

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.