First time you go to your folder that you want to have a git repository (repo) on it you will do a:

Gi clone <URL from the GitHub website>

The next time you want to get the code and everything in the repo to your machine is by:

Git pull

if this did not update your workspace then use the following:

git fetch

git status 🡪 this will tell you the files that are different on your machine from the repo in RED

git add . 🡪 to add those files to the index.

(if there are files that you have added that do not want to be added you can remove them by: