Skill Development]

DOK 1: How do you pass a soccer ball to a partner who is not moving?  
DOK 2: How do you change your passing technique when your partner is moving?  
DOK 3: What do you need to do to be a good receiver of a pass in soccer?  
DOK 4: Thinking about the feedback you have received about your passing, what do you need to do to be a better passer?

### **Blood Vessels** [4.2: Anatomical Basis of Movement]

DOK 1: What is the function of blood vessels?  
DOK 2: What system of the body do the blood vessels belong to? What else is part of that system?  
DOK 3: What activities will help you improve the effectiveness of your cardiorespiratory system?  
DOK 4: How is your pulse related to the blood vessels?

### **Health-Related Fitness** [4.3: Fitness Planning]

DOK 1: What are the five components of health-related fitness?  
DOK 2: Why is it important to have good health-related fitness?  
DOK 3: What activities can you do at school to improve your health-related fitness? At home?  
DOK 4: Using the results from one health-related fitness test we have done, make a SMART goal to improve or maintain your fitness.

### **Conflict Resolution** [4.4: Social Development]

DOK 1: How would you describe conflict resolution?  
DOK 2: What classroom rules do we have that relate to conflict resolution?  
DOK 3: What would it be like if you did not try to resolve your conflicts?  
DOK 4: Identify two conflict resolution strategies you have demonstrated that resulted in positive solutions.

### **Calories** [4.5: Energy Balance]

DOK 1: What is a calorie?  
DOK 2: Identify the number of calories per gram of fat (9), protein (4), and carbohydrates (4).  
DOK 3: How do calories relate to energy balance?  
DOK 4: Calculate the number of calories for the meal you had for lunch.

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