

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