

# 学游泳作文的五个常见毛病与自查清单

第一个毛病：开头绕了八十字还没下水。常见写法是「暑假里妈妈给我报了游泳班，我既兴奋又紧张」，读者要等到第三段才见泳池。改法是把第一句换成场景内的动作，「我抓着池边的铁杆不肯松手，教练的手在我背后等着」，背景信息往后挪或者干脆不写。

第二个毛病：呛水只写结果。「我呛水了，特别难受」是结论不是过程。自查方法：数一数这一段有没有写鼻子、喉咙、耳朵至少两处身体反应，没有就补。呛水是水进鼻子的酸、咳出来的咸、站不稳扶墙的慌，把这些写出来，难受两个字反而可以删掉。

第三个毛病：犹豫段全是喊口号。「我犹豫了很久，最终决定勇敢面对」这种句子没有信息量。把「犹豫了很久」换成具体时长和动作：在更衣室坐了十分钟，鞋带系了又拆。把「勇敢面对」删掉，直接写重新下水那一步。心理描写超过五处短句也算超量，留三处最准的就够。

第四个毛病：换气一次就成功。「我照着教练说的做，很快就学会了。」读者会觉得假。自查：换气段里有没有「第一次」「第二次」这类失败记录，没有就补两次，一次呛、一次手脚打架。学会的标志写身体感受，身子变轻、能边游边看池底瓷砖，比「我学会了」有说服力。

第五个毛病：结尾强行升华。「这件事告诉我坚持就是胜利」是全文最像抄来的句子。改法是收在一个小动作或小画面上：回家路上泳帽在书包里滴水，滴一路。这种画面不喊道理，读者自己读得出味道，比任何总结句都稳。写完照清单过一遍：第一句是否进场景、呛水有无身体反应、犹豫有无动作、换气有无失败、结尾有无套话，五格全勾再交。

## Five Common Flaws in Swimming Essays and a Self-Check List

Flaw one: eighty words in and still no pool. A typical opening reads 'During summer vacation Mom signed me up for swimming class, and I was both excited and nervous'; the reader has to wait until the third paragraph to see the water. Fix it by making the first sentence an action inside the scene: 'I gripped the metal rail at the pool edge and refused to let go, while the coach's hand waited behind my back.' Move the background later or drop it entirely.

Flaw two: the choking scene states only the result. 'I choked and felt awful' is a conclusion, not a process. Self-check: count whether the paragraph contains at least two body reactions among nose, throat, and ears; if not, add them. Choking is the sting of water up the nose, the salt of the cough, the unsteady grab at the wall. Write those out and the words 'felt awful' can actually be deleted.

Flaw three: the hesitation paragraph is all slogans. 'I hesitated for a long time and finally decided to be brave' carries no information. Replace 'a long time' with a concrete duration and action: ten minutes sitting in the changing room, shoelaces tied and retied. Delete 'be brave' and write the step of getting back in directly.

More than five short thought-phrases is also too many; keep the three most accurate.

Flaw four: breathing works on the first try. 'I did as the coach said and learned quickly' reads as fake. Self-check: does the breathing paragraph contain failure records like 'the first time' or 'the second time'? If not, add two – one choke and one where arms and legs fight each other. Mark the moment of learning with body feelings: the body turning light, being able to watch the pool tiles while swimming. That convinces better than 'I had learned it'.

Flaw five: a forced uplifting ending. 'This experience taught me that persistence is victory' is the most copycat sentence in the essay. Fix it by closing on a small action or image: on the way home the swim cap drips inside the backpack, drop after drop. Such an image preaches nothing, yet the reader tastes the meaning on their own – steadier than any summary sentence. After writing, run the list once: Does the first sentence enter the scene? Does the choking have body reactions? Does the hesitation have actions? Does the breathing have failures? Is the ending cliché-free? Hand it in only when all five boxes are checked.