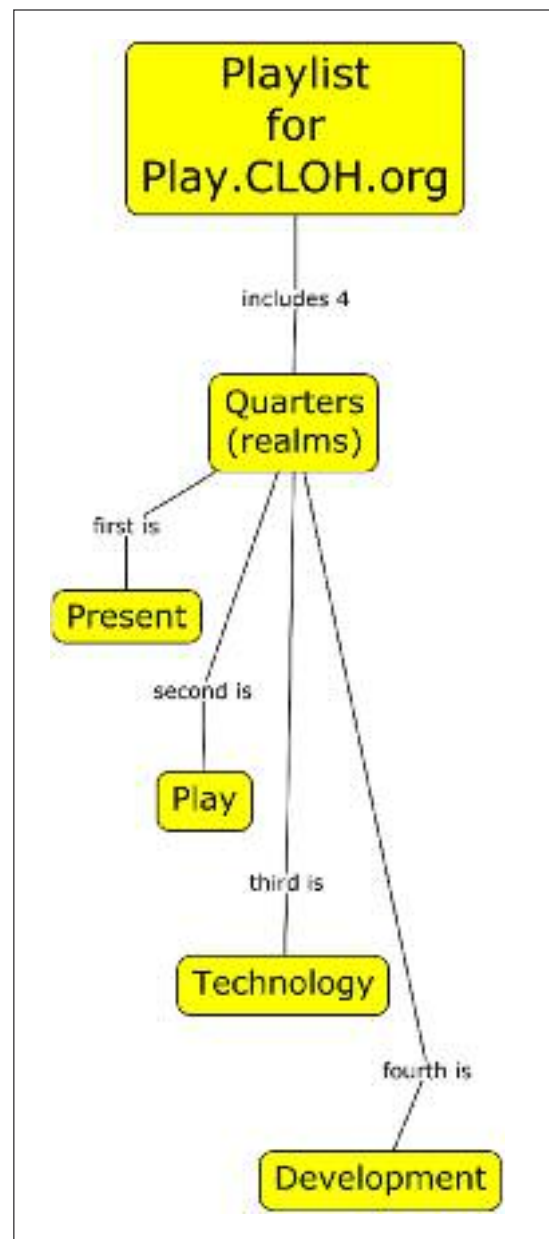# Play.CLOH.Org

The ultimate goal, the digital badge called **Tech Captain.**

To get the **Tech Captain** digital badge, one must earn experiences from a playlist. This playlist has has four quarters. Each quarter is a different realm with different types of experiences.

To earn the Tech Captain Digital Badge, ten or more points (also now as experiences and also known as XPs) must come from every quarter.

Playlist for Play.CLOH.org

includes 4

Quarters (realms)

first is — Present

second is — Play

third is — Technology

fourth is — Development

First Quarter: Present

Everyone has to go to the all important HQ Orientation to learn all about the program, its opportunities, the people and agencies and sign paperword and get free stuff.

This 2-hour meeting is going to be held at various sites around town and they can begin in August. These meeting will be held at least four night per week throughout September, often at the Sarah Heinz House.

Everyone should RSVP for the meeting and get the ebook in advance of the meeting with an agenda and a bunch of paperwork that needs to be signed by guardians.

If you don't want your photo taken, then this program is not for you. We are going to compete and our names and photos are going to be in the newspapers and on the internet.

The first quarter is easy. But, being present is not. We'll learn about unplugging, listening and acting so we can play well with others.

We have a busy calendare and this shows everyone how to use it and where to ask your questions.

Don't spread misinformation or the Hex might sting you.
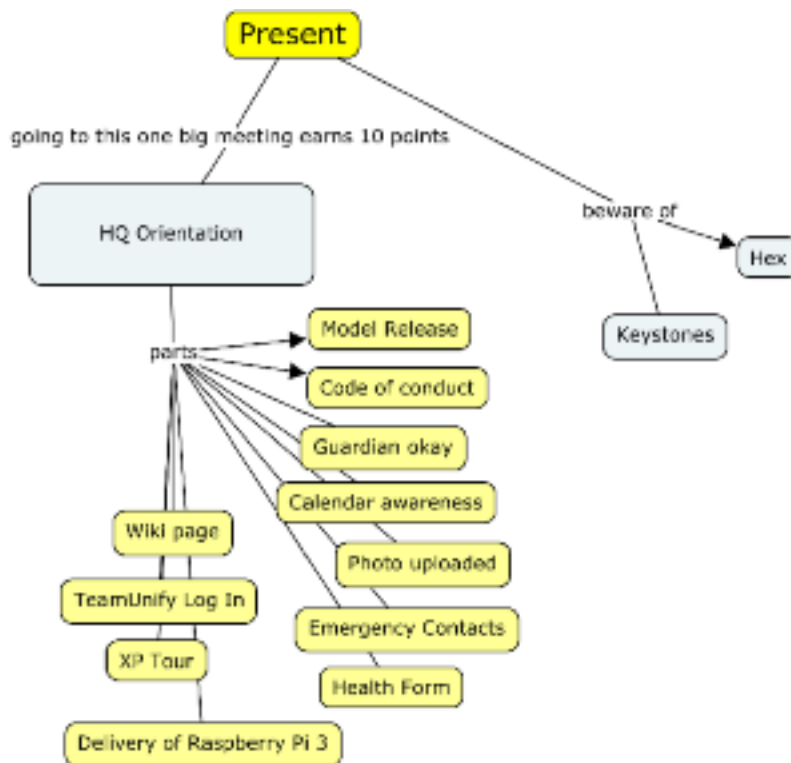
Quarter 1, Present
A formula for winning: Show up and score more points.

