Instructions:

1. Slice the PSD and deliver output in HTML/CSS/JS. Just put it in one html page.

2. Use jQuery to make navigation active -- just put some dummy links. Once you click on the main navigation (in light blue) it gets highlighted in dark blue and reveals a new set of sub-navigations. The old link is deselected and old sub-navigation is hidden.

3. Employ the use of image sprites if possible, while maintaining low image sizes. It is the process of stiching multiple images into one and  using CSS to use them in different parts of the page. This way the browser only has to download fewer images than necessary.

BONUS:

Use "responsive design" or device-conditional CSS to hide main navigation links 3-7 if the viewport size is 640px or less. This will make the page look good when viewed in a mobile device.