3. **Metaphase**

- Chromosomes move to the metaphase plate, the equator of the cell.

4. **Anaphase**

- Paired centromeres of each chromosome move apart
- Sister chromatids spit apart into separate chromosomes and move towards opposite poles of the cell.
- Kinetochore microtubules shorten at the kinetochore end as chromosomes approach the poles
- The poles of the cell move farther apart, elongating the cell.

5. **Telophase**

- Daughter nuclei begin to form at the two poles.
- Nuclear envelopes form around the chromosome from fragments of the parent cell's nuclear envelope and portions of the endomembrane system.
- Nucleoli reassociates
- Chromatin fiber of each chromosome uncoils and the chromosomes become less distinct.

Cytokenesis

Animal cell cleavage furrow forms eventually pinching the cytoplasm in two forming two identical daughter cells.

Plant cell-cell plate forms at the center of the cell and extends outward eventually dividing the cell into two daughter cells.