

Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a Confirmed

- ☒ ☒ The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement
- ☒ ☐ A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- ☒ ☐ The statistical test(s) used AND whether they are one- or two-sided
Only common tests should be described solely by name; describe more complex techniques in the Methods section.
- ☒ ☐ A description of all covariates tested
- ☒ ☐ A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- ☐ ☒ A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- ☒ ☐ For null hypothesis testing, the test statistic (e.g. F , t , r) with confidence intervals, effect sizes, degrees of freedom and P value noted
Give P values as exact values whenever suitable.
- ☒ ☐ For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- ☒ ☐ For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- ☒ ☐ Estimates of effect sizes (e.g. Cohen's d , Pearson's r), indicating how they were calculated

Our web collection on [statistics for biologists](#) contains articles on many of the points above.

Software and code

Policy information about [availability of computer code](#)

Data collection	Micrographs were collected with Zen Black (Zeiss, 2014-2018) and Zen Blue (Zeiss, 2015-2018). Image stacks were processed with Fiji/ImageJ (version 2.0.0-rc-30 to 2.1.0/1.5.3). Images were segmented with Ilastik (versions 1.1.5 to 1.3.0), and nuclei were manually tracked and tracks were corrected with MaMuT (2018).
Data analysis	Data were analyzed with Mathematica (Wolfram, version 11 and 12). Simulations were conducted with custom Python 3 code that used the following packages: numpy (version 1.18.1), scipy (version 1.4.1), scikit-fmm (version 2019.1.30). A GitHub repository (https://github.com/hoffmannjordan/gryllus_nuclear_movements) has the code used to simulate nuclear movements during blastoderm formation and the code used to convert the tracking output from Ilastik into an XML file that was parsable by MaMuT. Plots were generated with Mathematica.

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio [guidelines for submitting code & software](#) for further information.

Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our [policy](#)

Data that were quantified and presented in the manuscripts are provided in the Source Data. In addition, a dataset of 3D+ T nucleus positions and tracking links that supports the findings of this study is available at the GitHub repository for this project.

Human research participants

Policy information about [studies involving human research participants and Sex and Gender in Research](#).

Reporting on sex and gender

Use the terms sex (biological attribute) and gender (shaped by social and cultural circumstances) carefully in order to avoid confusing both terms. Indicate if findings apply to only one sex or gender; describe whether sex and gender were considered in study design whether sex and/or gender was determined based on self-reporting or assigned and methods used. Provide in the source data disaggregated sex and gender data where this information has been collected, and consent has been obtained for sharing of individual-level data; provide overall numbers in this Reporting Summary. Please state if this information has not been collected. Report sex- and gender-based analyses where performed, justify reasons for lack of sex- and gender-based analysis.

Population characteristics

Describe the covariate-relevant population characteristics of the human research participants (e.g. age, genotypic information, past and current diagnosis and treatment categories). If you filled out the behavioural & social sciences study design questions and have nothing to add here, write "See above."

Recruitment

Describe how participants were recruited. Outline any potential self-selection bias or other biases that may be present and how these are likely to impact results.

Ethics oversight

Identify the organization(s) that approved the study protocol.

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

☒ Life sciences ☐ Behavioural & social sciences ☐ Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see [nature.com/documents/nr-reporting-summary-flat.pdf](https://www.nature.com/documents/nr-reporting-summary-flat.pdf)

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size

For within-embryo analyses, we included all detectable nuclei from the beginning of the recording through the point when a syncytial blastoderm had formed. This was sample size was chosen because we considered it to be the maximum possible number of intra-embryo observations for the phenomena of interest. For patterns of nucleus behavior in 3D+ T datasets, this meant that we had >10,000 nucleus-time points for each analysis. For 2D+ T datasets, we followed an analogous approach, analyzing all nucleus-timepoints from when there were at least 25 detectable nuclei, and concluding when a syncytial blastoderm had formed.

