

班会演讲稿的三段骨架：呛水、坚持、感悟怎么安排

班会演讲稿和平时写的作文不是一回事。作文给人看，演讲稿给人听，听众只有一次机会跟上你。提纲要求的三个部分——一次呛水、一次坚持、一个感悟——正好就是演讲稿的三段骨架，称呼开场，致谢收尾，中间三块按顺序摆好，这篇稿子就不会散。

开场称呼之后，头两句就要把听众拽进场景，别做自我介绍。对比一下：「我是小明，我来讲讲学游泳」是登记户口；「上个暑假，我在泳池里喝的水比在家里一年喝的都多」是让听众先笑一下，再好奇你后来怎么样了。班会场合人多，前十五秒决定有没有人继续听。

呛水是整篇最要紧的一段，因为它有画面。写这一段的口诀是：时间、动作、感官三样都到位。什么时候抬的头，浪怎么打过来，水进鼻子时胸口什么感觉，眼睛看到什么。句子要短，一句一个信息，长句在台上会断气。口语化不是随便说话，是把书面长句拆成能一口气读完的短句。

坚持这一段最容易写成口号。「我每天都坚持练习」这种句子没有信息量，听众划不走。坚持要写成一个具体的转折：哪天不想去了，谁说了什么，你做了什么小动作。比如妈妈让你只下水泡十分钟不用游，你真的泡了——坚持在这里是一小步，不是一句决心，听众才会信。

感悟必须从前两段里长出来，不能空降。检查方法：把感悟单独抄出来，对照前文，如果前文没有它需要的细节，它就是硬贴上去的。「最怕的那一刻，往往也是换气的那一刻」这样的感悟能站住，因为呛水段写过抬头换气。「生活就像游泳，要划向成功的彼岸」这种就飞太高了，班会听众会走神。一个小感悟讲透，比三个大道理好。

结尾致谢要干脆，一句「我的演讲完了，谢谢大家」就够，别在致谢后再补一段感想。写完后出声排练三遍：读到哪里喘不上气，那个长句就要拆；哪里听众可能笑或点头，就在那里停半秒。称呼、三段、致谢都齐了，再对着提纲数一遍呛水、坚持、感悟三个关键词有没有落地。

The Three-Part Skeleton of a Class Meeting Speech: Choking, Persisting, Realizing

A class meeting speech is not the same as a written composition. A composition is read; a speech is heard, and the audience gets only one chance to follow you. The three parts the outline demands - one choking, one act of persistence, one realization - are exactly the skeleton of the speech. Open with the greeting, close with thanks, and place the three blocks in order, and the draft will not fall apart.

After the opening greeting, the first two sentences must pull the audience into the scene; do not introduce yourself. Compare: I am Xiaoming and I will talk about learning to swim is a roll call; Last summer I swallowed more pool water than I drank at home all year makes the audience laugh first and then wonder what happened next. In a class meeting full of people, the first fifteen seconds decide whether anyone

keeps listening.

The choking part is the most important paragraph because it carries a picture. The rule: time, action, and sensation must all arrive. When you lifted your head, how the wave came, what the water in your nose did to your chest, what your eyes saw. Keep sentences short, one piece of information each; long sentences run out of breath on stage. Spoken style is not careless talk; it is breaking written sentences into lengths one breath can carry.

The persistence paragraph turns most easily into a slogan. I practiced hard every day carries no information and the audience glides right past it. Write persistence as one concrete turn: which day you refused to go, what someone said, what small thing you actually did. For example your mother told you to just soak in the water for ten minutes without swimming, and you really soaked. Persistence here is one small step, not a declaration, and only then will the audience believe it.

The realization must grow out of the first two parts instead of landing from the sky. Test it: copy the realization alone and compare it with what came before; if the earlier text lacks the details it needs, it was pasted on. The moment you fear most is often the moment you breathe can stand holds up, because the choking paragraph already wrote about lifting the head to breathe. Life is like swimming, row toward the far shore of success flies too high and the class drifts away. One small realization pushed all the way through beats three big principles.

Close the thanks crisply: My speech is over, thank you all is enough; do not add another reflection after the thanks. Then rehearse aloud three times: wherever you run out of breath, split that sentence; wherever the audience might laugh or nod, pause half a second there. Once the greeting, the three parts, and the thanks are all in place, count the keywords choking, persistence, realization against the outline one more time.

