

# YOUR SKIN

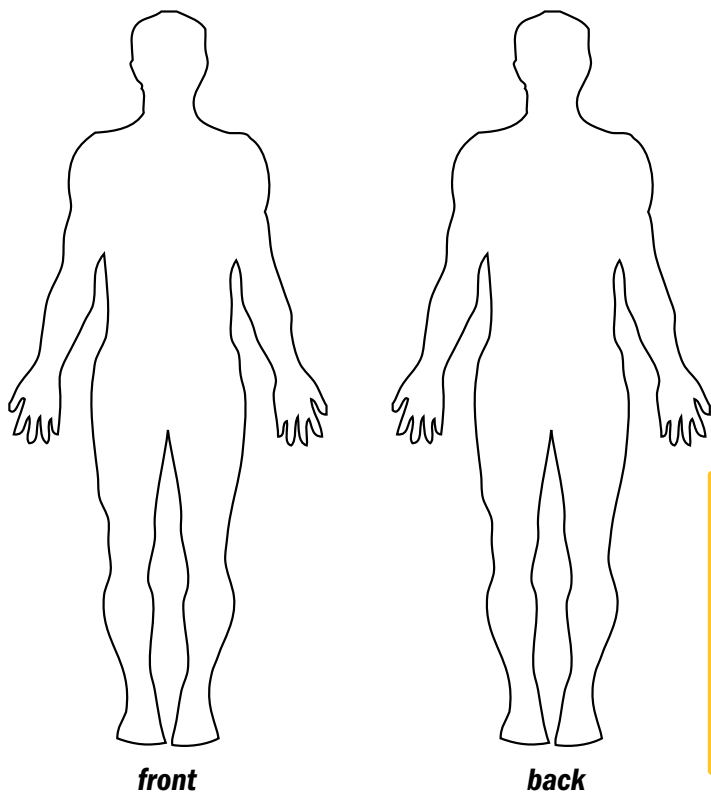
## Level 3-4

Often in rugby your skin gets covered in mud and sweat. That's why we always shower after every game and practice. Did you know that your skin is the largest organ in your body? Gross eh! It helps you in so many different ways and it keeps all those things inside, in and those things outside, out!

It also helps you keep warm or cool and let's you know what's happening outside.

The sense of touch is the name given to a network of nerve endings that reach just about every part of our body. These sensory nerve endings are found just below the skin. They register light and heavy pressure on the skin, and also the differences in temperature around you. These nerve endings gather information and send it to the brain.

You have thousands of sweat glands under your skin. Your brain sends a message to these glands telling them when it's time to sweat. The soles of your feet and the palms of your hands have the most sweat glands. That is why your socks are often wet after a day in shoes and your palms can be sweaty and moist. Sweat doesn't smell until bacteria start to snack on it.



### FACTS

1. Skin is waterproof.
2. Skin can heal itself.
3. Your body produces sweat to help cool you down in hot weather. The sweat uses and takes away body heat when it changes the liquid sweat into sweaty-smelling vapour.
4. Sweat also carries smelly waste products out of your system.
5. We shed our skin all the time. We get a whole new skin every 50 days. Most house dust is human skin.
6. Skin weighs twice as much as your brain.

### TRY THIS

Tie two colouring pencils together with a rubber band. Touch yourself gently on different parts of your body. Sensitive parts of your body will feel two points - less sensitive parts will only feel one. Don't poke anybody with these.

Record your findings on this body outline.



### HEALTH TIP

DON'T GET SUNBURNT! COVER UP WELL ON SUNNY DAYS OR USE SOME SUN PROTECTI ON CREAM.