

学游泳作文好词好句分类清单：害怕、坚持、成功三类

摘抄本上的好词好句，抄的时候很开心，写作文时一个都想起来。问题出在抄的时候没分类、没配句。下面按害怕、坚持、成功三类整理，每类给词、给句、给一个运用小例，用的时候直接想场景，不直接想词。

害怕类词语：心跳加速、手心出汗、腿像灌了铅、不敢睁眼、喉咙发紧。这一类的核心素材是心跳加速。运用小例：「教练让我把脸埋进水里，我的心跳加速，快得像要从嗓子眼跑出来。」注意例句没有停在「心跳加速」四个字上，而是接了「跑到嗓子眼」这个具体感觉。好词后面要跟一个自己的感觉，不然好词也白搭。

坚持类词语：手脚并用、一遍又一遍、胳膊酸、耳朵进水、咬着牙继续。核心素材是手脚并用。运用小例：「到最后十组漂腿，我得手脚并用才撑得住：腿打一下，手马上划一下，像整个人在跟自己商量再撑十秒。」手脚并用在这里不是成语比赛，是写累到需要四肢互相帮忙。坚持类的句子要写出「累」，累写出来，坚持才有分量。

成功类词语：破水而出、深吸一口气、腿一蹬滑出去、水声变闷、忍不住笑。核心素材是破水而出。运用小例：「摸到池底那个圈，我破水而出，深吸的第一口气又甜又凉，池边的欢呼听起来远远的。」破水而出后面接的是那口气的味道，不是「我成功了」的喊话。成功类最容易堆感叹号，恰恰要收着写。

三类词的用法顺序也有讲究：害怕类用在开头和深水区段，坚持类用在练习段，成功类只用在最后。一类词堆在一句里是摘抄病，比如「我心跳加速、手心出汗、破水而出」——三个词分属三类，挤在一句里全废了。正确做法是一句只用一个，隔段再换下一类。清单不用背，抄在卡片上贴在书桌前，写作文前先看两分钟，想场景不看词。

A Categorized List of Good Words and Sentences for Swimming Essays: Fear, Persistence, Success

Good words copied into a notebook are joyful to copy and impossible to recall while writing. The problem: no categories, no example sentences at copying time. Below is a list sorted into fear, persistence and success, each with words, sentences and one usage demo - when writing, think of the scene first, not the word.

Fear words: racing heartbeat, sweaty palms, legs like lead, eyes refusing to open, a tight throat. The core material here is the racing heartbeat. Demo: 'The coach told me to put my face in the water; my heartbeat sped up, so fast it felt ready to run out of my throat.' Notice the sentence does not stop at 'sped up' - it adds the specific feeling of 'out of my throat'. A good word needs your own sensation after it, or it goes to waste.

Persistence words: hands and feet working together, again and again, sore arms, water in the ears, gritting teeth to continue. The core material is hands and feet

working together. Demo: 'By the last ten sets of kick drills I needed hands and feet cooperating just to hold on: one kick, one pull, as if my whole body were bargaining with itself for ten more seconds.' Here 'hands and feet together' is not an idiom contest - it shows tiredness so deep the limbs must help each other. Persistence sentences must show the fatigue; only then does persistence have weight.

Success words: breaking the surface, one deep breath, pushing off and gliding, muffled water sound, an uncontrollable smile. The core material is breaking the surface. Demo: 'My hand found the ring on the bottom and I broke the surface; the first breath in was sweet and cold, and the cheering on the bank sounded far away.' After 'broke the surface' comes the taste of that breath, not a shout of 'I made it'. Success sentences pile up exclamation marks most easily - hold them back.

The three groups also have a placement order: fear words go in the opening and the deep-end paragraph, persistence words in the practice paragraphs, success words only at the end. Stuffing one word from each group into a single sentence is notebook disease - 'my heart raced, palms sweated, and I broke the surface' puts three words from three groups in one line and ruins all three. Use one per sentence and switch groups across paragraphs. No need to memorize the list: copy it onto a card by the desk, glance at it for two minutes before writing, and think in scenes rather than words.