

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.