OPEN
Online Physical Education Network

ASSESSMENT TOOLS
VIRGINIA SOL GRADE ELEVEN/TWELVE

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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 2: Skill/Concept
DOK 3: Strategic Thinking
DOK 4: Extended Thinking

Self-Selected [11/12.1: Motor Skill Development]
DOK 1: What does self-selected mean?
DOK 2: Why is it important to self-select physical activities?
DOK 3: What should you know about an activity to improve the likelihood of participating in that activity during a lifetime?
DOK 4: Identify your strengths and weaknesses in one self-selected activity.

Physiology [11/12.2: Anatomical Basis of Movement]
DOK 1: What is physiology?
DOK 2: What are examples of physiological principles?
DOK 3: Identify a physiological principle and explain how it can help improve skill performance.
DOK 4: Make an activity plan that incorporates physiological principles.

Accelerometer [11/12.3: Fitness Planning]
DOK 1: What is an accelerometer?
DOK 2: What types of movement does an accelerometer measure?
DOK 3: How can an accelerometer help adherence to an activity plan?
DOK 4: Create a fitness plan that includes an accelerometer or other technology.

Social Competency [11/12.4: Social Development]
DOK 1: What do you know about social competency?
DOK 2: Why is social competency important in physical activity participation?
DOK 3: Identify a specific activity and explain the social competency skills that are necessary for safe and successful participation.
DOK 4: How can you help peers acquire social competency skills?

Nutrient-Dense [11/12.5: Energy Balance]
DOK 1: What does it mean when food is considered nutrient-dense?
DOK 2: What are examples of nutrient-dense foods?
DOK 3: What are the benefits of nutrient-dense foods as compared to nutrient-poor foods?
DOK 4: Explain how nutrient-dense foods affect energy-balance.

Learn more about DOK Question Stems for Physical Education at the OPENPhysEd.org Blog.