

三年级我学会了游泳300字范文：第一次下水不怕了（逐段点评）

这篇给三年级孩子看：先给一篇300字左右的范文，再一段一段点评它是怎么写出来的，孩子对照着看，就知道自己的作文该往哪里改。

范文：我学会了游泳。暑假第一天，妈妈带我去游泳班。站在池边，看到池子里全是人，我抓着池沿不肯松手，水漫到胸口，我的腿开始自己发抖。教练走过来，说：先别游，你就在水里吐泡泡。我鼓起腮帮子朝水面吐泡泡，水花溅到脸上，我笑了。后来教练递给我一块浮板，说：抱住它，蹬腿。我抱着浮板蹬，浮板推着我往前挪，一点点挪到了对岸。松开手的时候，我发现自己刚才一直憋着气。回家的路上我跟妈妈说：明天我还想去。

先看第一个场景：泳池边不敢下水。抓池沿不肯松手、腿自己发抖，全文没有出现害怕、恐惧这两个词，怕全写在手和腿上。三年级同学常写我害怕极了，范文写的是身体在干什么。这是第一个可以仿的点：写怕，写身体，不写心情词。

再看第二个场景：教练鼓励。教练的话只有一句，先别游，你就在水里吐泡泡，不是什么感人的长篇大论。听完之后的变化也不是我深受鼓舞，而是吐泡泡、水花溅到脸上、笑了。从怕水到敢下水，这个转折靠鼓起腮帮子和笑两个动作完成。鼓励场景要真实，靠的是动作，不是形容词。

第三个场景：扶着浮板游动。往前挪、一点点挪到对岸、松开手才发现一直憋着气。成就感不写我太高兴了，写憋气这个身体细节：身体一放松，高兴就在里面了。挪这个字也用得准，抱着浮板的样子就是挪，不是游。

结尾是一句对话：明天我还想去。没有喊我变勇敢了的口号，但和开头抓池沿不肯松手对照着看，从害怕到敢下水的转变已经完成了。三个场景按顺序排，语言全程朴实，没有堆形容词，这就是三年级能写出来、也值得仿的样子。

A Third-Grader's 300-Word Swimming Essay, Paragraph by Paragraph

This piece is for third graders: first a model essay of about three hundred words, then a paragraph-by-paragraph critique showing how it was built. The model essay: on the first day of summer camp my mum took me to swimming class. Standing at the pool edge, gripping the rim and refusing to let go, my legs began shaking on their own as the water reached my chest. The coach walked over and said, do not swim yet, just blow bubbles in the water. I puffed my cheeks and blew bubbles at the surface; splashes hit my face and I laughed. Later the coach handed me a float board: hug it and kick. Hugging the board I kicked, and it pushed me forward, inch by inch, to the far side. Only when I let go did I notice I had been holding my breath the whole time. On the way home I told my mum I wanted to go again tomorrow. The critique: the first scene shows fear through hands and legs, never using the word afraid. The

coach's encouragement is one plain sentence, and the turn happens through actions, blowing bubbles and laughing. The float board scene lands the achievement in a body detail, the held breath, and the verb crawl fits exactly. The closing line is dialogue, not a slogan about bravery; set against the gripping at the start, the change from fear to courage is already complete.