

SCO INTERNATIONAL

LIFE SKILL - SDGs

OLYMPIAD

COMPILED SYLLABUS

Chapter-wise notes, learning outcomes and SDG alignment for Grades 1-12

A grade-wise syllabus for practical life skills, well-being, digital safety, sustainability, citizenship, career readiness and SDG-linked action.

- chapter-wise small notes and measurable learning outcomes for Grades 1-12
- developmentally appropriate progression from habits to leadership and global citizenship
- aligned with SDGs, ESD, life-skills education, wellness and future-ready competencies

Grade 1-4	Grade 5-8	Grade 9-12	SDGs	Digital Safety
Leadership	Finance	Career	Community	Life Skills

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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. Syllabus Philosophy and Assessment Blueprint

SCO ILSO treats life skills as learned competencies that improve daily choices, relationships, well-being, sustainability behavior and responsible citizenship. The syllabus links every grade band with practical SDG outcomes so that students can connect personal habits with community and global progress.

Grade Band	Assessment Style	Competency Emphasis
Grades 1-4	Picture-based MCQs, simple stories, matching and safe-action choices.	Daily habits, safety, communication, emotions, gratitude and nature care.
Grades 5-8	Scenario MCQs, caselets, team decisions, digital-safety and sustainable-living questions.	Problem-solving, collaboration, cyber safety, wellness and responsible consumption.
Grades 9-12	Applied caselets, ethical dilemmas, financial/career decisions, SDG action planning.	Leadership, ethics, finance, career readiness, innovation, community impact and global citizenship.

2. Grades 1-4: Foundational Life Skills

In the foundational years, students build everyday habits and social-emotional awareness. The focus is on recognizing safe choices, communicating politely, caring for self and others, and beginning to understand that small actions can support health, peace, equality and the environment.

Grade 1 - Chapter-wise Syllabus

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Basic Life Skills	Clean hands, tidy belongings, simple routines, safe classroom behavior.	Identify two hygiene habits, follow a simple routine, and choose safe actions in common situations.	SDG 3
Communication Skills	Greetings, listening, turn-taking, body language and polite words.	Use respectful words, listen when others speak, and identify friendly non-verbal cues.	SDG 4
Emotional Awareness	Happy, sad, angry, afraid and calm; naming feelings.	Name basic feelings and choose one safe way to ask for help.	SDG 16
Responsibility & Gratitude	Helping at home and school, saying thank you, caring for shared items.	Describe one responsibility and one act of gratitude toward family or teachers.	SDG 5
Environmental Awareness	Plants, animals, clean surroundings and simple recycling.	Sort simple waste examples and explain why we care for nature.	SDG 13

Grade 2 - Chapter-wise Syllabus

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Healthy Routines and Safety	Food, sleep, cleanliness, crossing roads and safe touch awareness.	Choose healthy and safe actions from daily-life pictures or stories.	SDG 3
Speaking and Listening	Clear speaking, listening to instructions and respectful disagreement.	Respond politely and explain a simple idea in one or two sentences.	SDG 4

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Empathy and Kindness	Helping friends, sharing, including others and understanding feelings.	Identify how a character feels and choose a kind response.	SDG 16
Gratitude and Fairness	Thankfulness, classroom duties and fair sharing.	Choose fair behavior in a simple classroom or home scenario.	SDG 5
Care for Earth	Saving water, avoiding litter and caring for plants.	Identify one water-saving and one waste-reducing habit.	SDG 13

Grade 3 - Chapter-wise Syllabus

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Time, Hygiene and Personal Responsibility	Daily timetable, cleanliness, safe habits and simple self-management.	Plan a basic routine and identify consequences of careless habits.	SDG 3
Communication for Cooperation	Asking questions, giving instructions, listening in groups.	Use polite communication to solve a simple group task.	SDG 4
Emotions and Conflict	Recognising triggers, calming down and apologising.	Choose peaceful conflict-handling steps in school scenarios.	SDG 16
Respect and Shared Work	Respecting roles, chores and equal participation.	Explain how responsibilities can be shared fairly among children.	SDG 5
Reduce, Reuse, Recycle	Waste sorting, reusable items and clean surroundings.	Classify actions as reduce, reuse or recycle.	SDG 12/13

