

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.