SHOW THE DESKTOP
In order to quickly show desktop in Windows 7, press the windows key on the keyboard and click on the Show Desktop bar at the far right end of the Windows Taskbar and notification area, which is next to the data and time clock. See illustration below for the exact location.

ALT + Tab Function – Preview and Switch open windows Sessions
Press ALT button together with the TAB key. As you hold the ALT button press the tab key to move the screen thumbnails. Once you see the window that you want to view, release the ALT button. The window when you released the ALT button will be the active window.