Winners must be present to claim their prize. You have to show up, be present. Plus, it helps to live in the present and not the past nor the future. The here and now is a classic sports psychology concept to help get into the flow and in the groove.

Mary Poppins said, "Well begun is half done." There is plenty to do before you arrive. Be prepared. Gather your gear. Do your research. Reflect and visualize. Then, be present. Unplug. Concentrate. Enjoy the moments. Play hard. Have fun.

The Play.CLOH.org efforts and options are explained in the HQ Orientation sessions. Attend one of those events as soon as possible.

Get 10 points or more in every quarter.

Example student: Sue might play Ultimate for 10 times in the fall and get 10 XPs and have enough to cover quarter two.

Quarter 2, Play. Playing well with others.
Obviously, athletes care about play and sports. That is a given. The challenge is getting people out of their comfort zones to open up to more connected learning. Champion learners leave the safety, security and sanctity of their own sandlot settings. Athletes understand travel to other venues and "away games." Athletes value fellow competitors. Athletes appreciate collaboration, team play, program structures and rules. Often, athletes are leaders and trendsetters in the schools. As participants explore and approve, they can to establish awareness and acceptance for open-source software, LiveCode and additional students.

Wiki Literate

CLOH.wikia.com
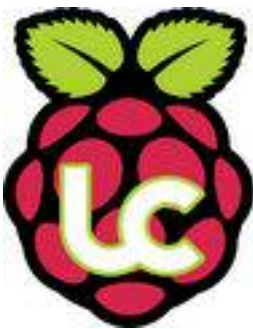
Quarter 3, Technology

The challenge with quarter 3, the technology realm, is to convert passions of connected play into that for technology. Caring about technology is heightened with direct applications to passions of sports and fitness. The convincing argument for mastering technology beyond its geek appeal is because these tech skills are crafted so as to aid performance in sports. Computer animation of plays, evaluation of training plans, understanding exercises and better tabulated results are only a few of the ways the the investment of time and energy into technology are sure to pay off in the athletic arenas. Smarter athletes and smarter teams are better.
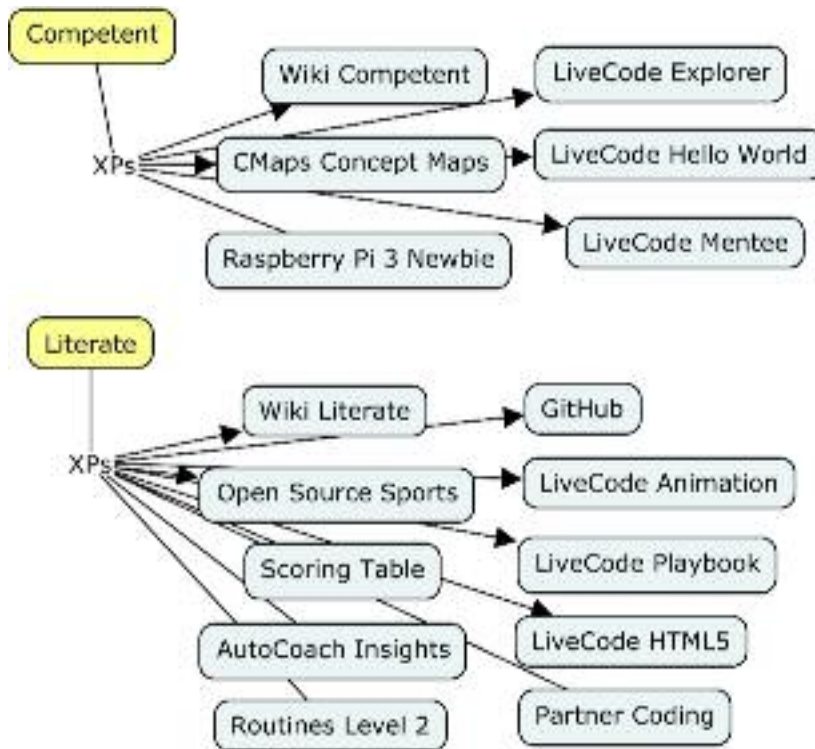
Blending computer science with other interests provides rich opportunities for learning. Students with an interest in sports, for example, can buck up and become eager connected learners about science, nutrition, biology, psychology, physics and journalism through a sports-first approach.

