

PENGROWTH ENERGY TRUST  
Form 6-K  
December 18, 2009

**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  
December 17, 2009**

**Commission File Number: 1-31253  
PENGROWTH ENERGY TRUST  
2100, 222 3<sup>rd</sup> 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): \_\_\_\_\_

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**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

December 17, 2009

By: /s/ Charles V. Selby  
Name: Charles V. Selby  
Title: Vice President and Corporate  
Secretary

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**FORM 6-K EXHIBIT INDEX**

Exhibit No.

- |      |   |
|------|---|
| 99.1 | Press Release announcing the redemption of the 6.50 percent Convertible Extendible Unsecured Subordinated Debentures. |
| 99.2 | Press Release announcing 2010 Guidance, balancing opportunities and financial flexibility.                            |