```html
<!DOCTYPE html>
<html>
<head>
    <title>Site Navigation Example</title>
</head>
<body>
    <nav role="navigation">
        <ul>
            <li><a href="/">Dashboard</a></li>
            <li><a href="/products">Products</a></li>
            <li><a href="/customers">Customers</a></li>
            <li><a href="/reports">Reports</a></li>
        </ul>
    </nav>
</body>
</html>
```

```html
<!DOCTYPE html>
<html>
<head>
    <title>Content with Notes Example</title>
</head>
<body>
    <main>
        <p>Lorem ipsum dolor sit amet, consectetur adipiscing elit.</p>
        <p>Lorem ipsum dolor sit amet, consectetur adipiscing elit.</p>
        <p role="note">Note: Please remember to bring your ID card for
verification.</p>
    </main>
</body>
</html>
```

```html
<!DOCTYPE html>
<html>
<head>
    <title>Select Color Example</title>
</head>
<body>
    <main>
        <ul role="listbox">
            <li role="option">Red</li>
            <li role="option">Blue</li>
            <li role="option">Green</li>
            <li role="option">Yellow</li>
        </ul>
    </main>
```

```
</body>
</html>




<!DOCTYPE html>
<html>
<head>
    <title>Download Progress Example</title>
</head>
<body>
    <main>
        <progress role="progressbar" value="75" max="100">75%</progress>
    </main>
</body>
</html>




<!DOCTYPE html>
<html>
<head>
    <title>Language Selection Example</title>
</head>
<body>
    <main>
        <div role="radiogroup">
            <input role="radio" type="radio" aria-checked="false"> English<br>
            <input role="radio" type="radio" aria-checked="true"> French<br>
            <input role="radio" type="radio" aria-checked="false"> Spanish
        </div>
    </main>
</body>
</html>




<!DOCTYPE html>
<html>
<head>
    <title>Meal Selection Example</title>
</head>
<body>
    <main>
        <div role="radiogroup">
            <input role="radio" type="radio" aria-checked="false"> Breakfast<br>
            <input role="radio" type="radio" aria-checked="true"> Lunch<br>
            <input role="radio" type="radio" aria-checked="false"> Dinner
        </div>
```

```html
        </main>
    </body>
</html>




<!DOCTYPE html>
<html>
<head>
    <title>Match Summary Example</title>
</head>
<body>
    <main>
        <div role="region">
            Match Result: Player 1 wins!<br>
            Score: Player 1 - 3, Player 2 - 1
        </div>
    </main>
</body>
</html>




<!DOCTYPE html>
<html>
<head>
    <title>Student Grades Example</title>
</head>
<body>
    <main>
        <table>
            <thead>
                <tr>
                    <th>Student Name</th>
                    <th>Math</th>
                    <th>Science</th>
                    <th>History</th>
                </tr>
            </thead>
            <tbody>
                <tr role="row">
                    <td>John Doe</td>
                    <td>95</td>
                    <td>87</td>
                    <td>92</td>
                </tr>
                <tr role="row">
                    <td>Jane Smith</td>
                    <td>78</td>
```

```html
                    <td>92</td>
                    <td>85</td>
                </tr>
            </tbody>
        </table>
    </main>
</body>
</html>
```