

十天学游泳的观察日记怎么写：只挑三天详写，其余一笔带过

观察日记记录的是变化。十天学游泳，每天都有事发生，但并不是每天都值得写满一整段。想把这组日记写清楚，第一步反而是做减法：从十天里挑出三个最重要的日子，其余的日子用一句话带过。

第一个要详写的日子是第一天，任务是写怕水。别只写我害怕，要写怕水长什么样子：站在池边不敢把脚伸进水里，水刚过肩膀心就咚咚跳，手指死死扣着浮板，指节都发白了。观察日记的重点是观察，先把自己在池边的样子看清楚，再落到纸上。

第二个详写的日子是第五天，任务是写漂浮。这是十天里第一个真正的进步点。写漂浮要写身体的感觉：后背贴着水面，耳朵一半泡在水里，听见嗡嗡的声音，手一松，身子居然没有往下沉。把这种又轻又稳的感觉写出来，读者就能明白这一天为什么值得记。

第三个详写的日子是第十天，任务是写游出一段。这一段要写出距离感：蹬了六下腿，手一撑，指尖碰到了池壁。用数动作的办法量出距离，比写我游到了对岸更具体。结尾收一句当天的真实感受就够了，不用写坚持就是胜利之类的大道理。

剩下的七天怎么处理？挑一两天补一句过渡就行，比如第三天又呛了一口水，第七天敢独自扶板漂了。其余日子可以合并成一句：中间几天都在练换气，进步不快，但没有退步。

最后一个小技巧：每则日记开头写一句当天的天气或水温，比如今天太阳很大，水摸着不凉。观察日记观察日记，有了这些观察点，整组日记才像观察，而不是一堆普通日记凑在一起。

还有一点：三个详写的日子顺序不能乱。有人想把最精彩的第十天放在最前面，再回头写第一天。观察日记是按日期排的，第一天的怕，正是为了和第十天对照。顺序对了，读者才会在第十天真正替你高兴，也为第一天的你捏一把汗。

How to Write a Ten-Day Swimming Observation Diary: Detail Three Days, Summarize the Rest

An observation diary records change. Ten days of swimming lessons are full of events, but not every day deserves a full entry. The first step is subtraction: pick the three most important days and let the rest pass in one sentence.

The first day to write in detail is day one, and its task is fear. Do not just write that you were scared; write what fear looks like: standing at the pool edge without daring to put a foot in, heart pounding when the water reaches your shoulder, fingers gripping the kick board until they turn pale. Observation comes first; look closely at yourself by the pool, then put it on paper.

The second detailed day is day five, and its task is floating. This is the first

real progress point. Describe the feeling of the body: your back resting on the water, one ear half submerged humming with sound, and when you let go, your body does not sink. Capture that light, steady feeling and readers will understand why this day matters.

The third detailed day is day ten, and its task is swimming a distance. Give the distance a measure: six kicks, one push, and your fingertips touch the wall. Counting movements beats writing that you reached the other side. End with one honest feeling from that day; skip the big lesson about perseverance.

What about the other seven days? Add one or two short bridges, such as swallowing water again on day three or floating alone with the board on day seven. Merge the rest into one line: the middle days were all breathing practice, slow progress but no retreat.

One last trick: open each entry with the weather or water temperature, such as a blazing sun and water that felt warm. These small observations turn a stack of diary pages into a real observation record.

One more point: the three detailed days must keep their order. Some writers want to put exciting day ten first, then look back at day one. An observation diary follows dates. The fear of day one exists precisely to contrast with day ten; keep the order and readers will truly cheer for you on day ten, while still worrying about the you of day one.