Grade 4 - Chapter-wise Syllabus

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Self-Management and Safety	Time management, basic first-aid awareness, online/offline safety.	Prioritise tasks, identify safety risks and choose responsible actions.	SDG 3
Effective Communication	Tone, clarity, teamwork language and respectful feedback.	Select communication that helps a team complete a task.	SDG 4
Empathy, Gratitude and Inclusion	Perspective-taking, gratitude notes and including classmates.	Explain why inclusive behavior builds peaceful communities.	SDG 16
Responsibility at Home and School	Duties, fairness, gender-neutral participation and accountability.	Recognise equal responsibility and respectful behavior in scenarios.	SDG 5
Environment and Climate Habits	Energy saving, water saving, tree care and pollution prevention.	Suggest one practical climate-friendly action for school or home.	SDG 13

3. Grades 5-8: Intermediate Life Skills

At the intermediate level, students move from recognizing right actions to applying reasoning. They learn to analyse situations, cooperate, use digital spaces responsibly, protect wellness and make sustainable choices in school, home and community contexts.

Grade 5 - Chapter-wise Syllabus

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Problem-Solving Skills	Problem identification, options, consequences and best-choice reasoning.	Break a real-life problem into steps and choose a practical solution.	SDG 4
Teamwork and Collaboration	Roles, trust, cooperation, listening and shared success.	Identify helpful team behaviors and resolve simple group disagreements.	SDG 17
Digital Literacy	Passwords, privacy, cyberbullying, screen balance and safe browsing.	Choose safe online actions and explain why privacy matters.	SDG 9
Health and Wellness	Nutrition, exercise, rest, mental health and peer support.	Create a balanced weekly wellness habit plan.	SDG 3
Sustainable Living	Water, electricity, plastic use and responsible consumption.	Compare two habits and select the more sustainable option.	SDG 12

Grade 6 - Chapter-wise Syllabus

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Critical Thinking and Decisions	Fact vs opinion, cause-effect and responsible choices.	Evaluate scenario information and justify a decision.	SDG 4
Collaboration and Respect	Group planning, roles, inclusion and conflict prevention.	Design a fair role-sharing plan for a team activity.	SDG 17
Cyber Safety and Digital Footprint	Digital reputation, online kindness and reporting unsafe contact.	Identify risky digital behavior and select a safe response.	SDG 9
Wellness and Emotional Balance	Stress, sleep, nutrition, exercise and healthy friendships.	Select strategies for coping with stress and supporting peers.	SDG 3
Sustainable Home and School	Energy audit, water audit, waste tracking and habit change.	Interpret a simple conservation scenario and propose improvements.	SDG 12/13

Grade 7 - Chapter-wise Syllabus

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Applied Problem-Solving	Root causes, stakeholder needs and practical action plans.	Use a stepwise method to solve a school or community problem.	SDG 4
Team Leadership Basics	Facilitation, responsibility, accountability and mutual respect.	Identify leadership behavior that supports team success without domination.	SDG 17
Digital Citizenship	Misinformation, privacy, respectful comments and cyber ethics.	Evaluate an online situation and recommend responsible action.	SDG 9
Health, Safety and Mental Well-being	Peer pressure, habits, stress, physical activity and help-seeking.	Choose responses that protect health and well-being.	SDG 3
Sustainable Living Projects	Plastic reduction, water-saving campaigns and local action.	Plan a small sustainability project with measurable outcomes.	SDG 12/13

Grade 8 - Chapter-wise Syllabus

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Complex Problem-Solving	Trade-offs, evidence, stakeholders and impact evaluation.	Compare options and explain consequences for different groups.	SDG 4
Collaboration and Partnerships	Negotiation, shared goals, empathy and community cooperation.	Suggest partnership actions for a local sustainability issue.	SDG 17
Digital Responsibility and Cybersecurity	Scams, privacy settings, digital identity and ethical sharing.	Recognize cyber risks and choose protective actions.	SDG 9
Health and Wellness Advocacy	Balanced lifestyle, mental health awareness and supportive communities.	Design a peer-awareness message for healthy habits.	SDG 3
Responsible Consumption	Life cycle of products, reducing waste and sustainable choices.	Evaluate consumption choices using environmental and social criteria.	SDG 12

4. Grades 9-12: Advanced Life Skills and SDG Action

At the advanced level, students apply life skills to leadership, ethics, finance, career planning, innovation and global citizenship. Questions may ask students to evaluate dilemmas, interpret consequences, design action plans and choose responsible pathways for social and environmental impact.

