

FOR PE TEACHERS

40 chat prompts

# Prompts for PE Teachers.

*Ready-to-use prompts for planning, teaching and reflection.*

*The right tool at the right time.  
Part of the WISE Framework for Education at  
choosewise.education.*

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# Glossary

A few terms that recur throughout this guide. If you already know them, skip ahead to the framework on the next page.

## AI — Artificial Intelligence

An attempt to make machines mimic brain functions — to "think" and learn roughly the way humans do. We don't fully understand how the brain works, but we can try to replicate the parts we do understand.

## Prompt

An instruction given to a chatbot to get a desired response or task performed.

## Iterate

After receiving a response from a chatbot, you refine and clarify the parts you're not satisfied with — sharpening the answer until it's what you want. The better your starting prompt, the fewer iterations you'll need.

## Chatbot

A chatbot has been trained to find patterns in large amounts of text. It uses those patterns to generate a response to your prompt. The answer is produced in real time.

## GPT

The underlying model (Generative Pre-trained Transformer) that a chatbot uses. The same GPT can power different chatbots — for example, Copilot and ChatGPT have both used OpenAI's GPT.

## Generative AI

AI that creates (generates) text, images, video, or sound in real time when prompted to do so.

## Bias

AI responses can be skewed or partial, depending on the data the AI was trained on and the biases present in that data. These biases are harder to spot in chatbots than in image-generating AI.

## Hallucination

The text you receive from a chatbot is based on patterns in its training data, but word generation also involves randomness — meaning generated words can sometimes create a meaning that simply isn't true.

## A framework for writing your own prompts

**Role:** Act as an experienced physics teacher.

**Task:** Create a lesson plan that introduces year 8 students to optics.

**Context:** I teach at a middle school, have 25 students in my class, and the lesson is 60 minutes long.

**Format:** Link content and activities to the physics curriculum and give me a plan that describes each part of the lesson and the materials required.

**Tone:** Use a formal but friendly tone.

## A few chatbots to know

AI can also generate images and more, but we focus here on chat capabilities.

**ChatGPT** — OpenAI's chatbot

**Gemini** — Google's chatbot

**NotebookLM** — Google's tool that can, among other things, generate a two-voice podcast

**Copilot** — Microsoft's chatbot

**Claude** — Anthropic's chatbot

**Perplexity** — From San Francisco, was early to include source links

**Duck AI** — DuckDuckGo's chatbot, lets you pick among several GPTs

**Mistral AI** — A chatbot from France

Most chatbots have age restrictions.

## How to use the prompts

All the prompts are starting points — examples to get you going. Adapt them to fit your context.

After using a chatbot for a while, you'll learn what kinds of prompts work better or worse. Try the same prompt twice — first as-is, then with the prefix "Act as an experienced expert teacher in [subject]" — and see whether the quality of the response improves. A good response means a good prompt. A poor response means the prompt needs more context or adjustment. Some chatbots are better than others at certain tasks, so if you're not satisfied despite multiple tries, consider switching chatbot.

### Brackets and privacy

You paste the prompt text into the chatbot's input field. Wherever brackets *[like this]* appear, replace the text inside with whatever fits your context.

**Always double-check the responses** — chatbot output is not guaranteed to be accurate.

**Note:** Think carefully before uploading texts or documents. Never upload personal data or sensitive information. Mind GDPR.

## PE Teachers

- 01 Create a lesson plan for a *[grade X]* PE class focused on *[specific goal in the curriculum, e.g. joy of movement]*, with three activities and a closing.
- 02 Give me five ways to make a PE lesson for a *[grade]* class more inclusive for students with different physical abilities, with one idea for each.
- 03 Write a short guide for introducing a *[grade]* class to *[specific activity, e.g. dance]*, with three steps and an encouraging warm-up.
- 04 Suggest three ways to connect PE for a *[grade]* class to *[specific theme, e.g. heart rate and health]*, with one practical activity for each.
- 05 Create a list of five short warm-up games for a *[grade]* class that build *[specific goal, e.g. collaboration]*, with a description for each.
- 06 Give me an example of a routine for assessing a *[grade]* class's progress in *[specific skill, e.g. swimming]*, with three steps and a simple method.
- 07 Suggest three ways to use the school gymnasium with a *[grade]* class to develop *[specific goal, e.g. agility]*, with one activity for each.
- 08 Write a short template for a 5-minute reflection after a PE lesson for a *[grade]* class, with three questions about their experience.
- 09 Give me five ideas for integrating *[specific tool, e.g. heart rate monitors]* into a PE lesson for a *[grade X]* class, with a purpose for each.
- 10 Create a list of three short ways to encourage a *[grade X]* student who is afraid of *[specific activity, e.g. heights]*, with an example for each.