十天观察日记范文：从不敢下水到碰到池壁，附逐则点评

下面节选一篇四年级观察日记的三则，每则后面跟一段点评，看看好日记好在哪，自己写的时候照着改。

第一则：十月一日，晴。今天第一次下水。水刚漫到肩膀，我的心就跳得很快，像有人从里面敲门。我双手扣着浮板，指节都白了，教练让我把脸埋进水里，我摇头，水花溅到鼻子上，呛得咳了半天。点评：这一则没有写一个怕字，但敲门的心跳、发白的指节、溅上鼻子的水花，全是怕的证据。写情绪不用点名情绪，把身体反应摆出来就够了。

第二则：十月五日，多云。今天练漂浮。教练托着我的背，让我全身放松。我一开始绷着，身子像一块木板压在水上；后来一松，肚子反而浮起来了，耳朵在水里嗡嗡响，像隔着一层墙听人说话。手一抬，脚就往下掉，原来人是靠后背躺在水上的。点评：绷着沉、松着浮，这个反常识的发现就是观察日记最值钱的部分。嗡嗡的耳朵是把听觉写进了日记，很多孩子只写眼睛看到的，忘了耳朵和皮肤。

第三则：十月十日，晴。今天不扶板了。我蹬壁出发，数着自己的动作：划手、蹬腿、划手、蹬

腿，数到十二下，指尖碰到了池壁。我扒着池边喘气，水从下巴往下滴。十天，我从不把脸进水里，到游完了一整条泳道。点评：数到十二下是全文最亮的一笔，距离被数出来了，进步就有了刻度。结尾只写喘气和水滴，没有喊口号，反而让人信服。

三则连起来看，会发现详写的只有三天，中间的日子全部跳过。这正是观察日记的写法：不求天天有，但求写下的每一天都有画面、有证据。

自己改的时候，可以照着三步做：第一步，给每则日记补上日期和天气，让它先像观察记录；第二步，删掉重复的感叹，把同一句高兴只留一次；第三步，挑出画面最多的三则详写，其余合并成过渡句。改完把三则连着读一遍，如果读的时候脑子里能出现池边的画面，这组日记就算成了。

A Sample Ten-Day Observation Diary: From Fear to Touching the Wall, With Notes on Each Entry

Below are three entries from a fourth grader's observation diary, each followed by a short note showing what makes it work, so children can compare and revise their own pages.

Entry one: October 1, sunny. First time in the water. When it reached my shoulder, my heart pounded like someone knocking from the inside. I gripped the kick board until my knuckles went white. The coach asked me to put my face in; I shook my head, water splashed onto my nose, and I coughed for ages. Note: the entry never uses the word fear, yet the knocking heartbeat, white knuckles, and splashed nose are all evidence of it. Show the body, not the label.

Entry two: October 5, cloudy. Practicing floating. The coach supported my back and told me to relax. At first I stayed stiff, a board pressing on the water; then I let go, and my belly rose instead. My ears hummed under the surface, like hearing people through a wall. Lift a hand and the feet sink, so the body really lies on the water by its back. Note: stiff sinks, relaxed floats is a counterintuitive discovery, and discoveries are the most valuable part of an observation diary. The humming ears bring hearing into the page; many children only write what eyes see.

Entry three: October 10, sunny. No board today. I pushed off the wall and counted my moves: pull, kick, pull, kick, up to twelve, and my fingertips touched the wall. I hung on the edge gasping, water dripping from my chin. Ten days ago I could not put my face in water; today I finished a whole lane. Note: counting to twelve is the brightest stroke in the piece, because distance gains a scale and progress becomes measurable. The ending shows only gasping and dripping water, no slogan, and that is what convinces.

Read together, only three days are written in full; the middle days are skipped

entirely. That is exactly how an observation diary works: not one entry per day, but every written day carrying a picture and evidence.

When revising your own set, follow three steps. First, add a date and the weather to each entry so it reads like an observation record. Second, delete repeated exclamations and keep each happy sentence only once. Third, pick the three entries with the most pictures to write in full and merge the rest into bridges. Then read the three entries straight through: if the pool edge appears in your mind while reading, the set has succeeded.

