

三年级日记范文：今天学会了骑自行车

5月23日 星期六 晴

今天我终于学会了骑自行车，这件事我从一年级盼到了三年级。

那辆车是过六岁生日买的，樱桃红，特别好看。可是我不会骑，它在储藏室角落里放两年，都落灰了。上周末，同学王六二都会骑车上学了，我羡慕得受不了，今天就缠着爸爸教我。

早上，爸爸扶着车后座，我在前面骑。爸爸跟在后面跑，我听见他的喘气声。车把一开始根本不听我的话，左边歪一下，右边歪一下，像一匹没驯服的小野马。我问他：你扶住了吗？爸爸说扶住了。可是等我回头，他站在离我好远的地方，手叉着腰。原来他早就松手了！我吓得一歪，连人带车摔在马路边。

膝盖擦破了一块皮，渗出血珠，火辣辣的。我想哭，可是四五个同学都在看，我就忍住了。王六二跑过来帮我扶车，说别怕别怕，眼睛看前面。爸爸蹲下来吹了吹，说：擦破皮学不会骑车，我像你这么大的时候摔过七八次。我爬起来，把车扶正，又坐上去。

第二次更糟，前轮撞上一颗小石子，我人先跳下来，车压在我脚上。这回我真想哭了，爸爸没安慰我，只说：再来。我揉了揉腿，又坐上去。

第三次，爸爸又偷偷松了手，这次我提前发现了，因为我没听见他的喘气声。我就装不知道，一直往前骑。风从耳朵边上过，我数着数，一、二、三，数到十的时候我才发现，我自己骑了十米还不止！车子一直往前，我都不知道怎么停下来的，捏了闸才跳下车。我大喊：爸爸我会了！爸爸在路口鼓掌，他的头发全湿了。后来我又骑了第二圈、第三圈，一次比一次远，王六二在旁边数，说这次有二十米！

晚上擦药的时候膝盖还疼，可是我心里甜。我把十米的事讲给妈妈听，妈妈说下次可以陪我骑去公园，我还把樱桃红的车擦了一遍才放好。原来摔跟头不是学不会，是还没学会。明天我要骑到小区门口的小卖部去买冰棍。

A Grade 3 Diary: Learning to Ride a Bike Today

May 23, Saturday, sunny.

Today I finally learned to ride a bike. I have been waiting for this since first grade.

In the morning, Dad held the seat from behind while I pedaled in front. I could hear him panting behind me. I asked: are you holding it? He said yes. But when I looked back, he was standing far away with hands on his hips. He had let go long ago! I got scared, wobbled, and fell with the bike at the roadside.

My knee scraped off a patch of skin, beads of blood coming out, burning. I wanted

to cry, but four or five classmates were watching, so I held it in. Dad squatted down, blew on the knee, and said: a scraped knee never stopped anyone from learning. When I was your age I fell seven or eight times. I got up, righted the bike, and sat back on it.

The second try was worse. The front wheel hit a small stone, I jumped off first, and the bike fell on my foot. This time I really wanted to cry. Dad did not comfort me, he only said: again. I rubbed my leg and got back on.

On the third try, Dad secretly let go again. This time I noticed early, because I could not hear his panting. I pretended not to know and kept riding. Wind passed by my ears. I counted: one, two, three. When I reached ten I realized I had ridden more than ten meters alone! I did not know how to stop, so I squeezed the brake and jumped off. I shouted: Dad, I can do it! Dad clapped at the corner of the street, his hair all wet with sweat.

At night, when I put medicine on my knee it still hurt, but my heart felt sweet. I told Mom about the ten meters, and she said next time she could ride to the park with me. I also wiped my cherry-red bike clean before parking it. So falling down does not mean you cannot learn; it only means you have not learned yet. Tomorrow I will ride to the shop at the gate of our neighborhood and buy an ice pop.