示例与点评：一篇完整的「那次呛水教会我的事」演讲稿

下面是一篇按提纲写成的完整示例，约七百字，之后逐段点评它每一段干了什么活。同学们可以对照自己的稿子，看同样的位置有没有落地。

「敬爱的老师、亲爱的同学们：大家好！今天我想讲一件不光彩的事——上个暑假，我在游泳班里呛过一大口水，呛到全班都停下来看我。」点评：称呼规范；第二句直接说不光彩的事，听众立刻知道有故事，而且不是来表功的，班会演讲最怕一开口就端着。

「那天练抬头换气。我数着拍子，一、二、三，刚把头抬起来，旁边道的大哥哥一个打水，

浪头正好拍在我脸上。水从鼻子进去，胸口像被人攥住，我整个人沉下去，手乱抓，抓住的只有水。池底的灯在我眼前晃，我脑子里只有一个念头：别再下来了。可脚已经踩到了底，我站起来，鼻子又酸又疼，周围安静得可怕，然后教练说，再来一次。」点评：这一段是呛水。时间（数拍子）、动作（抬头、被拍、下沉、抓）、感官（胸口被攥、鼻子酸痛、池底灯晃）三样都在。句子普遍在十五字以内，台上换气够用。「安静得可怕」是这段唯一的形容词重拳，打在一个位置上就够。

「第二天我不想去。我妈没骂我，就说，去泡十分钟，不用游。到了泳池，我就扒着池边泡着。泡到第八分钟，我把脸放进水里，吐了七个泡。第十分钟，我游了半趟。第三天，我游了一趟。」点评：这一段是坚持，但通篇没出现坚持两个字。坚持被拆成泡十分钟、吐七个泡、半趟、一趟四个小动作，数字越报越大，听众自己会得出他在坚持的结论——这比宣布决心有力得多。

「后来我发现一件怪事：最难熬的永远是抬头的那一下，水打在脸上，谁都怕。可换气也在那一下。躲开那一下，就永远憋在水里。学习上也一样，最怕的提问，往往就是长本事的那一次。」点评：这一段是感悟。它没有飞出去，因为「抬头那一下」在呛水段真实发生过，「吐七个泡」在坚持段铺垫过，感悟是从前文的地里长出来的。落点放在提问上，贴近班会听众的日常，不喊成功彼岸。

「我的演讲完了，谢谢大家。」点评：致谢一句收干净，不加尾巴。排练提示：在「抓住的只有水」后停半秒，在四个数字（七、十、半趟、一趟）处放慢，让听众跟上来。

A Complete Sample Speech Annotated: What That Round of Choking Taught Me

Below is a complete sample written to the outline, about seven hundred characters, followed by paragraph-by-paragraph notes on what each paragraph is doing. Compare it with your own draft and check whether the same positions land.

Dear teachers, dear classmates, hello! Today I want to tell an unflattering story – last summer I choked on a mouthful of pool water in class, choked so badly the whole class stopped to stare. Note: the greeting is proper; the second sentence calls the story unflattering, so the audience knows a tale is coming and that the speaker is not there to boast. A class meeting speech most fears a stiff posture from the first word.

That day we practiced lifting the head to breathe. I counted the beats, one, two, three, and the moment my head rose, the older boy in the next lane kicked a wave straight into my face. Water went in through my nose, my chest felt gripped by a hand, I sank, my hands grabbed wildly and caught nothing but water. The lamp at the bottom of the pool flickered before my eyes, and my mind held one thought: do not go down again. But my feet had found the floor. I stood up, nose stinging, the

surroundings terribly quiet, and then the coach said, once more. Note: this is the choking paragraph. Time (the counting), action (lifting, hit, sinking, grabbing), and sensation (gripped chest, stinging nose, flickering lamp) all arrive. Sentences stay under about fifteen characters so breath is enough on stage. Terribly quiet is the paragraph single heavy adjective, and one hit is enough.

The next day I refused to go. My mother did not scold me; she just said, go soak for ten minutes, no swimming needed. At the pool I held the edge and soaked. At the eighth minute I put my face in the water and blew seven bubbles. At the tenth minute I swam half a lane. On the third day I swam a full lane. Note: this is the persistence paragraph, yet the word persistence never appears. It is broken into four small acts – soak ten minutes, seven bubbles, half a lane, one lane – the numbers grow, and the audience concludes on their own that he persisted, which is far stronger than declaring determination.

Later I noticed a strange thing: the hardest moment is always the instant of lifting the head, when water slaps the face and everyone flinches. But the breath also comes at that instant. Dodge that instant and you stay underwater forever. School is the same – the question you dread most is often the one that grows you. Note: this is the realization paragraph, and it does not fly away, because lifting the head really happened in the choking paragraph and the seven bubbles were laid down in the persistence paragraph; the realization grew from the soil of the earlier text. It lands on classroom questions, close to the audience daily life, with no shout about the far shore of success.

My speech is over, thank you all. Note: the thanks closes in one clean sentence with no tail. Rehearsal tips: pause half a second after caught nothing but water, and slow down at the four numbers – seven, ten, half a lane, one lane – so the audience can follow.