十天学游泳日记的五个毛病：天天记流水账、每天一个道理

检查一组十天学游泳的观察日记，十个孩子里有八个会犯下面几个毛病。对照着改，比重新写一篇快得多。

毛病一：十天每天都写，每天都很短。十则日记挤在一起，每则两三行，像值日表。改法是合并：把没有新进步的几天并成一两句过渡，腾出篇幅给第一天、第五天、第十天这三个关键日子，让它们各占一段完整的文字。

毛病二：每则日记结尾都要讲一个道理。今天坚持就是胜利，明天失败是成功之母，十天下来道理排成一排，日记就成了语录。改法是删：结尾只留当天的动作或感觉，比如水从下巴往下滴，道理让读者自己悟。

毛病三：满篇都是开心极了、真高兴。同一句高兴重复十遍，读者反而高兴不起来。改法是换证据：高兴的时候你在干什么？可能是扒着池边冲教练挥手，可能回家路上跟妈妈说了三遍。把动作写出来，高兴就不用再喊了。

毛病四：关键日子没有细节。第五天能漂浮了，只写今天我学会漂浮了，一句话就把最值钱的一天打发掉。改法是回到现场提问：当时谁托着你？身体是绷着还是松着？耳朵在水里听到了什么？把三个问题的答案写进去，这一天就立住了。

毛病五：十天的变化没有对比。观察日记写的是变化，可第十天和第一天长得一模一样，变化就没被看见。改法是呼应：第十天顺手提一句第一天，比如十天前的我连脸都不敢进水，今天数到十二下就碰到了池壁。前后一对照，十天的分量就出来了。

改的顺序也有讲究：先删道理，再补细节，最后调结构。道理删掉最省事，也最见效；细节补上了，篇幅自然就够；结构放到最后调，因为哪几天值得详写，要等细节补完才看得出来。反过来先调结构，往往会把还没写细的日子误判成不重要。

最后自查四问：详写的是不是只有三个关键日子？结尾还有没有硬讲的道理？开心这类词是不是超过两次？第一天和第十天能不能互相呼应？四问都过关，这组观察日记就站得住了。

Five Problems in a Ten-Day Swimming Diary: Daily Laundry Lists and a Moral Every Day

Check a set of ten-day swimming diaries, and eight out of ten children will have made the mistakes below. Revising against the list is faster than rewriting the whole set.

Problem one: every day gets an entry, and every entry is tiny. Ten two-line notes stacked together read like a duty roster. Fix by merging: compress the days without new progress into one or two bridging sentences, and give the space to day one, day five, and day ten, letting each hold a full paragraph.

Problem two: every entry ends with a moral. Perseverance today, mother of success tomorrow, and after ten days the diaries become a quote collection. Fix by deleting: keep only that day's action or sensation at the end, such as water dripping from the chin, and let readers find the meaning themselves.

Problem three: the page is full of so happy and great joy. The same joy repeated ten times stops being joyful. Fix by swapping in evidence: what were you doing while happy? Waving at the coach from the pool edge, or telling your mother three times on the way home. Write the action and the shouting becomes unnecessary.

Problem four: the key days have no details. Day five learned to float, and one sentence, I learned to float today, spends the most valuable day in ten. Fix by returning to the scene with questions: who held you? Was your body stiff or loose? What did your ears hear underwater? Answer those three and the day stands up.

Problem five: no contrast across the ten days. An observation diary is about change, yet day ten looks identical to day one. Fix by echoing: on day ten, mention day one in passing, such as the me who could not wet my face ten days ago touching the wall after twelve counted strokes. Put the two side by side and the weight of ten days appears.

The order of revision matters too: delete the morals first, then add details, then adjust structure last. Deleting morals is the cheapest and most visible fix; once details are in, the length fills itself out; structure comes last because which days deserve detail only becomes clear after the details exist. Adjust structure first and you will misjudge unfinished days as unimportant.

Final four-question self-check: are only the three key days written in full? Is any moral still forced at the end? Do words like happy appear more than twice? Do day one and day ten answer each other? Pass all four and the diary set stands firm.