Data exclusions

We established criteria for exclusion before any datasets were collected for this project. Embryos were excluded from analysis if there were aggregations of nuclei, or if there was a recording failure during microscopy, or if the embryo failed to hatch after imaging had concluded. Otherwise, all imaged embryos were included.

Replication

Each of the core empirical results of the paper were repeated at least three times. In each case the reported findings replicated.

Randomization

Embryos that were used for experimental treatment were randomly drawn by hand from a dish of embryos that had passed a predetermined set of inclusion criteria: (1) no ruptures to the eggshell, and (2) at least one zygotic division had occurred.

Blinding

Blinding was not relevant to this study. The experimental treatment (physical alteration of embryo shape) could not be subjected to blinding. Identical data analysis calculations were performed on constricted and unmanipulated embryos.

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems

- n/a Involved in the study
- ☐ ☐ Antibodies
- ☐ ☐ Eukaryotic cell lines
- ☐ ☐ Palaeontology and archaeology
- ☐ ☒ Animals and other organisms
- ☐ ☐ Clinical data
- ☐ ☐ Dual use research of concern

Methods

- n/a Involved in the study
- ☐ ☐ ChIP-seq
- ☐ ☐ Flow cytometry
- ☐ ☐ MRI-based neuroimaging

Antibodies

Antibodies used

Describe all antibodies used in the study; as applicable, provide supplier name, catalog number, clone name, and lot number.

Validation

Describe the validation of each primary antibody for the species and application, noting any validation statements on the manufacturer's website, relevant citations, antibody profiles in online databases, or data provided in the manuscript.

Eukaryotic cell lines

Policy information about [cell lines and Sex and Gender in Research](#)

Cell line source(s)

State the source of each cell line used and the sex of all primary cell lines and cells derived from human participants or vertebrate models.

Authentication

Describe the authentication procedures for each cell line used OR declare that none of the cell lines used were authenticated.

Mycoplasma contamination

Confirm that all cell lines tested negative for mycoplasma contamination OR describe the results of the testing for mycoplasma contamination OR declare that the cell lines were not tested for mycoplasma contamination.

Commonly misidentified lines
(See [ICLAC](#) register)

Name any commonly misidentified cell lines used in the study and provide a rationale for their use.

Palaeontology and Archaeology

Specimen provenance

Provide provenance information for specimens and describe permits that were obtained for the work (including the name of the issuing authority, the date of issue, and any identifying information). Permits should encompass collection and, where applicable, export.

Specimen deposition

Indicate where the specimens have been deposited to permit free access by other researchers.

Dating methods

If new dates are provided, describe how they were obtained (e.g. collection, storage, sample pretreatment and measurement), where they were obtained (i.e. lab name), the calibration program and the protocol for quality assurance OR state that no new dates are provided.

☐ Tick this box to confirm that the raw and calibrated dates are available in the paper or in Supplementary Information.

Ethics oversight

Identify the organization(s) that approved or provided guidance on the study protocol, OR state that no ethical approval or guidance was required and explain why not.

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Animals and other research organisms

Policy information about [studies involving animals](#); [ARRIVE guidelines](#) recommended for reporting animal research, and [Sex and Gender in Research](#)

Laboratory animals

used two strains of *Gryllus bimaculatus*. The Act-H2B-EGFP strain was described by Nakamura and colleagues (Curr Biol, 2010). The Act-mtdT line was generated in strain of *G. bimaculatus* that was founded in 2006, as described by Donoughe and Extavour (Dev

Biol 2016). Embryos were laid by adult females. We did not determine the sex of embryos that were used in the study.

Wild animals

No wild animals were used in this study.

Reporting on sex

The sex of each embryo could not be determined at the time of imaging.

Field-collected samples

There were no field-collected samples.

Ethics oversight

No ethical approval was required for experiments on this organism.

