

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

**Activities of Daily Living (ADL)** [F1.1: Motor Skill Development]

DOK 1: What is meant by Activities of Daily Living?

DOK 2: What are the six basic Activities of Daily Living?

DOK 3: What functional fitness activities support Activities of Daily Living?

DOK 4: Explain a plan for improving a person's ADL skills.

**Blood Pressure** [F1.2: Anatomical Basis of Movement]

DOK 1: Explain blood pressure.

DOK 2: What are causes of high blood pressure? Low blood pressure?

DOK 3: Describe lifestyle choices that will promote healthy blood pressure.

DOK 4: Explain how blood pressure is affected by acute exercise, chronic exercise and changes in posture.

**Pulmonary Disease** [F1.3: Fitness Planning]

DOK 1: What is pulmonary disease? What are examples of pulmonary disease?

DOK 2: What are the causes of pulmonary disease?

DOK 3: What are the signs and symptoms of pulmonary disease?

DOK 4: Explain how physical activity can help prevent pulmonary disease.

**Learning Styles** [F1.4: Social Development]

DOK 1: What is meant by learning style?

DOK 2: Explain three different learning styles: auditory, visual, kinesthetic.

DOK 3: What are teaching strategies for auditory, visual, and kinesthetic learners?

DOK 4: How would you gather information to determine a person's learning style/s?

**Eating Disorders** [F1.5: Energy Balance]

DOK 1: Describe the term eating disorders.

DOK 2: What are examples of eating disorders?

DOK 3: What are signs and symptoms of eating disorders? What else do you know about eating disorders?

DOK 4: How do eating disorders affect energy balance?

**Professional Responsibilities** [F1.6: Professional Responsibilities]

DOK 1: What are certification requirements to become a fitness instructor? Maintain certification?

DOK 2: What are professional development resources for fitness instructors?

DOK 3: Describe how you will adhere to the code of ethics for fitness instructors.

DOK 4: How do you maintain a safe and legal practice as a fitness instructor?

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