

FOR TEACHERS · AGES 16–19

80 chat prompts

Prompts for PE Teachers · Upper Secondary.

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

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

Upper Secondary PE Teacher

- 01 Write a 200-word text on the benefits of regular physical activity for teenagers for PE 1 and create 5 discussion questions focusing on motivation and barriers to exercise.
- 02 Create a detailed plan for a 60-minute fitness lesson for PE 1 that includes warm-up, strength training, and cool-down, and provide 4 tips for keeping students engaged.
- 03 Make a list of 5 popular sports in Sweden and create a task for PE 2 where students write a 200-word reflection on how a sport can improve their physical health.
- 04 Write a 150-word text on the importance of stretching for injury prevention for PE 1 and create 5 questions that encourage students to discuss their own stretching routines.
- 05 Create a 200-word text on the effects of aerobic exercise on the cardiovascular system for PE 2 and write 4 questions focusing on physiological benefits and training methods.
- 06 Create a task for PE 1 where students design a 30-minute training plan for a beginner and provide 5 guiding questions to help them think about intensity and variety.
- 07 Write a 150-word text on the role of teamwork in team sports for PE 1 and create 5 questions that encourage students to reflect on their own experiences of group work.
- 08 Create a plan for a 45-minute lesson in PE 2 focusing on circuit training and provide 4 examples of exercises that target different muscle groups.
- 09 Make a list of 5 physical activities that can be done indoors during winter and create a task for PE 1 where students write a 200-word plan for staying active in cold weather.
- 10 Write a 200-word text on the importance of correct technique in strength training for PE 2 and create 5 questions focusing on safety and effectiveness. Health and Lifestyle

11 Write a 200-word text on how sleep affects teenagers' health for PE 1 and create 5 discussion questions focusing on sleep habits and their impact on performance.

12 Create a 150-word text on the effects of stress on physical and mental health for PE 2 and write 4 questions that encourage students to discuss stress management techniques.

13 Create a task for PE 1 where students write a 200-word essay on the importance of a balanced diet for physical activity and provide 5 guiding questions to structure the text.

14 Write a 200-word text on the risks of a sedentary lifestyle for PE 1 and create 5 questions that encourage students to reflect on their own daily activity levels.

15 Create a 150-word text on the benefits of mindfulness for mental health for PE 2 and write 4 questions that encourage students to discuss how they can use mindfulness in everyday life.

16 Create a list of 5 healthy habits for teenagers and provide a task for PE 1 where students write a 200-word reflection on how they can introduce one of the habits into their life.

17 Write a 200-word text on how social media affects body image and self-esteem for PE 2 and create 5 discussion questions about media's influence on health.

18 Create a 150-word text on the importance of recovery after exercise for PE 1 and write 4 questions that encourage students to reflect on their own recovery routines.

19 Create a task for PE 2 where students design a weekly plan for a healthy lifestyle and provide 5 tips on how to balance exercise, diet, and rest.

20 Write a 200-word text on how physical activity can reduce the risk of lifestyle diseases for PE 1 and create 5 questions focusing on preventive health. Outdoor Education

21 Write a 200-word text on the benefits of outdoor activities for physical and mental health for PE 1 and create 5 discussion questions about how nature affects wellbeing.

22 Create a plan for a full-day forest excursion for PE 2 that includes hiking, outdoor cooking, and orienteering, and provide 4 safety tips for being in nature.

23 Create a list of 5 outdoor activities that are popular in Sweden and provide a task for PE 1 where students write a 200-word reflection on an activity they want to try.

24 Write a 150-word text on the right to public access and its significance for outdoor life in Sweden for PE 1 and create 5 questions that encourage students to discuss responsibility in nature.

25 Create a 200-word text on how to prepare for a winter hike in Sweden for PE 2 and write 4 questions focusing on equipment and safety.

26 Create a task for PE 1 where students plan an orienteering activity in a nearby park and provide 5 guiding questions to structure their planning.

27 Write a 200-word text on how outdoor activities can strengthen community and collaboration for PE 1 and create 5 questions that encourage students to reflect on group dynamics.

28 Create a 150-word text on the environmental impact of outdoor activities for PE 2 and write 4 questions focusing on how to minimise one's impact on nature.

29 Create a list of 5 tips for camping in Sweden and provide a task for PE 1 where students write a 200-word guide for a beginner.

30 Write a 200-word text on how to navigate with a map and compass for PE 2 and create 5 questions that test students' understanding of orienteering techniques. Social Perspectives

31 Write a 200-word text on how sport can promote inclusion and diversity for PE 1 and create 5 discussion questions about how to create a welcoming environment in sport.

32 Create a 150-word text on how peer pressure can affect teenagers' choices of physical activity for PE 2 and write 4 questions that encourage students to discuss strategies for handling peer pressure.

- 33 Create a task for PE 1 where students write a 200-word reflection on how sport has affected their self-esteem and provide 5 guiding questions to structure the text.
- 34 Write a 200-word text on how sport can help reduce conflicts in school for PE 1 and create 5 questions focusing on collaboration and communication.
- 35 Create a 150-word text on how stereotypes in sport can affect young people's participation for PE 2 and write 4 questions that encourage students to discuss how to counter stereotypes.
- 36 Create a list of 5 ways sport can strengthen social bonds and provide a task for PE 1 where students write a 200-word text about a positive social experience they have had through sport.
- 37 Write a 200-word text on how leadership develops through sport for PE 2 and create 5 discussion questions about leadership roles and responsibilities.
- 38 Create a 150-word text on how sport can be used to promote gender equality for PE 1 and write 4 questions focusing on how to create equal opportunities for everyone.
- 39 Create a task for PE 2 where students plan an inclusive sports activity for a multicultural group and provide 5 tips for ensuring that everyone feels welcome.
- 40 Write a 200-word text on how sport can help build self-confidence in young people for PE 1 and create 5 questions that encourage students to reflect on their own experiences. Ergonomics and Movement
- 41 Write a 200-word text on the importance of good ergonomics when working at a computer for PE 1 and create 5 discussion questions focusing on how to prevent repetitive strain injuries.
- 42 Create a plan for a 45-minute lesson in PE 2 where students learn about correct lifting technique and provide 4 practical exercises that practise safe lifting technique.
- 43 Create a list of 5 tips for improving posture and provide a task for PE 1 where students write a 200-word reflection on how they can improve their own posture.

