Move -item: to move file or folder to new location

1-organize files by moving them to new folder

Move-item -path "c:\ downloads \ file. Txt " -destination document

2-consolidate multiple folders into one

Move-item -path "c: \old folder " -destination new folder

Copy-item: to copy file or folder

1-backup file

Copy-item -path "c :\my file .txt" destination

2-copy a directory and its contents

Copy-item -path "c \my file " -destination backup -recurse