Peak Performance Inquiry Guide: Middle School

1. **What does IHSA stand for?**

   _____

2. **What is the purpose of IHSA?**

   _____
   _____
   _____

3. **Name as many IHSA activities as you can.**

   _____
   _____
   _____
   _____

4. **One of the IHSA activities you can participate in is music. What are the six major categories of instruments?**

   a. _____
   b. _____
   c. _____
   d. _____
   e. _____
   f. _____

5. **Mascot Matching***!* Pay attention to the mascot banners displayed in the gallery.

   a. Name a mascot that is an animal: _____
   b. Which high school has a mascot of something you can wear, and what is the name of that high school? _____
   c. Which is your favorite mascot? _____

6. **When playing chess, how does a rook move?**

   _____
   _____

7. **Which student do you think has the heaviest equipment?**

   a. Tuba player
   b. Football player
   c. Golf player

8. **Peak Performance Challenge!** Working in teams, visit each of the stations listed below. At each station, have each team member perform the challenge, and write down their score. After everyone has participated, <u>average your scores for a cumulative group score</u>. Is your team's cumulative score higher than other teams at your school?

(For a 50 point bonus, correctly determine the median, mode and range for your data at each station.)

Vertical Leap

Median =____

Group Score:

Mode = ____   _____

Range = ____

Reaction Time

Median =____

Group Score:

Mode = ____   _____

Range = ____

Balance Test

Median =____

Group Score:

Mode = ____   _____

Range = ____

Strength Test

Median =____

Group Score:

Mode = ____   _____

Range = ____

Kickin' It

Median =____

Group Score:

Mode = ____   _____

Range = ____

Triple Dribble

Median =____   Group Score:

_____

Mode = ____

Range = ____

Pivot Hoop

Median =____   Group Score:

_____

Mode = ____

Range = ____

1. **What does IHSA stand for?**

   Illinois High School Association

2. **What is the purpose of IHSA?**

   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.

3. **Name as many IHSA activities as you can.**

Boys Baseball	Girls Badminton	Bass Fishing
Boys Basketball	Girls Basketball	Chess
Boys Bowling	Girls Bowling	Debate
Boys Cross Country	Competitive Cheerleading	Drama & Group Interpretation
Boys Football	Girls Cross Country	Individual Events
Boys Golf	Girls Golf	Journalism
Boys Gymnastics	Girls Gymnastics	Music
Boys Soccer	Girls Soccer	Scholastic Bowl
Boys Swimming & Diving	Girls Softball	Spirit
Boys Tennis	Girls Swimming & Diving	Three-Point Showdown
Boys Track & Field	Girls Tennis	Wheel Chair Basketball
Boys Volleyball	Girls Track & Field	
Boys Water Polo	Girls Volleyball	
Boys Wrestling	Girls Water Polo	
Boys Lacrosse	Competitive Dance	
	Girls Lacrosse	

4. **One of the IHSA activities you can participate in is music. What are the six major categories of instruments?**

   a. Bowed strings
   b. Woodwind
   c. Brass
   d. Percussion
   e. Keyboard
   f. Guitar family

5. **Mascot Matching!** Pay attention to the mascot banners displayed in the gallery.
   a. Name a mascot that is an animal: <u>Havana Ducks, Zion-Benton Fighting Bees, and Fisher Bunnies</u>
   b. Which high school has a mascot of something you can wear, and what is the name of that high school? <u>Teutopolis Wooden Shoes (mascot), Teutopolis High School</u>
   c. Which is your favorite mascot? _____

6. **When playing chess, how does a rook move?**

The rook can move straight right or left on the chessboard, or straight up and down.

7. **Which student do you think has the heaviest equipment?**
   a. Tuba player
   b. Football player
   (c.) Golf player

8. **Peak Performance Challenge!** Working in teams, visit each of the stations listed below. At each station, have each team member perform the challenge, and write down their score. After everyone has participated, <u>average your scores for a cumulative group score</u>. Is your team's cumulative score higher than other teams at your school?

   (For a 50 point bonus, correctly determine the median, mode and range for your data at each station.)

Vertical Leap
Median =____
Group Score:
Mode = ____ _____
Range = ____

Reaction Time
Median =____
Group Score:
Mode = ____ _____
Range = ____

Balance Test
Median =____   Group Score:
Mode = ____   _____
Range = ____

Strength Test
Median =____   Group Score:
Mode = ____   _____
Range = ____

Kickin' It
Median =____   Group Score:
Mode = ____   _____
Range = ____

Triple Dribble
Median =____   Group Score: _____
Mode = ____
Range = ____

Pivot Hoop
Median =____   Group Score: _____
Mode = ____
Range = ____

1. Give one example of how the Illinois River has been used as a highway.

   _____
   _____

2. Give one example of how humans have changed the Illinois River so that it could be used as a highway.

   _____
   _____

3. There are many kinds of dams (barriers that retain water). Circle the type of dam that is depicted below:

   Wicket Dam   or   Tainter Dam

   Wicket Dam   or   Tainter Dam

4. What was the Kankakee Torrent?

   _____
   _____

5. The Illinois River is filled with native and invasive species of fish. What does it mean to be:
   a. An *invasive* species =
      _____
   b. A *native* species =
      _____

