

范文逐段点评：《从怕水到爱上游泳》哪里好、哪里虚

假设范文浅水区段写：「整个七月我都在浅水区漂腿。水面平得像没睡醒，我的腿打出的水花却吵得不行。」点评：前一句交代时间，后一句用「水面没睡醒」和「水花吵」做对照，枯燥里有了声音，这是初中水平该有的句子。但这段只写了两周里的一个下午，枯燥的累积不够，建议补一句「同组换了三批人，教练还记得我吐泡的姿势不对」，时间感就出来了。

深水区段范文写：「教练说下水摸圈。我站在台阶上，水到胸口，忽然觉得所有声音都隔了一层玻璃。下去，摸上来，是一分钟后的事，中间那一分钟我什么都不记得，只记得手指尖是麻的。」点评：这是全文最好的一段。「声音隔了层玻璃」写恐惧的听觉，「中间一分钟不记得」写恐惧的时间感，都是身体经验，不是形容词堆出来的。要挑剔的只有一处：「忽然觉得」四个字可删，直接写「所有声音隔了一层玻璃」，更干脆。

独立一趟段范文写：「我游完了二十五米，全对岸的人都在鼓掌，我成了泳池里的英雄。」点评：这段虚了。第一，「全对岸的人都在鼓掌」是自我想象，真实的泳池没人集体鼓掌，改成「岸上只有我妈站起来了一下，又坐下」，小动作比大场面真。第二，「英雄」一词把成长感悟喊没了，换成身体感受收尾：「我泡在水里，肩膀酸得抬不起来，却舍不得上来」。一虚一实，这段的改法就是把掌声删小、把感受写近。

结尾范文写：「游泳让我明白，恐惧是纸老虎，勇气是练出来的。」点评：道理没错，但像格言摘抄。改成回扣开头的画面：「九月开学，我路过体育馆的泳池，玻璃门里的水还是绿一个度，我这次没绕路。」用「没绕路」呼应开头「绕着泳池走」，感悟不用说出来。三处改完：补时间感、删「忽然觉得」、换结尾画面，这篇就从能看变成耐看。

Paragraph-by-Paragraph Review of 'From Fear of Water to Loving Swimming': What Works and What Rings Hollow

Suppose the model's shallow-end paragraph reads: 'All of July I kicked at the shallow end. The surface lay flat as if not yet awake, while the splashes my legs made were unbearably loud.' Review: the first line sets the time, the second contrasts the half-asleep surface with the loud splashes, so boredom gains a sound - a sentence at junior-high level. But the paragraph covers only one afternoon of two weeks; the accumulation of boredom is thin. Add a line like 'three groups rotated through my lane, and the coach still remembered my wrong bubble-breathing form', and the sense of time arrives.

The deep-end paragraph reads: 'The coach said dive and fetch the ring. I stood on the step, water at my chest, and suddenly felt all sounds separated by a pane of glass. Going down and bringing it up happened a minute later; I remember nothing of that minute except that my fingertips were numb.' Review: this is the best paragraph in the essay. Sound behind glass captures fear's hearing, and the blank minute captures fear's sense of time - both body experience, not stacked adjectives. One

nitpick: cut the words 'suddenly felt' and write straight 'all sounds separated by a pane of glass'. Cleaner.

The solo-lap paragraph reads: 'I finished the twenty-five meters, the whole bank applauding, and I became the hero of the pool.' Review: this paragraph is hollow. First, 'the whole bank applauding' is self-fantasy – nobody applauds as a crowd at a real pool; change it to 'only my mom stood up once on the bank, then sat down', and a small gesture beats a big scene. Second, the word 'hero' shouts away the growth insight; replace it with a body feeling: 'I soaked in the water, shoulders too sore to lift, unwilling to get out'. One hollow, one solid: shrink the applause, bring the feeling closer.

The model ends: 'Swimming taught me fear is a paper tiger and courage is trained.' Review: the idea is fine, but it reads like a quotation card. Instead, close by echoing the opening image: 'In September, passing the gym's pool, the water behind the glass was still one shade greener – this time I didn't take the detour.' The line 'didn't take the detour' answers the opening 'I walked around the pool', and the insight never has to be stated. After these three edits – add time-sense, cut 'suddenly felt', swap the ending image – the essay goes from decent to worth rereading.