学骑自行车日记怎么写？三个场景的点评与示范

不少同学写学骑自行车的日记，三句话就写完了：今天爸爸教我骑车，我摔了一跤，后来学会了。这样的日记像流水账，问题出在没有把三个关键场景写清楚。下面结合一篇三年级范文，逐个场景点评。

第一个场景：爸爸扶车。最容易犯的错是只写爸爸扶着车，我骑。范文里加了两个细节：一是听见爸爸的喘气声，二是回头发现爸爸站在好远的地方，手叉着腰。喘气声是耳朵听到的，叉腰是眼睛看到的，两个感官细节一加，爸爸偷偷松手这个情节就立住了。还可以写车把不听使唤，左边歪右边歪，像没驯服的小野马，这是写自己骑的感觉，让读者也跟着晃。

第二个场景：摔倒擦伤。范文没有只写我摔倒了很疼，而是写渗出血珠、火辣辣的，又写想哭但同学在旁边看就忍住了。这一句忍住了特别重要，它写出了三年级孩子的真实心理：怕疼，更怕在人前哭。爸爸的话也值得模仿，不写加油努力这种大人腔，写我像你这么大的时候摔过七八次，用比惨来安慰，孩子之间才这样说。

第三个场景：独自骑出十米。这是全文最高兴的地方，范文用了数数的办法，一、二、三，数到十才发现骑了十米还不止。数数把十米这个抽象距离变成了读者能跟着数的过程。再补一笔不知道怎么停下来，捏了闸才跳下车，高兴里带一点慌乱，非常真实。结尾写爸爸头发全湿了，

不写爸爸多辛苦，只写头发湿了，这就是用细节代替喊口号。

改写示范：把我又摔了一跤改成前轮撞上一颗小石子，我人先跳下来，车压在我脚上。对比一下就知道，具体写撞到哪里、人怎么反应、车怎么样，比笼统的摔一跤有画面得多。写日记前先在脑子里放电影，把摔倒那一瞬间慢放三遍，再动笔，就不容易写成流水账。

最后看结尾。范文写晚上擦药膝盖还疼，可是心里甜，又说明天要骑去小卖部买冰棍。日记的结尾不用总结道理，写一件明天想做的事，高兴就藏在里面了。

How to Write a Bike-learning Diary: Notes on Three Scenes

Many students finish a bike-learning diary in three sentences: today Dad taught me, I fell once, then I learned. That reads like a list, because the three key scenes were not written out. Here is a scene-by-scene look at a grade 3 model diary.

Scene one: Dad holding the bike. The common mistake is writing only that Dad held the bike and I rode. The model adds two details: hearing Dad panting, and looking back to find him far away with hands on his hips. One detail comes from the ears, one from the eyes, and the trick of secretly letting go now stands firm. You can also write that the handlebars did not obey, wobbling left and right like an untamed little horse.

Scene two: falling and scraping. The model does not stop at I fell and it hurt. It writes beads of blood, a burning feeling, and wanting to cry but holding it in because classmates were watching. That held-it-in line captures the real psychology of a nine-year-old: afraid of pain, even more afraid of crying in front of others. Dad's words are worth copying too. Not try harder in a grown-up voice, but when I was your age I fell seven or eight times, comforting by comparison.

Scene three: riding ten meters alone. This is the happiest part, and the model uses counting: one, two, three, until ten, and only then noticing it was more than ten meters. Counting turns an abstract distance into a process the reader can count along with. Add that the rider did not know how to stop and had to squeeze the brake, and the joy carries a bit of panic, which feels true. Ending with Dad's hair all wet, instead of saying how hard Dad worked, is detail doing the talking.

A rewrite demo: change I fell again into the front wheel hit a small stone, I jumped off first, and the bike fell on my foot. Compare them and you can see that naming what was hit, how the body reacted, and what happened to the bike beats a vague fell again. Before writing, play the falling moment in your head in slow motion three times, then pick up the pen.

Look at the ending last. The model writes that the knee still hurt when putting medicine on at night, but the heart felt sweet, and that tomorrow it will ride to the shop for an ice pop. A diary ending does not need a moral. Write one thing you want to do tomorrow, and the happiness hides inside it.