44 Write a 150-word text on how to adapt a workstation to reduce the risk of back problems for PE 2 and create 5 questions that encourage students to discuss ergonomics in everyday life.

45 Create a 200-word text on how movement breaks can improve concentration for PE 1 and write 4 questions focusing on how students can introduce movement breaks at school.

46 Create a task for PE 1 where students design a 20-minute movement sequence to counteract stiffness after long lessons and provide 5 guiding questions to structure the sequence.

47 Write a 200-word text on how to prevent injuries when running for PE 2 and create 5 questions focusing on warm-up, technique, and footwear.

48 Create a list of 5 exercises for strengthening the core muscles and provide a plan for a 30-minute lesson in PE 1 where students practise these exercises.

49 Write a 150-word text on how poor ergonomics can affect health in the long term for PE 2 and create 4 questions that encourage students to reflect on their own habits.

50 Create a task for PE 1 where students analyse their sitting position and write a 200-word text on how they can improve it to avoid future problems. Health Challenges

51 Write a 200-word text on how energy drinks can affect teenagers' health for PE 1 and create 5 discussion questions focusing on risks and alternatives.

52 Create a 150-word text on how to manage performance anxiety in sport for PE 2 and write 4 questions that encourage students to discuss strategies for reducing anxiety.

53 Create a list of 5 common health challenges for teenagers and provide a task for PE 1 where students write a 200-word reflection on how they can manage one of the challenges.

54 Write a 200-word text on how sleep deprivation affects physical performance for PE 2 and create 5 questions focusing on how students can improve their sleep habits.

55 Create a 150-word text on how to prevent overtraining for PE 1 and write 4 questions that encourage students to reflect on the balance between training and rest.

56 Create a task for PE 2 where students write a 200-word text on how to manage injuries and return to training safely and provide 5 guiding questions.

57 Write a 200-word text on how a poor diet can affect sports performance for PE 1 and create 5 discussion questions about how to improve eating habits.

58 Create a 150-word text on how to handle body pressure in sports environments for PE 2 and write 4 questions focusing on how to promote a positive body image.

59 Create a list of 5 strategies for managing stress through physical activity and provide a task for PE 1 where students write a 200-word plan for reducing stress.

60 Write a 200-word text on how tobacco and alcohol affect sports performance for PE 2 and create 5 questions that encourage students to discuss lifestyle choices. Outdoor Activities and Adventure

61 Write a 200-word text on how to prepare for a kayaking trip in the Swedish archipelago for PE 2 and create 5 questions focusing on safety and equipment.

62 Create a plan for a two-day outdoor excursion in the mountains for PE 2 that includes hiking and overnight camping, and provide 4 tips for handling unexpected situations.

63 Create a list of 5 adventurous outdoor activities in Sweden and provide a task for PE 1 where students write a 200-word text about an activity they want to try.

64 Write a 150-word text on how to build a windbreak in the forest for PE 1 and create 5 questions that test students' understanding of the technique and its uses.

65 Create a 200-word text on how to plan a safe climbing activity for PE 2 and write 4 questions focusing on safety equipment and risk management.

- 66 Create a task for PE 1 where students plan a cycling excursion in a Swedish national park and provide 5 guiding questions to structure their planning.
- 67 Write a 200-word text on how to cook over an open fire for PE 1 and create 5 questions focusing on safety and practical tips.
- 68 Create a 150-word text on how to prepare for a night outdoors without a tent for PE 2 and write 4 questions that encourage students to discuss challenges and solutions.
- 69 Create a list of 5 ways to use nature for fitness training and provide a task for PE 1 where students write a 200-word plan for a fitness activity in nature.
- 70 Write a 200-word text on how to handle changing weather during an outdoor excursion for PE 2 and create 5 questions focusing on preparation and adaptation. Sport and Society
- 71 Write a 200-word text on how sport can be used to promote integration in Sweden for PE 1 and create 5 discussion questions about how sport can bring people together.
- 72 Create a 150-word text on how elite sport affects young people's attitudes towards performance for PE 2 and write 4 questions that encourage students to discuss positive and negative effects.
- 73 Create a list of 5 ways sport contributes to social development and provide a task for PE 1 where students write a 200-word text about one of the ways.
- 74 Write a 200-word text on how sporting events such as the Olympics affect society for PE 2 and create 5 questions focusing on economic and social effects.
- 75 Create a 150-word text on how sport can be used to counteract youth crime for PE 1 and write 4 questions that encourage students to discuss preventive work.
- 76 Create a task for PE 2 where students write a 200-word text on how sport can contribute to sustainable development and provide 5 guiding questions to structure the text.

77 Write a 200-word text on how sponsorship affects sport in Sweden for PE 1 and create 5 discussion questions about the ethical aspects of sponsorship.

78 Create a 150-word text on how sport can promote gender equality in society for PE 2 and write 4 questions focusing on how to increase women's participation in sport.

79 Create a list of 5 sports organisations in Sweden and provide a task for PE 1 where students write a 200-word text on how one organisation works to promote health.

80 Write a 200-word text on how sport can influence young people's future in working life for PE 2 and create 5 questions that encourage students to discuss skills that sport develops.

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