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Clinical data

Policy information about [clinical studies](#)

All manuscripts should comply with the ICMJE [guidelines for publication of clinical research](#) and a completed [CONSORT checklist](#) must be included with all submissions.

Clinical trial registration

Provide the trial registration number from ClinicalTrials.gov or an equivalent agency.

Study protocol

Note where the full trial protocol can be accessed OR if not available, explain why.

Data collection

Describe the settings and locales of data collection, noting the time periods of recruitment and data collection.

Outcomes

Describe how you pre-defined primary and secondary outcome measures and how you assessed these measures.

Dual use research of concern

Policy information about [dual use research of concern](#)

Hazards

Could the accidental, deliberate or reckless misuse of agents or technologies generated in the work, or the application of information presented in the manuscript, pose a threat to:

No Yes

- | | | |
|--------------------------|--------------------------|----------------------------|
| ☐ | ☐ | Public health |
| ☐ | ☐ | National security |
| ☐ | ☐ | Crops and/or livestock |
| ☐ | ☐ | Ecosystems |
| ☐ | ☐ | Any other significant area |

Experiments of concern

Does the work involve any of these experiments of concern:

No Yes

- | | | |
|--------------------------|--------------------------|---|
| ☐ | ☐ | Demonstrate how to render a vaccine ineffective |
| ☐ | ☐ | Confer resistance to therapeutically useful antibiotics or antiviral agents |
| ☐ | ☐ | Enhance the virulence of a pathogen or render a nonpathogen virulent |
| ☐ | ☐ | Increase transmissibility of a pathogen |
| ☐ | ☐ | Alter the host range of a pathogen |
| ☐ | ☐ | Enable evasion of diagnostic/detection modalities |
| ☐ | ☐ | Enable the weaponization of a biological agent or toxin |
| ☐ | ☐ | Any other potentially harmful combination of experiments and agents |

ChIP-seq

Data deposition

☐ Confirm that both raw and final processed data have been deposited in a public database such as [GEO](#).

☐ Confirm that you have deposited or provided access to graph files (e.g. BED files) for the called peaks.

Data access links

May remain private before publication.

For "Initial submission" or "Revised version" documents, provide reviewer access links. For your "Final submission" document, provide a link to the deposited data.

Files in database submission

*Provide a list of all files available in the database submission.*Genome browser session
(e.g. [UCSC](#))*Provide a link to an anonymized genome browser session for "Initial submission" and "Revised version" documents only, to enable peer review. Write "no longer applicable" for "Final submission" documents.*

Methodology

Replicates

Describe the experimental replicates, specifying number, type and replicate agreement.

Sequencing depth

Describe the sequencing depth for each experiment, providing the total number of reads, uniquely mapped reads, length of reads and whether they were paired- or single-end.

Antibodies

Describe the antibodies used for the ChIP-seq experiments; as applicable, provide supplier name, catalog number, clone name, and lot number.

Peak calling parameters

Specify the command line program and parameters used for read mapping and peak calling, including the ChIP, control and index files used.

Data quality

Describe the methods used to ensure data quality in full detail, including how many peaks are at FDR 5% and above 5-fold enrichment.

Software

Describe the software used to collect and analyze the ChIP-seq data. For custom code that has been deposited into a community repository, provide accession details.

Flow Cytometry

Plots

Confirm that:

- ☐ The axis labels state the marker and fluorochrome used (e.g. CD4-FITC).
- ☐ The axis scales are clearly visible. Include numbers along axes only for bottom left plot of group (a 'group' is an analysis of identical markers).
- ☐ All plots are contour plots with outliers or pseudocolor plots.
- ☐ A numerical value for number of cells or percentage (with statistics) is provided.

Methodology

Sample preparation

Describe the sample preparation, detailing the biological source of the cells and any tissue processing steps used.

Instrument

Identify the instrument used for data collection, specifying make and model number.

