

- USES**
- 1 Propel over weeds without risk of entanglement
  - 2 Propel oneself even if a leg injury has been sustained
  - 3 Synchronised swimming
  - 4 Water polo

- TYPES**
- Head first
  - Feet first
  - Stationary

**Body Position**

- Head is still
- Ears submerged
- Eyes looking forward
- Body as near to horizontal as possible
- As near to water surface as possible

**Arm Action**

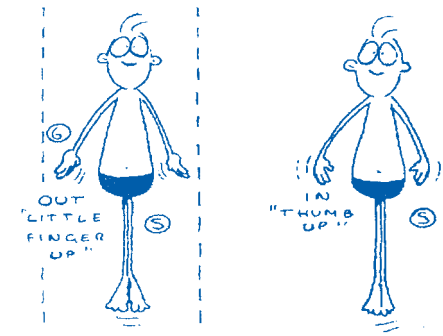
- Continuous
- Level with buttocks
- Close to side
- Arms straight
- Fingers together
- Palms almost flat

**Outward Sweep**

- Little finger is uppermost

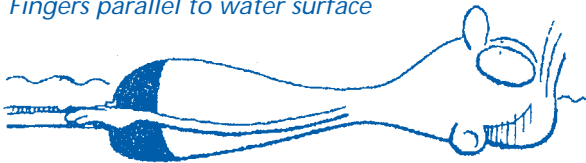
**Inward Sweep**

- The thumb is uppermost



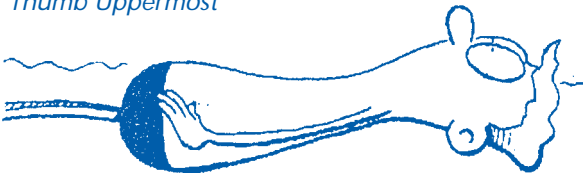
**Stationary scull**

Fingers parallel to water surface



**Head first scull**

Thumb Uppermost



**Feet first scull**

Little finger uppermost



**Practises**

**Arm Action**

- Standing in shoulder depth water practise arm action
- Wearing a buoyancy aid, practise arm action
- With feet under rail, in supine position practise the arm action
- Hold the float across chest practise with other hand - swap sides

**Timed Sculling Practises**

- Sculling in a vertical position — no leg action
- Raise chest out of water for varying lengths of time
- Horizontal position, scull carrying a brick on your stomach
- Horizontal position, tow someone by hooking feet under arm pits
- Partner makes no propulsive movements
- Only possible using a head first sculling