



Peak Performance Inquiry Guide: Elementary School

1. What does IHSA stand for?

2. Why is IHSA important?

3. Match the IHSA activity with the equipment needed for that activity.

a. Lacrosse



b. Badminton



c. Gymnastics



4. Try something new! Learn about an unfamiliar IHSA activity and tell us if you think it would (or would not) be fun to try and why.

5. Did you notice the mascot banners hanging from the ceiling? If you could design your own school mascot, what would it be? Draw a picture of your mascot below.



6. Peak Performance Challenge! Visit each of the stations listed below, perform the challenge, and record your score. How do your scores compare to the scores of your classmates?

Vertical Leap

Reaction Time

Balance Test

Strength Test

Kickin' It

Triple Dribble

Pivot Hoop



Peak Performance Inquiry Guide: Elementary School

1. What does IHSA stand for?

Illinois High School Association

2. Why is IHSA important?

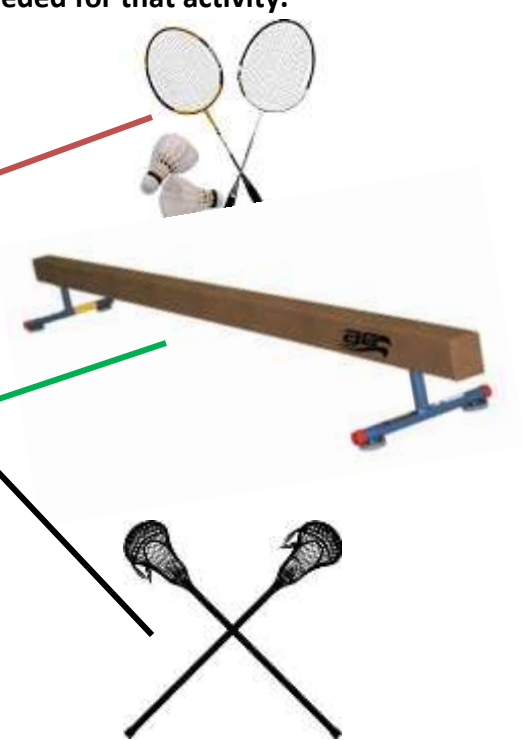
IHSA is a not-for-profit corporation dedicated to recognizing the academic and interscholastic achievements by high school students in Illinois. The IHSA gives opportunities for boys and girls to represent their school and community in interscholastic athletics and activities that enrich the educational experience.

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d. Lacrosse

e. Badminton

f. Gymnastics



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Inquiry Guide: Elementary School

1. The Illinois River is like a highway. Circle the pictures of vehicles that transport people or products up and down the river:



(For a 10 point bonus, write the name of the river vehicle next to its picture.)

2. What are some ways we have changed the Illinois River so that it can be used as a highway?
- We have built levees, locks and dams.
 - We have dug a channel to make the Illinois River deep enough for big boats to travel through.
 - We have pumped water out of wetlands.
 - All of the above
3. How was the Illinois River Valley formed?
- By an event called the Kankakee Torrent
 - By an earthquake that split the Illinois River Valley in half
 - Through erosion over a period of thousands of years
4. There are lots of living things that depend on the river for survival. In the box below, draw a picture of an animal that lives in or by the Illinois River.



5. Below is a list of fish that are native to the Illinois River. Match the picture of the fish with its name.



Redear Sunfish



Paddlefish



Channel Catfish



Largemouth Bass

Sauger

Spotted Gar

Bowfin



6. Humans have made their living off the river. Match the natural resource with what humans have used them for:



Mussel



Beaver



Largemouth Bass



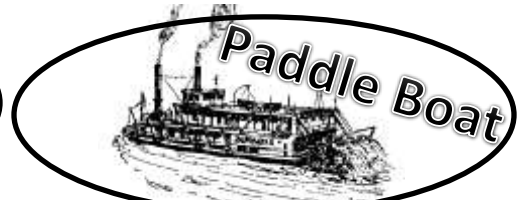
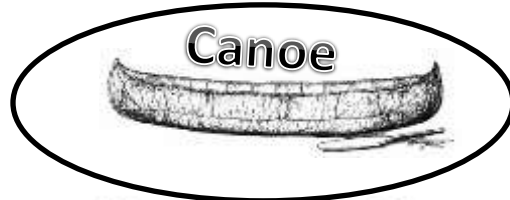
7. What are four things you learned in the Illinois River Encounter exhibit?

- a. _____
- b. _____
- c. _____
- d. _____



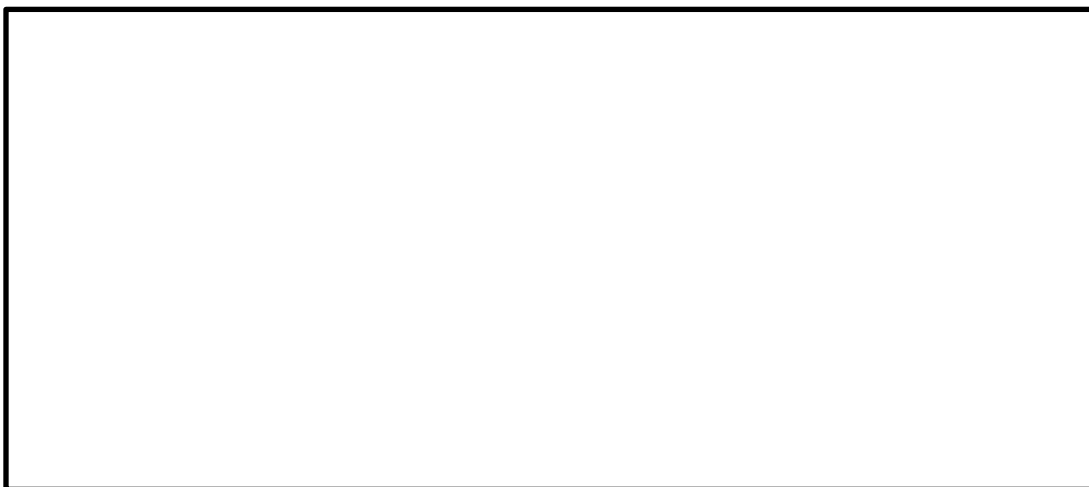
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