

Digital competence

Asking AI

1 Discuss these questions.

1 Which option is true for you?

I have never used AI / I have tried using AI /
I sometimes use AI / I use AI often

2 If you use AI, what activities do you use it for?

2 Decide if you think AI can do it well (✓) or badly (X). Why?

- A Translate a simple sentence
- B Create a song
- C Create a plan for the gym
- D Plan a short holiday
- E Translate a novel
- F Write a funny story

3 To ask AI for information, we need to give it a 'prompt' or instruction. Read the AI answer for C and decide which prompt below was used.

Here's a **safe and effective 45-minute gym plan** for a 14-year-old girl who plays rugby once a week and wants to improve overall fitness. The focus will be on **strength, mobility, and conditioning** without overloading her growing body.

✓ KEY PRINCIPLES

Frequency: 1 gym session per week (plus rugby).

Goal: Improve strength, endurance, and injury prevention.

Safety: Use light to moderate weights, prioritize form, and avoid max lifts.

Structure: Warm-up → Strength → Conditioning → Cool-down.

- 1 "Please create a gym plan for me Sam Brown to go to the gym twice a week in London"
- 2 "Please create a plan for the gym"
- 3 "Please create an exercise plan for a 14 year old girl who plays rugby once a week and would like to improve her fitness by going to the gym once a week for 45 minutes"

4 Read the instructions about writing a good AI prompt, and decide which prompt in exercise 3 is the best, and why.

Writing a good AI prompt

- Include specific information
- Information included should be relevant
- Say exactly what you want the AI tool to provide
- You don't need to include personal information

5 Write a prompt for one of the tasks in exercise 2. Think about:

- What information do you need to include?
- What instructions do you need to give the AI tool?
- Is your language clear?

6 In pairs or groups, read the sentences and decide if you agree or disagree with each.

- Asking AI for help with simple tasks helps save time.
- Asking AI for help with simple tasks makes us lazy. We should use our own brains more.
- AI can't understand emotions, so it can't create real art.
- It's OK to use AI to help with writing.
- AI can help people to become more creative.
- Using AI for creative work is not fair to human artists.

7 Talk as a class.

- What was the most interesting part of this lesson for you?
- After reading about AI, will you change anything that you do? Why or why not?