

SCO INTERNATIONAL LIFE SKILL - SDGs OLYMPIAD

GLOBAL GUIDE

A comprehensive guide for schools, teachers, parents, and students

Designed to build practical life skills, emotional intelligence, sustainable habits, responsible citizenship, and future-ready action across Grades 1-12.

- age-fit life-skill and SDG pathway from foundational habits to leadership and global citizenship
- school-ready preparation model for classroom use, parent support, online practice and reporting
- aligned with ESD, WHO life-skills education, UNICEF citizenship learning and future-skill frameworks

Life Skills	SDGs	Well-being	Leadership	Ethics
Sustainability	Citizenship	Career	Community	Life Skills

Contents

1. Purpose - Why SCO ILSO matters for global schools and learners
2. Pedagogical Foundation - Life skills, SDGs, well-being and action learning
3. Global Alignment - How the Olympiad connects with international education priorities
4. Core Competency Framework - What students build through the Olympiad
5. Grade-Wise Pathway - Progression from Grade 1 to Grade 12
6. Preparation Model - Guidance for schools, teachers, parents and students
7. Platform Flow - Learning material, practice, exam, report and recognition cycle

Document use note

This Word document is designed as a PDF-ready public information file for schools, teachers, parents and students. Schools may use it for planning, orientation, student preparation and internal communication.

1. Purpose of the SCO International Life Skill - SDGs Olympiad

The SCO International Life Skill - SDGs Olympiad (SCO ILSO) is designed to help students develop practical habits, healthy choices, communication, empathy, responsibility, leadership, sustainability awareness and global citizenship. It connects daily life skills with the United Nations Sustainable Development Goals so that learning becomes meaningful, actionable and relevant to real-world challenges.

For schools, the Olympiad works as a structured enrichment pathway that supports student well-being, character education, environmental responsibility, civic sense, digital safety and career readiness. For parents, it gives a clear age-wise framework for strengthening independence, resilience and responsible decision-making at home and in the community.

Stakeholder value

Students gain practical skills for daily life. Teachers gain a structured framework for classroom activities. Schools gain a globally aligned program for well-being, sustainability and future readiness. Parents gain clear support points for habits, emotional growth, responsible technology use and community action.

2. Pedagogical Foundation

SCO ILSO uses a progression model. Primary learners begin with hygiene, safety, gratitude, communication, emotions and environmental care. Middle-grade learners move into problem-solving, teamwork, digital responsibility, wellness and sustainable living. Senior learners analyse ethics, leadership, finance, career readiness, community engagement, innovation and global citizenship.

The pedagogy favours scenario-based learning. Instead of asking students to memorize values, the Olympiad asks them to choose appropriate actions, interpret situations, identify risks, propose solutions, communicate respectfully and connect local habits with global SDGs. This approach helps students transform knowledge into behavior.

3. Global Alignment

Alignment Area	How SCO ILSO Applies It
Education for sustainable development	Students connect daily choices with SDG-linked themes such as health, equality, responsible consumption, climate action and partnerships.
Life skills education	Students practice decision-making, problem-solving, empathy, communication, self-management and resilience through age-fit scenarios.
Well-being and health education	Students learn hygiene, nutrition, safety, emotional regulation, healthy routines and stress-aware behavior.

Alignment Area	How SCO ILSO Applies It
Digital citizenship	Students learn responsible internet use, privacy awareness, respectful online communication and cyber-safety.
Student agency and future readiness	Students are encouraged to take responsible action, reflect on choices, collaborate and contribute to school and community improvement.

4. Core Competency Framework

- **Personal habits and safety:** hygiene, routines, time use, nutrition, physical safety and responsible self-care.
- **Emotional intelligence:** self-awareness, empathy, gratitude, resilience, coping with stress and respectful expression.
- **Communication and collaboration:** listening, speaking, teamwork, conflict handling and inclusive participation.
- **Sustainable living:** water and energy conservation, waste reduction, climate awareness and responsible consumption.
- **Leadership and citizenship:** ethical choices, community service, volunteering, peace-building and shared responsibility.
- **Career and financial readiness:** budgeting, saving, goal-setting, interviews, resumes and future planning for older learners.

5. Grade-Wise Learning Pathway

Grade Band	Learner Focus	Typical Outcomes
Grades 1-4	Foundational habits, communication, emotions, gratitude, safety and nature care.	Students describe safe routines, identify feelings, communicate politely, show responsibility and practise simple conservation habits.
Grades 5-8	Problem-solving, teamwork, digital literacy, health, wellness and sustainable living.	Students solve everyday scenarios, collaborate respectfully, use the internet safely, track wellness habits and suggest practical SDG actions.
Grades 9-12	Leadership, ethics, finance, community action, career readiness, innovation and global citizenship.	Students evaluate dilemmas, design community initiatives, plan budgets, prepare career goals and connect local issues with global SDG priorities.

6. Preparation Model for Schools and Students

Phase	School / Teacher Action	Student / Parent Action
Understand	Introduce the SDG theme, life-skill chapter and scenario context.	Read short notes and discuss examples at home or in class.
Practise	Use worksheets, role-play, group activity, safety caselets and digital citizenship prompts.	Attempt practice questions and explain choices in simple words.
Apply	Connect the chapter to a local school, home or community action.	Take a small action such as saving water, helping a peer, planning time or using the internet safely.
Reflect	Discuss what worked, what needs improvement and how the habit can continue.	Write or speak one reflection on what changed in personal behavior.
Assess	Use SCO practice, online exam and reporting to identify growth areas.	Review score, mistakes and next-cycle preparation plan.

7. Platform Flow

- Registration and exam-plan allocation are managed through the official SCO route for students and schools.
- Learning materials, assignments and practice support progressive preparation before the exam.

- The online exam assesses understanding, reasoning and application through age-fit objective and scenario-based questions.
- Reports help students, parents and teachers identify strengths, gaps and practical next steps.
- Recognition should be used to motivate responsible behavior, not merely to reward memorization.

Selected Global Reference Frameworks

Reference	How it informs SCO ILSO
United Nations Sustainable Development Goals	Provides the SDG lens for health, education, equality, climate action, responsible consumption, peace, justice and partnerships.
UNESCO Education for Sustainable Development for 2030	Supports transformative learning, sustainability action, whole-school engagement and SDG-linked learning objectives.
WHO Life Skills Education and Health-Promoting Schools	Supports decision-making, problem-solving, communication, emotional coping, stress management, health and responsible behavior.
UNICEF Life Skills and Citizenship Education	Supports learning to know, do, be and live together through personal empowerment, employability and active citizenship.
OECD Learning Compass 2030	Supports student agency, well-being, values, knowledge, skills and transformative competencies for future-ready learners.