写学骑车日记，最容易犯的六个错

批改过不少学骑自行车的日记之后，发现同学们犯的错误高度重复。下面列出六个最常见的，每个都给出改正办法，写完对照着自查一遍。

错误一：忘写日期和天气。日记的第一行必须是日期、星期、天气，比如5月23日 星期六 晴。有的同学把日记当作文写，直接开头就骑车，格式分就丢了。改正办法：动笔前先写第一行，再写正文。

错误二：三个场景挤成一句话。题目要求写爸爸扶车、摔倒擦伤、独自骑出十米，有的同学三段话合一段，一句带过。改正办法：在草稿上先画三个格子，一个格子一个场景，每个格子至少写三行。

错误三：只写疼，不写忍。我摔倒了，很疼，我哭了。这样写读者没有感觉。真实的三年级孩子往往是想哭但忍住了，因为同学在旁边看。改正办法：写摔倒时问自己，旁边有没有人？我做了个什么动作忍住？把这个动作写进去。

错误四：对话写成大人腔。爸爸语重心长地说：孩子，失败是成功之母。这句话一听就是编的。改正办法：想想自己爸爸平时怎么说话，他可能就说再来，或者我小时候摔过七八次。对话要像从家里录下来的。

错误五：结尾喊口号。通过这件事，我明白了坚持就是胜利的深刻道理。日记不是读后感，硬喊道理反而假。改正办法：结尾写身体感觉加一件明天想做的事，比如膝盖还疼但心里甜，明天要骑去小卖部。

错误六：忘记写学之前的盼。范文开头写这辆车从一年级盼到三年级，放了两年都落灰了。有了盼，学会那一刻的高兴才有着落。改正办法：开头加一句这辆车等了多久，或者你羡慕过谁会骑车。

自查清单：日期天气写了吗？三个场景各占一段吗？有没有一个耳朵听到的细节和一个眼睛看到的细节？想哭又忍住写了吗？对话像家里人说的话吗？结尾是不是写了一件明天的事？七条全对，这篇日记就过关了。

Six Common Mistakes in a Bike-learning Diary

After reading many bike-learning diaries, the mistakes turn out to repeat themselves. Here are the six most common ones, each with a fix, so you can check your own draft against them.

Mistake one: forgetting the date and weather line. A diary must open with date, weekday, and weather, like May 23, Saturday, sunny. Some students start straight with riding and lose the format points. Fix: write the first line before the body.

Mistake two: squeezing three scenes into one sentence. The task asks for Dad holding the bike, the fall and scrape, and riding ten meters alone, but some drafts rush through all three in one line. Fix: draw three boxes on the draft, one scene per box, at least three lines per box.

Mistake three: writing only pain, not endurance. I fell, it hurt, I cried gives the reader nothing. A real nine-year-old often wants to cry but holds it in because classmates are watching. Fix: when writing the fall, ask who was nearby and what small motion you used to hold back, then write that motion.

Mistake four: dialogue in a grown-up voice. Dad said solemnly: failure is the mother of success. That line is obviously made up. Fix: recall how your own dad talks. He probably just says again, or I fell many times at your age. Dialogue should sound recorded from home.

Mistake five: a slogan ending. Through this event I understood that persistence is victory is not a diary but a book report. Shouting a moral feels fake. Fix: end with a body feeling plus one thing planned for tomorrow, like a sore knee but a sweet heart, and a ride to the shop planned.

Mistake six: skipping the waiting before learning. The model diary opens by saying the bike waited from grade one to grade three, gathering dust for two years. With that waiting, the joy of finally riding has somewhere to land. Fix: add one line about how long the bike waited, or which classmate you envied.

Checklist: date and weather written? Three scenes in three paragraphs? One detail from the ears and one from the eyes? The held-back tears written? Dialogue sounding like family? Ending on something for tomorrow? Seven yes answers and the diary passes.