

三年级游泳日记怎么写：犹豫、示范、尝试三个场景的写法

日记开头先写日期和天气，比如9月6日，星期六，晴。这一行不算正文，但是不能省，日记的格式就从这里开始。正文第一句直接写今天发生的事：游泳课练憋气，我今天第一次把整个头埋进了水里。不要写今天天气真好，我们高高兴兴去上游泳课，这样的开头占字数又没有信息。

正文主体写三个场景，一个场景一小段。第一个场景是泳池边犹豫。写自己站在池边的动作和想法：手抓着泳圈不放，脚在池边蹭来蹭去，心里想，把头埋进去会不会呛水。犹豫要写动作，抓、蹭、盯着水面看，不要只写我有点害怕。三年级的日记里，害怕藏在动作里，读者自己就能看出来。

第二个场景是教练示范。教练怎么做的，一步一步写：教练先深吸一口气，再把脸放进水里，眼睛在水里睁开，数了十下才抬起来，头发贴在脑门上，还冲我们笑了一下。示范这段不用写感想，把动作写全就够了，读者看完自然觉得教练很厉害，你不用替读者说这句话。

第三个场景是自己尝试，这是全文最重要的一段，要写慢一点。先写准备：我吸了一大口气，气吸得太满，肚子都鼓起来。再写下水那一下：脸碰到水，耳朵咕噜咕噜响，鼻子里小心地不透气。最后写抬起来：数到五我就抬起来了，虽然只憋了五秒，但是我没呛水。我喊了一句我做到了，旁边的小朋友都看我。尝试这段的顺序就是时间的顺序，准备、下水、起来，三步写全，突破就立住了。

结尾一句话，写今天的心情或者明天的打算：原来把头埋进水里一点也不可怕，明天我要试试憋十秒。结尾不要写今天我学到了坚持这样的道理，三年级日记写下一步想做什么，比写道理真实。

三个场景的字数分配：犹豫八十字左右，示范八十字左右，尝试一百二十字，加上开头结尾，正文三百字上下。写完读一遍，把不像小孩说的话改掉，比如心情十分激动、受到了很大的鼓舞，换成我心里美滋滋的、我下次还要试。

How to Write a Third-Grade Swimming Diary: Three Scenes of Hesitation, Demonstration, and Trying

Start the diary with the date and the weather, for example Saturday, September 6, sunny. This line is not part of the body text but it cannot be skipped, because the diary format begins here. The first sentence of the body goes straight to what happened today: in swimming class we practiced breath holding, and today I put my whole head under the water for the first time. Do not write what a lovely day it was and we happily went to swimming class, because such an opening wastes words and carries no information.

The body has three scenes, one short paragraph each. The first scene is

hesitating at the poolside. Write your actions and thoughts there: hands gripping the swim ring, feet rubbing back and forth on the edge, thinking whether putting your head in will make water run into your nose. Hesitation should show through actions like gripping, rubbing, and staring at the water, not just I am a little scared. In a third grader's diary, fear hides inside the actions, and the reader can find it.

The second scene is the coach's demonstration. Write the moves step by step: the coach took a deep breath, put the face into the water, opened the eyes under water, counted to ten before coming up, hair stuck to the forehead, and even smiled at us. This paragraph needs no comments. Write the actions completely, and the reader will think the coach is impressive without being told.

The third scene is trying it yourself, the most important paragraph, so slow down. First the preparation: I took a big breath, so big that my belly puffed out. Then the moment of going in: the face touched the water, the ears gurgled, and the nose carefully let no air out. Finally coming up: I lifted my head when I counted to five, only five seconds, but I did not swallow any water. I shouted I did it, and the other kids all looked at me. This paragraph follows time itself: prepare, go in, come up. Write all three steps and the breakthrough stands.

End with one sentence about today's feeling or tomorrow's plan: turns out putting my head under water is not scary at all, and tomorrow I will try ten seconds. Do not end with a lesson like today I learned to persevere. A third grader's diary writes what to try next, which is more real than a moral.

Word distribution for the three scenes: about 80 words for hesitation, 80 for the demonstration, 120 for trying, plus the opening and ending, and the body lands near 300 words. After writing, read it once and replace anything a child would not say, such as I was deeply moved or greatly inspired, with kid words like my heart felt puffy with pride or I want to try again next time.

