

PENGROWTH ENERGY TRUST  
Form 6-K  
May 20, 2010

**SECURITIES AND EXCHANGE COMMISSION**

**WASHINGTON, D.C. 20549**

**FORM 6-K**

**Report of Foreign Private Issuer**

**Pursuant to Rule 13a-16 or 15d-16 of the**

**Securities Exchange Act of 1934**

**May 20, 2010**

**Commission File Number: 1-31253**

**PENGROWTH ENERGY TRUST**

**2100, 222 3 Avenue S.W.**

**Calgary, Alberta T2P 0B4 Canada**

(address of principal executive offices)

Indicate by check mark whether the registrant files or will file annual reports under cover Form 20-F or Form 40-F.

Form 20-F  Form 40-F

Indicate by check mark whether the registrant by furnishing the information contained in this Form is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the Security Exchange Act of 1934.

Yes  No

If  Yes is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b): \_\_\_\_\_

**DOCUMENTS FILED AS PART OF THIS FORM 6-K**

See the Exhibit Index to this Form 6-K.

**SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

**PENGROWTH ENERGY TRUST**

by its administrator PENGROWTH CORPORATION

May 20, 2010

By: /s/ CHRISTOPHER G. WEBSTER  
Christopher G. Webster  
Chief Financial Officer

**FORM 6-K EXHIBIT INDEX**

**Exhibit  
No.**

99.1 Press Release announcing June distribution