Check!
Is when the King is being threatened by an opponent’s piece but you can make a legal move to get away from the threat.

3 ways the King can get out of check:
1. Capture the piece threatening your King.
2. Block the threat with one of your pieces
3. Avoid or run away from the threat

Checkmate!
Is when the King is in check by an opponent’s piece and there is no legal move to get out of the check.

Stalemate!
Is when the King is not in check by an opponent’s piece and there is no legal move that can be made by any piece.