300字日记范文《今天敢把头埋进水里了》与逐句点评

下面是一篇假设的三年级日记范文，先完整读一遍，再逐句看它好在哪里。

范文：8月12日，星期三，晴。今天游泳课，我第一次把整个头埋进了水里。站在池边的时候，我的手把泳圈抓得紧紧的，指头都白了。教练说，看好了。他吸一口气，脸进水里，眼睛还睁着，在水里数了十下才起来，头发湿湿地贴在脑门上，冲我们笑。轮到我了。我吸了一大口，肚子鼓起来，脸慢慢往下放。水碰到脸，耳朵咕噜咕噜的，我鼻子不敢出气。数到五，我抬起头。没呛水！我大声说我做到了，旁边的小雨给我鼓掌。原来把头埋进水里不可怕。明天我要憋十秒。点评：开头一行日期天气加一句话事件，两行进入正题，没有一句废话。

抓泳圈那句值得学。抓得紧紧的、指头都白了，两个词写尽了紧张，没出现害怕两个字。小朋友写作文常犯的毛病是把心情说出来，这篇把心情藏进身体和动作里，这是它最该被模仿的地方。

教练示范那段，顺序是吸气、下水、睁眼、数数、起来、笑。六个动作一个接一个，像慢镜头。注意他在水里还睁着眼睛，这个细节选得好，小朋友看示范时最惊奇的就是这个，写日记就写自己最惊奇的地方，不用写教练的全部动作。

自己尝试那段用了三个声音：咕噜咕噜的耳朵、不敢出气的鼻子、我做到了的喊声。写下水的经历，声音比样子好写，因为埋进水里看不见，但听得见。没呛水三个字单独成句，加感叹号，那种松了一口气的感觉就出来了。小雨鼓掌一句是别人对突破的反应，比自己夸自己含蓄。

结尾两句，原来不可怕是一句小小的发现，明天憋十秒是一个具体的打算。日记结尾落在下一步，文章就有往前走的劲儿。模仿建议：先照抄它的骨架，日期天气一行、事件一行、犹豫一段、示范一段、尝试一段、发现和打算各一句，再把自己的真实经历填进去。填的时候只挑自己印象深的细节，比如自己数到几、谁在旁边，别照搬范文的十秒和小雨。

A 300-Word Diary Model: Today I Dared to Put My Head Under Water, Line by Line

Below is a model diary written as if by a third grader. Read it through first, then look at it line by line to see what works.

The model: Wednesday, August 12, sunny. Today in swimming class I put my whole head under the water for the first time. Standing at the pool edge, I gripped the swim ring so hard my fingers turned white. The coach said, watch this. He took a breath, put his face in, kept his eyes open, counted to ten under water before coming up, hair wet and flat on his forehead, smiling at us. Then it was my turn. I took a huge breath, my belly puffed up, and I let my face down slowly. The water touched my face, my ears gurgled, and my nose dared not let air out. When I counted to five I lifted my head. No water in my nose! I said out loud that I did it, and Xiao Yu next to me clapped. Turns out putting my head under water is not scary. Tomorrow I will hold for ten seconds. Comment: one line of date and weather plus one line of event, two lines to the point, zero wasted words.

The swim ring sentence is worth copying. Gripped so hard, fingers turned white: two phrases say everything about nervousness without the word fear. A common problem in young writing is announcing the feeling; this diary hides the feeling in the body and the actions, which is the single best thing to imitate.

In the demonstration paragraph the order is breathe, go in, open eyes, count, come up, smile. Six actions in a row, like slow motion. Note that the coach keeps his

eyes open under water. That detail is well chosen, because it is exactly what a child finds most amazing when watching a demo. A diary writes what amazed you most, not everything the coach did.

The trying paragraph uses three sounds: gurgling ears, a nose holding in air, and the shout of I did it. When writing about going under water, sounds are easier than looks, because under water you cannot see but you can hear. The three words for no water in my nose stand alone as a sentence with an exclamation mark, and the relief comes through. Xiao Yu clapping is someone else reacting to the breakthrough, which is humbler than praising yourself.

The ending has two sentences: turns out it is not scary is a small discovery, and tomorrow ten seconds is a concrete plan. Ending a diary on the next step gives the piece forward motion. How to imitate: copy the skeleton first, one line of date and weather, one line of event, one paragraph of hesitation, one of demonstration, one of trying, then one discovery and one plan. Then fill in your own real details, like what number you counted to and who was nearby, instead of copying the ten seconds and Xiao Yu from the model.