Tech and sports expand the students' understanding of ourselves as biological systems and of our relationships to the world around us. These advances, in turn, drive the need for educated individuals who can bring the power of computing to help solve complex problems.

Quarter Three: Technology.
Sue needs 10 XPs. Here are some to pick from. Choose 10.

Competent

- Wiki Competent
- CMaps Concept Maps
- Raspberry Pi 3 Newbie
- LiveCode Explorer
- LiveCode Hello World
- LiveCode Mentee

Literate

- Wiki Literate
- Open Source Sports
- Scoring Table
- AutoCoach Insights
- Routines Level 2
- GitHub
- LiveCode Animation
- LiveCode Playbook
- LiveCode HTML5
- Partner Coding

Example student, Sue, enjoys the XP/Goals process and does the six badges, Levels 1 to 6, and then does them all a second time. They are all virtual XPs so she can do the work and prove it on line. She'll be meeting with her support team, but that's on her own time, of course.

Quarter 4, Development. Personal and Career Development

High-energy lifestyles are desired for all young adults. While in high school, connected learning in sports and can lay a foundation for wellness and challenges in fitness and recreation for later years while in, out or beyond college.

For some ages 10 and older, a college-sports scholarship is a cherished goal. Getting scholarship offers takes years of preparation, hard work and discipline, in-and-out of one's game-day uniform. Those not able to, nor interested in becoming NCAA and NAIA athletes, should be prepared to consider playing club sports, intramural sports and recreational sports. An appreciation of the outdoors needs to be cultivated and coached too.

The challenge for the fourth quarter realm is to get students 13-and-older to get the skills and habits so they can thrive after high school graduation in both sports and career. Thinking and acting as champions and being literate Olympians matches our expectations, and offers much more than being suitable employees.

The Digital Badges/Goals protocol has been designed to help students improve their rate of goal accomplishment. The specific reason to teach goal orientation and self-regulation skills to the participants in this project is based on a comprehensive assumption: An individual will be more successful in accomplishing something he/she wants to do (reach a goal) if he/she:

intentionally sets the goal, and then

through purposeful visualizing, releases the personal energy to do the work needed to reach the goal, i.e.: makes the commitment and follows through with the work that is needed.

Embedded in this process is both a knowledge base and the commitment to do the work. Without the presence of either of these elements, the work will not happen.

In a recent study conducted by the School of Nursing, University of Pittsburgh, goal orientation was identified as a predictor of "self-care agency." (Zaldonis J, Alrawashdeh M, Atman K, Fatigati, A, Devito Dabbs, A and Bermudez, C. Predictors and Influence of Goal Orientation on Self-Management and Health-Related Quality of Life After Lung Transplant. Progress in Transplantation, 2015;25(3): 230-235, 242.) To maintain a healthy transplant following surgery, the recipient must demonstrate a willingness to "do the work" of following the regimen prescribed by the surgeon. If the work is not done, the transplant will fail. Data from this study indicate that an individual's level of goal orientation was a significant factor in the recipient's 'willingness to do the necessary work' in other words, to do the work of taking care of him/herself by following the recommended regimen (the actualization of "self-care agency.")

Digital Badges/Goals program links a simple goal-setting process and its outcome of work accomplished to the larger issues of health, wellness and both athletic and academic success. This integration is accomplished by tying together inter-generational activities with a sustained, focused and supportive commitment to personal behavior and executive function development buttressed by goal-setting and self-regulation skill enhancement.
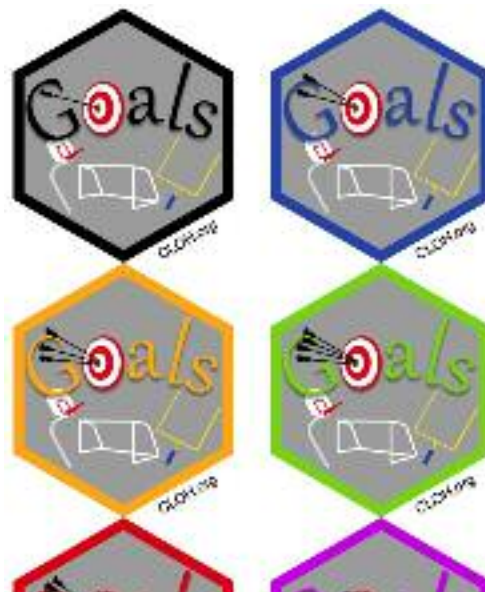
Summary:

Go to the first HQ Orientation. Get 10 points (also known as 10 XPs.

In the second quarter, play a sport, such as Ultimate, more than 10 times. Log the practices and games and take attendance with five or more of your buddies too. Details. No worries. Get more than 10 XPs for those 20 or so practices.

In the third quarter, do some tech XPs with the new Raspberry Pi and such. Pick some to do in person and others to do online. Get 10 or more XPs and that quarter is completed.

In the fourth quater, do the XP/Goals and consider your goal orientation. If you do 10 from that, you can save the other challenges for the next season.