

The Academic Rigor Components of OPEN

What is Academic Rigor?

True rigor is creating an environment in which each student is expected to learn at high levels, is supported so he or she can learn at high levels, and demonstrates learning at high levels.

Blackburn, B.R. (2008)

What are three keys to rigorous teaching?

- 1) Backwards Design
- 2) Depth of Knowledge
- 3) Academic Language

Backwards Design

Planning that begins with learning outcomes/targets.

- ✓ What do students need to know?
- ✓ How do we get them there?

If done properly, each lesson and activity will align with Content Standards and Grade-Level Outcomes through the meaningful use of:

- 1) Student Targets
- 2) Instructional Content
- 3) Formative and Summative Assessments

National PE Standards & Grade-Level Outcomes

The National Content Standards and Grade-Level Outcomes for K-12 PE define what a student should know and be able to do as a result of an effective physical education program. The work of SHAPE America provides the framework for academic rigor in physical education.

Depth of Knowledge (DOK)

A tool used to categorize tasks according to the complexity of thinking required to successfully complete them.

There are 4 DOK Levels:

- 1) Recall & Reproduction
- 2) Skills & Concepts
- 3) Strategic Thinking
- 4) Extended Thinking

Academic Language

The vocabulary, symbols, icons, signals, and non-verbal communication that students must know and be able to apply in order to be competent/proficient in a specific academic area.

The academic language of physical education is not simply a list of spelling words or grade-level appropriate vocabulary; it is the vocabulary essential for students to master on the path toward physical literacy.