学游泳演讲稿自查清单：八个常见毛病和改法

这份清单来自批改和旁听几十篇学游泳班会演讲后的归纳。八个毛病按写稿顺序排，改稿时从上往下逐条对照，每条都给了能直接动手的改法。

毛病一：开场自我介绍。「大家好，我叫某某某，我演讲的题目是」说了三句还没进故事。班会听众本来就认识你，题目也会写在黑板上。改法：称呼之后第一句直接扔出场景，把名字和题目都删掉。

毛病二：呛水写成流水账。「我先吸了一口气，然后头抬起来，接着水进来了，最后我很难受」，每一步都交代，却没有一个画面。自查方法：数一数这段里有几个名词是泳池里真实存在

的东西。改法：删掉先、然后、接着这类连接词，换成水、鼻子、胸口、池底灯这些具体东西。

毛病三：坚持靠喊口号。「我下定决心，每天坚持，终于学会了」，三句话全是决心没有动作。自查方法：把这段的动词圈出来，如果全是想、决定、坚持这类心理动词，就是口号。改法：只写一个最小的动作，泡十分钟、吐七个泡都行，动作越小越可信。

毛病四：感悟空降。前文只写了呛水，结尾突然讲友谊和感恩。自查方法：把感悟句单独抄出来，回前文找它的依据，找不到就是贴上去的。改法：感悟只能从前文出现过的细节里挑，前文有七个泡，感悟就可以从吐泡讲起。

毛病五：形容词堆砌。「巨大的浪花、刺骨的冷水、无尽的恐惧」连着三个偏正短语，念起来像绕口令。自查方法：每个名词前最多留一个修饰语。改法：把形容词换成动作，水拍在脸上比巨大的浪花响得多。

毛病六：长句不断气。一句话四十多个字，台上读到一半没气，听众也跟不上。自查方法：出声读，读到需要偷气的地方画斜线，斜线太密的句子就超标。改法：一句只说一个信息，逗号超过三个就考虑断成两三句。

毛病七：结尾拖尾巴。说完谢谢大家又补一段「最后希望大家都能学会游泳」。致谢之后的话听众已经准备鼓掌，没人听。改法：谢谢大家单独成句，放在最后一行，后面一个字都不加。

毛病八：不排练。稿子改得再好，上台念得像背书也白搭。自查方法：出声完整读三遍，掐表，六到七分钟的稿子读顺后一般落在提纲要求的时长内。改法：对读不顺的句子只拆不改内容；在可能引发笑声或点头的地方标停顿记号，上台照着停。

A Self-Check List for Swimming Speeches: Eight Common Faults and Fixes

This list comes from marking and listening to dozens of class meeting speeches about learning to swim. The eight faults follow the order of drafting; go down the list one by one when revising, and each entry has a fix you can apply directly.

Fault one: introducing yourself at the opening. Hello everyone, my name is so-and-so, the title of my speech is - three sentences gone and still no story. The class already knows you, and the title is on the blackboard anyway. Fix: after the greeting, throw the scene out as the first sentence, and delete both your name and the title.

Fault two: writing the choking as a running account. First I took a breath, then I lifted my head, then the water came in, and finally I felt terrible - every step reported, yet not one picture. Self-check: count how many nouns in the paragraph are things that really exist in a pool. Fix: delete connectives like first, then, next,

and replace them with concrete things – water, nose, chest, the lamp at the bottom.

Fault three: persistence by slogan. I made up my mind, persisted every day, and finally learned – three sentences of pure determination, no action. Self-check: circle the verbs in this paragraph; if they are all mental verbs like wanted, decided, persisted, it is a slogan. Fix: write one smallest action – soaking ten minutes or blowing seven bubbles both work; the smaller the act, the more believable.

Fault four: the realization lands from the sky. The body only wrote about choking, yet the ending suddenly thanks friendship. Self-check: copy the realization sentence alone and hunt the earlier text for its evidence; if you cannot find it, it was pasted on. Fix: the realization may only grow from details that already appeared; if seven bubbles are in the text, the realization may start from bubbles.

Fault five: piling up adjectives. Huge waves, bone-chilling cold water, endless fear – three modified phrases in a row, sounding like a tongue twister. Self-check: keep at most one modifier before each noun. Fix: trade adjectives for action; water slapping the face is far louder than huge waves.

Fault six: sentences too long to breathe. One sentence runs past forty characters, the speaker gasps halfway and the audience loses the thread. Self-check: read aloud and slash the spot where you must steal a breath; paragraphs dense with slashes are over the limit. Fix: one sentence, one piece of information; if there are more than three commas, consider splitting into two or three sentences.

Fault seven: a tail on the ending. After thank you, the speaker adds I hope everyone learns to swim. After the thanks the audience is already getting ready to clap and hears nothing. Fix: make thank you all a standalone final line and add not one word after it.

Fault eight: no rehearsal. A perfect script read like reciting a textbook still fails. Self-check: read the whole thing aloud three times with a stopwatch; a smooth draft of six to seven minutes usually lands inside the time the outline expects. Fix: for stumbling sentences only split them, do not change the content; mark pause signs where laughter or nodding is likely, and pause there on stage as marked.