6. Of the following fish which can be found in the Illinois River, circle whether the species is *invasive* or *native*:

Round Goby

Invasive   or   *Native*

Snake Head

Invasive   or   *Native*
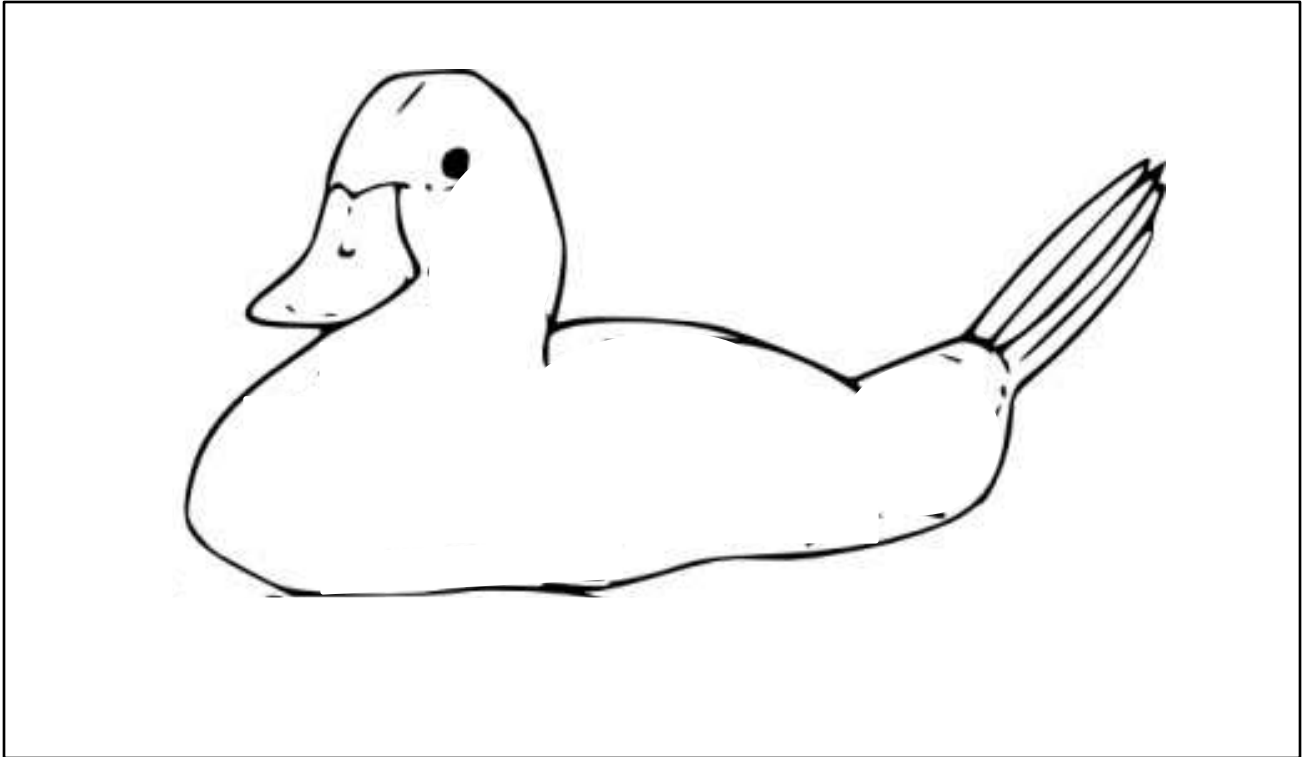
Channel Catfish

Invasive   or   *Native*

Bluegill

Invasive   or   *Native*

7. **What is a "river rat?"**
    a. A large rodent of the genus *Rattus* that hunts small fish and other river wildlife
    b. A person who makes their living from the river, harvesting various plants and animals throughout the year
    c. A term used to describe non-native species to the Illinois River

8. **Duck decoys are manmade objects which resemble real ducks, and were often made for hunting to attract live ducks. Design your own duck decoy by filling in the details in the duck outline below:**

9. **Humans have made their living off the river. Can you name at least one negative way that humans have impacted the river and the animals that live there?**

_____
_____
_____
_____

10. **Name at least three things humans can do to preserve the river.**
    a. _____
    b. _____
    c. _____

11. **What is Emiquon, and what is it doing to help the environment?**

_____
_____

1. **Give one example of how the Illinois River has been used as a highway.**

   Barges, paddleboats, canoes and other boats have been used to transport people and products up and down the river for thousands of years.

2. **Give one example of how humans have changed the Illinois River so that it could be used as a highway.**

   Possible answers: Humans have built levees, locks and dams. Humans have dug channels to make the Illinois River deep enough for big boats to travel through. Humans have pumped water out of wetlands.

3. **There are many kinds of dams (barriers that retain water). Circle the type of dam that is depicted below:**

   (Wicket Dam)   or   Tainter Dam

   Wicket Dam   or   (Tainter Dam)

4. **What was the Kankakee Torrent?**

   The Kankakee Torrent was a catastrophic flood that occurred between 14,000 and 18,000 years ago in the Midwestern United States. The Kankakee Torrent was responsible for the rapid creation of the Illinois River.

