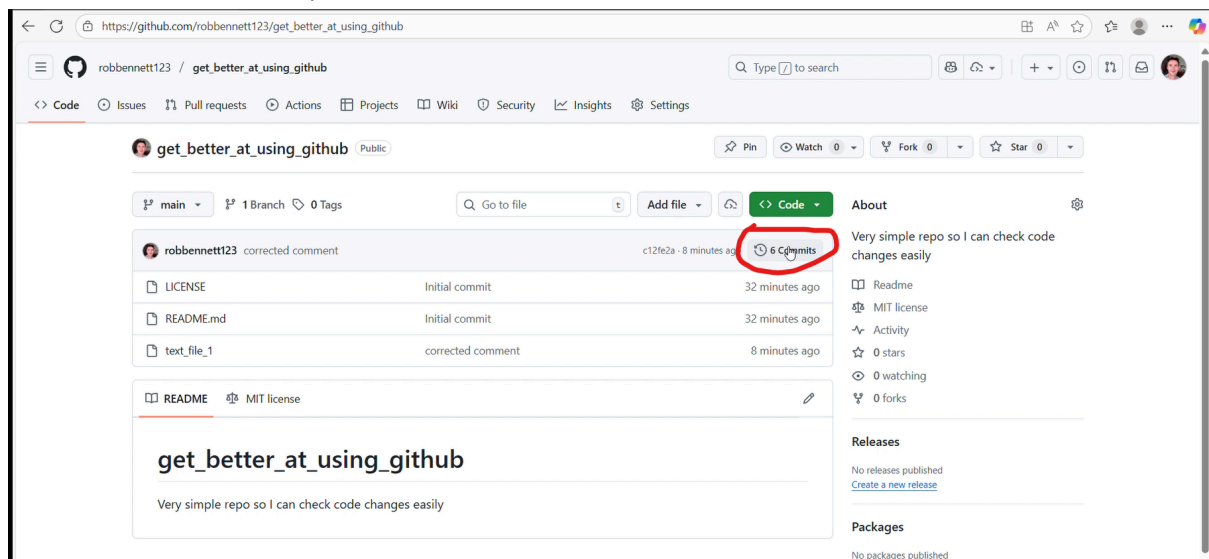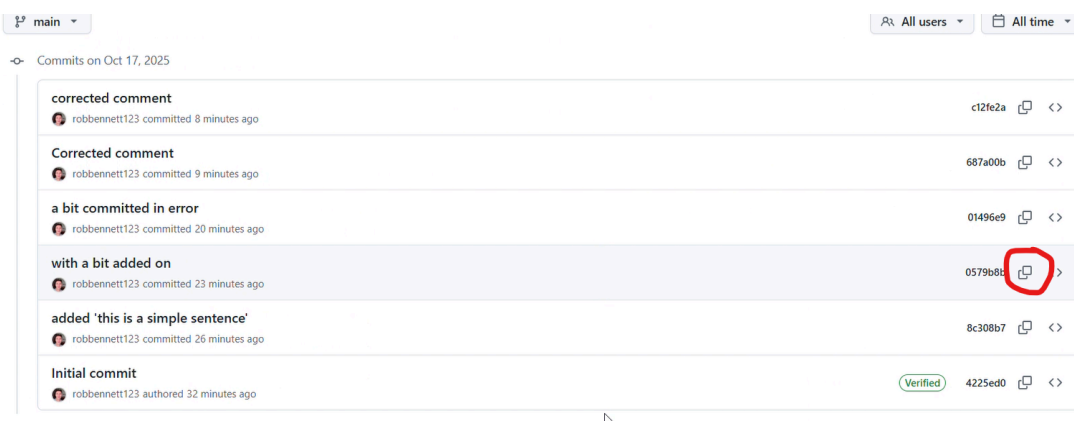Scenario - you've committed some code to the repo that you don't want. You want to revert Local back to an earlier commit point. You can see the commits here

Click that and you see the individual commits

Click the icon to copy the Git Commit hash (the SHA)

Open a terminal and use

git checkout <commit-hash> -- <path/to/file>

e.g.

 git checkout 8c308b73addb201df779678733bf58bd7c70f1f5 --
c:\Users\robco\Testing\get_better_at_using_github\text_file_1

There's probably more to this (e.g. if a commit contains changes to multiple files).....but it's a start