

Centrioles move to poles, nuclear membrane breaks down.

Stages of mitosis  
 - prophase - prominent DNA, chromosomes visible (condense & coil)  
 - metaphase - chromosomes line up in middle & attach to spindle by centromere  
 - anaphase - chromosomes move apart because centromeres divide. Spindle contracts & pull chromatids to opposite poles  
 - telophase - Chromatids uncoil & become chromosomes again. Nuclear membrane reforms → 2 nuclei

Nuclear membrane reforms

