

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

Defense [8.1: Motor Skill Development]

DOK 1: What does it mean when a team is on defense?

DOK 2: What is a defensive strategy that you could use in Ultimate Frisbee? In Team Handball?

DOK 3: What defensive strategies could be used in more than one activity?

DOK 4: With a partner, develop a defensive strategy that would help your team be successful.

Agility [8.2: Anatomical Basis of Movement]

DOK 1: What does agility mean?

DOK 2: What physical activities require good agility?

DOK 3: How is agility related to other skill-related fitness components?

DOK 4: What are different ways to improve your agility?

Cool Down [8.3: Fitness Planning]

DOK 1: What is a cool down?

DOK 2: How is a cool down different from a warm up?

DOK 3: What would happen if you did not cool down after an intense workout?

DOK 4: Create an activity plan that includes a warm up and cool down.

Teamwork [8.4: Social Development]

DOK 1: What does it mean to have good teamwork?

DOK 2: What are examples of teamwork?

DOK 3: What communications skills support good teamwork?

DOK 4: How can you help others demonstrate good teamwork?

Rate of Perceived Exertion (RPE) [8.5: Energy Balance]

DOK 1: What is RPE?

DOK 2: How is RPE measured?

DOK 3: How does RPE relate to energy expenditure?

DOK 4: How can you use RPE to adjust workout intensity during physical activity?

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