Divide the field in half.  15-20 yards away from the mid-line make three circles and place a ball in each circle.  The teacher stands in the middle of field, off to side, by the jail.  Put poly spots to mark where students will stand when out.  With a class of about 30 you will probably only need one spot for the jail.

Each team is trying to invade the other team's land and steal the ball from each circle.  If a player from team A is tagged in team B's land, they go to jail.  When a teammate is tagged, that teammate will come to the jail, high 5 the current prisoner and then switch positions.  Visualize two soccer players subbing in for another.

When a player from team A crosses into the other team land and makes it into the circle and there is a ball inside the circle, that is a base.  However, only one person may be in that base at a time.  If a second player comes into that same circle the last arrival will go to jail.  Also, if a player runs directly out of the base with ball in hand, they go to jail.  Players should raise their hand on the way to jail to signal they are out of the game.

To get the ball back to their land, the ball first needs to be "passed out" from the circle to teammate.  When the ball is passed to the teammate successfully, that player may either run the ball back to their land or the team may make multiple passes until they get it to their own side.  If a ball is dropped or touches the ground it is returned and the player who threw it must go back to their land before trying to steal another ball.  Players can be tagged with or without the ball.

A player from team A may not throw the ball directly from the circle all the way across the field to a teammate in team A's land, the first pass needs to be completed in team B territory.

If a team brings the ball back to their land, that ball will be brought to where the teacher is standing and it is out of the game.  If all three balls are captured, teams will trade sides of the field and reset the equipment.

You can see a video of this activity on wilkespe.com under the PE videos 3 section.

*I based this game off of a game created by Bob Dwyer, a retired PE teacher on Bainbridge Island.
Field divided

If tagged go to jail

Place 1-2 polyspots as a jail. With a class of 30, 1 person in jail is usually enough. When teammate is tagged they trade out.

Player in circle is safe — if there is a ball in it. Once thrown they are no longer safe. Only 1 player allowed in at a time.

3 large circle with ball, 15-20 yards from center line

If tagged go to jail
The ball must be "passed out" out of circle but must be run across center line.

Can make multiple throws to move ball.

If the ball ever touches ground it goes back to circle.

If ball is captured, drop in middle. When all 3 captured we reset and trade sides.

If playing inside, we have 1 team waiting. Teams of 8-9 on a Jr. High size b-ball court provide enough space for safety and action for everyone in the game. The strategy indoors changes dramatically.