AI for Olympic Values Education Workshop #1 – Text to Text

IPCC network of Coubertin schools

Practical AI for PE Teachers

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What is Artificial Intelligence?

Traditional Machines
Performed only fixed, predefined actions like
an ATM dispensing cash

Modern AI Systems
Understand nuance, adapt to context, learn patterns,
and generate new content beyond simple searches

Traditional Machines vs. Modern AI

Traditional Machine	Modern AI
Behavior: Executes fixed, predetermined actions with no flexibility **Example:** ATM machines follow strict withdrawal protocols **Limitation:** Cannot personalize responses or adapt to individual user needs	**Behavior:** Understands context, creates original content, and adapts dynamically **Example:** ChatGPT engages in natural conversation and generates customized responses **Limitation:** Quality depends heavily on the clarity and specificity of user prompts

What's the Difference Between Google and AI?

Google (Traditional Search)

- Information database and indexing system

- Keyword-based search engine

- Provides links to existing content

- Identical results for all users

- Does not understand conversational context

AI (ChatGPT / Gemini)

- Content creation and reasoning engine

- Intent-based understanding system

- Generates direct, custom answers

- Personalized responses per user

- Learns and deepens context through ongoing dialogue

How AI Works: The Technology Behind the Magic

NLP
Natural Language Processing allows AI to understand human language, interpreting meaning, context, and intent from our words

Machine Learning
AI identifies patterns across massive datasets, learning from examples to improve predictions and responses over time

Large Language Models
LLMs are trained on billions of texts from books, articles, websites, and conversations to understand human communication patterns
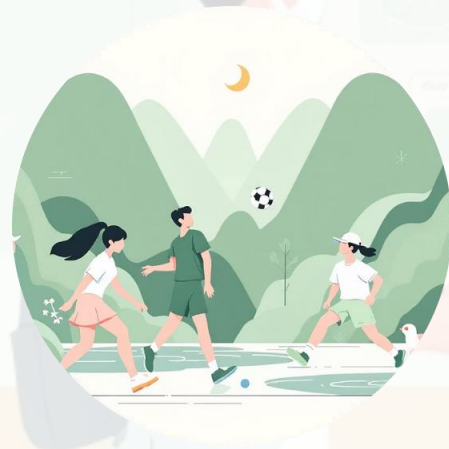
Why AI for PE Teachers?
AI empowers PE educators to work smarter, not harder

Create Lesson Plans Fast

Generate complete lesson plans in minutes instead of hours, giving you more time to focus on your students.

Design Games & Activities

Access endless creative ideas for engaging physical activities tailored to your teaching objectives.

Adapt to Ability Levels

Easily differentiate instruction for diverse learners, ensuring every student can participate meaningfully.

Support Olympic Values

Integrate excellence, respect, and friendship seamlessly into every physical education lesson you teach.

What AI Does *Not* Replace in Physical Education

Higher–Order Thinking
Complex reasoning, strategic decision-making, and creative problem-solving in real-time situations

Pedagogical Expertise
Moment-to-moment instructional decisions based on reading student needs and classroom dynamics

Physical Feedback
Hands-on correction, technique adjustment, and tactile guidance that only human touch can provide

Social–Emotional Learning
Navigating winning and losing, building resilience, and developing emotional intelligence through experience

Personal Relationships
The authentic teacher-student connection that builds trust, motivation, and lasting impact

Professional Judgment
Ethical decisions, safety assessments, and educational priorities that require human wisdom and accountability

What Is a Prompt?

A prompt is simply the text you type to tell the AI what you need.
Think of it as giving directions to a highly knowledgeable assistant.

Clear Prompt – Quality result

Vague Prompt – General result

Text–to–Text: What It Means

Simple Input, Powerful Output

Text-to-text AI tools work through a simple exchange:
you type a request in plain language, and the AI produces written
content in response.

The 6-Part Prompting Framework

Action

Context

Examples & Requirements

Persona

Format

Tone

Excellent Prompt Example

"**You are an experienced Physical Education instructor specializing in Olympic Values Education** *(Persona)*. I am teaching an 8th-grade class and need a 45-minute PE lesson *(Context)*. **Create a lesson plan focused on fair play** *(Action)*, including warm-up, a main activity, and two games that highlight the value *(Requirements)*. Include learning objectives, reflection questions connecting to Olympic values, equipment, safety rules, and time breakdown. **Present the results in a table** *(Format)*. Use a clear and motivating tone suitable for young students *(Tone)*."

From Weak to Excellent: Prompt Evolution

Weak Prompt

"Write a PE lesson about respect."

Problem: Too vague, no age specification, missing structure and Olympic values framework

✓ Better Prompt

"Create a 40-minute PE lesson for 7th graders on the value of respect, including warm-up, one teamwork activity, a closing reflection question, and equipment."