Grade 9 - Chapter-wise Syllabus

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Leadership and Ethics	Values, dilemmas, fairness, accountability and inclusive leadership.	Evaluate ethical choices and defend responsible decisions.	SDG 16

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Financial Literacy	Budgeting, saving, needs vs wants, responsible spending and risk.	Prepare a basic personal or project budget and explain trade-offs.	SDG 8
Community Engagement	Volunteerism, local needs, service planning and civic responsibility.	Plan a small community-support initiative with roles and outcomes.	SDG 11
Career Readiness	Goal setting, strengths, learning pathways and communication.	Create a short goal plan linked to skills and interests.	SDG 4
Innovation and Sustainability	Design thinking, low-cost solutions and sustainable impact.	Propose an innovation that addresses a local SDG challenge.	SDG 9
Global Citizenship	Global challenges, interdependence, rights and responsibilities.	Connect a local issue with one global SDG and action pathway.	SDG 17

Grade 10 - Chapter-wise Syllabus

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Ethical Leadership and Decision-Making	Integrity, bias, fairness, peace-building and responsible influence.	Analyze dilemmas and choose ethical actions supported by reasons.	SDG 16
Personal Finance and Planning	Income, expenses, savings, budgeting, emergency fund and consumer awareness.	Interpret a budget scenario and recommend responsible financial decisions.	SDG 8
Community Action and Sustainable Cities	Local services, inclusion, safety, transport, waste and public spaces.	Design a realistic school or neighborhood improvement plan.	SDG 11
Career Skills and Professional Communication	Resume basics, interviews, workplace behavior and self-presentation.	Identify effective interview and communication practices.	SDG 4
Innovation for Sustainable Development	Technology, entrepreneurship, resource efficiency and social impact.	Assess how an innovation can solve a real SDG-linked problem.	SDG 9
Global Citizenship and Partnerships	International cooperation, cultural respect and shared responsibilities.	Recommend partnership strategies for a global challenge.	SDG 17

Grade 11 - Chapter-wise Syllabus

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Advanced Leadership and Ethics	Ethical frameworks, power, accountability, rights and social responsibility.	Evaluate complex decisions involving multiple stakeholders.	SDG 16
Financial Literacy and Economic Choices	Budgeting, credit awareness, investment basics, consumer protection and opportunity cost.	Compare financial choices and explain long-term consequences.	SDG 8
Community Engagement and Policy Awareness	Civic participation, public problems, local governance and service learning.	Develop a community action proposal with evidence and impact measures.	SDG 11
Career Readiness and Employability	Career pathways, digital portfolio, networking, workplace ethics and interviews.	Prepare a career-readiness plan connecting goals, skills and values.	SDG 4
Innovation, Sustainability and Systems Thinking	Systems impact, circular economy, design thinking and social innovation.	Assess sustainability benefits and risks of an innovation.	SDG 9/12
Global Citizenship and Collaboration	Human rights, diversity, climate responsibility and cross-border collaboration.	Argue for a cooperative solution to a global issue.	SDG 17

Grade 12 - Chapter-wise Syllabus

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Transformational Leadership and Ethics	Purpose, governance, ethical risk, social trust and responsible decision-making.	Apply ethical reasoning to leadership, civic or organizational scenarios.	SDG 16
Financial Capability for Adulthood	Budgeting, tax awareness, saving goals, insurance basics, debt risk and responsible investing.	Create a realistic financial plan for a life or project scenario.	SDG 8
Community Impact and Sustainable Development	Needs assessment, inclusive development, resilience and measurable impact.	Design an evidence-based community or SDG action plan.	SDG 11

Chapter	Small Notes	Learning Outcome	Relevant SDGs
Career and Future Readiness	Higher education choices, career strategy, interviews, resumes and lifelong learning.	Defend a future-readiness pathway using skills, values and opportunities.	SDG 4
Innovation, Climate and Sustainability	Sustainable innovation, green jobs, climate action and responsible technology.	Evaluate innovation proposals for sustainability, feasibility and equity.	SDG 9/13
Global Citizenship and Partnerships	Global challenges, multilateral cooperation, peace, inclusion and shared responsibility.	Propose partnership-based responses to SDG challenges.	SDG 17

5. Classroom and Home Preparation Guidance

Audience	Suggested Preparation Practice
Students	Read chapter notes, practise scenario questions, explain why an answer is responsible, and connect one habit to one SDG.
Teachers	Use role-play, discussion, posters, digital-safety prompts, school audits and reflection tasks.
Parents	Reinforce routines, kindness, digital responsibility, financial habits, sustainable choices and respectful communication at home.
Schools	Run theme weeks on wellness, sustainability, cyber safety, community service and student leadership.

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.