游泳日记里的五个常见毛病：大人腔、流水账和假道理

三年级孩子写游泳日记，毛病集中在五个地方。每个毛病都给一个错句和一个改好的句子，对照着改最快。

毛病一：格式缺项。正文直接开始，没有日期和天气；或者日期写了，天气空着。改正：每篇日记第一行固定写日期、星期、天气三样，写成8月12日，星期三，晴，养成习惯就不用每次想。

毛病二：开头绕远路。错句：今天一大早，妈妈就带我去去了游泳池，一路上我还买了根冰棍。改法：日记只写今天最要紧的一件事，开头第一句直接进主题，今天游泳课，我第一次把头埋进了水里。买冰棍跟埋头的突破没关系，删掉不心疼。

毛病三：报流水账。错句的样子是：到了泳池，我们做准备活动，然后练漂浮，然后练憋气，然后教练让我们排队，然后下课了。全篇都是然后，每件事一句话，没有一件写细。改法：从这一天里挑出印象最深的一件事，只写它，其他事一句话带过或者不写。练憋气练了一整节课，就只写憋气，排队和下课都不写。

毛病四：大人腔。错句：通过这次练习，我受到了很大的鼓舞，心情十分激动。这种句子不是小孩说的话，是背下来的大人话。改法：换成身体反应和小孩的话，没呛水！我大声说我做到了。判断方法很简单，把句子读出声，听听自己平时会不会这样说话，不会就说别的。

毛病五：结尾硬加道理。错句：今天我明白了，做任何事情都要坚持不懈。道理本身没错，但一个憋气五秒的日记撑不起这么大的道理，读起来假。改法：把道理换成发现和打算，原来把

头埋进水里不可怕，明天我要憋十秒。发现小一点，打算具体一点，结尾就稳了。

家长辅导时别代写句子，只提问：当时你的手在干什么？教练做完是什么样子？你数到几？谁在旁边？孩子回答出来的话，基本就是好句子，直接让他抄进日记。五个毛病里，流水账最难自己发现，改完让孩子朗读一遍，凡是连续出现三个然后的段落，就是该砍掉重写的时候。

Five Common Flaws in Swimming Diaries: Adult Voice, Running Accounts, and Fake Lessons

When third graders write swimming diaries, the problems cluster in five places. Each flaw below comes with a wrong sentence and a fixed one, and comparing the pair is the fastest way to revise.

Flaw one: missing format items. The body starts directly with no date or weather, or the date is there but the weather is blank. Fix: the first line of every diary carries date, weekday, and weather, written as Wednesday, August 12, sunny, until it becomes a habit.

Flaw two: a wandering opening. Wrong sentence: Early this morning mom took me to the swimming pool, and I even bought an ice pop on the way. Fix: a diary writes only the most important thing of the day, and the first sentence goes straight in, today in swimming class I put my head under water for the first time. The ice pop has nothing to do with the breakthrough, so cutting it costs nothing.

Flaw three: a running account. It looks like this: we arrived, did warm-ups, then practiced floating, then breath holding, then lined up, then class ended. Every event gets one sentence and nothing is written in detail. Fix: pick the one event that left the deepest mark and write only that, covering everything else in one sentence or not at all. If the whole class was breath holding practice, write only breath holding, and skip the lining up and the dismissal.

Flaw four: adult voice. Wrong sentence: Through this exercise I was greatly inspired and my feelings were extremely agitated. No child talks like this; it is memorized adult language. Fix: replace it with body reactions and child words, no water in my nose, I shouted that I did it. The test is simple: read the sentence aloud and ask whether you would ever say it that way; if not, say something else.

Flaw five: a forced moral at the end. Wrong sentence: Today I understood that we must persevere in everything. The moral itself is fine, but a diary about holding breath for five seconds cannot carry such a big lesson, and it reads as false. Fix: swap the moral for a discovery and a plan, turns out putting my head under water is not scary, and tomorrow I will try ten seconds. Keep the discovery small and the plan

concrete, and the ending holds.

When parents help, do not write the sentences for the child; ask questions instead: what were your hands doing at that moment? What did the coach look like afterward? What number did you count to? Who was nearby? The child's answers are usually good sentences, and he can copy them straight into the diary. Of the five flaws, the running account is the hardest to spot alone, so after revising, have the child read the diary aloud, and any paragraph with three then in a row is the one to cut and rewrite.