5. **The Illinois River is filled with native and invasive species of fish. What does it mean to be:**
   a. An *invasive* species = Flora or fauna that have been introduced into an environment to which they are not originally from.
   b. A *native* species = Flora or fauna that are naturally present and characteristic of an environment.

6. **Of the following fish which can be found in the Illinois River, circle whether the species is *invasive* or *native*:**

   Round Goby

   (*Invasive*) or   *Native*

   Snake Head

   (*Invasive*) or   *Native*

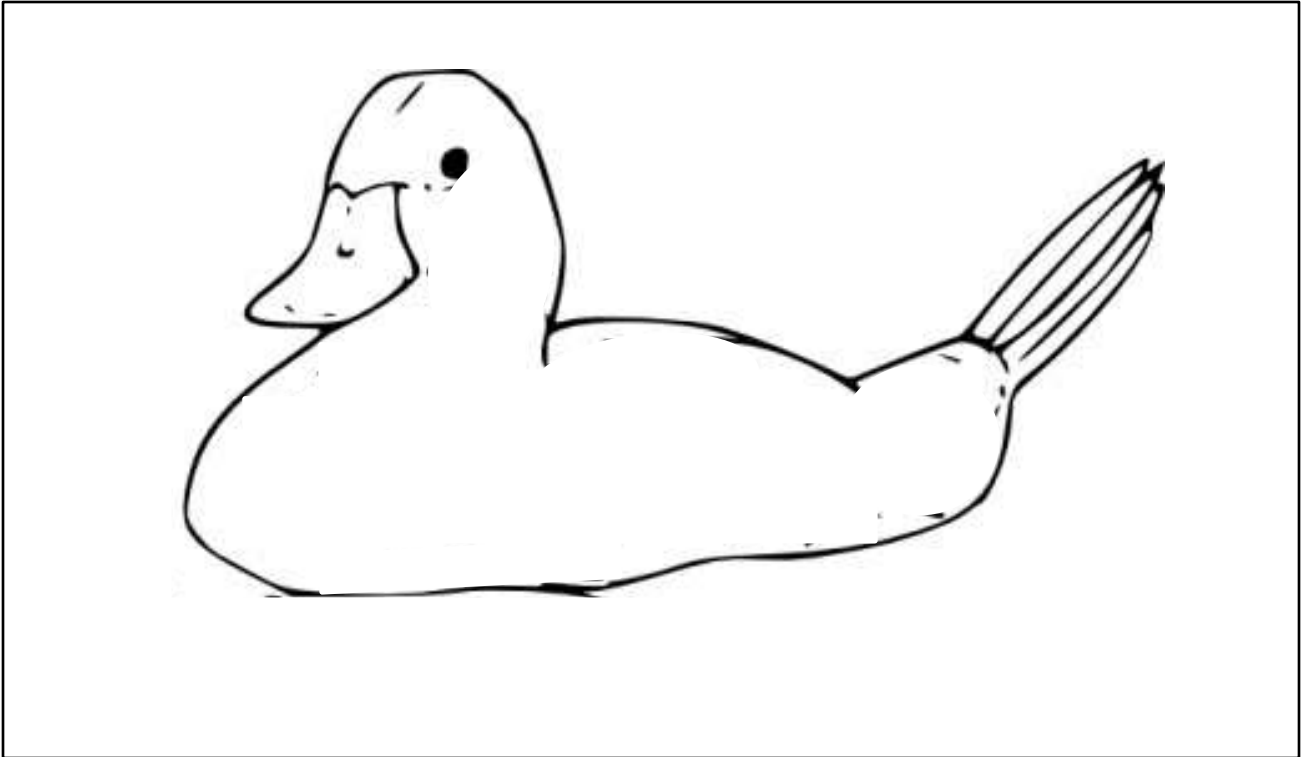   Channel Catfish

   Invasive   or (*Native*)

   Bluegill

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8. **Duck decoys are manmade objects which resemble real ducks, and were often made for hunting to attract live ducks. Design your own duck decoy by filling in the details in the duck outline below:**

9. **Humans have made their living off the river. Can you name at least one negative way that humans have impacted the river and the animals that live there?**

   Possible answers: Overhunting and overfishing has led to a huge decrease in the amount of wildlife supported by the Illinois River. Humans changing the river to make it easier to navigate (locks and dams, levees) has led to loss of habitat for these animals, and further reduction of their numbers. Pollution and sedimentation has greatly impacted the amount and variety of fish the river can support.

10. **Name at least three things humans can do to preserve the river.** (Possible Answers Below)
    a. Do not overhunt or over fish
    b. Do not pollute the river
    c. Do not introduce invasive species

11. **What is Emiquon, and what is it doing to help the environment?**
    "Emiquon" is short for the Emiquon National Wildlife Refuge, and it seeks to protect, restore and manage migratory bird, fish and resident wildlife habitat in the Illinois River Valley.