11 Suggest three ways to collaborate with Science teachers at a *[lower secondary school]* to connect PE to *[specific theme, e.g. how the body works]*, with one idea for each.

12 Give me an example of a simple plan for improving a *[grade X]* class's fitness over one term, with three activities and one goal.

13 Write a list of five outdoor activities for a *[grade X]* class that build *[specific goal, e.g. endurance]*, with minimal equipment.

14 Suggest three ways to handle a rainy day for a *[grade X]* class during a PE lesson, with one alternative indoor activity for each.

15 Create a template for a daily PE plan for a *[grade X]* class, with three sections (e.g. warm-up, main activity, closing).

16 Give me five ideas for making a PE lesson for a *[grade X]* class more competitive in a positive way, with one activity for each.

17 Suggest three ways to introduce a *[grade X]* class to *[specific sport, e.g. volleyball]*, with a progression from easy to difficult for each.

18 Write a short guide for supporting a *[grade X]* student with *[specific need, e.g. asthma]* during a PE lesson, with three steps.

19 Give me an example of a lesson for a *[grade X]* class that combines PE and *[specific theme, e.g. stress management]*, with three sections.

20 Create a list of three short ways to collaborate with the student council at a *[primary school]* to develop *[specific goal, e.g. more enjoyable PE lessons]*, with one example for each.

21 Create a lesson plan for a *[grade]* PE class that meets the curriculum goal of *[specific focus, e.g. motor skills]*, with three activities and a warm-up.

22 Give me five strategies for motivating reluctant students in *[grade X]* to participate during PE lessons, with one simple idea for each.

23 Write a short guide for teaching a *[grade X]* class a new movement skill (e.g. *[specific skill, e.g. volleyball serve]*), with three steps and one activity.

24 Suggest three ways to incorporate *[specific theme, e.g. health or teamwork]* into a PE lesson for a *[grade X]* class, with one activity for each.

25 Create a list of five short encouraging phrases to boost a *[grade X]* student's confidence during a PE lesson.

26 Give me an example of a routine for starting a PE lesson with a *[grade X]* class, with three steps and a warm-up game.

27 Suggest three ways to use the school's outdoor environment with a *[grade X]* PE class to practise *[specific goal, e.g. fitness]*, with one activity for each.

28 Write a short template for a 10-minute closing to a PE lesson for a *[grade X]* class, with three sections (e.g. stretching, reflection).

29 Give me five ideas for making a PE lesson for a *[grade X]* class more *[playful]*, with a focus on *[specific goal, e.g. collaboration]*, and one game for each.

30 Create a list of three short reflection questions for a *[grade X]* class after a PE lesson on *[specific theme, e.g. heart rate]*, to capture students' experiences.

31 Suggest three ways to collaborate with class teachers at a *[lower secondary school]* to connect PE to *[specific subject, e.g. biology]*, with one idea for each.

32 Give me an example of a simple assessment of a *[grade X]* class's movement ability in *[specific activity, e.g. gymnastics]*, with three criteria.

- 33 Write a list of five resources (e.g. apps, games) for a PE lesson with a *[grade X]* class that build *[specific goal, e.g. coordination]*.
- 34 Suggest three ways to adapt a PE lesson for a *[grade X]* student with *[specific need, e.g. a physical disability]*, with one solution for each.
- 35 Create a template for a weekly PE plan for a *[grade X]* class, with three focus areas (e.g. strength, health, reflection).
- 36 Give me five ideas for using minimal equipment in a PE lesson for a *[grade X]* class to practise *[specific goal, e.g. balance]*, with one activity for each.
- 37 Suggest three ways to introduce a *[grade X]* class to *[specific sport, e.g. orienteering]*, with one practical activity for each.
- 38 Write a short guide for managing a chaotic situation during a PE lesson with a *[grade X]* class, with three steps and a calming method.
- 39 Give me an example of a lesson for a *[grade X]* class that combines PE and *[specific theme, e.g. sustainability]*, with three sections.
- 40 Give me five examples of games and five examples of cooperative activities that work well for students who have not yet learned English — that is, games and activities that are easy to understand without language.

CONTINUE ON THE WEB

# The right tool at the right time.

This collection is part of a library of AI prompts for every role in the school — free to use, adapt, and share.

## More prompt sets

Find prompts for principals, subject teachers, school leaders, support staff and more at [choosewise.education/prompts](https://choosewise.education/prompts)

## The WISE Framework for Education

Four questions that turn any "should we use this AI tool?" conversation into a structured decision — [choosewise.education/wise](https://choosewise.education/wise)

## Follow Johan Lindström on LinkedIn

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