Software

Describe the software used to collect and analyze the flow cytometry data. For custom code that has been deposited into a community repository, provide accession details.

Cell population abundance

Describe the abundance of the relevant cell populations within post-sort fractions, providing details on the purity of the samples and how it was determined.

Gating strategy

Describe the gating strategy used for all relevant experiments, specifying the preliminary FSC/SSC gates of the starting cell population, indicating where boundaries between "positive" and "negative" staining cell populations are defined.

- ☐ Tick this box to confirm that a figure exemplifying the gating strategy is provided in the Supplementary Information.

Magnetic resonance imaging

Experimental design

Design type

Indicate task or resting state; event-related or block design.

Design specifications

Specify the number of blocks, trials or experimental units per session and/or subject, and specify the length of each trial or block (if trials are blocked) and interval between trials.

Behavioral performance measures

State number and/or type of variables recorded (e.g. correct button press, response time) and what statistics were used to establish that the subjects were performing the task as expected (e.g. mean, range, and/or standard deviation across subjects).

Acquisition

Imaging type(s)	<i>Specify: functional, structural, diffusion, perfusion.</i>	
Field strength	<i>Specify in Tesla</i>	
Sequence & imaging parameters	<i>Specify the pulse sequence type (gradient echo, spin echo, etc.), imaging type (EPI, spiral, etc.), field of view, matrix size, slice thickness, orientation and TE/TR/flip angle.</i>	
Area of acquisition	<i>State whether a whole brain scan was used OR define the area of acquisition, describing how the region was determined.</i>	
Diffusion MRI	☐ Used	☐ Not used

Preprocessing

Preprocessing software	<i>Provide detail on software version and revision number and on specific parameters (model/functions, brain extraction, segmentation, smoothing kernel size, etc.).</i>
Normalization	<i>If data were normalized/standardized, describe the approach(es): specify linear or non-linear and define image types used for transformation OR indicate that data were not normalized and explain rationale for lack of normalization.</i>
Normalization template	<i>Describe the template used for normalization/transformation, specifying subject space or group standardized space (e.g. original Talairach, MNI305, ICBM152) OR indicate that the data were not normalized.</i>
Noise and artifact removal	<i>Describe your procedure(s) for artifact and structured noise removal, specifying motion parameters, tissue signals and physiological signals (heart rate, respiration).</i>
Volume censoring	<i>Define your software and/or method and criteria for volume censoring, and state the extent of such censoring.</i>

Statistical modeling & inference

Model type and settings	<i>Specify type (mass univariate, multivariate, RSA, predictive, etc.) and describe essential details of the model at the first and second levels (e.g. fixed, random or mixed effects; drift or auto-correlation).</i>
Effect(s) tested	<i>Define precise effect in terms of the task or stimulus conditions instead of psychological concepts and indicate whether ANOVA or factorial designs were used.</i>
Specify type of analysis:	☐ Whole brain ☐ ROI-based ☐ Both
Statistic type for inference (See Eklund et al. 2016)	<i>Specify voxel-wise or cluster-wise and report all relevant parameters for cluster-wise methods.</i>
Correction	<i>Describe the type of correction and how it is obtained for multiple comparisons (e.g. FWE, FDR, permutation or Monte Carlo).</i>

Models & analysis

n/a	Involvement in the study
☐	☐ Functional and/or effective connectivity
☐	☐ Graph analysis
☐	☐ Multivariate modeling or predictive analysis
Functional and/or effective connectivity	<i>Report the measures of dependence used and the model details (e.g. Pearson correlation, partial correlation, mutual information).</i>
Graph analysis	<i>Report the dependent variable and connectivity measure, specifying weighted graph or binarized graph, subject- or group-level, and the global and/or node summaries used (e.g. clustering coefficient, efficiency, etc.).</i>
Multivariate modeling and predictive analysis	<i>Specify independent variables, features extraction and dimension reduction, model, training and evaluation metrics.</i>