Improvement: Adds grade level, time frame, and basic structure—but still lacks persona and format

✓✓ Excellent Prompt

"Act as a PE teacher with experience in Olympic Values Education *(Persona)*. Design a 40-minute lesson for 7th graders *(Context)* on respect, including two warm-up, two cooperative games, learning objectives, safety rules, equipment, and reflection questions *(Requirements)*. Present the output in a table *(Format)*. Use a friendly, motivating tone *(Tone)*."

Result: Produces a detailed, immediately usable, values-based lesson plan

Breakout Activity

Time: 20–25 minutes

Step 1: Choose Your Value

Select one Olympic value (excellence, respect, or friendship) that resonates with your teaching goals.

Step 2: Create Your Lesson

Use the 6-part prompting method to generate a complete PE lesson plan tailored to your students' age and needs.

Step 3: Add the Details

Include specific games, reflection questions connecting to the Olympic value, equipment lists, and timing for each section.

Group Presentations

3 Minutes Per Group

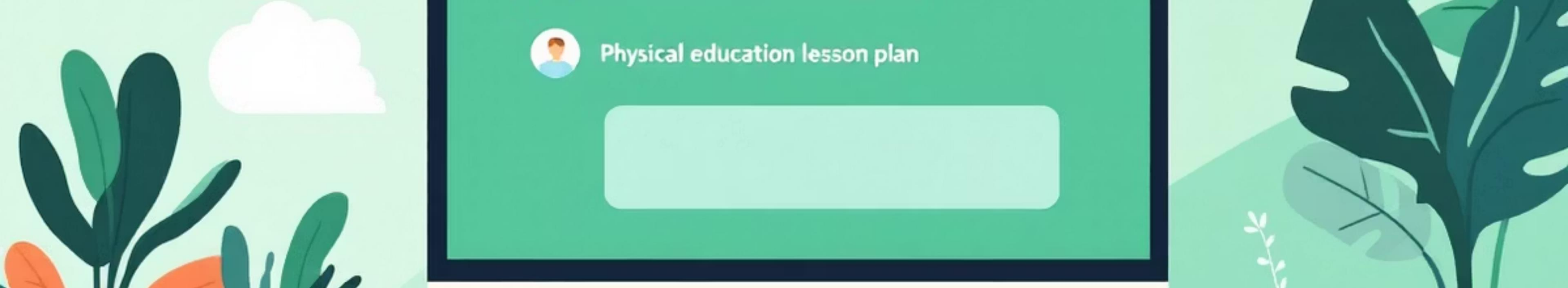Keep your presentation concise and focused on the key elements of your lesson.

Share Your Activity

Explain the game or exercise you designed and how it will work in practice.

Olympic Values Connection

Demonstrate how your lesson reinforces excellence, respect, or friendship through physical activity.

Physical education lesson plan

ChatGPT Dashboard – Live Demo

Typing Prompts

Navigate the interface, enter your requests, and learn keyboard shortcuts for efficiency.

Model Selection

Choose the right AI model for your task and understand capability differences.

Templates & Saved Chats

Organize your work, save successful prompts, and build your personal PE resource library.

Sharing Group Products

Let's take a moment to explore the creative work you've developed. This is an opportunity to see how AI enhanced your Olympic values-based activities and learn from each other's approaches.

01

Which Olympic value did you choose?

Excellence, friendship, respect, or another core principle

02

What was the game or activity?

Describe the structure, rules, and physical components

03

How does it connect to the value?

Explain the pedagogical link between activity and principle

04

What did AI add or improve?

Identify specific enhancements AI brought to your design

Work Smarter, Not Harder: AI for Physical Education

Why Use AI in Physical Education?

Generate Lesson Plans in Minutes, Not Hours
Free up valuable administrative time to focus more on your students.

Design Inclusive & Engaging Activities
Easily create and adapt games for diverse ability levels and teaching objectives.

Seamlessly Integrate Olympic Values
Embed principles like excellence, respect, and friendship into every activity.

What AI Does Not Replace
The core of PE remains human: pedagogical expertise, physical feedback, and personal relationships.

How to Write an Excellent Prompt

A Prompt is Your Instruction to the AI.
The quality of your input directly determines the quality of the output.

The 6-Part Framework for a Perfect Prompt

1. Persona
Who the AI should be (e.g., "You are an experienced PE instructor...")

2. Action
What the AI should do (e.g., "Create a lesson plan...")

3. Context
The situation (e.g., "...for an 8th-grade class...")

4. Requirements
Specific details to include (e.g., "...with a warm-up and two games...")

5. Format
The desired layout (e.g., "Present the results in a table.")

6. Tone
The style of writing (e.g., "Use a motivating tone.")

From Weak to Excellent

Weak Prompt
Write a PE lesson about respect.

Excellent Prompt
Act as a PE teacher... design a 40-minute lesson for 7th graders on respect... including warm-up, two games, and safety rules... present in a table with a motivating tone.

LESSON PLAN

"Innovation should illuminate Olympic values, not replace them."

Thank you.