

Life Skills and the SDGs

This course combines the knowledge of the basic course on *Developing Life Skills* with knowledge of the advanced course on *The SDGs and Sport*. It is essential to have studied the contents of those two courses before continuing with this one.

As we learned in the course on *Developing Life Skills*, there are three main competence clusters: **Self, social and methodological competences**. These clusters can all be broken down into specific, teachable and learnable competences/life skills. There are also competence frameworks for **youth participants, coaches and instructors**. The frameworks can be found on the 'Sport for Development Resource Toolkit' website under: [Essentials – S4D Competences](#).

As we also learned in the course on *The SDGs and Sport*, the **basic life skills should be extended and specified by linking them to selected topics** such as:

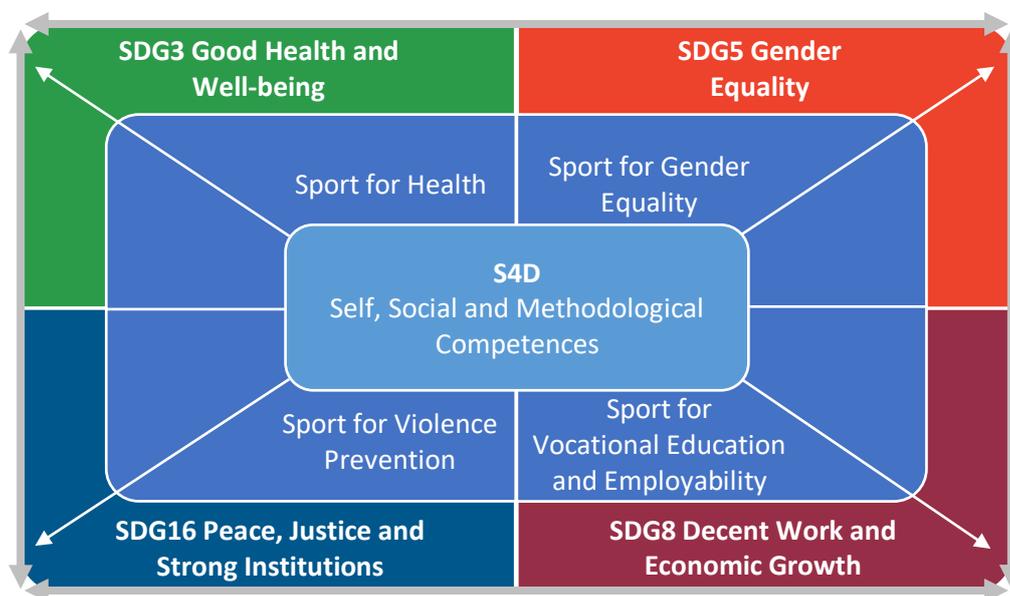
- ✓ Sport for Health
- ✓ Sport for Gender Equality
- ✓ Sport for Violence Prevention
- ✓ Sport for Employability



'Competence' may be used as a synonym for 'life skill'.

It is now possible to even further extend and concretise these competence frameworks by linking topics to SDGs.

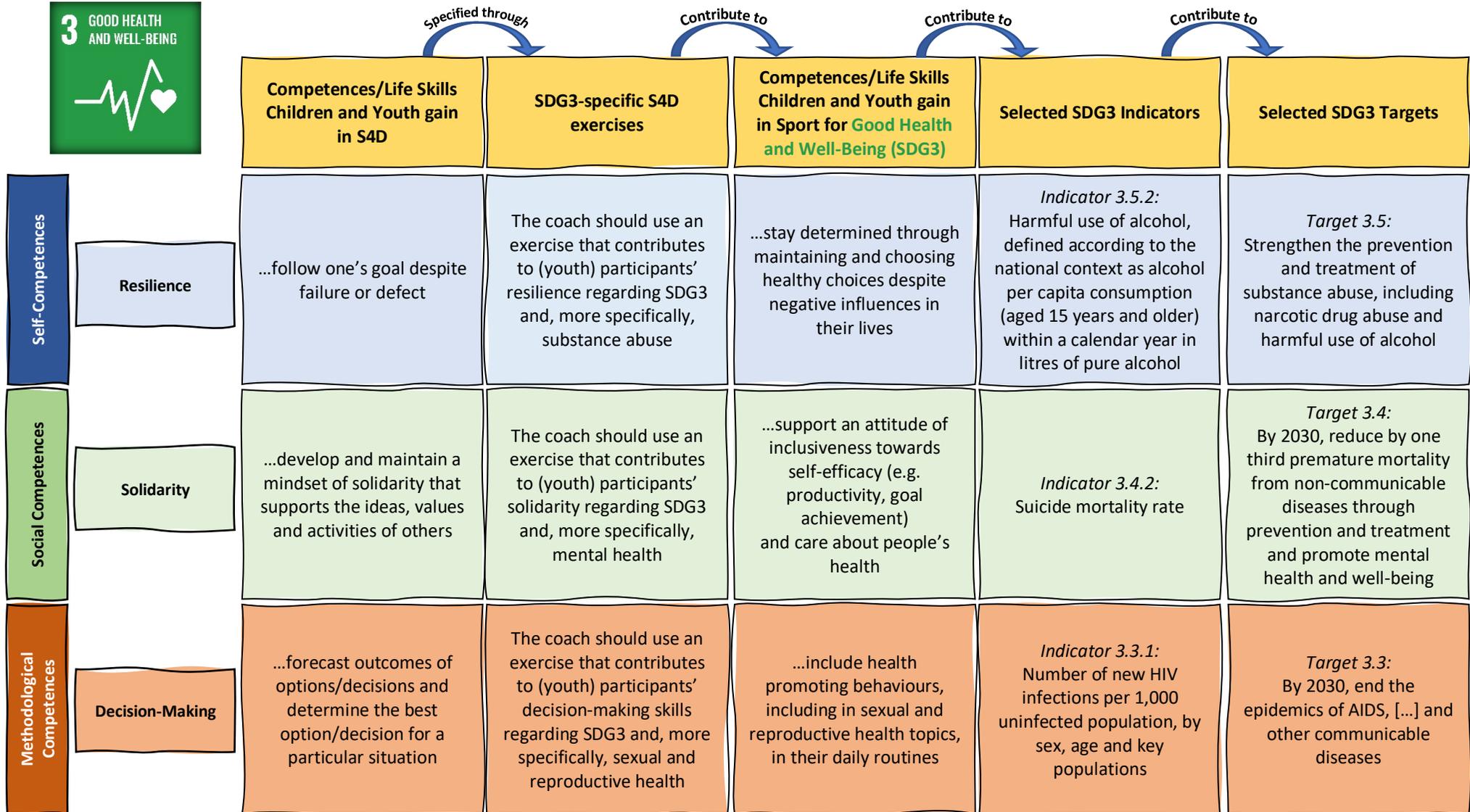
The aim is to **connect topic-specific life skills with selected, corresponding SDGs and their targets and indicators**. This is visualised in the graphic below.



In order for sport to be able to make a meaningful contribution to an SDG, exercises and activities need to target the achievement of selected SDG indicators and targets.

Training sessions need to be planned accordingly with the help of methodical sequences to ensure that **suitable S4D exercises help build SDG-specific life skills**.

Below, you will find an example of an SDG-specific competence framework for **SDG3 Good Health and Well-being**, based on the framework from the basic course on *Developing Life Skills*.



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