

泳池边素材库：三年级写学游泳，这些细节随手可用

写学游泳作文，三年级孩子最难的不是句子，是没东西可写：时间隔了一个暑假，泳池的事忘得差不多了。这里按四个场景整理一份细节清单，孩子一条条对照自己的经历，想起来的就用，想不起的划掉，用自己的话写进作文。没经历过也别照抄，抄来的细节经不起老师一问。

场景一：下水前。脚趾抠住池边瓷砖，瓷砖被太阳晒得发烫；泳镜戴上去眼眶被吸住，眨眼睛的时候眼皮跟着动；水漫到肚子的时候皮肤起了一层小疙瘩；站在浅水区装得很镇定，其实手在背后偷偷抓教练的胳膊；听见广播里扑通扑通的落水声，轮到自己时心跳比那声音还响。挑两三个写，怕水就出来了。

场景二：呛水时。水从鼻子进去，耳朵里像塞了棉花，嗡嗡的；咳得弯下腰，嘴里发苦；泳镜起雾，眼前白茫茫一片，抓谁的手都抓不准；想说话，出口只有咳声；上了岸蹲在池边，湿头发贴在脸上，心里想我大概学不会了。这一段是全文最重的，选两三个细节慢慢写。

场景三：扶浮板。浮板拍在水面上啪啪响，胳膊震得发麻；蹬腿的时候脚后跟打水，打出一串小水花；眼睛盯着对岸一条瓷砖缝，只敢看它不敢看水；教练在身后喊蹬腿蹬腿，声音忽远忽近；挪到一半不敢动了，假装看泳帽，其实是腿僵了。这些细节写出来，尝试的过程就不空。

场景四：学会的瞬间。蹬壁以后耳朵灌满水声，世界忽然安静了；手臂划了几下，脚踩到对岸的池壁，脚底打滑赶紧站稳；摘掉泳镜发现对岸有人在鼓掌，愣了两秒才反应过来是给自己鼓；想再游一次，嘴上说累了，身体已经走回出发的那一端。学会的高兴不用写高兴两个字，这些反应里全有。

最后一句提醒：清单是引子，不是答案。老师一眼能看出抓瓷砖是孩子的记忆还是抄来的，区别在于孩子能不能讲出细节后面的事。所以用之前先问自己：这个我经历过吗，后面有没有一个故事。有，它就是你的好素材；没有，划掉，去问自己真正记得的那件事。

A Poolside Detail Bank: Ready-to-Use Details for Young Swimmers' Essays

For third graders the hardest part of a swimming essay is not sentences but emptiness: the pool memories faded over one summer. This detail bank is sorted into four scenes. Children should check each item against their own experience, keep what they remember, cross out what they do not, and rewrite the keepers in their own words. Never copy what never happened; borrowed details collapse under one teacher's question. Scene one, before entering the water: toes gripping sun-hot tiles, goggles sucking at the eye sockets, skin prickling as water reaches the belly, pretending calm while secretly holding the coach's arm from behind. Scene two, choking: water up the nose, ears stuffed with cotton, coughing doubled over, goggles fogging white, reaching for a hand and missing, squatting at the edge thinking I probably cannot learn. Pick two or three and write them slowly. Scene three, with the float board:

the board slapping and buzzing the arms, heels kicking up sprays, eyes locked on one tile seam across the pool, the coach's voice drifting near and far. Scene four, the moment of mastery: the world going quiet under the push-off, feet finding the far wall and slipping, removing fogged goggles to find applause meant for you, walking back to the start while saying you are tired. The bank is a trigger, not an answer. Before using an item, ask: did this happen to me, is there a story behind it. If yes, it is yours; if no, cross it out and go find the memory that is real.